

PINEWOOD NEWS

MUNDS PARK'S GUIDE TO THE GOOD LIFE & MOUNTAIN LIVING SINCE 1993

VOL. 33 NO. 12 AUGUST 7, 2026

COMPLIMENTARY



MUNDS PARK IS A DARK SKY COMMUNITY

Step outside after dark and look up. On a clear night, the Milky Way stretches overhead in a river of light, thousands of stars visible in a sky that has grown rare across much of the country. Munds Park is one of the few places where that view still belongs to everyone. Coconino County has outdoor-lighting standards to help keep it that way, but the real work happens at home. This month, we ask one simple question: where does your light go?

Where Does Your Light Go?

Light, once it leaves a fixture, does not stop where we intend it to. It drifts. It scatters. It climbs.

A porch light meant only for the front steps spills across the yard. A garage light reaches past the driveway to find the road, or a neighbor's window. An uncovered bulb throws its glow upward with the same ease it throws it down, feeding a haze that settles over the treetops and dims the stars beyond it.

DarkSky International encourages targeted lighting: light aimed only at what needs it, and nowhere else. A porch light lights the porch. A garage light lights the driveway, and only the stretch of it that matters. A path light lights the path. A deck light stays on the deck. Everything else, the trees, the road, the sky, is left alone.



fixtures downward at less than 45 degrees, and swap unshielded lights for shielded ones wherever you can.

Choose fixtures that need to be angled down, shielded or switched off. Small changes help Munds Park protect its Dark Sky status.

Need Help with Outdoor Lighting

For lighting advice, county requirements and information about reporting a possible problem, see Protect the Night Resources on the back page.

Enjoy Our Sky

Best Dark-Sky Window: August 9-16

The August 12 New Moon brings the month's darkest skies. Look south for Scorpius, Sagittarius and the Milky Way above the Teapot.

Can you see the bulb?

There's a simple way to know if a fixture is doing its job: walk away from it and look back.

If the bulb itself glares out at you from the street, or from your neighbor's yard, that light isn't illuminating your steps anymore. It's spilling into the eyes of everyone nearby, and past them, into the sky.

A well-designed fixture hides its source. It wears a shield, like a hat brim pulled low, and sends its beam downward instead of outward. Sometimes fixing this is as easy as tilting a fixture. Sometimes it means adding a shield, or replacing the fixture altogether.

None of this means living in the dark. It means giving light a job, and nothing more, so the porch stays lit without stealing the stars from the sky above it. Coconino County's own guidance backs this up: point

Perseid Meteor Shower: August 12-13

Moonless skies make this an excellent year for viewing. Look after midnight from a dark, open spot and give your eyes time to adjust.

Crescent Moon, Venus & Spica: August 14-16

Look west after sunset for Venus and a thin crescent Moon. The Moon is near Venus August 15 and between Venus and Spica August 16.

First Quarter Moon: August 19

Use binoculars or a small telescope to see craters, ridges and mountains along the Moon's shadow line.

LETTERS TO THE EDITOR & STORY TIPS!

The *Pinewood News* welcomes feedback and story tips from our readers. We encourage comments on any subject or article we publish. We will consider publishing received letters, except those that invade privacy or are libelous. All letters must be signed and include an address and phone number for verification.

Note that letters may be edited for space and clarity.

CONTACT INFORMATION

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PINEWOOD NEWS

MUNDS PARK'S GUIDE TO THE GOOD LIFE, COMMUNITY & MOUNTAIN LIVING SINCE 1993

COMMUNITY CALENDAR

AA Meetings - Feel Better!

Munds Park Community Church
Every Monday, 6 p.m.
17670 S Munds Ranch Rd

Pilates

Senior-friendly Pilates classes are held weekly
Mon: 10 to 11 a.m. & Wed: 11 a.m. to noon
Munds Park Community Church
17670 S. Munds Ranch Rd
For details, contact Chris Woolley at:
760-688-6452 or ChrisWoolley06@gmail.com

Munds Park Community Church Services

Services Sunday, 9 a.m. and 10:45 a.m.
17670 S Munds Ranch Rd

Munds Park Town Hall

All residents are encouraged to attend.
Stay informed. Your presence
and participation is essential!
Thursday, September 17
6:30 p.m. • The New Fire House

Pinewood Fire Department Auxiliary meeting

The Community is Welcome!
Tuesday, September 1
6:30 p.m. • 17670 S Munds Ranch Rd

Pinewood Fire District Board Meeting

Public Welcome
Tuesday, August 18
3 p.m. • 18075 Fairway Dr

Pinewood Sanitary District Board Meeting

Public Welcome
Thursday, August 13
3 p.m. • 18075 Fairway Dr



LOCAL HIGHLIGHTS 7A

This is where locals come for verified updates, thoughtful community news, and information they can trust.

THINGS TO DO & SEE 12A

Local events, good outings, and perfectly valid reasons to ignore the laundry.

BADGE & BALLOT 16A

The cookstove, breakfast, lunch, braids, and Jim watching for the train that could not be missed.

SHAKEN & STIRRED IN PINEWOOD 19A

The Blue Collar, a rye cocktail for late-summer evenings.

TRAVEL 20A

Unstoppable Stacey went looking for alligators and found the story that shaped Cajun Country.

GARDENING IN THE PARK 23A

Trade plants, make friends: Warner's new biweekly Plant Swaps start August 12.

FROM THE PORCH 2B

Munds Park has always felt different, but one extraordinary series of events offered a deeper explanation why.

HOMEMADE & WONDERFUL 4B

Cooler days are coming, and so is bread-baking season. We're bringing back Sara Bowyer's easy artisan bread recipe, with dough that keeps in the refrigerator for up to two weeks.

HEALTH & WELLNESS 7B

Before buying gadgets or chasing trends, start with the habits that matter most.

WINGS OVER ARIZONA 9B

Greater Roadrunners are turning up in Munds Park and around Flagstaff, proving this desert icon is more adaptable than many people realize.

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FIRE DANGER IS HIGH

LOCAL HIGHLIGHTS

COMMUNITY RALLIES AS SAIGON NORTH OWNERS PROMISE TO REBUILD AFTER FIRE



Through what was broken, the light came in.
Photo by Bill Spain

Five days after Saigon North opened, Dennis Tran stood outside before dawn and watched a dream burn. The restaurant he and Jenny had worked so hard to bring to life was disappearing in front of him, and there was nothing he could do but watch.

At approximately 4:30 a.m., a motorist saw flames rising into the sky east of Interstate 17 and called 911. The caller could not give an exact location, so firefighters first headed out on Pinewood Boulevard. As they approached Fairway Drive, they saw the flames were coming from Saigon North.

From his second-story apartment in the Coldwell Banker building, Bobby Babaletskos saw firefighters running uphill with a hose and went outside to see what was happening. He found Saigon North engulfed in flames and saw nearby trees beginning to catch fire. Babaletskos believes the recent rain helped keep the trees from becoming an inferno.

The Pinewood Fire District's B Shift crew, Bennie Pospishel, Mac White, Matt Burns and Chris Beard, were first on scene, and they had the fire under control in less than 30 minutes.

For the first time under a new partnership with Highlands Fire, two Highlands engines and a battalion chief responded as well. Pinewood Fire Chief Josh Tope said he appreciated the cooperation between the two departments and the teamwork the crews showed at Saigon North.

Tope arrived around 8:30 a.m. with the State Fire Marshal and said the heat inside the restaurant had been intense enough that he was surprised the building didn't burn to the ground.

Because of the restaurant's unique layout and multiple levels, the Pinewood Fire District had already flagged the building as one that could be difficult to navigate in an emergency. Tope said they did a stellar job getting the fire under control quickly despite those challenges.

No one was inside the restaurant, and no injuries were reported.

Only a few hours before the fire, Saigon North had wrapped up a busy Thursday evening. Dennis said the restaurant closed around 9 p.m., then held meetings with the new staff to talk through what was working and what needed to improve, since a full weekend of reservations was ahead and the team wanted to be ready.

The meetings and cleanup ran until about 10:30 p.m. Exhausted, Dennis thought about sleeping in a suite on the restaurant's second floor, a room reserved for brides and grooms getting ready for their weddings.

His general manager, Shannon Calandra, and his wife, Jenny, who was in Phoenix at the time, talked him into going home to the family's cabin in Munds Park instead.

That decision may have saved his life.

Dennis went home and fell into a deep sleep. Around 4:30 a.m., his phone started ringing from a number he did not recognize, so he let it go, not knowing the calls were coming from the Coconino County Sheriff's Office.

Unable to reach Dennis, deputies called Jenny and told her the restaurant was on fire. Her first thought was that it had to be a prank.

Once the deputy convinced her it was real and told her she was needed at the scene, Jenny started calling and texting Dennis over and over until he finally woke up.

"She said, 'The restaurant is on fire. It's burning,'" Dennis recalled.

He ran from the cabin and called Bill Spain, asking him to meet him at the restaurant.

"When I saw the restaurant on fire, I just collapsed," Dennis said. "It was so surreal. I was at a loss. All I could do was watch."

Dee and Bill Spain stayed by his side while firefighters and deputies worked the scene.

The fire was extinguished, but investigators initially kept Dennis out of the building while they examined the structure.

On July 28, Dennis, Jenny and the Spains were permitted to enter the restaurant and remove the spoiled meat and seafood from the storage area before it created a serious odor for neighboring properties.

The cause of the fire remains under investigation, and the full extent of the damage has not been determined. Dennis said the county investigation involves several steps, and attorneys and insurance companies still need to be looped in before the findings make their way back to him and Jenny.

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LOCAL HIGHLIGHTS

... Continued from page 7A



Photos by Bill Spain and Bobby Babaletskos

Dennis estimated that around 60 percent of the building had been damaged, though fire investigators have not confirmed that figure. He said the fire tore through the kitchen and climbed to the second floor, reaching the very suite where he had almost spent the night.

“Imagine if I stayed there,” Dennis said. “I’m gone.”

He said the heat was strong enough to melt newly installed air-conditioning units, including ones near the lobby and second floor, and it left furniture and other contents blackened, so much that Dennis is not sure how much of the building or its contents can be saved.

He also could not stop thinking about the motorist who called 911.

“What if they hadn’t called it in?” Dennis said.

Without that call and the fast response that followed, he believes things could have gone much worse, not just for the restaurant but for the neighbors around it too.

Beyond the damage to the building itself, Dennis lost new kitchen equipment, furnishings, decorations, food, alcohol and prepared ingredients meant for the busy weekend ahead.

Because Dennis was still building out his Munds Park staff, employees at the family’s Valley restaurant had been preparing some of Saigon North’s food, and Dennis had been driving it up from the Valley himself, which only added to the time, labor and expense now lost.

On Saturday morning, staff members and friends started calling customers to cancel a full weekend of reservations, including two weddings and an anniversary celebration.

The financial hit will be considerable, Dennis said, since he lost much of the startup capital he put into opening Saigon North and still has to pay vendors and the professionals helping the family through the investigation, insurance claim and recovery.

Despite everything, Dennis has no intention of walking away.

“I am not a quitter,” he said. “We will rebuild.”

His goal is to rebuild Saigon North and reopen in the spring of 2027, and Dennis said county officials have already indicated they’ll help expedite permitting so the family can work toward that timeline.

In the days since the fire, residents, church members, customers and friends have shown up with prayers, financial donations and offers to help with cleaning up. Fundraisers have been organized, and a GoFundMe was set up to help Dennis and Jenny as they prepare to rebuild.

In a public statement, the Saigon North family thanked the Pinewood Fire District and all the first responders who worked to keep the fire from spreading.

“Your courage, professionalism and quick response helped protect not only our restaurant but also our surrounding community,” the family wrote. “We are forever grateful.”

They also thanked residents for the messages, prayers, fundraisers, donations and offers of help.

“To our incredible community, thank you from the bottom of our hearts,” the statement continued. “Your positive words have given us the strength and hope to face this difficult time.”

Most of Saigon North’s employees have gone back to work at the family’s Saigon Kitchen restaurant in Surprise. His General Manager, Shannon Calandra, plans to wait for Saigon North to reopen, and the family is helping her find temporary work in the meantime.

Dennis and Jenny also welcome Munds Park residents to stop by Saigon Kitchen at 14071 W. Bell Road in Surprise, and Dennis asked customers to let the staff know they’re from Munds Park so he can personally come out and thank them.

For now, Dennis and Jenny are taking a brief break with their sons before the kids head back to school. The family planned a trip to the beach in these final days of summer, time to spend together, count their blessings and gather the energy they’ll need for the long rebuilding process ahead.

Dee and Bill Spain said the family’s response to the fire showed exactly who the people behind Saigon North are.

“This family is the tightest-knit family I think I’ve ever seen,” they said. “They’re all there for one another. They’re all helping one another.”

Even the children have pitched in at the family restaurant, washing dishes and working alongside the Saigon team.

Dennis said the support from Munds Park has only strengthened his determination to come back.

“The community showed love and support and care,” he said. “That makes me work harder and come back stronger.”

Then he made the community a promise.

“There will be a Saigon North for this community,” Dennis said. “I don’t give up. I’m a fighter.”

MOHAVE COUNTY TAKES STR ACTION WHILE COCONINO HOLDS COURSE

Mohave County is reclassifying some short-term rentals as commercial properties, but Coconino County says no similar effort is underway here.

Mohave County Assessor Jeanne Kentch has begun moving short-term rentals that are not an owner’s primary residence from a residential to a commercial tax classification. More than 900 properties had been reclassified when the Arizona Capitol Times reported on the policy July 24. The change will increase property taxes for affected owners.

Opponents argue the policy conflicts with state law, while Kentch says full-time short-term rentals should be taxed more like hotels and motels. The Arizona Department of Revenue is reviewing the policy.

The Pinewood News asked Coconino County whether it was considering a similar change or other steps to further regulate short-term rentals.

County staff said they were not aware of any plan by the Coconino County Assessor’s Office to change how STR properties are valued. They also said Mohave County’s policy would likely face a court challenge.

The county department responsible for administering and enforcing the existing STR ordinance said it does not set broader short-term rental policy.

“Presently, there is no staff-driven effort to further curb STRs,” the county said.

That response does not prevent elected officials or the Assessor’s Office from considering future action. It simply means county staff are not currently pursuing additional restrictions or a Mohave-style tax classification.

Updated Munds Park Numbers

Coconino County also provided The Pinewood News with more accurate STR figures for Munds Park.

The county’s most recent data show 228 permitted short-term rentals in the community, about 80 fewer than earlier figures reported by the Pinewood News.

The county’s third-party review found another nine properties that may be operating without permits. About 25 additional listings had incorrect or unknown locations and may include duplicates.

County staff said STR totals remain a moving target because listings may be inactive, duplicated or assigned to the wrong location.

Coconino County estimates that it handles 25 to 30 STR cases in Munds Park each year. That total includes suspected unpermitted rentals and cases found by county staff. Of those, about 6 to 12 involve complaints such as noise, trash or parking.

Those totals do not include reports made directly to the Coconino County Sheriff’s Office. The county and Sheriff’s Office do not share complaint databases.

Complaint numbers can reflect only what residents report. Neither agency can count or investigate a problem it never receives. Some residents may feel uneasy about reporting a neighboring property, but ongoing issues that cannot be resolved directly or safely should be reported to the proper agency.

For STR rules, contact information and instructions for filing a complaint, see the second-to-last page of every issue of The Pinewood News.

Source: Arizona Capitol Times, July 24, 2026; written responses from Coconino County to The Pinewood News.

... Local Highlights continued on page 10A

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— Andrea Z.

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DIAGNOSTICS

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thepinewoodnews.com | AUGUST 7, 2026 9A

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GOOD EGGS GET TO WORK IN MUNDS PARK

Some people see a job that needs doing and get to work. Munds Park has more than its share of those good eggs.

On July 29, volunteers gathered along Pinewood Boulevard for an Adopt a Highway cleanup. From 7:30 to 9:30 a.m., the crew collected 18 bags of trash and left the roadside in much better shape.

One day we will need to do a story on the items they find. It's not pretty.

The cleanup crew included Marilyn and Dave Kaminski and their three children, Deonna, Micah and Sierra; Deanne Martin, Mike Shrake, Bill Spain, Anthony French, Regan Yurch, Clayton Woolley, Michael Dini and Denise Decker.

A few days later, on August 2, Protective Mothers Justice, hosted a community car wash. The Munds Park Business Alliance provided the supplies and volunteer labor, while Heart of the Park volunteers and other community members joined in to help.

Working the car wash were Laurie Henke, Don and Sue Wood, Marcie and Burton Cagen, Brent Stewart, Wes Deam, Wesley Deam Jr.,



Photos by Diane Deam and Bill Spain

Jamie, Little Autumn, Robert and Cheryl Rydzynski, and Carrie and John Gummow.

The two events served different purposes, but both brought together people willing to give their time and effort. Some came through local organizations. Others simply showed up and joined in.

It takes time. It takes effort. But volunteering has a way of filling people up. You leave the roadside cleaner. You leave PMJ stronger. And you leave with something rarer: the warm, solid knowledge that you showed up, got involved and did something that mattered. People do not just go home tired. They go home feeling good. Really good.

Local business owners can help support more community projects by joining the Munds Park Business Alliance. Visit www.mundsparkbusinessalliance.org to learn more.

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JOIN US IN GIVING BACK MUNDS PARK FOOD DRIVE!

Every can, every box, every small act of kindness adds up to something big. This year, Pinewood Country Club is inviting all Munds Park residents to be part of our annual Food Drive, benefiting the Flagstaff Family Food Bank.

Starting August 30th and running through the end of September, you can help make sure our neighbors in Northern Arizona have what they need this season.

Here's How You Can Help

Drop off items in our collection boxes at the Pinewood Country Club lobby (395 East Pinewood Blvd). While you're doing your weekly shopping, grab a little extra for someone who needs it.

Some easy ideas:

- Tuna or chicken pouches/cans
- Nuts, trail mix, crackers, protein bars
- Peanut butter, pasta, canned goods
- Microwavable meals
- Diapers, toilet paper, toothpaste, deodorant
- Cat and dog food
- Grocery gift cards

Prefer to give financially? We gladly accept check donations at the front desk, made out to Flagstaff Family Food Bank (Tax ID #86-0708380). Please note "Pinewood Country Club Food Drive 2026" on your check. Learn more about their work at hotfoods.org.

You don't need a big gesture to make a difference. Just one item, one moment of thoughtfulness, can change someone's day.

Thank you for helping us take care of our community, one donation at a time.

... Local Highlights continued on page 14A

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KARAOKE AT PINWOOD RESTAURANT & BAR

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night quite like friends, a good
song, and someone brave enough
to take the mic. Join DJ Ruben for

karaoke every Saturday.

Time: 8 p.m.

Location: 65 Pinewood Blvd



EVERY MONDAY!

BINGO AT THE COUNTRY CLUB

Bingo at the Pinewood Country
Club! This event is open to
everyone—no membership

required. Come enjoy a fun night with neighbors!

Time: 6 p.m., every Monday

Location: Pinewood Country Club



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EVERY TUESDAY

TUESDAY MORNING HEALTH WALK

Start the day with a community walk through Munds
Park. All are welcome to move, connect, and enjoy a
little fresh air before the day gets bossy.

Time: 6:30 am

Location: Starts from 255 Hillside, Munds Park

Details: Walk lasts 45-50 minutes. All are welcome!

AUGUST 16, 20 & 27



PAINT & SIP AT WINE TASTING & MORE

Enjoy a creative evening at Wine
Tasting and More's Paint & Sip
event. Bring your inner artist!

Time: 5 p.m.

Location: Wine Tasting and More,

17730 S. Munds Ranch Rd., Munds Park

Details: www.winetastingandmore.com

SUNDAY, AUGUST 23



SUNNYSLOPE HIGH SCHOOL MUNDS PARK GET-TOGETHER

Sunnyslope High School Vikings
are invited to gather in Munds Park
for a casual afternoon at Pinewood

Country Club. Stop by the Aspen Room, catch up with
old friends, meet a few new ones, and enjoy a relaxed
local get-together.

Time: 3 pm

Location: Pinewood Country Club, Aspen Room,
395 E. Pinewood BLVD

Details: Call Ken 602-723-2333 for information

SATURDAY, SEPTEMBER 5



PINWOOD COUNTRY CLUB CRAFT FAIR

Pinewood Country Club is
hosting a Labor Day Craft Fair and
inviting local vendors to show
off their handmade goods to the
community. All are welcome, and

vendor spaces are available.

Time: 10 a.m. - 2 p.m.

Location: Pinewood Country Club

Contact: Daniella Zamora, 928-233-8271,
dzamora@pinewoodcountryclubaz.com

SUNDAY, SEPTEMBER 27



PINWOOD FIRE DEPARTMENT AUXILIARY GOLF TOURNAMENT

The Pinewood Fire Department
Auxiliary Golf Tournament returns

to Pinewood Country Club for a 4-person scramble
open to members and non-members. All money raised
supports the Pinewood Fire Department and the
citizens of Munds Park.

Location: Pinewood Country Club

Admission: \$185 per player

Deadline to Enter: September 21, 2026

Contact: Cheri Schultz, 310-686-5168,
PFDA.pres@gmail.com

BEYOND THE PARK

EVERY FRIDAY!



BARN DANCE

Kick off the weekend with live music,
dancing, and a farm-night crowd
that knows how to have a good
time. Dinner is available if you want
to make a full evening of it.

Time: 6– 10 p.m.

Location: Mortimer Farms

12907 E. State Route 169, Dewey

Details: mortimerfarmsaz.com

Admission: See website for dinner and ticket details

WEDNESDAY, AUGUST 12 & AUGUST 26



WARNER'S NURSERY PLANT SWAPS

Starting Wednesday, August 12,
Warner's Nursery will host free Plant
Swaps every other Wednesday
through October. Bring a healthy,

pest-free houseplant to trade, meet other plant people,
and pick up care tips while you browse. Dottie's Garden
Coffee Shoppe will stay open late.

Time: 5-7 pm

Location: Warner's Nursery,

1101 E. Butler Avenue, Flagstaff

Details: Read more on page XX

FRIDAY, AUGUST 28, 2026



MOONLIGHT HIKES

Worth the drive for a guided Sedona evening hike by sunset and moonrise. A naturalist leads hikers through Red Rock State Park, with time for scenery and information on Verde Valley history, geology,

botany, archaeology, and wildlife.

Time: 6:00 - 8:00 PM

Location: Red Rock State Park, 4050 Red Rock Loop Road, Sedona

Details: Registration required. www.azstateparks.com

Admission: \$20.00

SATURDAY-SUNDAY, AUGUST 29-30



HOPI ARTS & CULTURAL FESTIVAL

Worth the drive for Hopi art, traditional social dances, cultural education, and a meaningful Flagstaff day trip. The festival brings artists and community

together while sharing Hopi culture with Northern Arizona visitors.

Time: Saturday, 10 am-6 pm; Sunday, 11 am-5 pm

Location: Flagstaff Mall, 4650 US-89, Flagstaff

Details: hopifestival.com

Admission: Free

FRIDAY-MONDAY, SEPTEMBER 4-7



COCONINO COUNTY FAIR

The Coconino County Fair returns to Fort Tuthill County Park over Labor Day weekend with exhibits, entertainment, carnival fun, food, animals, and plenty of fair favorites for the whole family.

Time: See website for details

Location: Fort Tuthill County Park, Flagstaff

Details: coconinocountyfair.com

Admission: See website for details

THURSDAY-SUNDAY, SEPTEMBER 10-13



YAVAPAI COUNTY FAIR RETURNS TO PRESCOTT

Worth the drive for a classic county fair with livestock, exhibits, food, rides, and family-friendly fair fun. One of Arizona's longest-running fairs, it began in 1913 as the

Northern Arizona State Fair and still feels rooted in local tradition.

Time: Thur-Sat, 9 am-10 pm; Sunday, 9 am-6 pm

Location: Prescott Rodeo Grounds 840 Rodeo Drive, Prescott

Details: yavapaifair.com

SATURDAY, SEPTEMBER 12



FLAGSTAFF MUSIC FESTIVAL

Worth the drive for a full day of local music in downtown Flagstaff. This free, family-friendly festival celebrates Flagstaff bands while raising awareness and funds for the

Haven Walker Music Scholarship Fund, which supports area student musicians.

Time: Noon-10 pm

Location: Heritage Square, 6 E. Aspen Ave, Flagstaff

Details: flagstaffmusicfestival.com

Admission: Free

SATURDAY-SUNDAY, SEPT 12-13 & 19-20



OAK CREEK ARTS & CRAFTS SHOW

Worth the drive for an easy Sedona-area art stop. Browse paintings, photography, pottery, jewelry, Native American art, food booths, and live music at Bell Rock Plaza in the Village of Oak Creek. A good day trip for shoppers and art lovers.

Time: 10 am-5 pm

Location: Bell Rock Plaza, Village of Oak Creek Sedona

Details: oakcreekartsandcraftsshow.com/shows

Admission: Free

FRIDAY-SUNDAY, SEPTEMBER 18-20



PICKIN' IN THE PINES

Head to Flagstaff for three days of bluegrass and acoustic music, camping, workshops, jamming, children's activities and a band contest. The 20th anniversary lineup includes The Infamous Stringdusters, Blue Highway, Kitchen Dwellers and more.

Time: Gates open 9 am daily. Music begins 10 am Friday and Saturday, 9:30 am Sunday.

Location: Pepsi Amphitheater 2446 Fort Tuthill Loop, Flagstaff

Details: See website pickininthepines.org

SATURDAY, SEPTEMBER 19



FALL SPLENDOR SEDONA-VOC GARDEN TOUR & COMMUNITY GARDEN FEST

Worth the drive for gardeners and anyone curious about high-desert landscaping. Tour five Sedona-VOC gardens, then visit the free Community Garden Fest for vendors, Master Gardener lectures, a pollinator garden, and Rotary BBQ food for purchase.

Time: 7:30 am-2 pm

Location: Big Park Community School 25 W. Saddlehorn Rd, Sedona

Details: Tour maps are emailed to paid garden tour attendees the day before the event. Community Garden Fest requires no reservation.

Admission: Garden tour tickets are \$20. Community Garden Fest is free.

SATURDAY, SEPTEMBER 26



CORNUCOPIA: FLAGSTAFF FALL FESTIVAL

Worth the drive for a full fall day in Flagstaff with entertainment, food, local vendors, and activities for all ages. Families can make an easy afternoon of it at Thorpe Park, with plenty to browse, taste, and enjoy.

Time: 11 am-6 pm

Location: Thorpe Park Ball Fields, 560 N. Thorpe Road, Flagstaff

Details: flagstaffarizona.org

Admission: \$10; kids 12 and under \$5;



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MUNDS PARK’S INVESTMENT AT WORK

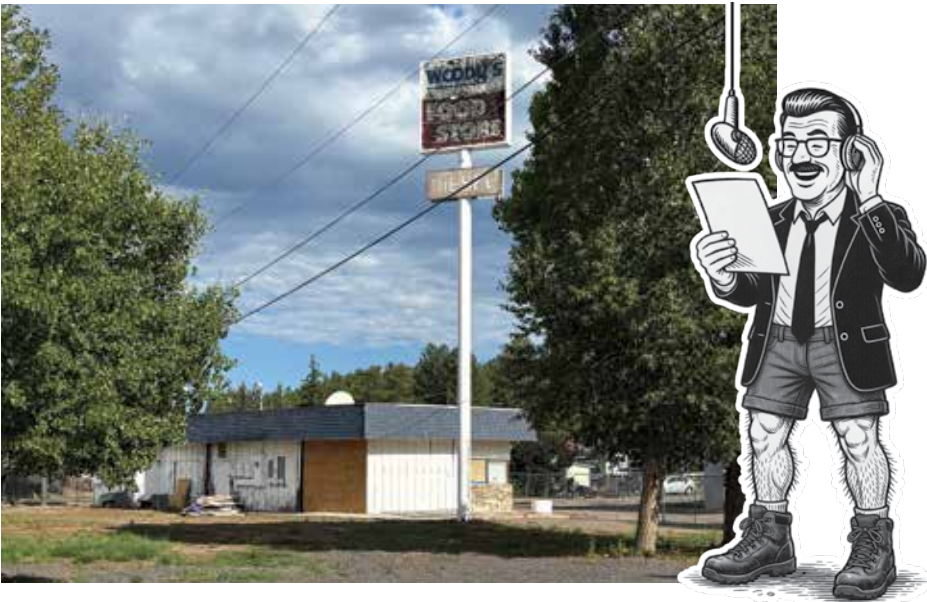
The progress being made on the sewer infrastructure projects is a direct reflection of the strong support shown by the Munds Park community. In 2023, voters demonstrated their commitment to the future of local infrastructure by approving the WIFA loan measure with an overwhelming 75% in favor. The WIFA fee included on PSD billing statements provides an important funding source for these essential improvements, ensuring that critical upgrades can move forward and serve the community for years to come.

The Pinewood Sanitary District remains committed to being a responsible steward of these funds and is focused on putting the community’s investment to work through carefully planned projects that improve reliability, strengthen infrastructure, and support the long-term needs of Munds Park residents.

Community involvement continues to play a vital role in the success of these efforts. Residents are encouraged to stay informed, ask questions, and participate in the conversation about our local projects and priorities. One of the best ways to do that is by attending PSD Board Meetings, which are held on the second Thursday of each month at 3:00 p.m. at the District Office. These meetings provide an opportunity to learn more about ongoing projects, hear updates directly from district leadership, and an opportunity to share feedback.

We also encourage residents to speak with their neighbors and help spread the word about the work being done throughout the community. By sharing information, attending meetings, and staying engaged, we can ensure that everyone understands how these investments are benefiting Munds Park today and helping build a stronger future for tomorrow.

Together, through community support and active participation, we can continue making meaningful improvements that enhance the quality of life for all who call Munds Park home.



WOODY’S PROGRESS REPORT

This week, our investigation took a turn nobody saw coming, mostly because nobody can see anything at Woody’s. Ever. That’s the whole problem. Once again, the tip line stayed quiet. No anonymous notes, mysterious emails or shady characters whispering secrets. Just the familiar silence of a community that has collectively decided we are not to be trusted with information.

Undeterred, we dispatched our top operative, Genna, a trained professional with years of undercover experience. Somewhere inside Woody’s, peals of laughter erupted, full, rolling, someone-is-killing-it laughter that carried all the way across the street to the Pinewood News office. True story. Genna strained to see movement, shadows, anything. Nothing. Just unexplained hilarity bouncing off the walls. Then she laughed too, out loud, blowing her cover completely to nobody.

Some might call this another week of zero progress. We call it high-level investigative work that made our own reporter lose composure. Until next time, we remain on the case, armed with stellar methods, broken cover and the growing suspicion that Woody’s is the weirdest place in Munds Park.

SEND TIPS, rumors, suspicious sightings or wildly unverified theories to [Hello@ThePinewoodNews.com](mailto>Hello@ThePinewoodNews.com). At this point, we’ll take anything.



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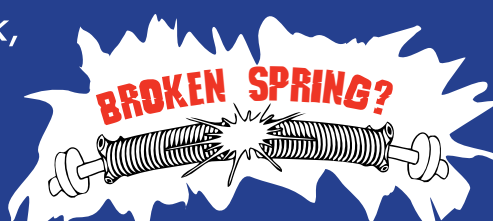
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A TRUE ARIZONA SAGA OF FRANCES & JOHN MUNDS

The Train to Palisade

PART V



Frances Willard gets an unceremonious boost aboard the morning train to Palisade, very much in spite of her dignity.

Some Arizona stories ought to be better known than they are. This is one of them.

Before Arizona knew her as Frances Munds, before John Munds, before suffrage, before public office, and before her name belonged to history, she was still Fannie Willard of Pine Valley, Nevada. She was small for her age, quick in the mind, proud in the way young girls can be proud, and still carrying the wish she had made as a child: to go away to school and get a good education.

By the time the train began carrying her to Palisade, the Willard family had already lived through more than one hard season. Joel Willard was gone. Mary Grace Willard, who had once fought six long months to keep premature little Fannie alive, was holding the family together as best she could. There were boys to raise, ranch work to manage, meals to put on the table, and a daughter who had reached the end of what the little country school could give her.

The Willards had crossed plains, built ranches, buried kin, and begun again more than once. They knew about endurance. What came next asked something different of them, not another crossing by wagon or another season of work, but the courage to let a small girl with books in her arms step onto a train and begin moving farther from home.

It was one of those bitter winter mornings when your breath hung in the air. The boys got the cookstove going first thing, poking at the fire until it began to blaze. Even then, the cold seeped in, so they lit the heater too, and Mary and Frances stood close to it while they pulled on their clothes.

Mac made breakfast while Mary packed Frances a good lunch from what the house had on hand. Then Mary stood behind her daughter and worked the braids with cold fingers, the firm, quick hands of a mother who had too much to do and no time for fussing. Jim stayed near the window, watching the track for the train they could not miss.

The narrow-gauge railroad ran once a day from Eureka to Palisade and back again. It passed the Willard ranch around eight o'clock in the morning, reached Palisade about forty-five minutes later, then returned past the ranch around five in the evening. In a country where most travel still meant horses, wagons, bad roads, weather, and the opinion of whatever animal had been hitched for the job, that schedule was a remarkable thing.

Frances knew about animal opinions. She and Jim had already gone to school in a two-wheeled cart pulled by a burro who did not appreciate

being corrected too sharply. If they handled him properly, he carried them down the road. If they struck him with a strap or used the pole the wrong way, he lifted his hind legs and kicked them into the dirt with the confidence of a creature who felt entirely justified.

The train came with smoke, iron, noise, and men who had places to be. When Jim saw it coming, he gave Frances the warning, and she hurried down to the track with her books and lunch, trying to arrive on time and, one suspects, with her composure still arranged.

The railroad men were kind to Frances, but kindness on a railroad platform was not always delicate. When the train stopped, one of them would lean down, catch the small girl under the arms, and swing her up onto the platform before she had much chance to arrange herself, in spite of her dignity.

She was thirteen, but small for her age, and the men probably thought nothing of helping her aboard the quickest way they knew how. To them, she was a little ranch girl who needed a boost. To Frances, who already had a fair idea of how she

ought to be treated, it was not quite the entrance she had in mind.

She had been born fragile, raised among brothers, horses, ranch work, deep winters, and sorrow, so nobody needed to worry about whether she was tough enough. She was tough. She simply preferred not to be loaded onto the train like a mail sack.

The school in Palisade was more advanced than the little country school near the ranch, so Mary decided Frances should go there. Her older sister Nellie lived in town with her husband, Alfred Ricker, who worked as a conductor, and Nellie offered to keep Frances on school nights. It seemed like a sensible plan. But Frances had other ideas. She loved the train, and rather than staying in town, she rode it back and forth every day, the morning trip into Palisade, the evening ride home, and the pleasure of doing the whole thing again the next day.

Once aboard, everything changed. Smoke drifted past the windows, the floor trembled underfoot, and the wheels struck the rails in a hard, steady rhythm as the ranch slipped away behind her. After years of saddle leather, cold roads, wagon jolts, and one burro with a grievance, the train must have felt like a miracle that kept a schedule and had a whistle.

The railroad pulled the outside world right up to the Willard ranch, and mail moved in both directions, each in its own particular way. Letters coming in arrived by a toss: the train slowed just enough for the mail

clerk to pitch them into the family mailbox, which suggests either a very large mailbox or a man with excellent aim. A package coming in got more careful handling. For that, the train stopped long enough for the clerk to step down and place it inside by hand.

Sending things out took more effort, and the effort depended on what was being mailed. For a package, someone carried it out to the track and waited for the train, postage in hand. Money was paid in gold and silver, and no change was made for less than twenty-five cents, an amount everyone called two-bits. When the cars slowed, the package went up to the clerk and continued on toward Palisade. A letter called for something closer to a small stunt. Someone from the family stood near the track with the mail tucked into a paper bag attached to a hoop. As the train slowed, the clerk leaned out from the lower step, hooked his arm through it, grabbed the bag, and tossed the hoop back. It was a small piece of business, gold and silver and a paper bag on a hoop, but it was one way Pine Valley stayed connected beyond the ranch.

For nearly two years, Frances did not miss a day. Most evenings, once supper was cleared and the stock seen to, Mary and Mac sat down with her at the table. The lamp was pulled close, the stove down to its last heat, and the schoolbooks opened where the dishes had been. Mary had already given the day to the house and the ranch. Now she gave part of the night to Frances' lessons too, and Mac stayed at the table with Frances, tired as he was.

By the end of Frances' time in Palisade, she had gone as far as the school there could take her. Mary had been thinking about selling the Pine Valley ranch and eventually settling in the Verde Valley, where Charlie and Dolph had gone, but there were no advanced schools waiting there for Frances.

In the early part of 1881, Nellie's husband, Al Ricker, was badly injured in a train accident and had to have one leg amputated at the knee. After he recovered and received compensation from the railroad, he and

Nellie decided to move to Detroit, Maine, where Al's mother still lived. They asked Frances if she would like to go with them and attend the Maine Central Institute in Pittsfield, a school connected with Bates College in Lewiston.

Maine was a different kind of distance. Palisade was forty-five minutes down the line, with the evening train coming back past the ranch. Maine was across the country, too far for vacations and too far for Mary to reach in any ordinary way. After the losses that had already come through that family, Mary did not like the thought of Frances going so far from home.

Frances wanted to go. She had wished for years to go away to school and get a good education, and now the chance was in front of her. The thought of leaving her mother and brothers frightened her, but she still wanted to go.

In the early fall of 1881, the Rickers and Frances boarded the Central Pacific train at Palisade to go east. This was not the train she had taken as a schoolgirl, with Jim watching from the ranch, Mary packing lunch, and the evening return already waiting on the schedule. This time, when the cars pulled away, they were not bringing her back by supper.

As the train left Palisade, Frances thought to herself, "At last my wish is going to come true," and then her eyes filled with tears.

She had wanted the school, the chance, and the going, but she loved the people she was leaving. The little girl who had once been tossed onto the platform in spite of her dignity was leaving Nevada for Maine, with her books, her pride, her fear, and the wish she had carried for years.

To be continued...

Editor's Note: Badge and Ballot is a narrative retelling based on family recollections preserved by Sally Munds Williams, Frances Munds' own writings as referenced in those recollections, and supporting historical research. While grounded in documented events, some scenes have been lightly shaped with descriptive detail and storytelling texture to bring the people and places to life for modern readers.

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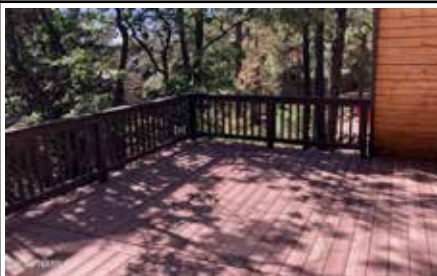
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THE BLUE COLLAR

Last Call for Summer

Late-summer evenings have their own schedule. The garden's been watered, the grill's cooling down, and the sun seems to be dragging its feet on the way out. Nobody's in a hurry. That's exactly when a proper cocktail makes sense.

The Blue Collar is a rye-based drink created at New York's Milk & Honey, credited to bartender Michael Madrusan. Don't let the name fool you: no timecard required, no steel-toed boots, no measurable accomplishments for the day. It's just strong, balanced, and very good at the hour when the temperature drops and the porch becomes the best seat in the house.

Rye whiskey gives it spice and backbone. Sweet vermouth files off the rough edges. Maraschino liqueur adds a dry cherry note, and Amaro CioCiaro brings bitter orange, cola, and warm spice to the party. Angostura and orange bitters are there to make sure things don't get too sweet, or too polite.

Skip the umbrella. Skip the fruit skewer. This one's darker, cooler, and a lot more interesting, which makes it the right drink for the last stretch of summer. Stir it well, serve it cold, and take it outside while there's still enough daylight to admire the garden, the trees, or the simple fact that you have nowhere else to be.

One more hour sounds about right.



The Ingredients

- 2 ounces rye whiskey
- 1/2 ounce sweet vermouth
- 1/4 ounce maraschino liqueur
- 1/4 ounce Amaro CioCiaro
- 2 dashes Angostura bitters
- 2 dashes orange bitters
- Lemon peel

The Method

Add all ingredients except the lemon peel to a chilled mixing glass filled with good ice. Stir for about 30 seconds, or until thoroughly chilled and properly diluted. Strain into a chilled cocktail glass. Express the lemon peel over the drink, garnish and serve.

Forgot the liquor?
Skip the drive to town. Pineswood Restaurant & Bar sells bottled spirits right here in Munds Park.

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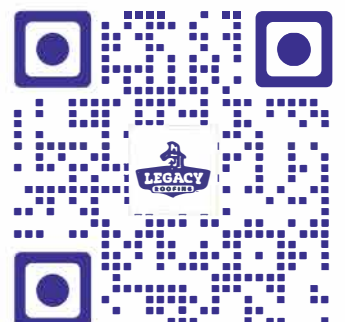
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THE HEART OF CAJUN COUNTRY LIES BEYOND THE BAYOU

BY "UNSTOPPABLE STACEY" WITTIG

Bright pink birds exploded from the cypress trees just as our airboat slowed. Our guide smiled and called them "Cajun flamingos." I'd come to Louisiana hoping to see an alligator. Instead, those brilliant spoonbills became my first clue that I was about to discover a very different side of Cajun Country.

That realization began as our airboat with Atchafalaya Basin Landing skimmed across the Atchafalaya Basin before slowing in a maze of cypress trees. The farther we traveled into the wetlands, the more I realized this wasn't a gloomy, mysterious place at all. It was vibrant, alive and surprisingly peaceful. Every bend revealed another bird, another reflection or another story about the people who have lived alongside these waterways for generations.

A second excursion showed me an entirely different side of the bayou. This time I traded the airboat for a canoe with McGee's Swamp Tours and photographer Ben Pierce. Instead of racing across open water, we drifted quietly beneath towering cypress trees, pausing whenever the morning light turned the still water into a mirror.

Photography has a way of forcing you to slow down. Rather than searching for the next exciting sight, you begin noticing subtle things—a patch of sunlight filtering through Spanish moss, the ripples left by a turtle disappearing beneath the surface or the perfect reflection of an ancient tree. By the time we paddled back to shore, I realized I had experienced something far more meaningful than a



Roseate Spoonbills, flying by Gary Leavens
via Wikimedia Commons

typical sightseeing tour. It remains one of the finest outdoor experiences I've enjoyed anywhere in the world.

As I traveled through Lafayette, St. Martin and St. Landry parishes, I began to understand that the swamp isn't simply another attraction in Cajun Country. It is the landscape that shaped the people who call this region home.

Nowhere is that connection clearer than in St. Martin Parish, proudly known as "Where Cajun Began." The waterways provided transportation, food and livelihoods for generations. People learned to adapt to changing seasons and fluctuating water levels, using what the land offered while building close-knit communities where family and neighbors depended upon one another.

Those lessons are still visible today—not in museums alone, but around dinner tables, on dance floors and in conversations with the people who proudly call this region home.

One Saturday morning, I found myself at Buck & Johnny's in Breau Bridge, where breakfast came with a zydeco band. Before long, couples filled the dance floor while others clapped along between bites of eggs and biscuits. Nobody seemed concerned about whether they knew the steps. They simply joined in.

That easy sense of community appeared everywhere we went. Food wasn't simply something served in restaurants. It was an invitation to gather, tell stories and celebrate.



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MOUNTAIN DESERT



One evening, that spirit came alive during a Secret Supper at Maison Madeleine Bed & Breakfast near Lake Martin. The historic Acadian home sits tucked into Cajun swamp country, and as dusk settled over the trees, we gathered around a beautifully prepared meal featuring Louisiana flavors and local hospitality.

There was no rush. Conversations drifted from travel to family traditions while musicians added another layer to the evening. After spending the day exploring the swamp, starting supper beneath the Louisiana sky felt like the perfect ending. The landscape we had explored earlier wasn't left behind. It had followed us to the table in the ingredients, the stories and the warmth of the people around us.

Lafayette offered another perspective on Cajun Country. Here, longtime meat markets and family-owned restaurants stand alongside innovative chefs who continue building on generations of culinary tradition. The city proves that Cajun culture isn't preserved by keeping it frozen in time. It stays alive because each generation adds its own chapter while respecting the one before it.

Nearby St. Landry Parish expanded the story even further. At the Opelousas Museum and the Creole Heritage Folklife Center, I learned about the many cultures that helped shape this remarkable corner of Louisiana. Later, Bayou Teche Brewing demonstrated that gathering over good food, music, and conversation remains as important today as ever.



Martin Lake where I did my bijou tour by canoe
Stacey Wittig photo

Before this trip, I thought Louisiana's swamps would simply provide beautiful scenery and perhaps a few memorable wildlife photographs. Instead, they helped me understand why the region's food tastes the way it does, why music plays such an important role in everyday life.

The swamp wasn't the destination after all. It was the beginning of the story.

Long after I left Louisiana, I found myself thinking less about the alligators and more about those roseate spoonbills rising above the cypress trees, the quiet rhythm of a canoe paddle, the laughter around the Secret Supper table.

Sometimes the best way to understand a place isn't by visiting its biggest attraction. Sometimes it's by discovering the landscape that quietly shaped everything else. In Cajun Country, that landscape lies beyond the bayou—and once you've experienced it, you'll never look at Louisiana the same way again.

Stacey Wittig is the award-winning travel writer behind UnstoppableStaceyTravel.com, where she inspires readers to explore the world through authentic experiences, local culture and meaningful adventures. The author of six Camino de Santiago guidebooks, she believes every destination has a story worth discovering—one step, one meal and one conversation at a time.s



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MUNDS PARK BUSINESS ALLIANCE

WARNER'S HOSTS PLANT SWAP

BY MISTI WARNER-ANDERSEN, CO-OWNER, WARNER'S NURSERY & LANDSCAPE CO.



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Starting
Wednesday,
August 12,
Warner's Nursery
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7 pm at the nursery. These free, casual
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come together and trade indoor plants.

To join in, simply bring a plant you're
ready to part with (healthy and pest-
free, please). We'll provide cards so
you can jot down care instructions for
whoever takes it home.

Swaps will run every other Wednesday
through October, and Dottie's Garden
Coffee Shoppe will stay open late so you can grab a coffee or snack
while you browse and trade.

Warner's is starting these swaps because plant people love to talk
plants, and we wanted to give our community a space to do just
that. Whether you're looking to trade your plant for something new,
or just want to swap tips with fellow growers, it's a chance to build
connections while building your collection.

Houseplants have always had their fans, but in recent years they've
become something closer to a cultural phenomenon, especially among
younger plant owners. Scroll through social media and you'll find no
shortage of monstera deliciosa and neon pothos, but the appeal goes
deeper than the latest trend.



For many, the draw is practical self-
care: a low-cost, low-pressure way to
slow down, tend to something living,
and step away from a screen for a
few minutes each day, which is why
houseplants have found such a devoted
following among renters, students, and
anyone looking for a small, sustainable
ritual of care.

Studies have shown that spending time
around greenery can lower stress and
improve mood. The act of nurturing a
plant is calming in itself, and there's
evidence that being around greenery
can even boost creativity and
problem-solving.

Houseplants are also wonderfully practical for anyone short on
space - or time. Low-maintenance varieties like snake plants, pothos,
and spider plants thrive in dorm rooms and small apartments with
minimal fuss, and a hanging planter or tiered plant stand can turn
even the tightest corner into a green retreat.

For those with more room to work with, houseplants are an easy way to
elevate a home's decor. Bold, large-leafed plants make a statement in a
living room, while succulents bring charm to a kitchen windowsill.

We are pleased to give this growing community of plant lovers, new
and experienced alike, a place to meet, trade, and learn from one
another. Bring a plant, bring a friend, and get ready to grow your
collection and your community.



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SOMETHING QUIET & POWERFUL RUNS THROUGH MUNDS PARK

BY SANDEE CAVINESS



With music playing and her arms lifted, a young guest dances in the misters during the revival at the Kaminski home, a small moment of joy that seemed to hold the meaning of the evening.

I've been writing about the community of Munds Park for six years now, and during that time I have heard the most beautiful stories of people giving, sacrificing time, offering love and support, and showing pure kindness in ways that have sometimes reduced me to tears.

Through those stories, I have learned what it means to love your neighbor. And I have watched the people here ease burdens. I have watched them step forward when someone needs them.

Genna and I have also been on the receiving end of that kindness, and it stays with you long after the moment has passed, becoming part of how you understand generosity and community.

For a long time, I thought I understood what made Munds Park so special. Like many people, I credited both the beauty around us and the goodness of the people who live here. The fresh air, slower pace and the way neighbors care for one another all seemed to explain it.

Those things are certainly part of it, but after one remarkable weekend, I began to understand that something deeper may be at work.

Saigon North had barely settled into its new beginning when smoke and fire changed everything overnight. Opening week was still fresh in everyone's memory as Dennis Tran stood in the aftermath, looking at the charred remains of his dream and the hard work he and his family had poured into the restaurant.

Before the smoke had even cleared, something else started moving through the Park.

Offers of help and support poured in immediately. A GoFundMe page was created within hours, followed by generous donations, heartfelt encouragement and no shortage of prayers. Helping is a reflex in this community, and the Tran family soon found themselves surrounded by so much goodness that it nearly overwhelmed them.

The fire was painful, yet what rose from it was somehow beautiful.

A week later, that same spirit appeared again through Protective Mothers' Justice, known as PMJ, the local nonprofit that helps women and children escape abusive relationships and rebuild their lives.

PMJ held a car wash to raise money for the women and children it serves, and the Munds Park Business Alliance stepped forward with supplies and people ready to help. With the lot in front of our office made available by Dee and Bill Spain, volunteers spent a muggy August day washing cars, selling shirts, and working side by side to raise money for people that they will probably never meet.

That spirit carried into the final event of the weekend, a revival at the Kaminski home. The family invited the community to listen to live worship music, share a meal, and spend meaningful time together.

Even the meal reflected the spirit of the weekend. The Munds Park Business Alliance covered the cost, allowing every five-dollar dinner purchase to go directly to PMJ, while Gail VanDeurzen began smoking the pork at 1:30 a.m. that morning, despite it being her birthday weekend and having out-of-town guests staying in her home.

I had never attended a revival, so I had no idea what to expect. Knowing Marilyn, I assumed the evening would have plenty of energy, and I was curious to see what it was all about.

The setting was peaceful, with green grass stretching toward a rocky hillside and tall ponderosa pines offering shade, helped along by misters and a few passing clouds. There may have been 75-100 people there, give or take, though I did not count because the number was not the point.

Guests listened to the Christian band, speaking quietly among themselves from time to time but otherwise giving the music their full attention, as if everyone understood this was a time for reflection.

It was a peaceful and enjoyable gathering, but the air was humid and I nearly told Genna it was time to head home. But, something inside knew the evening mattered and I needed to be still.

I listened to that quiet pull and stayed.

Later, Marilyn stood before the crowd and shared her story. She spoke about her love for Christ and about a miracle that profoundly changed her and her husband's life. She reminded everyone that miracles happen every day through prayer, though we often miss them while chasing whichever distraction has claimed our attention.

Marilyn said so much more than that, but the one message that caught my attention was that she believes the Holy Spirit is working in Munds Park.

That she says, is why it is so special here.

I know some readers who do not share my faith may already be rolling their eyes, but stay with me. You do not have to believe as I do to recognize the goodness happening around us.

For years, I have written about people who give freely and show up when someone's world has fallen apart. Most, though not all, have been followers of Christ.

Over the years, I noticed the connection, but I never fully considered what it meant.

I had documented the kindness that freely flows through Munds Park, story after story, without recognizing it as the fruit of the Spirit. I had never directly considered that the Holy Spirit might be working through His people to bring love and comfort to a community we all feel fortunate to call home, or, in Genna's and my case, our home away from home.

Not until Marilyn connected the dots for me.

The love that moves through Munds Park is no accident. The fresh air, trees and mountain scenery add greatly to the appeal of this place, and they are gifts in their own right, but they are not the source of what people feel here.

Everyone can feel that Munds Park is special, and honey, it is not man-made.

We did not make the trees, the fresh air or the beauty that surrounds us. We also did not manufacture that powerful pull within people to help, comfort and share love whenever the opportunity presents itself.

Marilyn spoke of a community blessed by far more than natural beauty. God is present here, she said, working through ordinary people who choose to give, help, comfort and love one another.

Then Marilyn prayed over her guests and Munds Park, asking the Holy Spirit to continue moving through this community. The moment carried real weight because her prayer was powerful, sincere and filled with the same spirit that had carried people through hardships.

Within a few days, our community had moved from tragedy toward hope.

The fire at Saigon North brought grief, but it also revealed the depth of compassion surrounding the Tran family. The PMJ car wash showed how readily people will give their time and labor to help someone else. The revival brought music, prayer, generosity and a reminder that the Spirit moving through Munds Park is stronger than any single hardship.

The pines and relaxing atmosphere may be what first catch your eye, but it is the Spirit working through the people that makes Munds Park extraordinarily good.

That is a miracle worth noticing.



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HOMEMADE & WONDERFUL ARTISAN BREAD IN 5 MINUTES

BY SARA BOWYER

Editor's note: I've been wanting to make bread, but it's been too darn hot in Rimrock to turn on the oven. With fall only a few weeks away, though, I started looking through some of our favorite recipes to have ready when cooler weather finally arrives.

That brought me back to Sara Bowyer's article on this easy artisan bread. It's simple, delicious and makes the whole house smell wonderful. Clip it out and save it for the first good bread-baking day of the season.

We like bringing Sara's articles back from time to time, although we'd much rather she start writing for us again. Now that she's moved to Phoenix, we assume she has absolutely nothing else to do. No pressure, Sara! :)

Bread. Who doesn't love a warm slice of homemade bread slathered in butter? I can't think of anything I'd rather have, except maybe tacos. Warm bread just spells comfort for me. My family loves my bread, and they have come to expect it when sitting down for dinner at my house.

Bread is also a wonderful gift. I have found that giving bread randomly to friends is a great blessing and is always appreciated! Do you know someone who is having a bad day? A loaf of warm bread can brighten it up for sure!

I started learning how to make bread in Minot, North Dakota, where we were serving in our first church.

These ladies, many of whom lived off the land, taught me so many things. They taught this city girl to garden, to can, to make bread and to drink coffee, but that's for another story. While living in Minot, I would make homemade sandwich buns every week for us. I loved it. And since I was home most of the time with three young kids, I had the opportunity to do it.

However, as the kids got older, we were involved in music, sports, school projects, homework and serving at the church, and there was simply no time to make homemade bread. Life got so busy. I wish I had found the recipe I'm going to share back then because it is incredibly simple and easy. Don't let the length of the recipe scare you. It's really easy.

During the pandemic, I taught myself how to make sourdough bread. This is a process I love, but it takes several days before you get to the



final loaf. Most people don't have the time or patience to do that. But homemade artisan bread can be made in a very short time and can look like you spent days making it!

This recipe makes four loaves, and the dough keeps in the fridge for two weeks. So you can just slice a hunk off and bake it up! Try it out, and then make one for a friend!

This recipe comes from the book *Artisan Bread in Five Minutes a Day*. There are so many good recipes in it! Check it out at the library, find it on Amazon or visit BreadIn5.com.

Ingredients

- 3 cups (1½ pounds) lukewarm water
- 1 tablespoon active dry yeast
- 1 to 1½ tablespoons kosher salt
- 6½ cups (2 pounds) all-purpose flour

Mixing and Storing the Dough

1. In a 5- or 6-quart bowl or lidded dough bucket, pour in the water and add the yeast and salt. Use a lid that does not seal tightly.
2. Add the flour all at once and stir with a long-handled wooden spoon until all the flour is incorporated. The dough will be wet and rough.



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- 3. Cover the container, but do not snap the lid shut. The gases from the yeast need to escape.
- 4. Let the dough rise at room temperature for about two hours. It should nearly fill the container. Do not punch it down. Let it settle on its own.
- 5. The dough may flatten on top, and some bubbles may appear to pop. It can be used after the initial rise, but it will be easier to handle when chilled.
- 6. Refrigerate the dough for up to two weeks. Its flavor will deepen over time and develop sourdough characteristics. It is normal for the dough to collapse in the refrigerator.

Shaping and Baking a Loaf

- 7. Dust the surface of the chilled dough with a little flour, using just enough to keep it from sticking to your hands.
- 8. Cut off a 1-pound piece of dough with kitchen shears and shape it into a ball.
- 9. Place the dough on a sheet of parchment paper or on a generous layer of cornmeal on a pizza peel.
- 10. Let the dough rest for at least 40 minutes. Resting it for 60 to 90 minutes may produce a more open texture. The loaf may spread sideways rather than rise much during this time. This is normal.
- 11. Preheat the oven to 450 degrees with a baking stone on the center rack and a metal broiler tray on the bottom rack. Never use a glass container for the water because it may shatter. Keep the tray at least four or five inches from the baking stone.
- 12. Make 1/4-inch-deep slashes in the loaf with a very sharp serrated knife. If the dough collapses while being cut, it may have proofed too long, or the knife may be dull.
- 13. Slide the loaf onto the preheated baking stone. Carefully pour 1 cup of hot water into the broiler tray to create steam.
- 14. Bake for 30 to 35 minutes, or until the crust is deep brown.

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MASTER THE BASICS: THE FOUNDATION OF BIOHACKING

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

We only get one body. We can either make it better—or make it worse.

“Biohacking” has become one of the biggest wellness buzzwords in recent years. Social media is filled with influencers promoting everything from cold plunges and wearable technology to peptides and red light therapy. While these tools may have benefits, the most powerful biohacks aren’t flashy, they’re the daily habits that have always mattered most.

At its core, biohacking simply means using science-backed strategies to help your body function at its best. Before investing in expensive gadgets or chasing the latest trend, build a strong foundation. The basics consistently deliver the greatest return on your health investment.

Sleep First

If there were a magic pill for better health, it would probably be sleep.

Consistently getting enough quality sleep supports heart health, immune function, metabolism, mood, and cognitive performance. Aim for 7-9 hours each night, and create habits that help you wind down consistently. Sometimes the healthiest decision isn’t waking up for a 6 a.m. workout, it’s getting another hour of sleep.

Fuel Your Body Well

Nutrition doesn’t have to be complicated.

Start by prioritizing whole, minimally processed foods and plenty of fruits, vegetables, legumes, nuts, and seeds. Eating a wide variety of plant foods each week supports a healthy gut microbiome, while adequate protein helps maintain muscle, especially as we age. Consider tracking your macronutrients. Aim for .8-1.0 g of protein per pound of body weight. Most adults would also benefit from increasing their fiber intake, aiming for 25-30 g per day. Take an honest look at your alcohol consumption. Alcohol can interfere with sleep, recovery, mood, and energy, even when consumed in moderation.

Supplements can help fill nutritional gaps, but they should supplement a healthy diet, not replace one. Consult your healthcare provider before starting a new supplement, but common supplements most everyone can benefit include Omega-3, magnesium and Vit D.

Move Every Day

Exercise remains one of the most effective forms of preventive medicine.

Strength training at least twice a week helps preserve muscle, support bone health, and maintain metabolism. Walking and other daily movement improve cardiovascular health while being easy to incorporate into everyday life. Adding occasional higher-intensity exercise, along with activities like yoga or Pilates, can further improve endurance, flexibility, balance, and recovery.

The best exercise program isn’t the trendiest one, it’s the one you’ll consistently do.

Manage Stress & Get Outside

Chronic stress affects nearly every system in the body. Find simple ways to calm your nervous system each day, whether that’s meditation, deep breathing, walking outdoors, journaling, prayer, or simply spending quiet time away from screens. While you’re at it, get outside. 15 minutes of natural sunlight each morning helps regulate your circadian rhythm, supports healthy sleep, boosts mood, and encourages you to move more throughout the day.

Once You’ve Mastered the Basics...

Only after you’ve built these habits should you consider adding more advanced biohacks.

Tools like sauna therapy, red light therapy, wearable technology, cold exposure, creatine, hormone replacement therapy for appropriate candidates, and GLP-1 medications may provide additional benefits for some people. But none of them can replace the foundation of good health. The latest gadget won’t make up for chronic sleep deprivation. A supplement won’t undo a poor diet. A cold plunge can’t compensate for a sedentary lifestyle. Biohacking isn’t about finding shortcuts. It’s about making intentional choices that help your body perform the way it was designed to. The truth is that the most effective biohacks have never gone out of style: sleep well, eat nourishing foods, move your body, manage stress, and spend time outdoors. Master those habits first. Everything else is simply an enhancement.

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GREATER ROADRUNNER

BY MARGARET DYEKMAN

Why would I be writing about the Greater Roadrunner when we are in northern Arizona? Well, you might be surprised that the Greater Roadrunner has been recently spotted in the parking lot of Pinewood Country Club, quite regularly at Lake Ashurst east of Flagstaff, and at Willard Springs. In fact, the roadrunner is an uncommon but regular species that inhabits much of northern Arizona, as you can see from the eBird map. Each blue mark represents one or more roadrunner sightings in the last 10 years.

We think of the Greater Roadrunner as one of the Southwest's most iconic birds—an unmistakable symbol of desert resilience and quirky charm. Found across Arizona, New Mexico, Texas, and parts of California, this long legged member of the cuckoo family thrives in arid landscapes where speed and adaptability are essential for survival.

Roadrunners are built for motion. Capable of sprinting up to 20 miles per hour, they prefer running to flying, using their powerful legs to chase down prey or evade predators. Their diet is impressively varied: insects, lizards, small mammals, and snakes, including rattlesnakes, and even other birds. This opportunistic feeding behavior makes them important mid level predators in ecosystems, helping maintain balance among fast breeding species.



Greater Roadrunner photo, courtesy of Muriel Neddermeyer



Source: eBird database

Despite their comical reputation in pop culture, roadrunners are serious survivors. They form monogamous pairs that defend territories year round. Both parents share incubation duties, and young roadrunners grow quickly, often leaving the nest within three weeks.

In the Southwest – even in our pine and chaparral forests – spotting a roadrunner feels like a small gift, an encounter with a bird that embodies the spirit of the desert but can thrive in different habitats. Birders from across the U.S. come to metro Phoenix to see the Greater Roadrunner – a “life bird” for them, often easily spotting them around the Desert Botanical Garden patio café.

It continues to be one of the region's most captivating and beloved species, just one that you probably would not expect in the northern part of the state.

One last tidbit: the Lesser Roadrunner is found in Mexico and Central America, and its range does not overlap with the Greater Roadrunner. One of the aspects I love about birding is that there is always another species to track down somewhere!

You can reach me at margaretdyekman@cox.net or by text at 602-620-3210. You can read all about Backyard Birding in Northern Arizona at www.backyardbirdingaz.com and order the book online or get one directly from me.



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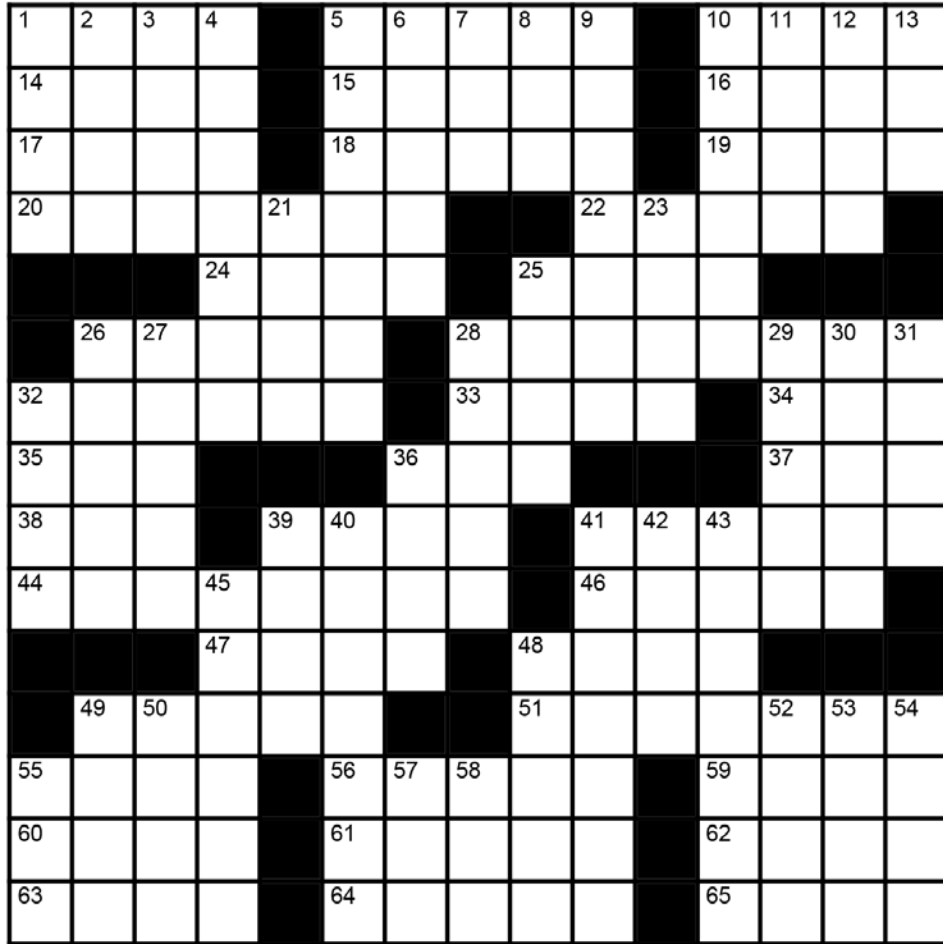
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CROSSWORD

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ACROSS

1. Brit's "Baloney!"
5. Gets an "F" for effort
10. Certain hockey shot
14. Length x width, for a rectangle
15. Of an electrical unit
16. U follower
17. Like Jack Sprat's diet
18. Fend off
19. Minuscule
20. Chrysler touted by Ricardo Montalban
22. Construct
24. It may leave its mark
25. Very dry, as wine
26. Narrow inlet of Norway
28. Like some stockings
32. Steamy spots
33. Bonny one
34. When repeated, "Cheerio!"
35. Family
36. ____ Tuesday (Mardi Gras)
37. Cellular stuff
38. Annoy
39. Secluded valley
41. Elephant keeper and driver
44. Intimidate, as before a game
46. Grads

47. Helmet locale

48. "Hey ... over here!"

49. Kennel club classification

51. Geometric figure

55. ____ vera

56. Farewell gesture

59. "Anything ____?"

60. Absorbs, with "up"

61. Bring up

62. Back of the neck

63. Eye problem

64. Neuters

65. Cookbook abbr.

DOWN

1. After-bath powder
2. Black-and-white cookie
3. Scorch, as beef
4. Involving direct contact, as a workshop
5. Doesn't allow
6. Coming up
7. Evil spirit
8. Fanciful story
9. Whites of the eyes
10. "Fiddler on the Roof" setting
11. Flock member
12. Em, to Dorothy
13. Bias-____ tire
21. Gumbo ingredient
23. Jamaican exports

25. A metronome keeps it

26. Most states have state ones

27. Like a jalopy

28. Receiver's route

29. Erasable chip

30. Nasal cavity neighbor

31. Conflict

32. ____ town (flee secretly)

36. Clash of clans

39. Butter used in Indian cooking

40. Construction site machines

41. Golf clubs

42. "The Sun ____ Rises"

43. Group of rude dwellings

45. "Say ____"

48. Uninterestingly written

49. Smudge

50. Like some muscles

52. Spill the beans

53. Carrier's employer, for short

54. Leak slowly

55. Beast of burden

57. 40 winks

58. By means of



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A SUMMER OF GROWTH AND GOOD COMPANY

BY MISSY LAGOMARSINO



Pinewood Country Club Lady Niners at the 2026 Nine in the Pines invitational

Nine in the Pines Tournament Hosts 118 Players at PWCC

Congratulations to the Lady Niners who once again hosted a very successful nine-hole tournament at Pinewood Country Club. Allyson Mitzel and Joyce Robertson co-chaired the “Nine in the Pines” invitational on July 15 which drew 118 players from 14 different clubs from around the state.

This year, the ladies added a pre-tournament happy hour at Borracho’s the night before the tournament, and 90 women attended for fun, games and socializing. The happy hour event was so popular that Borracho’s has already invited the group back for 2027!

This event is extremely popular with women golfers and the event usually sells out in early June. Mark your calendar now for the 2027 Nine in the Pines which will take place on July 14.

PWCC Celebrates New Pickleball Complex

This past winter, Pinewood Country Club determined to keep pace with the continued demand for pickleball courts. The club completely redesigned and rebuilt its racquet court complex and celebrated its grand re-opening in June.

The craze for pickleball shows no signs of slowing down. This year the club’s pickleball and tennis organization has more than 175 members. With 12 new pickleball courts plus one new tennis court, the club has plenty of space for expanded programming including ladder play, weekly clinics and league play. Club championships for women, men and mixed teams will take place in August.

The Pickleball Club is open to all members of Pinewood Country Club. If you are interested in learning more about pickleball at Pinewood Country Club, contact new member coordinator Missy Lagomarsino at 602-538-2601.



Mens Club Golf Results

6/20 The Presidents Cup Co-Winners; Rick Schmidgall & Steve Glavin

6/27 Two Man Scramble won by Dexter Gartin & Kyle Ekbohm

7/11-7/12 Individual Net Championship won by Cleve Lynch

7/18 The Professional Cup winning team was George Gardner & Fransisco Alvarez

7/25-7/26 The Eclectic Challenge overall champion Dave Ekbohm

8/1 Two Man Best Ball Championship Co-Winners were:
Pete Yannetelli • Don Drake & Doug Crooks • Tim Felton

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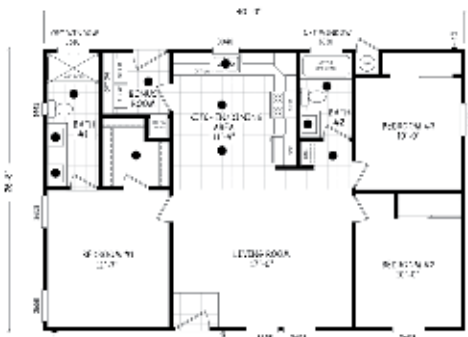


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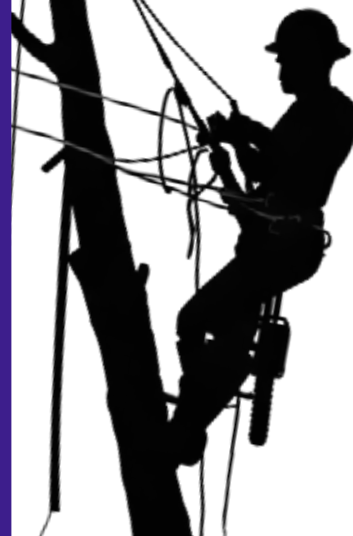
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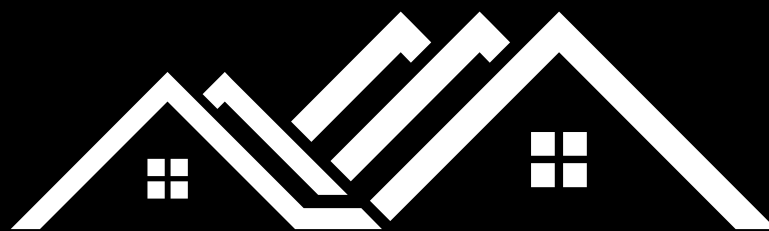
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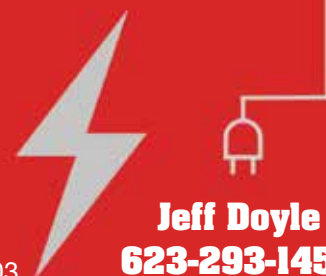
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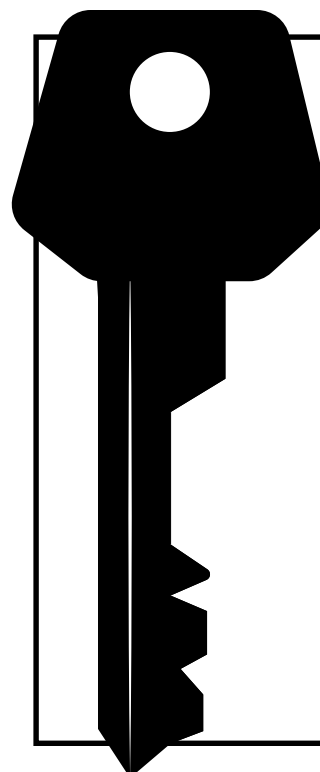
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WHAT IS REAL HOPE?

BY PASTOR JEREMY WEITZEL

People talk a lot about hope. We hope things get better. We hope our families stay safe. We hope tomorrow is better than today. But many times, our hope feels weak. It changes when life changes. It rises when things go well and falls when things go wrong.

The Bible gives us a different picture of hope. In 1 Peter 1:3, Peter says that God “has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.” Peter wrote these words to people who were hurting. They were scattered. They were worried. They did not know what would happen next. Yet Peter reminded them that real hope is alive.

A “living hope” is not just a good feeling. It is not a wish. It is not something we try to hold onto with positive thinking. Living hope comes from something solid. It comes from the resurrection of Jesus. Because Jesus is alive and hope is alive too.

Most hope in our world depends on circumstances. When life is good, hope feels strong. When life is hard, hope feels weak. But Peter says real hope does not fade. He says our future with God is imperishable, undefiled, and unfading. That means real hope does not break. It does not spoil. It does not disappear when life gets tough.

Real hope is also safe. Peter says God protects us “by His power.” That means hope is not something we hold onto by ourselves. God holds onto us. Our hope is steady because He is steady.

Real hope is also tied to the resurrection. If Jesus rose from the dead, then hope rises too. If Jesus defeated death, then hope can stand strong in any situation. The empty tomb means the worst thing is never the final thing. It means pain is not permanent. It means God’s future is stronger than our fear.

This kind of hope does not pretend life is easy. It does not ignore suffering. Instead, it helps us walk through suffering without losing heart. It helps us see our problems through a different lens. It reminds us that God is still working, even when life feels heavy.

Real hope also changes how we live right now. People with living hope face challenges with courage. They love with patience. They forgive with grace. They keep going even when life is hard. Living hope gives strength for today because it promises life for tomorrow.

Real hope is not a feeling. It is not a wish. It is not a slogan. Real hope is Jesus Himself. His resurrection gives us a hope that cannot die.

In Christ, Pastor Jeremy

Men’s Steak Dinner with Speaker Randy Elliot

“We have thankful hearts for the privilege of serving the Lord daily.”

Chaplain Randy leads what he affectionately calls “a church nobody wants to come to and everyone wants to leave,” the Orange Church of Yavapai County. His congregation includes men and women at the Yavapai County Jail and Juvenile Detention Facility in Camp Verde and Prescott.

He has seen and heard it all, including the worst of the worst, and he has a story to tell.

“I serve in what is most often a spiritually hostile, extremely vulgar, harsh and brutal environment,” Randy says. “I engage the enemy in spiritual battle on his turf. The battle is intense, exhausting, furious and relentless, but God continues to gain victory after victory.”

Each month, Randy facilitates 45 to 50 Bible studies, organizes in-person religious services, provides one-on-one counseling, distributes Bibles and religious literature, and responds to inmates of all backgrounds and faiths.

He interacts with approximately 8,000 men and women each year. Through this outreach, roughly 800 come to faith in Christ.

August 22 at 5 p.m. Reserve with John Wilson or Russ Breese. | \$15 donation per ticket, payable the night of the dinner.



Chaplain Randy Elliot

The mountain receives the rain
without asking where it has been.

There is grace for where you’ve been,
and a place beside us for the road ahead.

Walk with us.

Walking with Jesus, together.
Sunday services 9:00 am and 10:45 am

(928) 286-2022
office@mpcc.church
17670 S Munds Ranch Rd
Munds Park, AZ 86017



munds park
community church
mpcc.church

COUNTY CONTACTS FOR COMMON CONCERNS

Facebook Is Not 911!

If you have a concern that needs law enforcement attention, even if you are unsure, please call the Sheriff's Office instead of posting only on social media.

For non-emergency issues such as noise, dogs running loose, suspicious activity, traffic concerns, or other disturbances, call Coconino County Sheriff's

Non-Emergency Dispatch at (928) 774-4523, option 1.

YOUR CALL MATTERS. Reported incidents help guide staffing and response priorities and give the Sheriff's Office a clearer picture of what is happening in our community.

Dark Sky Compliance**Lighting Inspection**

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

Code Violation Report

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

Fixture Review

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

Still Have Questions?

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

Domestic Animal & Wildlife Services**Loose Dogs, Nuisance Complaints, or Dog Bites**

Coconino County Animal Management (928) 679-8756

For serious attacks or issues, call the Sheriff's Office (928) 774-4523

Rabies Concerns (Pets or Wildlife)

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

Coconino County Animal Management (928) 679-8756

Found a Stray?

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

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

High Country Humane (928) 526-0742

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

Injured or Dangerous Wildlife

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

Weekends & after hours call 911

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

Loose Livestock

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

Environmental & Emergency Services**Illegal Dumping in Forests or Waterways**

Environmental Quality Reporting Line (928) 679-8886

(press 1 to leave a message) Reports can be made anonymously.

Flooding Concerns

Coconino County Call Center: (928) 679-8525

Emergency Planning and Real-Time Updates

Coconino County Emergency Management (928) 679-8311

Email: emergencymanagement@coconino.az.gov

Fire-Related Concerns**Illegal Campfires on National Forest Land**

Coconino National Forest Dispatch Center (928) 527-3552

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

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

Illegal Campfires (private property) during Fire Restrictions

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

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

Fire Restrictions Information

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

Off-Highway Vehicles (OHVs)**Reckless Driving, Trespassing, or Noise Complaints**

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

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

Short-Term Rental Questions & Complaints**Loud Parties, Parking Issues, Trash or Other Nuisances**

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

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

Ongoing STR Violations or Registration Questions

Coconino County Short-Term Rentals Compliance Officer,
Mark Stento (928) 679-8856.

Know Your Rights: Short-term rental owners must register their contact information with Coconino County and provide it in writing to adjacent neighbors. If you never received it, contact the County STR Compliance Officer to verify the rental's registration. Report unresponsive owners, repeated disturbances, or suspected unregistered rentals to the County or Sheriff's Office.

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access anytime.





4.8/5 Stars
100+ Reviews

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