

PINEWOOD NEWS

THE HOMETOWN NEWSPAPER OF MUNDS PARK, ARIZONA SINCE 1993

VOL. 29 NO. 1

JANUARY 10, 2022

FREE!

THE COVID-19 PANDEMIC

Talking with Matt Ryan and Team

By Sandee Caviness

We are entering year 3 of living with COVID-19, and almost everyone has been affected by the pandemic in one way or another. We've either experienced or heard stories of unremarkable symptoms, to severe symptoms, to remarkable recoveries, to heartbreaking loss.

When the Omicron variant stormed in and monopolized the airways, I thought I would check in with District 3 Supervisor Matt Ryan to see what Coconino County's response is to the new variant and what their recommendations are.

Matt Ryan and his team: Trish Lees, Communications Manager/Public Information Officer; Trey Williams, Coconino County Public Affairs Director; Kim Musselman, Coconino County Health and Human Services Director, met with me on a Zoom meeting in late December. Like many of you, I had a lot of questions, and Matt and his team spent an hour with me, answering them all.

WILL WE SEE LOCK-DOWNS AGAIN?

The team said State Law binds them, and currently, there is no order to shut businesses down. Kim Musselman, Coconino County Health and Human Services Director, said we are in a health emergency, but there is no appetite for either full or partial shutdowns for our area—The goal is to keep businesses open and kids in school. She says that the way to do that is to use best practices to keep our community healthy and open.

One of the "best practices" in preventing the spread of COVID is, of course, getting vaccinated. Unfortunately, however, information coming from the president, the CDC, and the media are conflicting and confusing—So it's no wonder some are not confident enough to get the vaccination.

I asked the team if vaccinations are the answer, then why are there breakthrough cases? Why do the vaccinated have to socially distance, wear a mask in public places, and test before flying and attending large gatherings? Why are we going into the third year of this pandemic if most Americans are vaccinated? This all seems contradictory.

WHY ARE THE VACCINATED STILL GETTING COVID?

Kim Musselman said yes, breakthrough cases are real and happening. However, she said it's a misnomer that vaccinations prevent you from ever getting the disease. That is not the purpose of a vaccine. Vaccinations are about limiting severe illness and hospitalization. There is not a 100% guarantee of any vaccine, especially if the virus is still actively circulating in a community. The flu vaccine is an excellent example. You can have the flu vaccine and still get a mild case. But the percentage of people contracting severe flu and ending up in the hospital is significantly less—This is why vaccinations are good for our community and us.

The breakthrough cases that do happen are not representative of the entire COVID population—It's a small percentage of the whole. The great majority of the COVID patients in the hospital or who have died are unvaccinated. Simply put, the unvaccinated are at greater risk for severe symptoms, hospitalization, and even death. The vaccinated experience little to mild symptoms and rarely need hospitalization. Of course, all this depends on the age and health of the person experiencing COVID.

WHY DO THE VACCINATED NEED TO MASK UP & SOCIALLY DISTANCE?

Because vaccines only limit (not eliminate) transmission, and this is why best practices are strongly encouraged. What are the best practices?

Continued on page 17

COMMUNITY CALENDAR

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Date	Happening	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
Thursday, January 13	Pinewood Sanitary District Board Meeting - Public Welcome	18075 Fairway Dr.	3 pm
Tuesday, January 18	Pinewood Fire District Board Meeting - Public Welcome	475 E Pinewood Blvd	3 pm



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COMMUNITY



HOW & WHY YOU SHOULD PREPARE TO GET COVID

By Sandee Caviness

It doesn't matter if you had one shot, two shots, three shots, or no shots—the best thing you can do for yourself and your family is to prepare to get COVID.

Genna and I got COVID some weeks back. It took us a weeks to recover. We were lucky no hospital or doctor visit was needed. However, we were not prepared and underestimated the impact of COVID.

We wish had we prepared and had supplies on hand, and knew more of what to do BEFORE getting sick. I took what we learned, spoke to a few other community members who have had COVID, and put this list together, hoping these steps will make your journey a little more comfortable if you become sick.

THINK YOU HAVE COVID?

STAY HOME except to get medical care, or tested for COVID at a location near you. Better, yet, use a rapid home test—They work well. Even if you just have a cold, *stay home until you are well so we all can stay well.*

Supplies to have on hand

You will want the following supplies on hand because one, you can't go out, and two, you're not going to want to! Trust me; you will want to be prepared.

- Purchase a home COVID test. Be sure to have enough to test several times and enough for the entire family.
- Ensure you have enough Tylenol and Motrin.
- Have a working thermometer.
- Purchase a pulse oximeter. A pulse oximeter is a device that checks to see how much oxygen your blood is carrying. Learn how to use this device before you need it.
- Buy plenty of non-perishable healthy foods you enjoy and can tolerate when sick. Or, even better, have homemade soups with beneficial herbs stocked in the freezer and ready to go. Sara Bowyer, our food columnist, has an excellent recipes on page 7 with healthy healing bone broths.
- Have your favorite beverages like Gatorade, ginger ale, 7Up, or teas on hand.
- If you can, get anti-nausea medicines from your doctor to have at the ready. We were lucky, we had some, and they were a lifesaver.
- Have plenty of firewood that is readily available. You may not be able to trek up and down stairs or go very far to get wood.
- Don't be afraid to ask for help. Identify family, friends, or neighbors to assist in making trips to the pharmacy, grocery store, or bringing in firewood. If you live alone, it's essential to let family and friends know you are down with COVID so

they can check in on your welfare. We've heard stories of people becoming too sick to call or text, and family or friends did emergency welfare checks because they couldn't get a response. You would want medical care way before this point.

If you need assistance and no one is available, the Pinewood News has a list of loving volunteers who WANT to help. All requests are confidential. We're here for our community. Contact us at Hello@ThePinewoodNews.com, or call (928) 286-9827.

HOME TREATMENT

- Monitor your symptoms carefully.
- Check your blood oxygen with a pulse oximeter. Usually, a low blood oxygen level causes symptoms like fatigue or shortness of breath. But with COVID, you may not have symptoms from a low oxygen level. Checking your oxygen level at home can help you know when you need medical attention, even if you don't have symptoms.
- Get rest and stay hydrated.
- Tylenol and Motrin can be alternated every 4 hours. It's best to take them around the clock when experiencing flu systems, headaches, or fever to stay comfortable.
- Stay in a specific room and away from other people in your home, including pets. If possible, use a separate bathroom. If you must be around others, wear a mask.
- Lastly, alternate sleeping on your stomach, back and sleeping upright to allow your lungs to open up and assist with breathing. Remember to breathe deep from time to time.
- Lastly, if your symptoms get worse, call your healthcare provider immediately.

*This information is not intended to replace your doctor's advice.
It is only meant as a helpful guide.*

STAY INFORMED

COVID-19 Coconino County updates, vaccination, and testing centers can all be found at www.ThePinewoodNews.com. This information is updated weekly.
Be well, friends!



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FOOD

THE HEALTH BENEFITS OF HOMEMADE BONE BROTH & HOW TO MAKE IT



By
Sara Bowyer

Welcome to winter! And with winter comes flu and cold season. I wanted to share with you this month something I always have on hand to not only fight illness, but also to help prevent illness. Bone broth. Bone broth is making a big comeback right now and it should!

It has numerous health and digestive benefits. Bone broth is incredibly nutritious, providing protein, gelatin, collagen, vitamins, and minerals. These key nutrients benefit virtually every system in our bodies, including our digestive, nervous, and immune systems as well as our bones and joints. There is a reason chicken soup is what we always take people who are sick. Homesteaders in the past knew the benefits, but in our “processed” society, its benefits have seemingly gotten lost. Bone broth is not just good for when you are sick, but research has shown it’s a great way to build your immune system by drinking a warm cup each day.

However, it’s important to understand that most store-bought “stock and “broth” today aren’t “real.” Instead, companies use man-made meat flavors in bouillon cubes, soup, and broths. Manufacturers also use mono-sodium glutamate (MSG), which is recognized as a meat flavor, but in reality, is not. If you want real bone broth and real bone broth benefits, you should make it yourself at home. Making your own is very easy and you can freeze or can it for future use. When you make it ahead of time, you have it ready when you need it!!

When you make a meal with chicken, turkey, beef, or pork and want to make broth with the bones, be sure to purchase high-quality, free-range, grass-fed animals. What the animal is raised eating is also in the bones. You are making broth at home for the health benefits. You need to make sure the animal is healthy to begin with.

After a meal, I freeze my carcasses in a freezer bag. I also freeze any vegetable scraps (onion ends and skin, carrot tops, celery ends) in a freezer bag. When I’m ready to

make broth, I pull a carcass out of the freezer and a bag of veggie scraps and throw it all in the Instapot. I add water to the top fill line and add any spices I desire. I also add about ¼ cup apple cider vinegar. This is VERY important and is what ensures that the bones release all the essential nutrients that you want. Then, I set the Instapot on manual for 2 hours. Once the broth is done, release the pressure and strain the broth through a fine mesh strainer. Once the broth is cool, I can freeze, can or use right it away in a soup. Typically, I will put it in the fridge overnight for the fats to solidify on top. In the morning, I will skim that off and then use or can the broth. If you don’t own an Instapot, you can cook the broth on the stove or in a crock pot. It will just take much longer. Roasting the bones ahead of time will also help them release their nutrients and give you an even deeper flavor but is not necessary.

In my broth, I like to add different spices like turmeric and ginger that you might not think about. Many spices have health benefits and add to the immune building foundation of the broth. You can research the benefits of different spices, but I have included below a few that I have found make the best broth for me.

The following information came from an article I found at <https://draxe.com/nutrition/top-herbs-spices-healing>.



Basil

Basil is an aromatic herb in the mint family that has anti-inflammatory, anti-stress and antibacterial properties. It also works as a pain reliever, blood vessel protector, and immune booster. Basil contains essential oils that are rich in antioxidants.



Bay Leaf

Bay leaves come from the ancient tree *Laurus nobilis*, and it’s often used in cooking because of its distinctive savory flavor. Bay leaf has antimicrobial, antifungal and antioxidant properties.



Continued on page 9



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FOOD

Continued from page 7



Cumin Seed

Cumin Seed

Cumin seeds come from the herb *Cuminum cyminum*, which is a member of the parsley family. It's often ground into a powder for cooking. Cooking with cumin seeds can aid your digestion, boost your immune system, promote the health of your skin, relieve respiratory conditions, promote detoxification, combat oxidative stress.



Ginger Root

Ginger Root

Ginger root is the rhizome of the *Zingiber officinale* plant that contains 115 different chemical components. It's often used in Asian cooking for a sophisticated flavor and is even used as a pickling spice. It works as a potent antioxidant, reduces inflammation, boosts the immune system, supports digestion, reduces pain and lowers cholesterol levels.



Oregano

Oregano

Oregano is an herb that has been used for healing for thousands of years. Oregano has the power to reduce inflammation, fight bacterial, fungal, viral and parasitic infections, fight allergies and even shrink tumors. Oil of Oregano is extracted from the herb to make a powerful antibiotic agent that can kill many species of harmful bacteria.



Paprika

Paprika

Paprika is a spice that's made from a variety of peppers in the *Capsicum annum* family. *Capiscum*, an ingredient in hot peppers that are used to make paprika, is known to support immune function and aid in treating autoimmune conditions. Paprika also contains many antioxidants, including carotenoids, that fight free radical damage that can cause disease, and it can be used to improve the health of your heart and eyes.



Rosemary

Rosemary

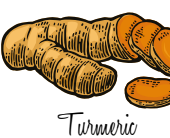
Rosemary is an aromatic herb that's part of the mint family. It's known for its ability to improve memory, promote hair growth, relieve muscle aches and pains, improve cognitive function and soothe digestive issues. Rosemary also possesses anti-inflammatory, antioxidant, detoxifying, anti-stress and healing properties.



Thyme

Thyme

Thyme is an herb that's part of the mint family and is often used in cooking. Thyme is a source of vitamins and minerals like vitamin C, vitamin A, iron, manganese and calcium. It can be used to boost your mood, relieve respiratory conditions like sore throat and bronchitis, lower blood pressure and cholesterol levels.



Turmeric

Turmeric

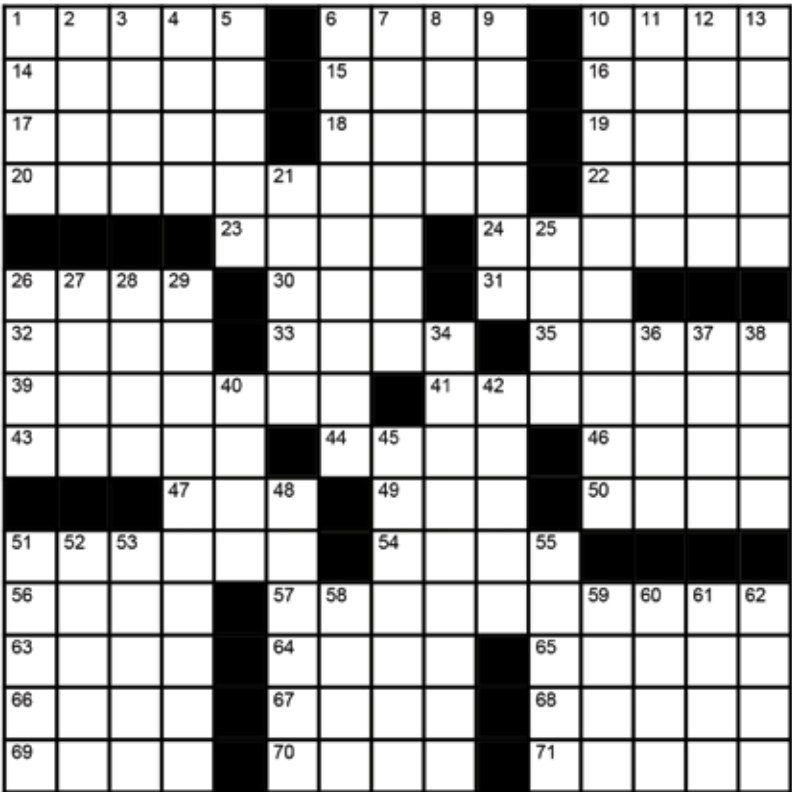
Turmeric is one of the most powerful herbs on the planet and its benefits often rival those of conventional medications. Turmeric supplements can be taken in place of antidepressants, anticoagulants, arthritis medications, skin condition treatments, anti-inflammatory medications and cholesterol regulators.

However you decide to make your bone broth, do your body a favor and start making it yourself at home. You won't regret it!!

*"You don't have to cook fancy or complicated masterpieces—
just good food from fresh ingredients."
—Julia Child*

CROSSWORD PUZZLE

Created by Paul Mason
Solution pg. 34



- Across**
1. "Beat it!"
6. Back talk 10. Carhop's load
14. W.W. I soldier
15. Dentist's directive
16. Contract
17. Church recesses
18. Component used as fertilizer
19. Eye part
20. To mark (a bill) as having been paid.
22. Gym equipment
23. Small salmon
24. Chalice
26. Baghdad's land
30. The "p" in m.p.g.
31. Hither's partner
32. Dessert _____
33. Au _____
35. Dated
39. Copper coatings 41. Stored, as grain or fodder
43. It's a piece of cake
44. Domestic
46. Burden
47. Mary _____ cosmetics
49. "Well, _____-di-dah!"
50. Light on one's feet
51. Modest
56. Bringing up the rear
57. Helper who takes dictation
63. "_____ bitten, twice shy"
64. Highway
65. Communications business, shortly
66. Masterstroke
67. Cousin of a mandolin
68. Draconian
69. Smooch
70. Calendar span
71. Multitude
- Down**
1. Box
2. Make do
3. Computer architecture acronym
4. On the safe side, at sea
5. Composer's creation
6. Florida setting
7. Deductive
8. Caught sight of
9. Problematic
10. Small versions of larger images
11. Competitor
12. Mountain crest
13. Brewer's need
21. "Big _____" (Notorious B.I.G. hit)
25. Cry over spilled milk
26. Little devils
27. "Get _____!"
28. Voting "no"
29. A dance similar to a fast foxtrot.
34. Rest
36. Hogwash
37. Affix a brand to
38. Countercurrent
40. "Groovy!"
42. India's first P.M.
45. Former capital of Kazakhstan
48. When anniversaries are observed
51. Time piece
52. Vietnam's capital
53. Spore case
58. Grimace
59. "I, Claudius" role
60. Bit of slander
61. Decorated, as a cake
62. It's under a foot



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THE VIEW FROM HERE

Lake Odell and the Passage of Time



by Bill Cowan

Glistening like a diamond in the dark green blanket of the forest is, in wet years, one of the prettiest places in Munds Park - Lake Odell. Named for the pioneer Charles H. Odell, who, when he arrived in Northern Arizona in the early 1890s, purchased land in Section 15 and 22 from Flagstaff banker Ezra S. Gosney and ultimately formed a partnership with him called Gosney and Odell. Gosney was the head of the Citizens Bank in Flagstaff, where William Munds was a board member. Gosney was also the head of the Arizona Wool Growers Association. Like many men in the area,

Odell ran sheep on the public land around Munds Park and developed the lake with a small crude dam in Munds Canyon to provide a source of permanent water for his sheep. In those years, sheep herds migrated from verdant valleys of Arizona each spring to graze on the rich mountain grass and were herded back again each fall.

Following World War I, wool prices and mutton consumption dropped precipitously. Like many sheep ranchers, including Hannibal Kelly (for whom Kelly Canyon is named), Odell dropped out of the business. In 1914 Gosney and Odell sold out to the Munds Park Cattle Company operated by William Back, who at the time owned Montezuma Well and Grandville (Dan) Fain, his son in law.

In the fall of 1927, the family of Charlie Burrus purchased the Odell land and farmed beans in the area that is now the Pinewood Golf Course. The Burrus family struggled with dry years, so they substantially increased the size of Odell Lake to provide irrigation for their farming operation.

Early in the Eisenhower Administration, it was decided that the country needed an interstate transportation system that would be modeled on the Autobahn that Eisenhower had seen in Germany during World War II. The legislation sponsored by Dan Fain's son, Norman, directed the Arizona Highway Department to layout the Black Canyon Highway, the precursor to Interstate 17, that ran through the desert and forest from Phoenix to Flagstaff. The actual construction of the highway reached Munds Park in 1957.

As people from the growing metropolis of Phoenix gained access to this formerly remote section of Arizona, the Burrus land was purchased by the Northern-aire Development Company headed by a couple of Scottsdale businessmen, Bill Weirich and Rolly Feltman. The "plush All Season Resort" and golf course community called Northernaire was built in Munds Park. Odell Lake became Lake Odell, and the lake was again increased in size. The impounded water would now be used to water the beautiful green golf course that was built over much of Burrus' bean fields.

In the 1960s, as time passed, the subdivision of Northernaire was sold out to a developer named Oaks. Oaks purchased the rest of the original Odell/Burrus land and created a new subdivision appropriately called "Oakwood." He revitalized the golf course and expanded the original clubhouse.

As the 1960s came to a close, Oakwood was sold out, and 4 Arizona land developers came to Munds Park aided by a land exchange with the Forest Service and created Pinewood Country Club with the motto of "Pinewood is Perfect!" By this time, wells were being used to provide drinking water for the growing number of residents. Today, Lake Odell and other sources are still being used to water the beautiful green golf course at the center of our spectacular mountain home. So the next time you are setting up a golf ball on the 4th Fairway and preparing for that perfect drive, you might think back to those days when sheep and beans were the main order of business in our beautiful mountain community.

If you get out into our backcountry, drive carefully, tread lightly, and please leave the area cleaner than you found it.

Enjoy Northern Arizona.

Bill Cowan's Arcadia book on the History of the Verde Valley is available at Candy's Creekside Cottage in McGuireville, Arizona and also from Amazon, Ebay and at various other retailers including the Verde Canyon Railroad.



Charles Burrus who bought the Gosney and Odell Ranch in Munds Park in 1927



Ezra Gosney, leader of the Arizona Wool Growers Association and head of the Citizens Bank in Flagstaff.



Early photo of Lake Odell Photo courtesy of Frank Benedict.



Car entering Munds Canyon before the I-17 Bridge. Photo courtesy of Norman Burrus.



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TRAVEL



Storm over the Gargano

PAUSING IN THE STORM: HIKING ITALY’S GARGANO



By
Stacey Wittig
Travel Writer
Unstoppable
Stacey

I’m fighting to keep my balance while standing on a low flat stone on the sloping mountain ridge in Italy’s Gargano National Park. Mounting winds catch my backpack and bat me around like a rag doll. Thousands of similar flat rocks stud the over-grazed slope in front of me. The rock on which I

stand brandishes a small uneven blaze of faded yellow paint. The buttery color is a trail marker, not much different in hue from the limestone that it’s painted on.

Not able to see the next blaze, I’ve halted on the limestone lump for what seems like an eternity. Trying to find my way, I scan the field before me and unexpectedly, fear rises. To my right, the mountainside drops off, revealing the green valley below. In the far distance, I see a white swatch, which is the town of San Severo. I’d left that municipality yesterday, so I know it is about 25 kilometers away. That walk was not challenging until I reached the foot of the Gargano Mountains. Even the ascent was not daunting as the past three weeks of walking *Via Francigena del Sud* have conditioned my body.

What *IS* difficult is the route following. Unfortunately, it seems that I can’t download the GPX map file for this stage of the journey. And so, rather than relying on my hand-held device, I’m using the old-fashioned method of following trail markers. I’m usually good at that—I’m the one in a group hiking the Superstitions or the Arizona Trail that eyes the pointer first. But I’m doing this pilgrimage solo, and right now, on this unforgiving Italian rockpile, another set of eyes would be a saving grace.

Besides seeking ill-defined markers, I’ve been watching the storm advance over the valley. Now the squall is close, so its winds knock me around. I remember Michele del Giudice’s warning at dinner two days before: “I hope it’s not too windy up there on the day you pass.” Michele is the steward of this trail that connects San Severo to Monte Sant’Angelo, an ancient spiritual hot spot. The route is one of the many *Vie Francigene del Sud* variants and runs through the Gargano, as many Italians refer to it.

Rain spatters my cheeks as I face the storm trying to figure out how much time I have left before it hits me with full gusto. The leading edge of the bluster is pushing fog and clouds. However, my poncho and backpack rain cover are already in place.



I am walking the west side of the Gargona, a massif that forms the “spur” on the boot of Italy.
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UNSTOPPABLE Stacey and Michele del Giudice share a meal

I usually take the “head-down-one-foot-in-front-of-the-other” approach to adversity. I concentrate on the one step forward, which brings me a little closer to my shelter for the night. But right now, the high winds ignite my fear of being shrouded by fog, which would force me to hunker down on the bare mountaintop.

EDGES OF PANIC START TO CROWD MY MIND

With so much exposure to height and weather, I can’t afford to get off track and lose my way. Feeling the edges of panic start to crowd my mind and push out reason, I stop to pause. I know if I let fear seize my mind, I won’t be able to use my brain to figure out the next step for survival.

So, in the middle of the storm, I pause. “Lord, you have brought me this far. I trust you will bring me safely off this mountain,” I cry out loud to my higher power. Then I turn to the oncoming storm and shout: “I am the child of God! I am the sister of the living Christ! God has invested authority in me to calm the seas and turn the storm. In the name of Jesus, I command you, storm, move around me! Stand back!” Mustering the power of the Holy Spirit banishes my fear, and the edginess of panic disappears. Remembering who I am—a child of God—restores my confidence.

I PRAY

“Lord, you know where the next trail marker is— show me!” I pray. Again, Michele’s words are brought back to me: “I painted the trail markers close together because of the fog.” Scanning the limestone rocks that are a bit closer to me, a dash of yellow catches my eye at last. I’m back on the march and thankful to get off the ridge before the gale’s full force hits. Although it is dark when I reach my night’s lodging, Corona Hotel—an unfortunate name for these times—another day ends on my 30-day pilgrimage across Italy.



Where is that yellow marker?

“UNSTOPPABLE Stacey” Wittig is a travel writer based in Munds Park. When she’s not snowshoeing Crystal Trail, she’s looking for the next new destination for you. Follow the spiritual adventurer at unstoppablestaceytravel.com

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420 Lodge Dr.

MLS#186363: WAIT UNTIL YOU SEE THE DEER AND ELK IN THE FOREST RIGHT BEHIND THIS ADORABLE 3 Br 2 Ba ; 1 Car Garage ON THE FOREST LINE. Home is presently on Septic which has just been recently inspected and cleaned. The Sewer tap is already in and paid for by seller as Big Plus. Dual Pane Windows through out.Beautiful brick-like wood burning Fireplace with an Insert and blower in LR. Propane Central Heat. French Doors in DR add a ton of light to the home. A NEW ROOF is coming by Jeff Leland. Log Cabin Shed. Two covered decks; front and back. New Survey has been performed and property is staked. Home is unfurnished with the exception of Refrigerator, Washer and Dryer which convey. Most of back yard is fenced. 7900 SQ FT LOT.

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THE COVID-19 PANDEMIC

Continued from page 1

Best practices for COVID

- Get vaccinated, including children ages five and older who are now eligible for vaccination.
- If you are fully vaccinated and age 18 and older, get a booster. Pfizer boosters are also available for 16 and 17 years old.
- Wear a mask (not a cloth mask) in indoor public settings.
- Physically distance.
- Keep your hands washed.
- STAY HOME if sick.
- If you are exposed to COVID-19 or have symptoms, get tested.

IF MOST AMERICAN’S ARE VACCINATED, WHY ARE WE GOING INTO YEAR 3?

Kim noted that as of December 31, 2021, 62% of the United States population was fully vaccinated, and about 60% of the World population is fully vaccinated. The Omicron variant is quickly taking over as the dominant variant and is not being stopped by previous vaccination over six months ago or past COVID infection. Still, they will prevent serious illness and death. We can lower Omicron spread by getting boosters and ensuring the highest risk are highly immunized.

ARE OUR HOSPITALS AT CAPACITY?

Currently, all Arizona hospitals are at or near capacity. Flagstaff Medical Center Emergency Room is averaging a 14-hour wait, and non-vaccinated patients are the primary COVID patients in the hospital.

ARE THE LINES FOR TESTING & VACCINATIONS LONG?

Kim Musselman said the sites stay steady and busy, but all are being served. Kim notes over 5000 people a week are being served for testing, and another 1500/week are getting boosters or first/second doses of vaccine which is good, she says. There are many options for Northern Arizona residents. Coconino County has partner sites, plus local pharmacy’s and your doctor can all provide testing and vaccinations.

COVID-19 Vaccination Site Locations: Information regarding COVID-19 vaccination opportunities is available at www.coconino.az.gov/2580/COVID-19-Vaccination-Locations.

COVID-19 Testing: Information regarding COVID-19 testing opportunities is available at www.coconino.az.gov/2338/Testing-Information.

Weekly updates from the County and both testing and vaccination sites can also be found at www.ThePinewoodNews.com under the COVID menu.

Regarding testing, I asked Kim about rapid tests purchased in the store. She says these are excellent for testing COVID, and she recommends having them on hand. However, she did say if you test positive, have the results confirmed at a testing site near you.

IS OMICRON JUST LIKE GETTING A COLD?

The Omicron variant still can put you in the hospital, says Kim, and she warned against having a false sense of security. Treatments are not as effective against Omicron, and you want to limit the transmission of COVID in any form.

STAY HOME.

Kim and Matt’s team could not stress enough that if you are sick or feel like you are coming down with something to STAY HOME. Stay home until you are symptom-free.

Stay home until you are well so we all can stay well.

MUNDS PARK VACCINATION SITE.

I asked Matt if he would be willing to have a vaccination site here in Munds Park. He said they had done it in the past, and if there is enough interest, they are willing to come back.

If you are interested in a vaccination site in Munds Park, please contact the Pinewood News at [Hello@ThePinewoodNews.com](mailto>Hello@ThePinewoodNews.com) to let us know!

Questions about COVID?

If you still have questions or concerns, please send them to [Hello@ThePinewoodNews.com](mailto>Hello@ThePinewoodNews.com), and we will reach out to Matt’s team for answers and print their response in the next edition of the Pinewood News.

ONE LAST NOTE.

Matt and his team made it very clear that vaccinations are the way out of this pandemic. However, they also made it very clear that this is not a vaccinated vs. unvaccinated situation. Instead, this is about education and ensuring our community has enough information and confidence in our healthcare professionals to make the best choice possible for themselves.



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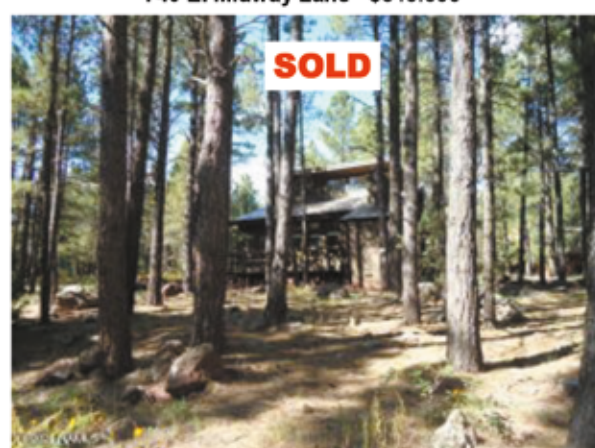
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PAGES IN THE PINES

BOOK REVIEW

By Sandy Wright

The Corpse Queen

- By Heather M. Herrman
- G.P. Putnam’s Sons
- Sept 14, 2021
- 416 pages

Dark. Glittering. Dangerous. Like a well-placed scalpel, *The Corpse Queen* will slip under your skin. It’s a macabre historical thriller that will chill you with the disturbing lack of ethics in the nineteenth-century medical profession. In fact, it’s a horror story due to the various characters’ utter lack of compassion, as much as the actual blood and guts.

Molly Green, an orphaned girl, is plucked from a life of misery and abuse by her newly-discovered and extremely wealthy aunt. She moves to live in a fine house in a part of town she could have never hoped to see, even as a maid.

But her new life comes at a price.

Molly’s estranged aunt Ava is the infamous Corpse Queen. She has built her empire by robbing graves and selling the corpses to medical students who need bodies to practice surgical procedures. And she wants Molly to help her procure the corpses.

Molly is given a crash course on how one procures a body by Tom, one of Ava’s employees. As she learns her aunt’s trade in the dead of night, she also explores the mansion grounds by day. She is intrigued by the anatomy lessons held at an old church on her aunt’s property, taught by the enigmatic Doctor LaValle, and discovers she has a passion for learning the science of the body. She wrangles her way into the all-boy’s class.

The mid-1800’s was the beginning of scientific invention. I appreciated the thoroughly researched historical detail and the peek into the gruesome study of anatomy and cadaver dissection at that time. With a murderer loose, the bodies stack up rapidly around Philadelphia, and Molly’s nocturnal job becomes even more deadly.


This book is unlike anything I’ve ever read. The plot is intriguing and gruesome, and the characters stand out from one another like individual gems. It’s an expertly plotted period piece that will have you guessing who the madman killing women in Philadelphia is.

It has aspects of *Frankenstein*, a bit of *Jack the Ripper*—made for people who, like me, relish the macabre in a story. In addition, Molly was a strong, but still believable female lead. She is fierce, independent, curious, inventive, and an absolute joy to root for.

The Corpse Queen is shelved as a Young Adult fiction, but don’t let that put you off. I’m giving it five stars and a place in my Top 10 books of 2021. Enjoy!




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GARDENING IN THE PARK

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4 Generations of Gardening in Northern Arizona



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January is not only a time for restocking, it’s a time for reflecting on the journey that brought Warner’s to northern Arizona.

Like the stories of many Arizonans, the saga of the Warner family begins outside of the state, in the small town of Ceres, California. Just north of Modesto, the small town is where Bill Warner and Dottie Morgan met, married and started their family. Bill worked for Sears & Roebuck Co. and served in the Navy Reserve as a pilot and naval officer, while Dot had a part-time job in Ceres inspecting chicken eggs.

The Warner’s relocated to Arizona when a friend, who was the construction project manager for the Glen Canyon Dam, convinced them to come to the new community of Page in 1957. Soon thereafter, Bill met Earl Brothers of Boulder City, Colorado and the two started a Firestone Hardware store.

In Page, the couple blossomed as community leaders, according to their son, Dugan Warner.

“Both were extremely active in the community, they were always organizing something or volunteering when not at work,” he said. “Dad was well liked and respected as an honest, hardworking businessman who you could count on to help when there was a need. Dot had limitless energy and was the life of any party. She also had a passion for gardening and making things look better.”

Page boomed during the dam construction years. Bill and Earl moved and expanded their hardware store. But after the dam construction was completed in the mid-1960s,

the town pretty much went bust. The hardware store closed, and Earl returned to Boulder City. Bill took a job managing the Empire House Motel & Restaurant but kept a hold of the building that had been the hardware company. Eventually, it would house three different businesses run by the Warner family.

By this time, the couple’s three sons had all graduated and left Page, and Dot was becoming restless. She convinced her husband to let her use the back part of the empty Firestone store to set up a plant shop. Bill, for his part, wanted out of the hospitality business and decided to use the middle part of the building for a new insurance company. He helped Dot build her nursery and her business, drawing on his retail experience. The third part became a liquor store.

All of this happened as the town was cycling into another boom season with the construction of the Navajo Generating Station. All three Warner sons returned to Page to help with the growing family businesses. The nursery began to grow, with a shed in the back of the building converted into a tropical greenhouse, gift shop and workspace for Dot, whose plant arrangements became very popular.

As the population picked up again, the nursery began to get more and more requests for yard and landscape services and Warner’s Landscape Co. was born. Its popularity is what brought

the Warner companies into Flagstaff. By the late 1980s, the landscaping service was winning contracts throughout northern Arizona and in one year, Warner’s was picked to do landscaping for Flagstaff’s three high schools and all of its municipal properties. The family decided they needed a physical location in Flagstaff.

The family purchased an existing landscape business on North Highway 89 near Empire and opened their Flagstaff store in 1990. The manager of the Page nursery

Continued on page 24



Dottie Warner in her nursery.



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THE GREAT OUTDOORS

5 BACKPACKING SKILLS TO MASTER IN THE NEW YEAR

If you're new to backpacking and you've done a short trip or two, you might be eager to try a more challenging hike. Maybe you want to do a longer trip and backpack for a week or longer. Or, perhaps you'd like to explore a place that's more remote and wild, such as a Wilderness area.

If you're going to go big, you need to improve your backpacking knowledge and skills. As you hike more miles, tackle tougher terrain, and move farther away from civilization, you'll face more obstacles, and you and your hiking partners will have to rely on your own know-how to overcome them.

Make this the year that you take your backpacking skills to the next level to travel more safely and comfortably. In our list of skills below, we begin with the basics—fitting and packing your pack. While those sound like simple tasks, a surprising number of people hit the trail with ill-fitting, unbalanced packs that lead to soreness and misery.

Then, we move on to other things that will benefit backpackers—map and compass skills, knots, first aid, and building a fire. If you're super motivated, you could possibly take on all of these goals in the coming months. But, even if you tackle just one, you might be surprised at how gratified you'll feel from learning something new.

LEARN TO FIT & PACK YOUR BACKPACK

A high-quality backpack can ease the burden of a heavy load on the trail, but it won't do you much good if it's not fitted and packed properly. If a salesperson didn't fit your pack when you purchased it, consult the manufacturers' website or online videos for fitting instructions, and be aware that fitting techniques can vary by brand. It's important to make sure that the pack fits your torso length, and that you properly position the shoulder straps, load lifter straps, sternum straps and hip belt.

To ensure that your pack rides comfortably, you also need to pack it correctly so that the weight of your gear is distributed well. Try to make sure that the heaviest things, like your food bag, lie close to your back and, if possible, centered on your back. Then, place lightweight items away from your back.

You can also pack gear strategically, based on when you'll need to access things. For example, put things you won't need while hiking (like your sleeping bag) in the bottom of your pack. Then, put the things you'll need frequently or immediately (like your map and toilet kit) in the lid or an external pocket.

LEARN TO USE A MAP & COMPASS

As smart phones and other devices make navigating easier, fewer people are learning to use a good ole map and compass. And that's fine if you're just doing a day hike on well-marked trails, where you're not likely to get lost. But if you go into the backcountry, you could be in a tough spot if your phone or GPS loses battery power or gets damaged. So, make a resolution this year to learn the basics of map and compass navigation. With a little online research, you'll find plenty of instructional books. You could also get instruction from an outdoor specialty store or recreation group in your area.

Once you've learned the basics, practice using a map and compass in a local recreation area before you leave for a big backcountry trip. Keep in mind that you might be using these skills when you're tired and frustrated (being lost can be nerve-racking), so it helps to have this stuff dialed in.

LEARN TO TIE USEFUL KNOTS

If you want to become the hero of your backpacking group, be the one who knows how to tie knots. On the trail, you can use knots to do a variety of things, from securing your tent to hanging a clothesline. Plus, knots will come in handy for other adventures, whether you're tying into a harness to climb, or you're securing a kayak to the shore. In your everyday life, knots can also prove useful. At some point, you might

need to lash furniture to a vehicle when moving, and you'll ride with peace of mind knowing that you didn't just jerry-rig your stuff to keep it out of the road.

Begin by learning a few knots that will come in handy frequently, such as the Bowline, which you can use to attach a line to a fixed object. On the trail, you might use a bowline to attach guyline cords to a tent, or tie a line to a tree to rig a tarp. The advantage of a bowline is that it won't loosen under tension. But, you can loosen the knot easily when it's time to untie it. It's also good to learn the taut-line hitch, because it allows you to create a clothesline, or an adjustable guyline for a tent.

LEARN TO BUILD A FIRE

In an emergency situation in the backcountry, a fire can provide life-saving heat, a means to purify water, and a way to signal rescuers. Plus, survival experts say that a fire provides a sense of comfort and calm that will help you endure a tough situation. Even if it's not an emergency, a campfire will make a cold night on the trail cozier. If you're building a fire for the fun of it, ensure that fires are allowed in the area and that the fire danger is low. And, take time to learn the proper way to manage and extinguish a fire.

If you've never mastered the art of building a fire, you'll find plenty of tutorials online. There's a certain method to successfully building a fire, and you don't want to be fumbling around if you're lost, cold and tired. Also, consider packing a fire starter kit, which will usually include tinder and tools to create a spark. The kit will serve as a backup if your lighter or matches don't work, and you can get tinder that lights when wet.

LEARN BASIC FIRST-AID

If you or a hiking partner is injured or gets ill during a backpacking trip, you could be miles or days away from professional care. If you do enough backpacking, you'll someday deal with blisters, stings and maybe even burns. Plus, you or someone you encounter could get dehydration or hypothermia, or suffer some kind of wound, or an ankle or knee injury.

If you purchased a first-aid kit from a gear store, there's a chance it will include a small first-aid book, and you should take the time to read it. Plus, there are plenty of great wilderness medicine books on the market. But this year, go a step further and take a first-aid course. If you visit the American Red Cross website, you can find first-aid courses offered in your area. While some Red Cross courses are not outdoor-specific, they'll provide helpful fundamentals.

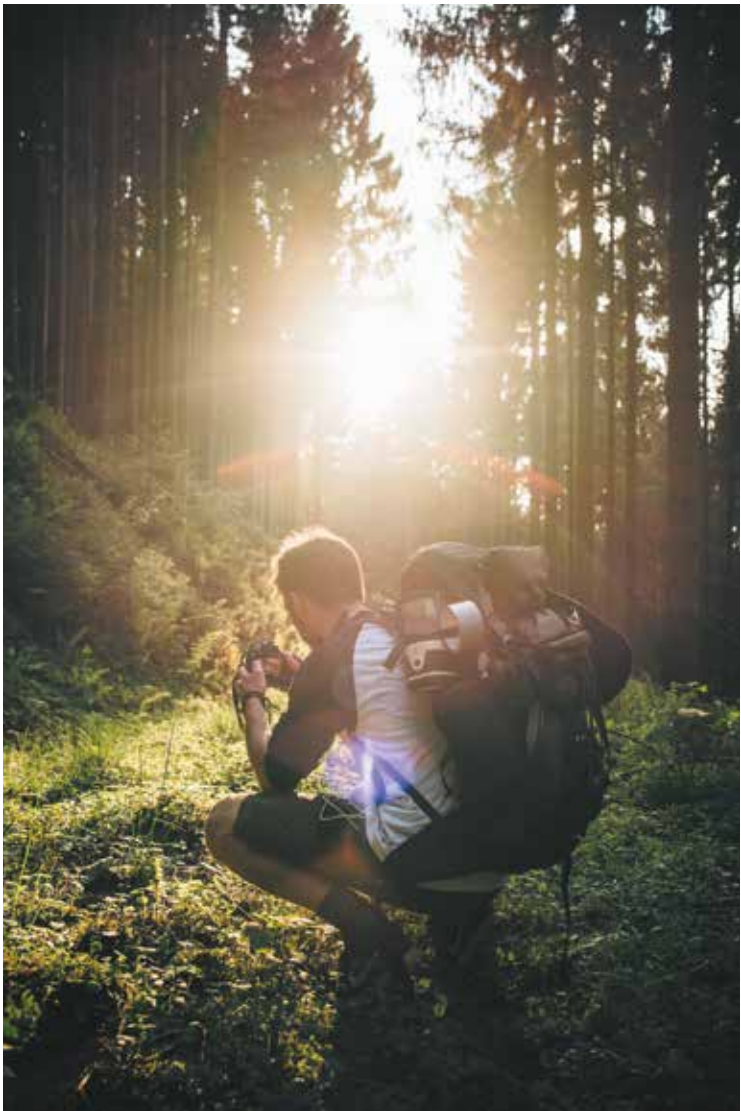


Photo by Edward Virvel

THE GREAT OUTDOORS

HUNTERS REMINDED TO HELP KEEP ARIZONA FREE OF CHRONIC WASTING DISEASE (CWD)



With big game seasons still taking place through the end of January, the Arizona Game and Fish Department is asking hunters to continue doing their part to help keep Chronic Wasting Disease (CWD) at bay. CWD is a fatal wildlife disease that affects the nervous system of deer and elk.

All successful deer and elk hunters are encouraged to bring the head of their harvested animal — especially bucks and bulls — to any department office statewide between 8 a.m. and 5 p.m. Monday through Friday.

To schedule a drop-off time, send an email to CWD@azgfd.gov or call Jon Heale, wildlife health biologist, at 623-236-7227.

The preferred method for storage is to place the head in a heavy-duty plastic trash bag, and keep it cold or frozen until it can be sampled. The department also requests hunters to provide accurate hunter information (name, telephone number), as well as hunt information (hunt number, game management unit in which the animal was harvested, state and hunting license number). This information is crucial should CWD be detected in a sample.

Department officials did not find any cases of CWD in the nearly 1,600-plus deer (mule and white-tailed) and elk that were harvested by hunters and voluntarily submitted for testing in 2020. In addition to hunter submissions, the department collects samples from across the state through partnerships with meat processors and taxidermists.

Game and Fish has been testing for the presence of the disease in Arizona since 1998 and has tested more than 25,000 samples. While CWD has been found in the neighboring states of Utah, New Mexico and Colorado — and as recently as last month in western Idaho — the disease has not been detected in Arizona. CWD has not been documented to cause disease in people.

CWD is transmitted and spread by animal movement and direct contact, which means the illegal importation of a cervid carcass or parts with brain or spinal column tissue of an infected animal could introduce the disease into Arizona. To that point, an individual is only allowed to possess, transport or import the following portions of cervids lawfully taken in another state or country:

- Boneless portions of meat, or meat that has been cut and packaged.
- Clean hides and capes with no skull or soft tissue attached.
- Antlers, clean skull plates or skulls with antlers attached with no meat or soft tissue remaining.
- Finished taxidermy mounts or products (hunters may ship their harvested animal to a taxidermist).
- Upper canine teeth with no meat or tissue attached.
- Do not bring the brain, intact skull or spinal column of a deer or elk harvested in another state back into Arizona.

It may take longer than a year before an infected animal develops symptoms of CWD, which can include drastic weight loss (wasting), stumbling, listlessness and other neurological symptoms. CWD can infect animals of all ages, although it's most frequently noticed in older animals and can affect males more than females. CWD is fatal, and there are no treatments or vaccines.

All hunters are advised not to shoot, handle or consume any animal that is acting abnormally or appears to be sick. Wear latex or rubber gloves when field dressing deer or elk. All hunters are asked to contact the department at 1-800-352-0700 if they see or harvest an animal that appears to be sick.

For information about importation of harvested animals in other states, contact that state's wildlife management agency. For more information about CWD, visit the Chronic Wasting Disease Alliance website at cwg-info.org/.

Join Arizona Game and Fish Conservation Membership program and ensure a wildlife legacy for the future.

Visit www.azwildlifehero.com/support-us/become-a-member to join!

HUNTING, FISHING LICENSE ONLINE ONLY NOW

In a move to further modernize its licensing system, the Arizona Game and Fish Department will no longer offer traditional paper licenses sold through license dealers beginning Jan. 1.

As always, customers can purchase their hunting, fishing or hunt/fish combo licenses online directly at <https://license.azgfd.com/>, 24/7, or in person at AZGFD offices.

Licenses purchased online must be paid for with a credit or debit card (Visa, MasterCard, Discover Card). Licenses purchased at an AZGFD office can be paid for with card, check or cash.

All licenses except short-term are valid for 365 days. License pricing is:

- Resident hunting license - \$37
- Resident fishing license - \$37
- Resident hunt/fish combo license - \$57
- Nonresident fishing license - \$55
- Nonresident hunt/fish combo license - \$160
- Youth hunt/fish combo license for ages 10-17 - \$5 (resident or nonresident)
- Short-term hunt/fish combo license - \$15/day residents, \$20/day nonresidents
- Migratory bird stamps - \$5

For general license information, visit <https://www.azgfd.com/license/>.



GARDENING IN THE PARK

Continued from page 21

was brought down and before long, Warner’s Nursery in Flagstaff was a popular spot. After a couple of years, however, it became clear that Warner’s Nursery and Landscape Co. needed a larger home. In spring 1995, they moved operations to Butler Avenue.

Now with a larger, more central location, the Warner companies became even more of a community force in Flagstaff. They launched a series of community events, including the spring Easter Egg Hunt and the Fall Family Festival. The company stepped up its educational offerings as well, with classes and workshops to help gardeners achieve their dreams. Starting in 2019, the company offered a season-long series of classes for beginning gardeners called Root Camp.

Although Dottie remained in Page the rest of her life, she was still a major force behind Warner’s Nursery in both its locations. She continued to run the gift shop within the Page nursery and would attend all of the trade shows. She would go on trips and load up her minivan with “payloads” of antiques and other items that she would then dress up in her unique way to make her “Dottie’s originals.”

Dorothy Morgan Warner died in 1999, but her spirit remains the heart of Warner’s Nursery.

Her granddaughters, Misti Warner-Andersen and her sister, Marni Montague, now lead the team that run the business. Misti’s husband, Dan Andersen, is head of the landscape company, and their three sons often help out during the summer, which makes them the fourth generation of the family to work at Warner’s.

But even as the story of Warner’s moves on to future generations, you don’t have to look far to find the influences of the much-beloved family matriarch. Nestled inside the Flagstaff Nursery is “Dot’s Back Porch,” a gift shop that carries on her legacy, and in 2017, when her granddaughters started a coffee shop inside the nursery, there was no doubt what the name would be.

“Everyone loved my grandmother,” said Misti. “Even after she retired, I remember her coming to check that everything was running smoothly. She noticed every detail and wasn’t afraid to get her hands dirty to ensure our success. I wanted to honor the fact that none of us would have this amazing life and company if it weren’t for her. A friend of ours who knew our grandma and used to work here came up with the perfect name that captured everything I wanted it to be – “Dottie’s Garden Coffee Shoppe.”

SUDOKU

Created by Paul Mason
Solution pg. 34

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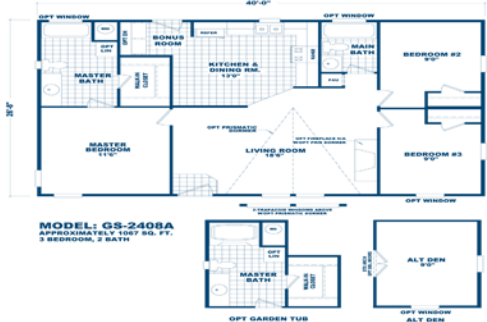


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- Permit



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Deidra Soto and
her new pooch, Princess
Akeetah!

Unfortunately, there is no shortage of animals needing a home. High Country Humane relies on its volunteers, foster families, and sponsors to care for 3,000 to 3,500 animals per year, and the intake numbers continue to rise. These numbers don't even include other shelters and local rescues caring for homeless animals.

One great way to volunteer is to foster a little fur-love needing a home. You get a furry friend for companionship, and they escape the crowded and loud shelter.

If you are up for a little extra care, you can foster an injured animal so it can have a quiet place to recuperate. Puppies also require a little more care because High Country Humane requires you to foster two at a time, giving the puppies companionship even when you are away.

Fostering not only helps the fur-love you are caring for, but it also helps keep spaces open for new animals needing shelter and care.

High Country Humane, recently voted Best of Flagstaff 2021 for their outstanding care and services, will provide foster families with everything they need. They provide free veterinary care, food, puppy pads or cat litter, tarps to protect flooring, bedding, kennels, playpens, and toys to keep them occupied. They really do all they can to make your fostering experience fun and successful.

Genna and I recently fostered two puppies, which was a lot of work—A lot of fun and very rewarding. We were fortunate, too, because we were able to find families to adopt them, and they went from our home to their forever home.

One family was from Tucson, and the other was a family working right here in the Park. Deidra Soto, manager of the Chevron station, adopted the beautiful husky.

For more information on how to foster or volunteer at High Country Humane, you can visit www.highcountryhumane.org or call (928) 526-0742.

JOIN THE BETTY WHITE CHALLENGE!

Betty White was a champion for wildlife, a lover of animals, and simply a beautiful soul. So let's honor her and join in on the #BettyWhiteChallenge!

It's simple! Donate \$5 to a local animal rescue or shelter of your choice on Jan. 17, when the late Betty White would have celebrated her 100th birthday!

The Pinewood News will be donating to our favorite animal shelter, High Country Humane! Please join us!

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ALL ABOUT SMOKEY THE BEAR!

KIND OF BEAR

Smokey is a black bear. American black bears live in the United States, along with brown, grizzly and polar bears.

WEIGHT

He weighs over 300 pounds. Smokey has black bear relatives who weigh as much as 800 pounds, and some of his grizzly bear cousins weigh almost a ton (that’s 2,000 pounds)!

WEIGHT AT BIRTH

Smokey weighed about 1½ pounds. In other words, he weighed about as much as a big loaf of bread.

FAVORITE CLOTHES

Smokey’s favorite clothes are his personalized ranger hat, blue jeans and belt. Smokey often stands upright, shovel in hand.

FAVORITE SAYING

Smokey’s favorite saying is “Only you can prevent wildfires.”

FAVORITE FOODS

Smokey’s favorite foods are forest takeout: ants and other insects, salmon or trout, bark, plants, roots, and berries. And honey, too, of course!

FAVORITE WINTER ACTIVITY

Wildfire prevention keeps Smokey busy year-round. But his relatives go into a heavy sleep in the winter, called hibernation. They will awake if the weather is warm or if they are disturbed. Bears eat a year’s worth of food in six to eight months so they have a layer of fat which keeps them fed during this winter sleep.

WHAT SMOKEY NEEDS

Smokey needs your help! Smokey and his forest friends need healthy forests and wildlands in which to live. Help stop their homes from being destroyed by wildfires.

SMOKEY’S STORY

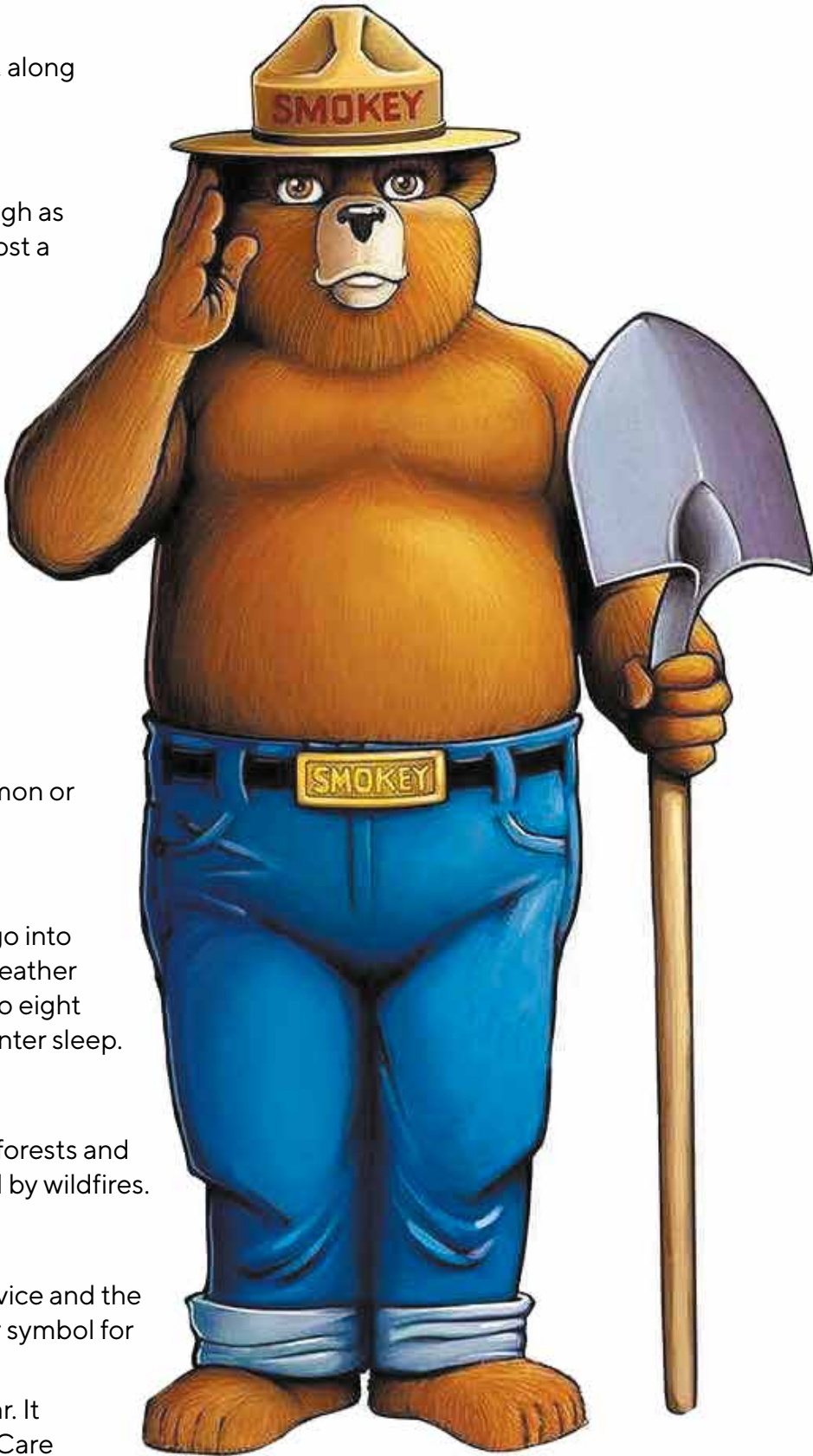
Smokey Bear was born on August 9, 1944, when the USDA Forest Service and the Ad Council agreed that a fictional bear named Smokey would be their symbol for forest fire prevention.

Artist Albert Staehle was asked to paint the first poster of Smokey Bear. It showed Smokey pouring a bucket of water on a campfire and saying “Care will prevent 9 out of 10 fires.” Smokey Bear soon became very popular, and his image appeared on a lot of forest fire prevention materials. In 1947 his slogan became the familiar “Only YOU Can Prevent Forest Fires!”, which was later updated to be “Only YOU Can Prevent Wildfires!”

Then in the spring of 1950, in the Capitan Mountains of New Mexico, a young bear cub found himself caught in a burning forest. He climbed a tree to survive, but he was still badly burned. The firefighters who retrieved him were so moved by his bravery, they named him Smokey.

News about this real bear named Smokey spread across the nation, and he was soon given a new home at the National Zoo in Washington, D.C. As the living symbol of Smokey Bear, he played an important role in spreading messages of wildfire prevention and forest conservation. Smokey died in 1976 and was returned to Capitan, New Mexico, where he is buried at the State Historical Park, now called Smokey Bear Historical Park.

You can write Smokey Bear a letter at Smokey Bear Washington, D.C. 20252.



WORD SEARCH

Created by Paul Mason
Solution pg. 34



- | | | |
|--------------|-----------|--------------|
| AuldLangSyne | Gathering | Old |
| Baby | Gown | Parade |
| Ball | Happy | Party |
| Bubbly | Hat | Time |
| Cheers | Holiday | Toast |
| Confetti | Horns | Tradition |
| Dancing | Invite | Tuxedo |
| Eve | Kiss | Twelveoclock |
| Extravaganza | Last | Vow |
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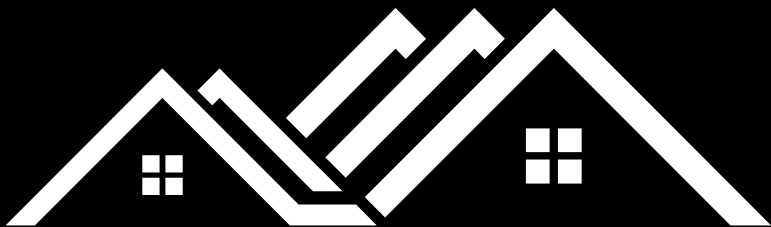
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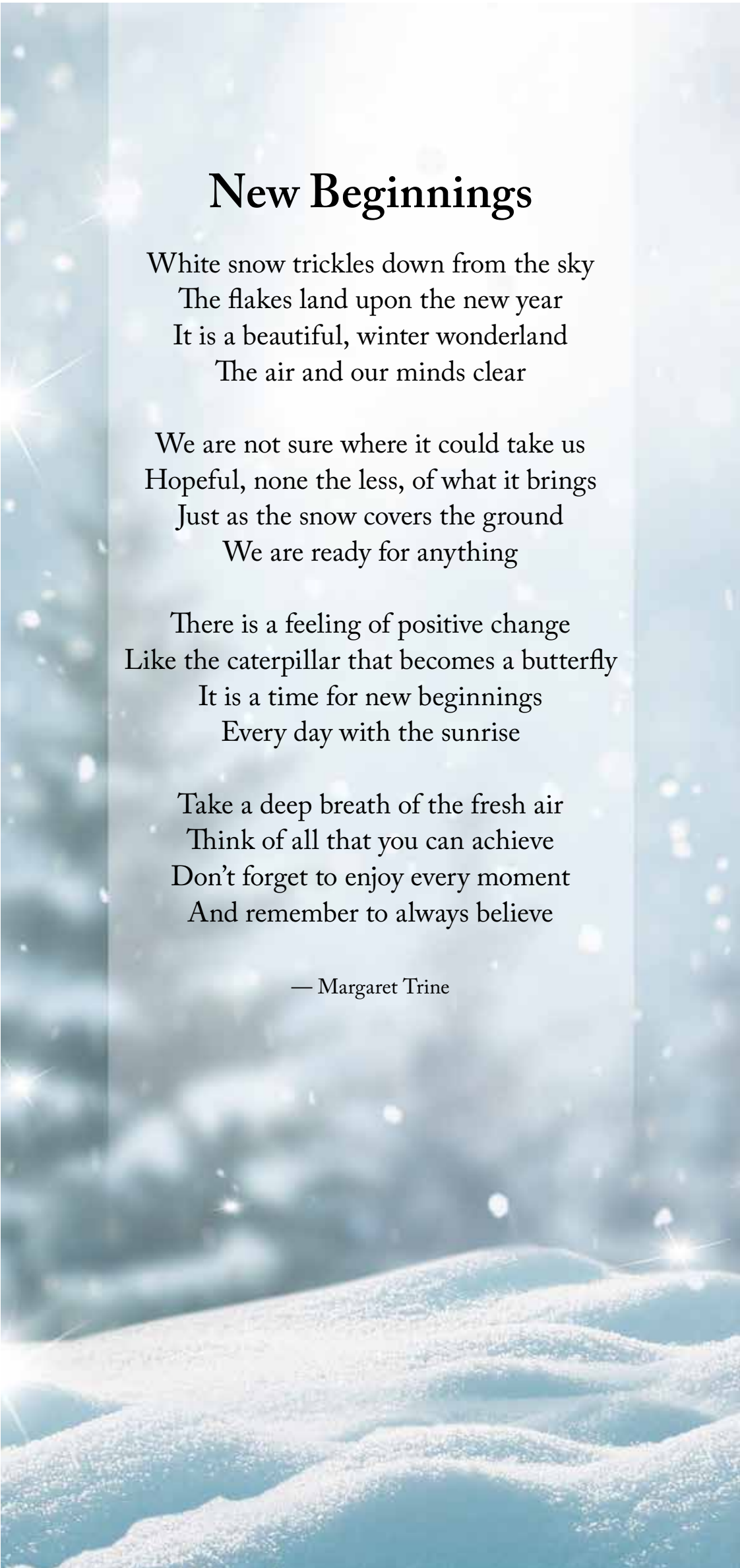
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New Beginnings

White snow trickles down from the sky
The flakes land upon the new year
It is a beautiful, winter wonderland
The air and our minds clear

We are not sure where it could take us
Hopeful, none the less, of what it brings
Just as the snow covers the ground
We are ready for anything

There is a feeling of positive change
Like the caterpillar that becomes a butterfly
It is a time for new beginnings
Every day with the sunrise

Take a deep breath of the fresh air
Think of all that you can achieve
Don't forget to enjoy every moment
And remember to always believe

— Margaret Trine

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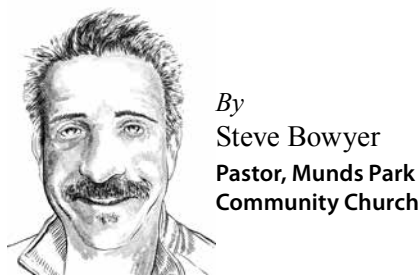
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MUNDS PARK COMMUNITY CHURCH

NEW YEAR, NEW COURSE



By
Steve Bowyer
Pastor, Munds Park
Community Church

I enjoyed coaching all my kids when they were young. My boys played baseball and my daughter played softball. I coached all three at different times in their little league lives. One of the hardest habits to break in a child is to not watch the ball after they hit it. That is because we run toward whatever we are looking at.

If a batter hits a ball to right field and watches the ball while they run, then they will end up in right field. It is a natural tendency, but it has to be broken or a batter will make silly and ugly outs on the diamond.

It is a new year, and maybe it is time for a course correction. It is never too late, we are never too old, to make an improvement to where our lives are headed.

One example of someone who made a positive course change is Rahab. Her story is in the Old Testament book of Joshua. You probably know the story of the walls around Jericho falling down. Her story is tied to this one.

Rahab was a prostitute. Today, this is not viewed as an honorable profession. It was even less so then. When Joshua sent spies into Jericho to do some reconnaissance, she helped the spies by hiding them in her house. Israel repaid her by sparing her family when they invaded. But that is not the end of her story.

Rahab later married a Jewish man named Salmon. They had a son, Boaz. Boaz married Ruth. Their story is told in the book of Ruth. They are grandparents of David. David was God’s choice to be king of Israel. He wrote most of the Psalms. He is described as a man after God’s own heart. And David is an ancestor of Jesus.

If Rahab would have stayed the course of her past, she never would have had the

opportunity to share in God’s plan to bless the world and provide a Savior through her lineage. Had she focused on the dishonor of her past, she never would have experienced the honor of her future.

No one’s past is beyond redemption. No one has ever done so much that God cannot forgive and will not bless. Anyone can change the course of their life.

“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” (Isaiah 43:19)

Maybe you do not see your life as a wilderness or wasteland. Maybe you do but nobody else knows. Typically, the one who is hardest on us, is us. We can fixate on our past mistakes. But, if you need a new direction, a way out of your past, God is here to provide it.

So, how do we fix the problem, change course, and move in a new, more positive direction?

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.” (Hebrews 12:1-2)

It is a new year, chart a new course. Rather than fixating on your past or focusing on unhealthy things, fix your eyes on Jesus and run toward Him. If you are headed toward where He is, then your life is headed in the right direction. Kids will always make silly and ugly outs in little league, but the fewer, the better. How about making fewer silly and ugly messes this year? Change the course of your life by changing Who you are looking at.

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



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Coconino.az.gov/ready

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JUST ONE MORE

Photos by Barbara Sherman Photography.

PINEWOOD COUNTRY CLUB WISHES YOU A HAPPY NEW YEAR

TO OUR PINEWOOD COUNTRY CLUB FAMILY
AND OUR MUNDS PARK FRIENDS:
MAY THE NEW YEAR BRING YOU GOOD HEALTH
WITH MUCH JOY AND HAPPINESS!

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full time and part time seasonal positions *(season starts April 15th)*:
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Bartenders • Bar Assistants • Refreshment Center • Golf Services
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**Applications can be found on the Pinewood Country Club
website, under Contact Us / Employment or contact Gary Pearce
at 928.286.9031 or gpearce@pinewoodcountryclubaz.com**

