

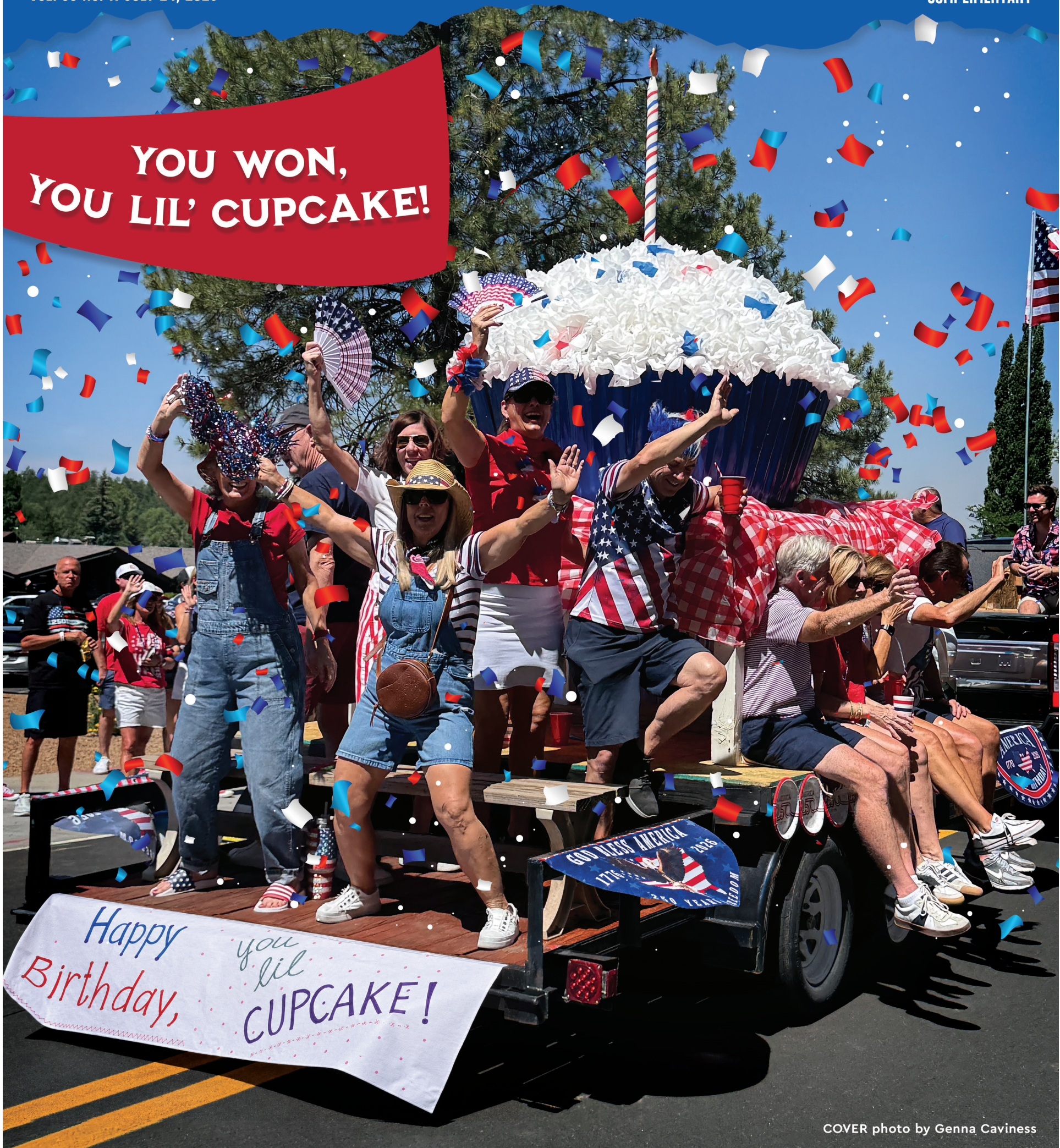
# PINEWOOD NEWS

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

VOL. 33 NO. 11 JULY 24, 2026

COMPLIMENTARY

YOU WON,  
YOU LIL' CUPCAKE!



COVER photo by Genna Caviness





*Celestial Events*

# AUGUST SKIES BRING SHOOTING STARS & DARK NIGHTS

By late July, the days are warm, the monsoon clouds have their say, and the best stargazing often belongs to the patient. This is the season for checking the forecast, waiting out the clouds, and stepping outside when the night finally clears. In Munds Park, that patience can pay off beautifully.

As an official Dark Sky Community, we have more than a nice view. We have a promise to keep. The darker we keep our skies, the more there is for everyone to see.

## Full Buck Moon: July 29

The Full Buck Moon arrives July 29. Its name comes from the time of year when male deer are growing new antlers.

A full Moon brightens the whole sky, which makes faint stars, galaxies and the Milky Way harder to see. Still, it is a fine night for moon watching, especially as the Moon rises above the pines.

Binoculars can reveal shadows, craters and texture along the lunar surface, though the best crater detail often comes before or after the Moon is completely full.

## Third Quarter Moon: August 5

The Third Quarter Moon is a good turning point for evening stargazers. As the Moon rises later, the sky grows darker after sunset, giving stars and summer constellations more room to show off.

Early risers can still catch the Moon before dawn, but night owls will start to notice better viewing as we move toward the New Moon.

## Best Dark-Sky Window: August 9 - 16

The New Moon brings the best dark-sky window of the month, making this prime time for the Milky Way, especially from darker areas away from town lights.

Look south for Scorpius and Sagittarius. Sagittarius contains the Teapot shape, and on a clear dark night, the Milky Way can seem to rise from it like steam.

These are the nights to help the sky along: turn off what you do not need, shield outdoor lights downward, and give your eyes time to adjust. The stars do not need much help, but they do need darkness.

## Perseid Meteor Shower: Peak August 12 & 13

The Perseid meteor shower is the big event of this skywatching window, and 2026 is a good year for it. The peak falls near the New Moon, which means darker skies and a better chance to see more meteors.

The Perseids are known for bright, fast meteors, some with glowing trails. For the best viewing, look after midnight or before dawn from a dark, open spot, face generally northeast, put the phone away, and give your eyes at least 20 minutes to adjust.

If you see only a few, you still saw pieces of comet dust burn through the atmosphere over Munds Park, which is not a bad return on a lawn chair.

## First Quarter Moon: August 19

The First Quarter Moon is one of the best phases for binoculars or a small telescope because shadows make the lunar surface easier to see.

Look along the line between light and dark, where craters, ridges and mountains stand out best. It is a good night for children, visitors, or anyone who has ever looked at the Moon and thought, “I should really know more about that thing.”

## Summer Constellations

Late summer is a wonderful time to learn the summer sky. The Summer Triangle, made of Vega, Deneb and Altair, is high and easy to find. To the south, Scorpius and Sagittarius point toward the richest part of the Milky Way.

Dark, moonless nights are best for the Milky Way, star clusters, and faint glowing clouds of gas. Brighter moonlit nights are better for enjoying the Moon, bright stars, and planets.

### 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.

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The next issue of the Pinewood News on stands, **August 7**





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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, August 4

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

### PPOA Annual Meeting

Public Encouraged to Attend

Saturday, August 8

1 p.m. • Pinewood Country Club



## LOCAL HIGHLIGHTS 7A

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

## EVERYTHING 4TH OF JULY 11A

Parade highlights, the winning float, photos from the big day and a well-earned thank you to the volunteers who helped make it all happen.

## THINGS TO DO & SEE 16A

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

## ACCORDING TO EMILY POST 20A

Emily Post had etiquette rules for everything, including when to bite your tongue.

## SHAKEN & STIRRED IN PINEWOOD 23A

The Mojito brings together Cuban history, disputed origins and one warning about lawn clippings.

## HOMEMADE & WONDERFUL 25A

Skip the carton and jar with four dairy staples that are easier to make than you think.

## PPOA CITIZENS AWARD WINNER 26A

Meet Dale Ingram, the retired Ohio Fire Chief who delivered bread through the snow and showed Munds Park what a good neighbor looks like.

## HEALTH & WELLNESS 2B

Could acupuncture get you moving again? Learn how this gentle, at-home treatment may help ease pain and stiffness.

## TRAVEL 4B

Camels in the pines? Discover Arizona's strange but true Camel Corps history.

## PAWS OF PINEWOOD 7B

Thunder, lightning and poisonous toads can make monsoon season rough on pets. Here's how to keep them safe and calm.

## WINGS OVER ARIZONA 11B

It sounds like an owl, travels for miles and may be visiting your feeder. Meet Munds Park's native band-tailed pigeon.







**Geoffrey Weiss, Agent**  
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# FIRE DANGER IS HIGH

## LOCAL HIGHLIGHTS

### AS THE POCKET FIRE RACED, KINDNESS MOVED FASTER



Photo by the Pinewood Fire District

On June 27th, once Chief Tope finished up with Community Safety Day, his phone rang. It was the start of a long evening of conference calls with area chiefs, as Kachina Village and Forest Highlands emerged as two of the communities most at risk. Then came the request from Highlands Fire Chief Todd Miller, who needed engines fast for a local protection effort separate from the main incident management team. Four departments answered the call, sending crews from Summit, Highlands, Pinewood and Flagstaff toward the same threat, a local task force assembled in hours to protect communities in the fire's path.

Five engines made up the task force, and their mission wasn't to fight the main fire but to stand between it and the homes in its path. Starting that Sunday morning, crews spent four days moving through Forest Highlands and Kachina Village, walking from property to property to assess which houses would need assistance if the fire turned in their direction. As conditions eased, they strung miles of hose line and staged a large cache of sprinklers along the southwest edge of both communities, stopping to talk with residents along the way and keeping a visible, reassuring presence.

Chief Tope said that during the first morning briefing, when he looked around the room at the firefighters, he saw a mix of generations. Some had more than 30 years on the job, while others had come out of the academy only weeks earlier, and more women filled that room than he'd ever seen on an assignment like it. For him, these weren't anonymous crews passing through; they were firefighters from nearby departments,

most he knew by name, standing shoulder to shoulder and ready to protect their neighbors, and looking at them made him proud. They were impressive.

There was just one problem with a task force built outside the main wildfire support system: no one had arranged meals for the crews. Chief Tope turned to the people he calls his go-to for exactly this kind of help, the Pinewood Fire Department Auxiliary, and asked them to feed roughly 40 firefighters. The Auxiliary jumped right in, reached out to

local businesses, and the response came fast.

An Auxiliary member went to Nomarco's Pizza to ask if the restaurant could help feed the firefighters at a discount, and manager Hayden wouldn't hear of it. Twelve large pizzas came out of the kitchen, made and gifted to the crews at no cost.

The next meal came together the same way. The Auxiliary went to Subway in Kachina Village to ask for a discount, and owner Kathy Flores donated 40 foot-long subs, while employees at Pic-N-Run chipped in and paid for 40 bags of chips to go with them.

On the nights that followed, Auxiliary volunteers Gail VanDeurzen, Norma Whitaker and Cheri Schultz got to cooking. They made homemade burritos one night and pulled pork the next, giving the firefighters homemade goodness from people who understood exactly why it mattered.

...Continued on page 8A



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— Irene D.

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— Andrea Z.

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AS THE POCKET FIRE RACED

... Continued from page 7A

Norma and her husband, Craig, picked up fruit, vegetables, protein bars, chips, cookies and water for the firefighters. While they loaded their cart, a couple nearby noticed the size of the order and joked about crashing the party. When Norma explained the food was headed to firefighters, the couple handed her \$25, a small gift from total strangers that made Norma’s heart swell just a bit.

The generosity kept coming. The Forest Highlands Homeowners Association helped with lunches, Borracho Saloon brought donations, and support came from Kachina, Flagstaff and even NAU students. People saw a need and answered it, again and again, until fire officials eventually had to ask the public to stop bringing supplies because they had more than they could use.

Chief Tope said that level of support isn’t something firefighters see on every assignment, and he credits small communities with knowing how to look after the people who protect them. There is no clean way to name every person who helped during the Pocket Fire. If someone was missed here, it was not for lack of gratitude. It was because people kept stepping forward, quietly and quickly, until kindness moved faster than the notes could keep up.

In a world full of bad news, the Pocket Fire revealed something worth remembering. Gratitude goes first to the firefighters who held the line, and to the weather that finally gave them a hand, but it also belongs to the people right beside us, who proved once again that kindness is close, willing, and very much alive in our community.

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CONSTRUCTION SET TO BEGIN ON  
MAJOR SEWER IMPROVEMENTS

Residents can expect to see construction activity increase in several areas of Munds Park in the coming weeks as Phase 2 of the Pinewood Sanitary District’s infrastructure improvement project moves forward. Officials have announced that the bidding process for Phase 2 construction has been completed, clearing the way for crews to begin work in four designated project areas.

These projects are the direct result of strong community support. In 2023, Munds Park voters overwhelmingly approved the WIFA loan, with 75% voting in favor of the measure. The WIFA fee that has appeared on utility billing statements is helping fund these critical infrastructure improvements and PSD is ensuring the community’s investment is put to work on these projects.

Construction is expected to start within the months to come and will focus on sewer main line improvements across multiple neighborhoods. There are several areas that will be impacted.

One project area will begin on Oak Drive and extend south to Valley Place. This work will occur in the wash areas. Residents along this corridor may notice construction equipment and crews mobilizing as work gets underway.

An additional construction zone will cover the area beginning near the intersection of Turkey Trail and San Carlos Drive, continuing south to Pinewood Boulevard. This section is part of the broader effort to improve infrastructure conditions throughout the community.

More work will also begin along Turkey Trail, this time at the intersection with Reindeer Drive, and will continue south to Pinewood Boulevard. Work in this area is expected to proceed alongside other Phase 2 improvements.

Another construction area includes the Munds Canyon corridor. Improvements will begin at the intersection of Munds Canyon Road and Blue Jay Circle and continue along the canyon south to Lake Odell.

Completing the bidding process marks an important milestone for the project and allows construction to move into the implementation phase. Residents and motorists are encouraged to use caution near active work zones and remain alert for potential traffic impacts once construction begins.

Additional updates regarding project areas, traffic advisories, and construction progress are expected to be released through the Pinewood News and on Pinewood Sanitary District’s website, PinewoodSanitary.com, as plans advance in the coming weeks.

WILLARD SPRINGS IS NOW OPEN

The Willard Springs Green Waste Site will reopen Friday, July 17, after a temporary closure allowed the property to support aerial firefighting operations for the Pocket Fire.

The site closed July 1 for public safety and was used as a staging area for fire suppression materials needed by helicopter crews.

Willard Springs will accept green waste on Fridays and Saturdays from 9 a.m. to 5 p.m. through Oct. 31. The final load must enter the gate by 4:30 p.m. County officials said operating days may change because of weather or other unforeseen circumstances.

The disposal site is about 15 miles south of Flagstaff, west of Interstate 17 at the Willard Springs Road exit, Exit 326. Disposal is free, but the site accepts green waste only. Bulk items and household trash are not permitted.

Additional information is available at:  
[www.coconino.az.gov/WillardSprings](http://www.coconino.az.gov/WillardSprings)





## WOODY'S PROGRESS REPORT

This week's investigation into the abandoned Woody's gas station hit rock bottom: nobody told us a single thing. No tips, no sightings, no whispered warnings, just total radio silence. The information pipeline is drier than the station's old pumps, and honestly, we've started taking it personally.

Undeterred, we conducted surveillance from behind a copy of our own newspaper with two eye-holes cut in it. The structure remains exactly where we left it, no surprise grand-opening banner and no guy in a hard hat we could corner for a quote. Our biggest thrill came when something moved on the fence. Hearts raced for four glorious seconds before we identified a visiting squirrel looking for nuts. There are nuts there, just not the kind the squirrel is looking for!

We can confirm the building exists, the rumors exist, and the actual plans remain hidden somewhere between "big things are coming" and "please stop asking." Some call this a dead end. We call it another week of intense surveillance on a structure that grows more suspicious by doing absolutely nothing.

Until next time, we remain on the case with our stellar investigation methods and zero actual progress.

## PPOA INVITES COMMUNITY TO ANNUAL MEETING

Join the Pinewood Property Owners Association for its Annual Meeting, featuring updates from PPOA representatives and county officials on what's happening in and around Munds Park. It's a great way to stay in the loop on local projects straight from the people involved.

The PPOA encourages residents to attend and take part.

Saturday, August 8, 1 p.m.

Pinewood Country Club



## MPBA HONORS MARTY CECCARELLI

Munds Park Business Alliance President Mike Shrake, Secretary Deanne Martin and Joe Geampa donated their time to the annual cleanup and planting of the memorial garden beneath the MPBA sign at the Outpost. The garden honors Marty Ceccarelli, a former MPBA member and owner of the post office property who passed away in 2025, and keeps his contributions to the Munds Park community in lasting memory.



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# A PARADE WORTHY OF THE FOURTH

*Sponsored by The Pinewood Property Owners' Association*

BY SANDEE CAVINESS

There's a special kind of magic that only happens on a small-town Fourth of July, the kind where you recognize half the faces waving from the floats and the other half cheering from the curb. This year, Pinewood Boulevard was filled with neighborliness and hometown pride. Ninety seven floats and 560 participants rolled down the boulevard in a wave of color, music, and small-town style, while the community lined the streets to cheer them on.

What most folks enjoying the show never see is the hustle happening just out of sight. Forty-five dedicated volunteers gave up their holiday morning to set barricades, stage the entries, walk the route, and catch little problems before they became big ones. To every one of them: this town owes you a heartfelt thank you.

This was our first year helping Len Friedlund keep the whole production running, and it only made us love the man more. Everyone in Munds Park already knows Len is one of a kind, but until you stand shoulder to shoulder with him on parade day, you don't fully grasp the weight he carries every year. The volunteers floored us just as much. We thought we knew how good this community's volunteers are, but they are simply extraordinary and fun to work with.

A few people deserve an extra shout-out. Mike Felton of Good Fellas once again organized the specialty and military entries, a job that requires plenty of coordination behind the scenes. Bill Spain, Len's son's Tim and John and family friend Tommy Holloway worked the evening before the parade and returned early the next morning, taking on much of the preparation so Len could see the day through as he had planned it. Together, they helped him give Munds Park another Fourth of July to remember.

This year also brought a smart new safety upgrade: our first-ever communication command center. Sharon and Larry Metzler kept



In Munds Park, getting to the Fourth of July Parade is practically a parade of its own.

Photo sent in by Mike Shrake

things humming with walkie-talkies provided by the Pinewood Property Owners' Association. Cell service around here can be spotty on a busy holiday weekend, so having that reliable backup gave everyone extra peace of mind.

We're grateful to Gary Pearce of Pinewood Country Club, who loaned Genna and me golf carts. Neither of us could have walked Pinewood Boulevard for three straight hours without dying. Thank you, Gary, for saving us!

The parade rolled along without any major incidents. One small snag worth noting: several ATVs and side-by-sides parked on tall, dry grass during Stage 2 fire restrictions. Most folks moved when asked, and we appreciate the cooperation. People have parked there for years without a second thought, but under current restrictions, dry grass changes everything. Next year we plan to hire one of our Pinewood News advertisers to mow those stretches ahead of time so everyone has a safer place to settle in, and no one will need to move.

One delightful new tradition we plan to keep is Scooby-Doo, the cheerful golf cart driven by Deanne Martin of Wine Tasting & More (loaned by Rick and Gail VanDeurzen). All morning, Deanne zipped up and down the route offering rides to anyone who needed help reaching their seat, a small kindness that meant the world, especially to our elders and anyone for whom the walk would have been too much.

Watching the parade from the sidewalk is the easy, joyful part. Making it happen took patience, generosity, and a lot of good humor. To every volunteer who pitched in and showed up with a smile: you made this Fourth of July something truly special. Thank you for reminding us, once again, what a gift it is to live among good people.

## MUNDS PARK RUNS ON VOLUNTEERS LIKE THESE! YOU GUYS ROCK!

|                 |                 |                 |                 |
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| Dick Drinen     | Pat Heyman      | Jake Ramirez    | Gail VanDeurzen |
| Sue Drinen      | Donna Langston  | Jill Rhodes     | Rick VanDeurzen |
| David Ebert     | Steve Lemmons   | Robert          | Chris Woolley   |
| Rene Ebert      | Nikki Mahaffey  | Rydzynski       | Clayton Woolley |
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## THANK YOU FOR OUTFITTING OUR VOLUNTEERS!

Thank you to our Pinewood News advertisers for sponsoring this year's volunteer T-shirts, a keepsake to remember the 4th of July by. We appreciate you!

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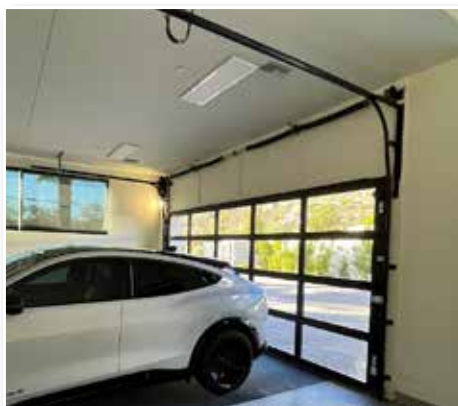
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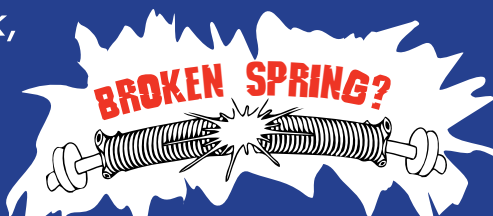
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# BEST IN PARADE

## *You Won, You Lil' Cupcake!*



Top Row (Left to Right): Sydney Hernandez, Rhonda Shotts, Julie Black, and Paul Black

Front Row (Left to Right): Lou Lagomarsino, Carlos Vazquez, Aundi Lagomarsino, Tyler Lagomarsino, Remi Lagomarsino, Linda Nicholls, Susie Zanga, Chris Nicholls, Judy Edgell, Traci Powers, Drew Zanga, Sheli Cherney, Luca Lagomarsino, Jon Shotts, Pat Moeschler, Ann Moeschler, Gayle Wolfrom, and Scott Wolfrom

This year's Munds Park Fourth of July parade float contest came down to a sweet showdown, and in the end, a towering, larger-than-life cupcake rolled away with the win.

It was not an easy call. Our runner-up, Small Town USA, was full of charm, craftsmanship, and thoughtful details. The families behind it clearly poured hours of work into bringing their little town to life, and honestly, it could have won. When we stacked it up against the cupcake, the two floats were neck and neck.

So we went to the tiebreaker: energy.

That is where the cupcake crew pulled ahead. From the start of the route to the finish, they were singing, dancing, hooting, hollering, and keeping the crowd smiling the entire way. That kind of spirit is exactly what a parade is all about, and it is what pushed the cupcake float over the top for this year's cover.

## The Story Behind the Cupcake

We asked Missy Lagomarsino, one half of the family behind the winning float, to share how it all came together. Here's what she told us:

For her husband Lou, the Fourth of July isn't just a holiday, it's the holiday. Bigger than Christmas, and something he starts planning for months ahead of time.

A few years back, during Arizona's 100th anniversary celebration, the family built a towering three-tiered birthday cake float. It was

a showstopper, complete with hours of assembly and thousands of napkins. For America's 250th birthday, Missy suggested bringing the birthday-cake idea back with a new twist: a giant cupcake. Lou said yes, and just like that, the cupcake was born.

The family's parade tradition goes back to the late 1990s, when their kids rode decorated bikes down the route while the family followed behind with the dogs in tow. Over the years, the whole thing has grown more and more elaborate.

The big deal for Lou? The music. He wants the crowd to hear the float coming before it even rolls into view. The family usually settles on a theme months in advance, and Lou starts designing not long after. Construction wraps up just a few days before the parade, and on July 3, friends and family gather for a float decorating potluck to add the finishing touches.

More than 25 years later, the tradition is still going strong, now with two grandchildren riding along. For Missy, some of the best parts are sharing the experience with a growing family and watching the happy faces along the route, especially the kids in the crowd. It's a family tradition they cherish, and just one of the many reasons Munds Park is such a special community.

Congratulations to Missy, Lou, their family, and all the friends who help bring this float to life every year. Here's to another 25 years of Fourth of July magic in Munds Park!

## Honorable Mention: Small Town USA

Small Town USA earns an honorable mention for bringing a whole small town to the parade route, built with heart, sawdust, and no small amount of logistical optimism. Jill Oliverson designed the float and created six mini storefronts in honor of America's 250th birthday, with plenty of woodworking and transport help from her husband, Gary. The Oliverson family, including Hayden and Reese, brought the whole thing from Peoria to Munds Park, which deserves its own little parade medal.

The Freid family helped gather details and assemble the float once it arrived. Jason and Kim Freid's three youngest took their places in town: Jeddy as the Hot Dog Guy, Kadies at the lemonade stand, and KJ at the fireworks store. KJ's girlfriend, Sophie, managed the flower shop and helped keep the kids safe. It was small-town America on wheels, and it made memories all around.





# AMERICA'S 250<sup>TH</sup> BIRTHDAY



4TH OF JULY  
1776 - 2026

Photos by  
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### EVERY SATURDAY



#### KARAOKE AT PINWOOD RESTURANT & BAR

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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

### THROUGH THE SUMMER SEASON



#### YOGA IN THE PARK

Join Christy Shaft, PT and Certified Yoga Instructor, for accessible yoga classes designed to support strength, balance, flexibility, and ease.

Yoga in the Park offers weekly Chair Yoga and |Mat Flow Yoga classes.

**Fridays:** Chair Yoga, 9-9:45 a.m.; Mat Flow Yoga, 10-11 a.m.

**Saturdays:** Mat Flow Yoga, 9:30-10:30 a.m.

**Mondays:** Chair Yoga, 9-9:45 a.m.; Mat Flow Yoga, 10-11 a.m.

All classes are open to community and visitors.

**Location:** Munds Park RV Resort

**Admission:** \$15 per class

**Details:** Facebook: Yoga in the Park

### FRIDAY, JULY 30



#### 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](http://www.winetastingandmore.com)

### SATURDAY, AUGUST 1



#### LIVE MUSIC, HOPE & COMMUNITY

Spend a summer afternoon under the Munds Park pines with contemporary worship music, community fellowship, and prayer

available for anyone who would like it. Bring a lawn chair or blanket, settle in on the lawn, and enjoy time with neighbors, family, and friends.

\$5 Pulled pork will be available for purchase, with 100% of those proceeds going to Protective Mothers Justice.

**Time:** 3-5 pm

**Location:** The Kaminski's, 280 E. Apache, Munds Park

**Details:** Bring a lawn chair or blanket

**Admission:** Free admission.

### 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](mailto: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](mailto: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](http://mortimerfarmsaz.com)

**Admission:** See website for dinner and ticket details

### SATURDAY-SUNDAY, AUGUST 1-2



#### FLAGSTAFF CHILI FESTIVAL

Worth the drive for chili lovers and anyone who enjoys a good local cook-off. Sample chili, vote for favorites, visit vendors,

and support a community event that benefits Big Brothers/Big Sisters of Flagstaff.

**Time:** Sat 10:30 am-3:30 pm;

Sun, 9:30 am-2:30 pm

**Location:** Thorpe Park,

191 N. Thorpe Road, Flagstaff

**Details:** [flagstaffarizona.org](http://flagstaffarizona.org)

**Admission:** \$10.

### 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](http://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](http://coconinocountyfair.com)  
**Admission:** See website for details

THURSDAY-SUNDAY, SEPTEMBER 10-13



114TH ANNUAL 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](http://yavapaifair.com)  
**Admission:** Check website for details

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 Avenue, Flagstaff  
**Details:** [flagstaffmusicfestival.com](http://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](http://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](http://pickininthepines.org)

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](http://flagstaffarizona.org)  
**Admission:** \$10; kids 12 and under \$5;



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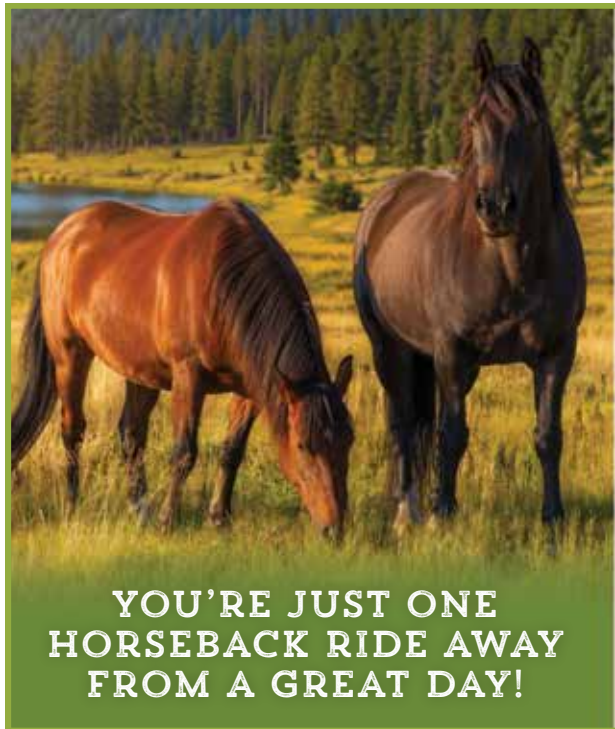
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# AROUND THE WORLD WITH THE PINEWOOD NEWS



The Pinewood News traded pines for palms on Huahine, a volcanic island in French Polynesia's Society Islands. Paul Mason, creator of our puzzles, solved the biggest clue: where to vacation. Sandy Wright, our book reviewer, found a setting worthy of five stars and no revisions. From left are Kathryn Macrides, Rachel Georghiou, Cindy Waller-Dixon, Paul Mason, Sandy Wright and Bob Dixon. The company was excellent, and the setting spectacular.



In June 2026, Mark and Marcia Middents and Debbie and John Hay took The Pinewood News to Salamanca, Spain, where the adjoining Old and New cathedrals stand side by side. Their Romanesque and Gothic-Baroque styles are strikingly different, but both are filled with breathtaking architecture and beautiful artwork.



On July 11, 2026, Gail and Rick Van Deurzen took The Pinewood News to The National WWII Museum in New Orleans while attending the 78th Annual Reunion of the 1st Cavalry Division Association. Between the museum and the reunion, The Pinewood News found itself surrounded by stories worthy of the front page.



## LOCAL INK

### THIS IS YOUR PAPER

The Pinewood News has served Munds Park for 33 years, run by a small group of dedicated writers who would love to welcome more voices to these pages. No matter how well we know the community, we cannot hear every story or know every question readers want answered. The paper has always relied on our readers to share news, ideas and experiences, and that involvement is what keeps the paper interesting and truly local.

Send us your stories, poems, artwork and photographs. Tell us about neighbors doing good work, clubs that have met for years, or local characters who deserve a little ink. Share stories from your hiking group, golf games, pickleball matches, bunco night or any other gathering where people have fun and occasionally get far too competitive. Send a photo, list the winners, tell us what happened.

You can also send event announcements, wildlife questions or requests for stories you would like us to investigate. Ask us about a road, rule, rumor or local issue you do not quite understand.

You do not have to consider yourself a writer. Send us the facts and the idea, and we will help shape it for the paper.

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# THE SOFT OPENING & THE HARD POST

## *Before You Take Your Disappointment on Tour*

BY SANDEE CAVINESS



Emily Post died in 1960, which spared her from Facebook community groups.

She never had to watch grown adults turn a parking dispute into a public trial, report an unfamiliar vehicle as though it had crossed state lines with stolen diamonds, or predict the death of a local business before it had finished its first week.

Still, Emily would have understood the behavior perfectly. Facebook did not invent gossip, public scolding, snap judgments or the desire to gather an audience. It simply gave all of them better distribution.

A new restaurant recently held a soft opening in Munds Park, and one customer left disappointed. The event cost \$75 per person, service was slow, drinks arrived late, and she did not believe the buffet justified the price. Those are legitimate complaints. Paying customers are allowed to expect good food and service, even during a soft opening.

The question is what a person does with that disappointment.

In this case, the customer posted her review across multiple Munds Park Facebook groups, including several times on one page. She compared the food unfavorably to Panda Express, said she felt ripped off and made certain her criticism reached as much of the community as possible.

At that point, the complaint was no longer simply feedback. It had become a campaign.

Emily Post would not have asked her to hide her disappointment, only to express it with consideration. Good manners do not require dishonesty, but they do require good judgment and a little class. A gracious customer would have spoken with the owner or manager, explained what went wrong and offered useful feedback.

That is the purpose of a soft opening. It gives a new business a chance to train its staff, test the kitchen, find the weak spots and correct mistakes before settling into regular service.

What Emily would question is why one disappointing experience needed to be carried into every available public room.

Munds Park is not merely a small town. We are a very small town. We do not have a grocery store, a hospital, a movie theater or rows of businesses waiting to replace one that closes. We have some restaurants and bars, an outpost, and realty offices serving a limited year-round population and a seasonal crowd.

The people running those businesses are not distant corporations; they are our neighbors, and we know their names. We see them at community events, hear when they are short-staffed and notice when their parking lots are full. When a new business opens here, most of us hope it succeeds because wishing a neighbor well is simply the decent thing to do.

That closeness calls for more care, not less.

Emily Post believed etiquette was grounded in consideration for others. On Facebook, that might begin with considering the proper audience.

Before posting a complaint, have you spoken to the person who can fix the problem? Have you allowed that person a chance to respond? Does the community genuinely need this information, or do you simply want an audience for your irritation? Are you trying to correct a problem, or punish someone for disappointing you?

Another useful question is whether you would use the same words while standing directly in front of the person.

That one could clear out half the Facebook feed before breakfast.

There are many ways to behave badly online without swearing or making an obvious threat. We can humiliate someone while using perfectly polite language. We can repeat a complaint until it becomes harassment. We can share rumors, post photographs of strangers, make dark predictions, correct people publicly or invite hundreds of neighbors into a

disagreement that should have remained between two people.

The wording may appear civil while the purpose is unkind.

Grace leaves room for human error. Kindness considers the possible damage. Manners help us choose the right time, place and audience for what we need to say.

The old advice to praise publicly and correct privately still works surprisingly well. There are exceptions when safety, fraud or repeated misconduct is involved, but an imperfect soft opening is not one of them.

Before pressing "Post," we might ask what our words will accomplish. Will people be better informed, or simply angrier? Will the post solve something, or make the situation larger and uglier? Does everyone truly need to know?

Facebook gives us the power to address nearly the entire town in a matter of seconds. Emily Post would remind us that having an audience does not mean every disappointment deserves a speech.

The most neighborly thing we can do is take the complaint to the person who can fix it, then give them the grace to try.

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# THE MOJITO

## *What Francis Drake Left Behind*



The Mojito works because every ingredient has a job. Lime provides a clean edge, sugar softens it, white rum adds warmth, and soda water keeps the drink light. Mint contributes fragrance, but it must be handled gently. Grind it into green shreds and the glass begins to taste like lawn clippings.

On a warm Munds Park afternoon, a Mojito belongs on the porch before dinner, served over good ice with a generous crown of mint. Tell your guests about Drake, but tell the story honestly: the privateer may have lent his name to the drink's rough ancestor, while Cuba turned it into something worth pouring.

Some cocktails arrive with a tidy history. The Mojito comes trailing rumors, disputed origins and a famous English privateer who probably received more credit than he deserved. What we know with confidence is that the drink is Cuban. The rest falls somewhere between history and a durable bar story.

In 1586, Sir Francis Drake sailed toward Havana after raiding Spanish settlements throughout the Caribbean. The city prepared for an attack, but Drake fired only a few shots before sailing away. He failed to take Havana, which was unfortunate for Drake and a fine outcome for Havana. His name remained behind, however, attached to a drink called El Draque, or "The Drake."

El Draque was made with aguardiente de caña, a rough cane spirit that preceded modern rum, along with lime, sugar and mint. Whether Drake, one of his men or an enterprising Cuban first combined them is impossible to prove. The drink was considered medicinal, and a Havana writer recorded drinking a little Drake each day during the cholera epidemic of 1833 because he believed it was helping him. Medicine has improved since then, thank God, but the recipe clearly had promise.

As Cuban rum became more refined, it replaced the harsher aguardiente. By the late 1920s and early 1930s, Cuban cocktail books were printing recipes made with rum, lime, sugar, mint, ice and soda water. Havana's bars were also serving American visitors who had escaped Prohibition in search of legal drinks and better evenings. Somewhere along the way, El Draque became the Mojito.

Hemingway eventually found his way into the story, as Hemingway tends to do whenever a Cuban bar and an empty chair are within shouting distance. His connection to the Mojito is repeated endlessly, although the evidence is less convincing than the souvenirs. The drink never needed a famous American spokesman. Cuba had already given it everything it required.

### Ingredients

- 2 ounces white rum
- 3/4 ounce freshly squeezed lime juice
- 1/2 ounce simple syrup
- 8 to 10 fresh mint leaves
- 1 to 2 ounces chilled club soda
- Crushed Crystal Ice
- Fresh mint sprig and lime wheel, for garnish

### The Method

Place the mint leaves, lime juice and simple syrup in a double old-fashioned glass. Press the mint gently three or four times with a muddler, just enough to release its fragrance.

Add the rum and fill the glass about three-quarters full with good ice. Stir until cold.

Top with club soda, stir once more and add enough ice to crown the glass.

Garnish with a mint sprig and lime wheel. Clap the mint lightly between your palms first to release its aroma.



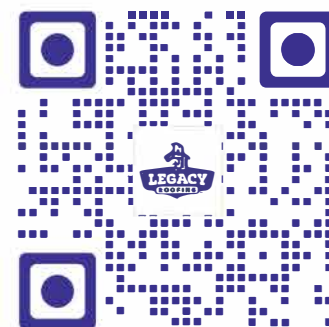
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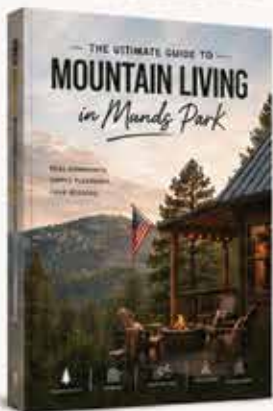
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# HOMEMADE & WONDERFUL

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### Heavy Cream Substitute

- ¾ cup whole milk
- ¼ cup unsalted butter, melted
- Whisk the melted butter into the milk until well combined. Use it as a substitute for heavy cream in soups, sauces, baking and other cooked recipes. It will not whip like regular heavy cream.
- Makes 1 cup

### Homemade Sour Cream

- 1 cup heavy cream
- 2 teaspoons white vinegar
- ¼ cup whole milk
- Stir everything together. Cover with a breathable cloth or paper towel (not a sealed lid) and let it rest overnight at room temperature until creamy and tangy. Refrigerate before serving.
- Makes 1¼ cups

### Homemade Mayonnaise

- 1 large egg
- 1 cup neutral oil
- 1 tablespoon Dijon mustard
- 1 tablespoon white vinegar
- Pinch of sugar
- Blend until thick and silky.
- Makes about 1¼ to 1⅓ cups, depending on egg size

### Homemade Cream Cheese

- 4 cups whole milk
- 2 cups heavy cream
- 3 tablespoons white vinegar or lemon juice
- ½ teaspoon salt, optional
- Warm the milk and cream, add the vinegar or lemon juice and let the mixture curdle. Strain, then blend until smooth and creamy.
- Yields 1½ cups



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# DALE INGRAM

— WITH CITIZEN AWARD —

Munds Park has always been held together by extraordinary people who show up, and for eight years, Dale Ingram was one of them.

BY SANDEE CAVINESS

The Pinewood Property Owners Association knew this when they chose him for the Citizen Award, even after he and his wife, Denise, had moved back to Ohio. Distance could not erase the eight full years of service he gave so freely to our community.

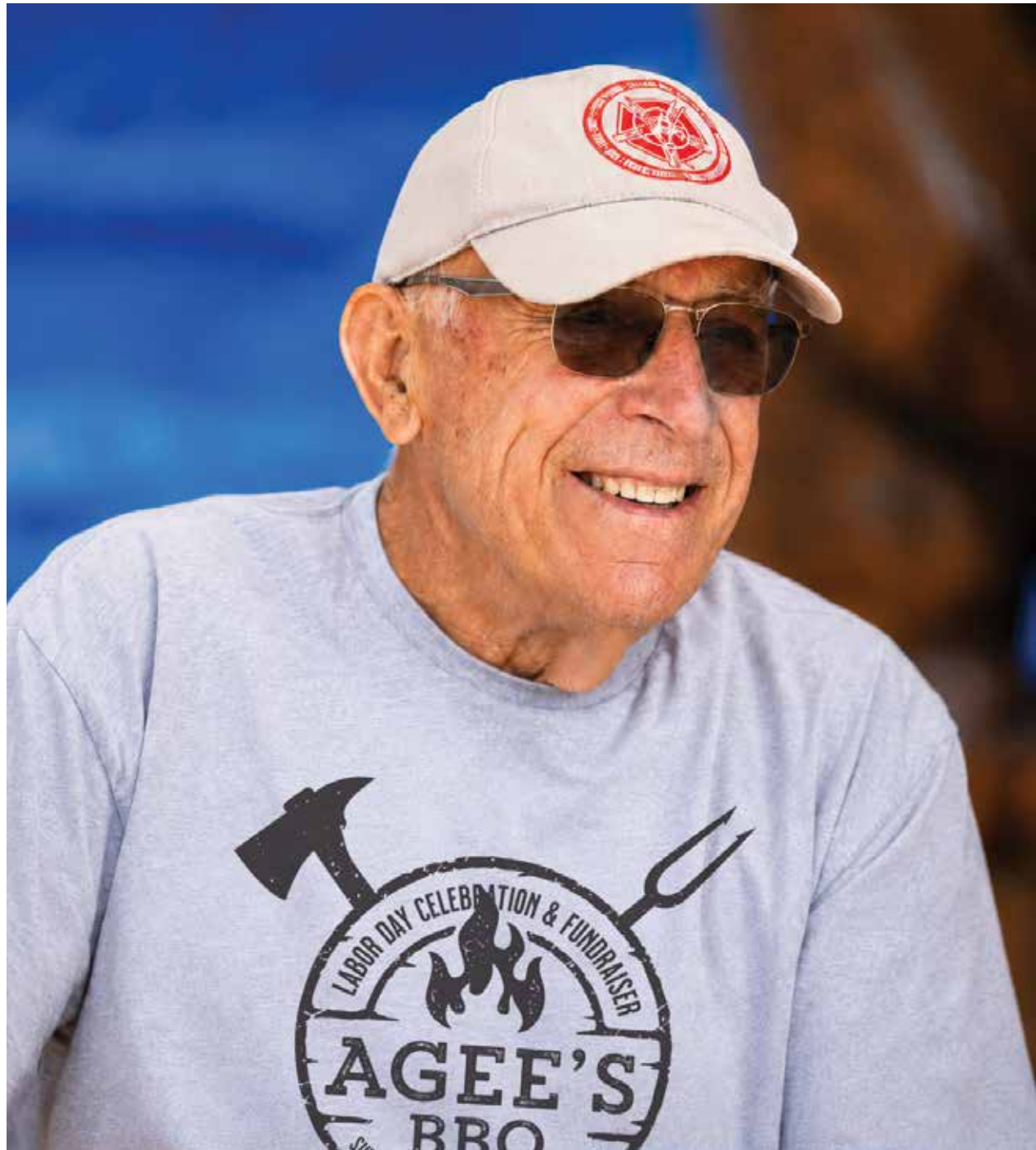
Dale, with his big smile and heartfelt hellos, greeted you as if you were a long-lost friend he couldn't wait to see. He listened well, lifted spirits, and belonged to this place in the deepest way.

He was always offering a hand or an ear. Deeply involved with the fire department auxiliary, he also served on the PPOA board and helped with whatever needed doing, no questions asked. He was a regular at Kota's Coffee House, ready with good counsel or a friendly word for whoever sat down next to him. Generous, loving, and willing to step up whenever needed, Dale lived the spirit of good citizenship so completely that the PPOA wanted him to know: moving away did not change what he gave here, or how much it mattered.

## When Munds Park Met Dale

Dale and Denise arrived in Munds Park in 2018. The mountain air, the forest, and the people won them over almost immediately. "We really, really love the people in Munds Park," Dale said, his gratitude unmistakable even from a distance.

They settled in, and before long, Dale was jumping into community life, starting with the church and the PPOA. Tom Gulliver gave him a nudge to join the association, and he fit right in. One of his regular volunteer jobs was driving the roads, checking for potholes, ensuring street lights on Pinewood Blvd worked, and making sure the county took



Dale Ingram | Photo by Barbara Sherman

care of spring cleanup after the cinders went down. This was a job most people don't even consider, but for Dale, it was a chance to be out in the fresh air, talking with neighbors, giving back in ways that carry a humble reward.

He also got involved with the fire department auxiliary early on, drawing on a lifetime of experience that most people in town probably never fully knew about.

## A Lifetime of Answering the Call

Back in Ohio, Dale joined the volunteer fire department right after high school in 1958. He started as a junior firefighter, served 20 years as a volunteer while working as a plumber, then went full-time. He became a paramedic in one of the first classes in his county, rose through the ranks, and spent his last 11 years as Fire Chief.



By the time he reached Munds Park, he was retired from running calls. He was happy to support the fire department as a steady auxiliary member instead, content to let younger hands do the running while he offered what decades on the job had taught him. He and Fire Chief, Josh Tope, had plenty of good conversations about the new station and the realities of the job, two men from different eras of the same calling, trading notes across a career that spanned generations.

“All the firemen called me Chief,” Dale recalled with a chuckle. “It was just a fun thing.” He said it lightly, but it’s hard to imagine a title more fitting.

## Bread on Thursday Mornings

At Munds Park Community Church, Dale found the perfect place to serve. He helped wherever he was needed, in committees or with everyday tasks. But the thing he loved most was the Bread Ministry.

Other volunteers made the drive to Flagstaff to pick up the donated bread from Wildflower Bread Company. Dale was the steady presence at the church, waiting for the delivery and handing out loaves to anyone who stopped by. When heavy snow and ice made it tough for people to get around, he loaded up his truck and delivered bread door to door.

The *Arizona Daily Sun* caught him on one such morning in 2023, carefully making his way up snowy paths to neighbors who couldn’t get out, a loaf of bread tucked close as he climbed through the snow. It was a sweet story, and it showed exactly who Dale is, choosing, over and over, to make the harder trip so someone else wouldn’t have to.

## Everybody’s Adopted Grandfather

Dale was a fixture at Kota’s Coffee House. He started going when Deanna and Ren ran it, and he kept right on coming when Phil and Stephanie took over, because for Dale it was never really about who owned the place. It was about the people inside.

The college kids who worked there loved swapping jokes with him. He still keeps in touch with one of them, Reagan, and calls himself her adopted grandfather, a title he seems to wear as proudly as Fire Chief.

My youngest, Carleigh, also worked at Kota’s for a spell, and she lovingly called Dale an earth angel. She thought he was the sweetest man and looked forward to his visits.

“I love people,” he said honestly, and if you know Dale, you can feel it. His love for his

neighbors and this community was not something he talked about nearly as much as he lived it, in the help he offered and the way he treated every person was worth his time.

Around Dale, people felt noticed. The person behind the counter was not just there to take an order, and the person sitting nearby was not just another face in the room. Whether he was handing out bread, stopping by Kota’s, or greeting someone like he had been waiting all day to see them, Dale had a way of making people feel like they mattered.

Because they do.

## A Heartbreaking Decision

After eight good years, health issues for both Dale and Denise made it harder to maintain their cabin. Anyone who has lived here year-round knows a cabin demands attention. Snow has to be moved, seasonal repairs have to be handled, and winter has a way of asking more of mountain folks. Their family is in Ohio, including their son, daughter, and grandchildren, and it was time to be closer to them.

The move made sense. That didn’t make it easy. Dale and Denise miss Munds Park deeply. Denise still talks about how much she loved it here, and Dale lights up, unmistakably, when he remembers the friendships. Before hanging up after our interview, he asked me to give everyone a big hug from him, which said plenty about how much of Munds Park he still carries with him.

## What Love Looks Like

This is the thing about Dale. His service is never separate from his life. It is simply how he lives, a steady expression of a man whose faith came first and whose care for his neighbors flowed naturally from it, the way a lantern lights up a path.

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*“It’s a wonderful feeling,” he said, “knowing that God gives me the gift to do that.”*

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“It’s a wonderful feeling,” he said, “knowing that God gives me the gift to do that.” Dale speaks of service as a gift from God, but he first saw service to others lived out through his father, a man who would drop everything for a neighbor in need. His faith, and the example of a father who treated neighbors with integrity and care, became part of who Dale is: a man you could count on.

Even now in Ohio, as he and Denise settle back into life there, they are looking for a church and ways to get involved again. The address changed, but Dale did not. He is still looking for the next neighbor, the next need, and the next quiet way to say yes.

Munds Park is built on people like Dale. The volunteers who keep the community whole. The ones who believe that caring for one another isn’t extra work but the main work, the real reason for everything else. Dale Ingram showed us how it’s done, and his example lingers like the scent of fresh bread — nourishing, honest, and deeply good.

Thank you, Dale. Munds Park loves you.



Dale makes his way up a snowy Munds Park path to deliver bread through the Munds Park Community Church Bread Ministry. When snow and ice kept some neighbors from getting out, Dale brought the loaves to them.

Photo by Rachel Gibbons, Arizona Daily Sun





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# ACUPUNCTURE FOR PAIN, MOVEMENT, & EVERYDAY LIFE

BY CLAYTON WOOLLEY MS., LAc, DIPLO, AC

Whether you're playing pickleball, golfing, gardening or simply going about everyday life, aches, soreness, stiffness and minor injuries happen. That discomfort can quickly sideline you from the activities you enjoy.

The good news is that there may be a simple, gentle way to help reduce pain and improve movement. That option is acupuncture, and in Munds Park, treatment can be provided in the comfort of your own home or cabin.

For many people, just hearing the word "acupuncture" brings on a wave of apprehension. From childhood shots and immunizations, we learn early that needles are not fun. Acupuncture needles, however, are nothing like those used for injections. They are extremely fine, hair-thin needles, and most people barely feel them.



through hundreds of acupuncture points. When qi becomes blocked or imbalanced, pain and illness may result.

By inserting needles at specific points in various combinations, acupuncture is intended to help restore the smooth flow of qi. The goal is reduced pain, improved movement and a better sense of balance within the body.

Western medicine explains acupuncture differently. From that perspective, acupuncture may stimulate nerves, muscles and connective tissue. This stimulation may encourage the release of the body's natural pain-relieving chemicals and increase blood flow.

Here is a simple way to think about it.

Suppose you are a tree whose leaves are turning brown and falling off. Some treatments may concentrate on making the leaves look better by relieving the immediate symptoms. Acupuncture takes a broader approach by looking for patterns or imbalances that may be contributing to the problem, much like delivering water and nutrients to the tree's roots.

Once the underlying imbalance is addressed, the body may be better able to support its own natural healing processes.

Acupuncture is especially well known for helping manage pain. It is also used as a complementary treatment for concerns such as

...Continued on page 3B



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ACUPUNCTURE

... Continued from page 2B

headaches, digestive problems, anxiety, allergies and nausea related to chemotherapy or surgery. Results vary depending on the condition and the individual.

What to Expect During an Acupuncture Session

Acupuncture treatments are typically scheduled weekly, often as a series of eight to 12 visits, depending on the patient’s needs and response.

Each session usually includes an examination and assessment, followed by needle placement and guidance on self-care. Visits generally last about 30 minutes.

In Munds Park, treatments can be performed in your home while you rest comfortably on a couch, recliner or treatment table. You will generally remain face-up during the session, and only single-use, sterile, hair-thin needles are used.

The practitioner uses a distal acupuncture technique, which means the needles may be placed away from the painful area. For example, lower-back pain may be treated through points in the hands or shoulders, while shoulder pain may be treated through points near the ankles.

Because the needles are not placed directly into the sore area, patients can often move the affected part of the body during treatment and observe whether their comfort or range of motion changes.

Most patients feel only a brief sensation, sometimes similar to a hair being pulled, when a needle is inserted. This may be followed by a deep, achy feeling, which some practitioners describe as “the arrival e of qi.” The needles may then be gently moved or stimulated before they are removed.

Most people rest quietly during treatment, and many find the session surprisingly relaxing.

Experience That Comes to You

With 30 years of experience, the practitioner brings acupuncture directly to patients in Munds Park. This mobile approach can be especially helpful for people who are uncomfortable driving while in pain or who simply prefer receiving care in familiar surroundings.

Is Acupuncture Right for You?

Acupuncture can be used on its own, and it can also complement conventional Western medical care. It may be an option for people who want additional help managing discomfort or who would like to reduce their reliance on pain medication under the guidance of their healthcare provider.

When performed properly by a trained practitioner, acupuncture is generally considered safe and has few side effects. The most common are temporary soreness, minor bleeding or bruising at the needle sites.

Patients who take blood-thinning medication should tell the practitioner before treatment. Anyone with a serious injury, severe or unexplained pain, signs of infection or other urgent symptoms should seek appropriate medical care.

If pain has been keeping you off the courts, away from the golf course or out of the garden, acupuncture may be worth considering. Many patients are surprised by how gentle the needles feel and how relaxed they are during treatment.

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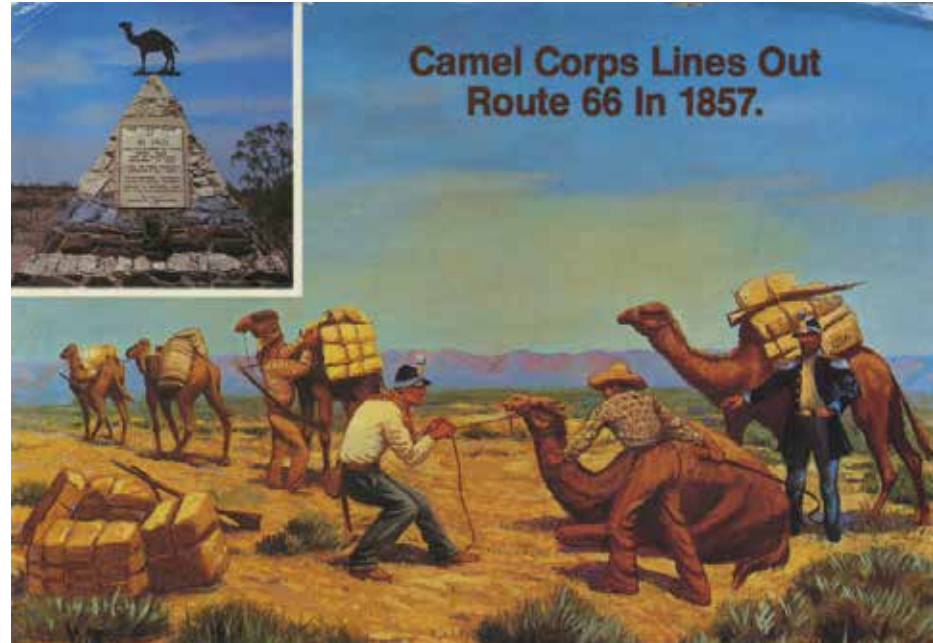


## ARIZONA'S SURPRISINGLY WILD CAMEL STORY

BY "UNSTOPPABLE STACEY" WITTIG



UNSTOPPABLE Stacey at Bonito Campground

Postcard depicting Camel Corps in Arizona with inset of Hi Jolly's memorial  
The James R. Powell Route 66 Collection

The first clue wasn't the camels. It was the gentle tinkling of bells drifting through Bonito Campground beneath the Ponderosa pines. Campers stepped away from picnic tables and camp stoves, wondering what they were hearing. Then around the bend came something no one expects to see while camping near Flagstaff—camels.

"You go camping in Arizona," one young woman laughed, "you don't expect to see camels walking down the campground road, yet there they were." For a few moments, every conversation stopped.

The unusual procession was part of a Roving Rangers living-history presentation at Bonito Campground beside Sunset Crater Volcano National Monument. Historian Eric Souders, portraying Lieutenant Edward Fitzgerald Beale, introduced visitors to one of Arizona's least-known chapters—a time when camels were not oddities but hardworking members of a U.S. Army experiment that helped open the American Southwest.

Most of us know about cowboys, stagecoaches and Route 66. Few realize that the West once had a Camel Corps. It sounds almost too strange to be true.

In the 1850s, Secretary of War Jefferson Davis approved importing camels from the Middle East to determine whether they could solve one of the Southwest's biggest transportation problems. Wagons struggled across long stretches without water, while horses and mules often exhausted themselves in the desert heat. Camels, however, could carry enormous loads, travel for days with little water, and easily negotiate rocky terrain.

Lieutenant Edward Fitzgerald Beale became one of the experiment's strongest supporters. In 1857, he used 22 camels while surveying and constructing what became the Beale Wagon Road across northern Arizona.

Imagine the procession. About 50 men. One hundred mules. Ten wagons. More than 300 sheep. And 22 towering camels padding across the volcanic landscape that surrounds Flagstaff today.

The survey crossed what would eventually become Fort Valley Road. Long before Interstate 40, long before Route 66, long before the Santa Fe Railroad, Beale's road established one of the most practical east-west routes across the Southwest. Later transportation corridors would

largely follow the same 35th-parallel route.

Even Beale himself became convinced the experiment was succeeding. Although many soldiers disliked the stubborn animals, Beale came to admire their strength and endurance. By the time his expedition reached California, he believed camels were uniquely suited for Southwestern travel.

History, however, had other plans. The Civil War shifted military priorities, funding disappeared, and the Camel Corps quietly faded away. Some camels were sold. Others escaped or were released into the desert. For years afterward, prospectors, ranchers and travelers occasionally reported seeing wild camels wandering across Arizona and neighboring states.

Whether every sighting was genuine or not hardly mattered. The stories became part of Southwestern folklore. One camel driver's story, however, is very real. Hadji Ali—better known throughout Arizona as Hi Jolly—came from Syria in 1856 to help manage the Army's camels. When the military abandoned the project, he remained in Arizona for the rest of his life. Today, his distinctive pyramid-shaped monument in Quartzsite stands as one of the state's most unusual historical landmarks.

Once you know Arizona's camel story, you'll begin spotting reminders of it all over the state.

Near Flagstaff, stop at the Arizona Historical Society's Pioneer Museum on Highway 180, where a Beale Road marker explains how the expedition passed through this area in 1857. It notes that the first settlers later used this same wagon road to reach Flagstaff. North of the Flagstaff Mall, Bonito Campground periodically hosts living-history programs where visitors can meet Lieutenant Beale, hear the remarkable story firsthand and even encounter live camels.

North of Parks in the Kaibab National Forest, adventurous travelers can search for remnants of Beale's route near Laws Spring, where traces of the old road still reward those willing to explore Arizona's backcountry.

In Kingman, Beale Street honors both the historic wagon road and the later Route 66 that followed much of the same corridor. Just outside town, the White Cliffs Wagon Trail preserves deep wagon ruts carved into solid rock by generations of travelers heading west.

Farther south in Quartzsite, the Hi Jolly Monument remembers



Arizona’s most famous camel driver. If you’re visiting in January, the annual Hi Jolly Camelpalooza Festival celebrates this colorful chapter of state history with camel-themed activities and family events.

Even the Arizona State Capitol Museum in Phoenix preserves murals depicting the remarkable camel experiment that helped shape the state’s early transportation history.

As darkness settled over Bonito Campground, the presentation ended much the way it began. The camels slowly disappeared among the towering pines, their bells once again echoing through the forest. For a few magical minutes, history didn’t feel like something locked away in a museum. It walked quietly down the campground road—and if you time your visit right, you can watch it happen yourself.

## See Arizona’s Camel History Come Alive

Watch history step out of the pages and onto the campground road during Lt. Beale and His Camels, an interactive living-history program at Bonito Campground, next to Sunset Crater Volcano National Monument. Coconino National Forest volunteer Eric Souders portrays Lt. Edward Fitzgerald Beale, whose camel expedition helped blaze the Beale Wagon Road. Best of all, you’ll meet live camels—the stars of one of the Southwest’s most unusual stories.

### 2026 Programs

Saturdays, July 25, August 8, and 22, from 6–7 p.m.

Arrive a few minutes early and don’t forget your camera. It’s not every day you can say you met a camel in the Arizona pines.

The Roving Rangers program is supported by the non-profit Friends of Northern Arizona Forests. [www.friendsofnazforests.org](http://www.friendsofnazforests.org). To inquire about volunteering with Roving Rangers, [www.fs.usda.gov/ro3/coconino/working-with-us/volunteers](http://www.fs.usda.gov/ro3/coconino/working-with-us/volunteers)

*When travel writer “UNSTOPPABLE Stacey” Wittig is not roaming the world, you might find her on the Little Horse Trail in the Coconino National Forest. [unstoppablestaceytravel.com](http://unstoppablestaceytravel.com)*

## SUDOKU

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## PAWS OF PINWOOD

# FURR-LOVES, THUNDER & TOADS

BY SAMANTHA PAGE, OWNER & MANAGER, MIDTOWN ANIMAL CLINIC

If you've lived in northern Arizona, you know the drill: clear skies in the morning, thunderheads over the peaks by mid-afternoon. Monsoon season is underway bringing lightning, heavy rain and bone-rattling thunder that can send even easygoing pets into a panic.

At Midtown, we see storm anxiety every summer and want to help you stay ahead of it. With preparation and support, most pets can get through the season comfortably. The key is knowing what to watch for, what to do and when to call us.



## Why Storms Are So Hard on Pets

Thunderstorm anxiety isn't just about noise. Many dogs are sensitive to the full package: falling barometric pressure, static electricity, electromagnetic changes from lightning, thunder and flashes of light. Some show distress before you hear the storm or see clouds and may remain unsettled long after it passes.

Cats may hide and grow quiet, which owners can mistake for calm. Dogs are often more expressive, panting, pacing, drooling, trembling, seeking tight spaces or trying to escape. Some scratch through drywall or jump through windows. The physical stress response is real, and repeated episodes can make anxiety worse.

## What You Can Do at Home

Choose a quiet interior spot, such as a closet, bathroom or laundry room, where your pet can retreat. Introduce it during calm weather so it feels familiar. Add favorite bedding, clothing you've worn recently and a white noise machine or fan. Close windows and curtains to reduce sound and lightning flashes.

A snug anxiety wrap, such as a ThunderShirt, may help some dogs. Stay calm too, because pets are good at reading their owners' emotions.

### Monsoon Season Prep Checklist

- Set up a quiet interior safe space.
- Verify that microchip registration and ID tag information are current. Spooked pets can bolt, even from secure yards.
- Walk dogs in the morning before afternoon storms build.
- Ask us about anti-anxiety options now.
- Check your yard after heavy rain for pooled water, debris and damaged fencing.
- Save the number for after-hours emergency care.

## What Pet Owners Should Know About Toads

The Arizona desert is home to the Colorado River toad, also called the Sonoran Desert toad, which emerges during monsoon season, especially during evening storms. These toads secrete a potent toxin, and dogs may lick or mouth them.

Toad toxicity is an emergency, and signs may appear quickly, including excessive drooling, pawing at the mouth, disorientation, seizures and collapse. Although unlikely in Flagstaff, the toads have been spotted in Sedona and Camp Verde.

If your dog mouths a toad, rinse the mouth with water directed from side to side so it flows outward rather than down the throat, then call an emergency clinic immediately. Do not wait to see whether your dog improves.

## When to Call for Help

If your pet has struggled with storm anxiety before or is having a difficult season now, call Midtown at 928-440-4020 or book through our app. Medications, calming supplements and behavior support work best when there is a plan in place, rather than a scramble during a 9 p.m. storm. We may need to examine your pet before prescribing, so do not wait for the next crisis.

Midtown is open Monday through Friday, 8 a.m. to 4 p.m. If your dog mouths a toad or has another emergency outside our hours, contact Yavapai Emergency Animal Hospital in Prescott Valley immediately at 928-460-7282. The hospital is open 24 hours a day, seven days a week.

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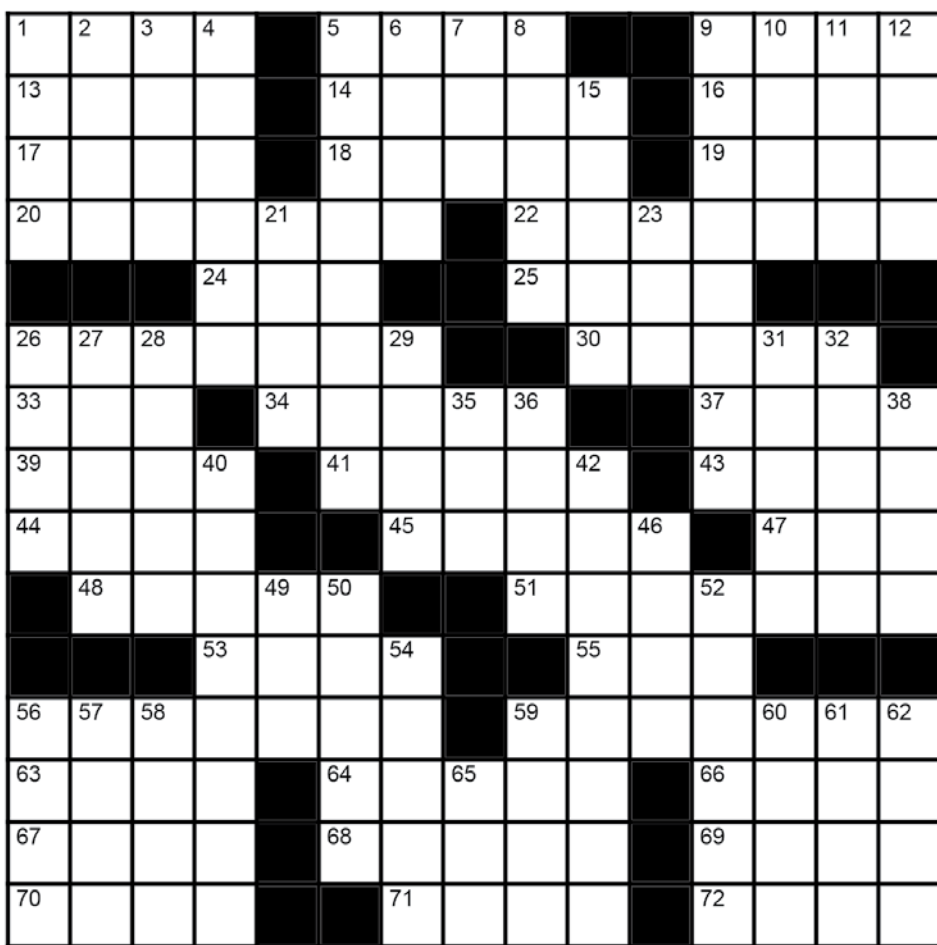
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## CROSSWORD

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### ACROSS

1. Copycat
5. Excursion
9. Emily of "Our Town"
13. Course
14. Barrel racing milieu
16. Catalina, e.g.
17. Fix, in a way
18. Artist's stand
19. Mekong River land
20. Kodak guy
22. Bridge over a valley
24. Shack
25. Axis of \_\_\_\_
26. Hurly-burly
30. Gives forth
33. Blood-typing letters
34. Some tides
37. Greek cheese
39. Piece next to a knight
41. Flying predators of cold seas
43. Cupid, to the Greeks
44. Cracker spread
45. Two-wheeler with a motor
47. Chart
48. People needing training
51. Greek harp players of old
53. Withdraws, with "out"
55. Sombrero, e.g.

56. Military funeral carriage
59. Hot milk and ale concoctions
63. "Green Gables" girl
64. Yo-Yo Ma's instrument
66. And others, for short
67. Night light
68. White-water craft
69. Artificial bait
70. Glazier's unit
71. Some male dolls
72. Discovery

### DOWN

1. Abbey area
2. Perry Como's "\_\_\_\_ Loves Mambo"
3. Flight data, briefly
4. Beat
5. Agreements between nations
6. Horse color
7. Driver's lic. and others
8. Irk
9. Undomesticated animals
10. Biblical twin
11. Alliance
12. Numero uno
15. Drink garnish
21. Atomic particle
23. Order between "ready" and "fire"
26. Ball field covering
27. German sub
28. Like soil around a tree
29. Water-skiing locale
31. Surrender specifics
32. Brown ermine
35. Stop on a crawl
36. Spinnaker, e.g.
38. Egyptian snakes
40. Lamplighter?
42. Helicopters' lifting devices
46. Baseball stats
49. Photo \_\_\_\_ (camera sessions)
50. Market purchase
52. '... is fear \_\_\_\_': FDR
54. Move stealthily
56. Have an in-tents experience?
57. Celebes buffalo
58. \_\_\_\_ a good thing
59. Builder's need
60. Needle case
61. Mountain pool
62. Downhill racer
65. Alkaline liquid



# "MIXED NUTS" IMPROV GROUP LANDS IN THE PARK



Pinewood Players is excited to welcome the Sedona, Arizona based actors, Mixed Nuts Improv Comedy Troupe to the Pinewood Players stage. Mixed Nuts Improv Troupe is dedicated to delivering fast-paced, high-energy, and completely unscripted performances.

Under the expert direction of Chris Redish, whose 30+ years in improv and background in film directing bring a sharp, cinematic timing to the stage, Mixed Nuts promises 90 minutes of unpredictable entertainment. The group's foundational performers include the versatile Nathaniel Montgomery, who brings over twenty years of acting, directing and improvising, and audience favorite Mary Carder, with 15 years of on-stage impromptu performance experience.

"Northern Arizona has a rich culture for the arts, but we felt there was a vacancy for pure, adrenaline-fueled comedy" says Director Chris Redish. "With Nathaniel's lightning-fast wit and Mary's incredible range, we've built a team that can find the humor in almost any situation the audience throws at us."

The performers are equally enthusiastic about the group. "There's a specific kind of magic that happens when you are on stage with nothing but a suggestion from the crowd", says Nathaniel Montgomery. "It's like walking a tightrope without a net, but with Mary and Chris there, the net is the laughter we build together."

Mary Carder adds "I love the mixed aspect of our group—different backgrounds, different styles, but one goal: making audiences laugh until it hurts. We aren't just performing; we're inviting the audience to play along with us."

Together, this mixed ensemble of talented nuts transforms simple audience suggestions into elaborate sketches and quirky characters—all created on the spot.

Mixed Nuts focuses on short-form improv games similar to Whose Line Is It Anyway?, making their shows accessible, family-friendly, and perfect for the diverse Northern Arizona community. See you at the theater!

## Cabaret/Readers Theater Night

The final production for the 2026 season of Pinewood Players will be a Cabaret/Readers Theater production held at the Pinewood Country Club. The atmosphere is typically that of a nightclub where audiences sit at tables while a host or master of ceremonies introduces the acts and provides comments and jokes between acts. Our show consists of skits, music, and short plays read by the actors with minimal props and sets. Readers Theater is a wonderful way to introduce new actors to the stage without the stress of memorizing lines. This is always a popular production. You will want to purchase tickets before they sell out.

Order tickets online at [pinewoodplayers.com](http://pinewoodplayers.com)



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**Sunday, July 26  
2:30 PM**

*The mixed ensemble creates the skits on the spot using audience suggestions for family-friendly entertainment*



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# WORD SEARCH

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P R O G G N C O M P A S S S M  
A D V E N T U R E N E W T O W  
R F A R K I E S E K I A O P S  
K R I A O D K E A L R N R W R  
H N Y S I P R L D S W A D A O  
M A A S H G E L A N T V A T O  
K G T P R I I Q I W N A Y E D  
C U N E S F N A U A E R P R T  
O V V I E A T G T I T A A F U  
M E O P T N C U R P P C C A O  
M S A U U N R K A A U M K L G  
A T R O H A U C I M P R E L U  
H E M F L A S H L I G H T N D  
D E H Y D R A T E D F O O D T  
B O O T S K C A P K C A B I N

Adventure  
Backpack  
Boots  
Cabin  
Cap  
Caravan  
Compass  
Day Pack  
Dehydrated Food  
Dugout  
Equipment  
Evergreen  
Fishing  
Flashlight  
Gear  
Gorp

Hammock  
Hat  
Hunting  
Hut  
Kayak  
Knapsack  
Lake  
Map  
Moon  
Mountain  
Natural  
Nature  
Oar  
Outdoors  
Outside  
Park

Path  
Pup Tent  
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Wildlife

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# BAND-TAILED PIGEONS

BY MARGARET DYEKMAN



Band-tailed Pigeons courtesy of Margaret Dyekman

day to reach feeding sites, and their migrations can shift dramatically from year to year depending on weather and food conditions.

Band tailed pigeons are also known for their social behavior. They feed in loose flocks, communicate with soft cooing calls, and nest discreetly in trees, usually raising just one chick per season. That slow reproductive rate makes them vulnerable to population declines, and indeed, their numbers have fluctuated over the past century.

Overhunting in the early 1900s, habitat

loss, and a disease called avian trichomoniasis have all contributed to regional declines. Today, they're managed carefully, and conservation groups — including many in Arizona and New Mexico — monitor their populations to ensure long term stability.

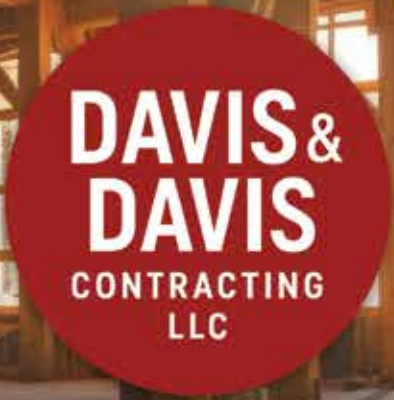
And just for a fun fact: These pigeons are not the only species in the world using “band-tailed” for the words beginning their name. These are the other species, all found outside of North America: Guan, Nighthawk, Barb-throat, Antshrike, Antwren, Antbird, Earthcreeper, Manakin, Fruiteater, Cacique, Sierra Finch, and Seedeater.

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

The Band tailed Pigeon is the only native pigeon species still widespread in the western United States. They inhabit dry montane forests of four states in the southwestern United States, reach south into Central and South America, and also inhabit the wetter Pacific Coast region. The only two locations I have seen these birds have been in Munds Park and Costa Rica. I remember the first time I heard one. I thought it was an owl! I've placed a tray feeder with black-oil sunflower seeds off the deck, and they now are regular visitors to our property.

This species is instantly recognizable to those who catch a good look: slate gray plumage, a soft lavender wash on the breast, a bright yellow bill, an iridescent dark green below a white neck ring, and the namesake white band across the tail. At about 14–15 inches long, they're the size of the common city pigeon, a non-native species, with a more streamlined silhouette suited to long distance flight.

These birds favor high elevation forests — especially pine, oak, and mixed conifer habitats like those surrounding Munds Park and the Mogollon Rim. Their seasonal movements are tied closely to food availability. Acorns, pine nuts, berries, and fruits make up the bulk of their diet, and when mast crops boom, band tails gather in impressive numbers. They're strong fliers capable of traveling dozens of miles a



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# A WINNING RUN AT PINEWOOD COUNTRY CLUB



Hogan Division Winners: Jeff McIllece and Brandon Cox.



Palmer Division Winners: Eric Rinehart and Tom Bugenhagen



Friday Horserace Winners: Justin Humpal, Joe Sposi, Gordon Raguse and Bill Reitz.

## Big Finishes at the Shootout in the Pines

The fairways were ready, the teams were set, and four days of competition brought out some of the best golf Pinewood Country Club had to offer.

The Pinewood Men's Golf Association held its annual Member-Guest Tournament, The Shootout in the Pines, from June 11 through June 14, with players competing for division honors and, of course, a year's worth of clubhouse bragging rights.

Friday's Horserace came down to the team of Justin Humpal, Joe Sposi, Gordon Raguse and Bill Reitz, who held their ground and finished on top.

In the overall flight competition, Eric Rinehart and Tom Bugenhagen captured the Palmer Division title, while Jeff McIllece and Brandon Cox claimed the Hogan Division championship.

Tournament organizers thanked the sponsors whose support helped make The Shootout in the Pines possible:

*Borracho Saloon, Borracho Spirits, FR Law Group, Relient Estate and Financial Planning, Ski Haus Flagstaff, Erse Technology, Colonial Capital, A1 Golf Carts, Caruso Construction, PRS Property Management, Jackie Tait, eXp Realty, Andi and Gary Harper, Rob Leonard, John and Lori Prescott, Steve Norris*

The competition continued later in the month with the Presidents Cup, held June 20. Division honors went to Rick Schmidgall, Brian Palumbo and Joe Scott.

On June 27, Dexter Gartin and Kyle Ekblom teamed up for the 2-Man Scramble and came away with the win.

Congratulations to all the winners and competitors who kept the scorecards busy and the leaderboard interesting throughout June.



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Kim Eaton and Megan Reeves



Kam Rechlin and Damien Getejanc



Berly Ruck and Kerry Postillion

## Big Finishes for Pinewood Women's Golf

The Pinewood Country Club Women's Golf Association has kept the competition lively over the past few weeks, with two tournaments producing several standout finishes.

At the Partners in the Pines Invitational, Berly Ruck and Kerry Postillion captured the Overall Gross title after prevailing in a sudden-

death playoff. Megan Reeves and Kim Eaton earned Overall Net honors. In the President's Cup Championship, Kam Rechlin rose to the top and claimed the title.

Congratulations to all the winners on some strong play when it mattered most.



## Anderson Wins Eclectic Title

Linda Anderson put together the winning score in June's Lady Niners Eclectic Tournament at Pinewood Country Club.

The tournament is played over two consecutive weeks, with golfers completing nine holes each week. For the final result, each player records her better score on every hole, creating one nine-hole aggregate score. Anderson's best numbers held up, earning her the June title.

The Lady Niners is one of the three originally sanctioned golf groups at Pinewood Country Club. Women of all golfing abilities are invited to join. For information, contact Kris Bonar at [bonarkl@cox.net](mailto:bonarkl@cox.net)

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## IT'S A BUGS LIFE

DOT THE LADYBUG



Dot the ladybug woke up one bright morning feeling extra energetic. She stretched her six tiny legs, flicked her red wing covers open and shut a few times, and said to herself, "Today is a day for finding trouble, and eating it."

She lived in a sunny clearing in Munds Park, where wildflowers nodded in the breeze, and pine trees made the forest smell delightful. Dot's home was a cozy spot under a low branch, but she rarely stayed there long. There was always work to do.

She fluttered toward a cluster of blooming asters. As she landed, she spotted them right away: aphids. A whole crowd of soft green aphids, clustered on the stems like greedy little guests at a picnic. They were sipping plant juice, making the flowers droop just a bit.

"Ah," Dot said with satisfaction. "My favorite breakfast guests have arrived uninvited as always."

She marched up the nearest stem without hesitation. Crunch. One aphid gone. Crunch. Another. She ate steadily, moving from flower to flower.

Then she heard footsteps, big, careful ones. A little girl named Jewel came walking along the edge of the clearing. Jewel was eight years old, with braids and a basket. She loved finding ladybugs. Today she was hoping to find one to show her mom.

Jewel stopped when she saw Dot's bright red shell shining on the aster. "Oh!" she whispered. "A ladybug! You're so pretty."

Dot froze for a second. She knew about little girls and their gentle hands. Sometimes they just looked. Sometimes they tried to scoop ladybugs up to take home. Dot preferred to stay free, thank you very much. She had aphids to eat.

Jewel crouched down slowly. "I won't hurt you," she said softly. "I just want to see your spots up close."

Dot tilted her head. She could fly away easily, but something about the girl's quiet voice made her stay. Besides, there were still aphids to finish.

Jewel reached out one careful finger. Dot fluttered her wings in warning, a quick buzz, but didn't take off. Instead, she crawled a little higher on the stem so Jewel could see better.

"You're eating those green bugs," Jewel said, eyes wide. "Are they bad for the flowers?"

"Very bad," Dot answered in her little bug voice, "They suck the life out of plants. I help by eating them. Then the flowers can bloom and make seeds."

Jewel nodded. "You're like a tiny gardener."

Just then, a breeze shook the aster. A few aphids tumbled off the stem, right toward Jewel's open hand. Dot saw her chance. She fluttered down, landed on Jewel's palm for one quick second, and snapped up the falling aphids. Crunch, crunch.

Jewel giggled. "You used me as a table!"

Dot cleaned her mouth parts neatly, then flew back to the stem to finish the rest. Jewel watched the whole time, smiling. She didn't try to close her hand or scoop Dot up. She

just sat very still, like a big, quiet flower.

When the last aphid was gone, the asters stood tall again, petals bright. Dot flew to a nearby pine needle to rest. Jewel stood up slowly.

"Thank you for letting me watch," Jewel whispered. "I won't catch you. You have important work to do."

She waved once, then walked away down the trail, basket empty but heart full.

Dot settled on her needle, sun warming her shell. A honeybee zoomed past. "The flowers smell sweeter already," the bee said. "And I saw that girl. She didn't take you."

Dot gave a proud little wiggle. "She was polite. And she learned something. Plants stay healthy, flowers open wide, pollen travels. Everyone wins, even little girls who like ladybugs."

The bee laughed. "You're a busy little hero, Dot. Red and spotted and brave enough to land on a hand."

Dot chuckled, a soft, happy bug sound. "Sometimes adventure comes right to you. And sometimes it's just a gentle finger and a chance to show what ladybugs do best."

As afternoon shadows grew long, Dot tucked her wings snug under her shell. The clearing grew peaceful, full of bird calls and wind.

"I like being a ladybug," she murmured. "I chase aphids. I help flowers bloom. I keep the meadow buzzing and green. And sometimes I make friends with a curious girl who lets me fly free."



## A detailed illustration of a child's bedroom filled with various toys and items. On the left, a large wire birdcage sits on a wooden stand, containing a crow perched on a branch. Above the cage, a green frog figurine and a small teddy bear sit on a shelf. A window in the background shows a large brown bear looking in. A red cape with a gold emblem hangs on a hanger in the center. To the right, a guitar leans against a bed where a raccoon plushie sits. A blue backpack and a red toy truck are on the floor. A window shows a bear looking in. A red balloon is in the top right corner. The room is filled with other toys like a robot, a monkey, a dinosaur, and a guitar.



**JULY 24, 2026 | 15B**



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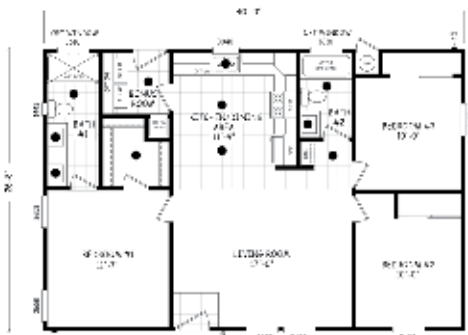


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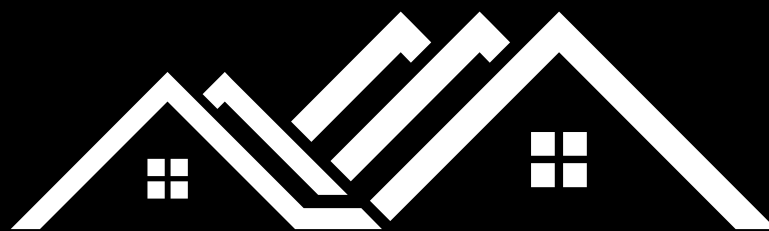
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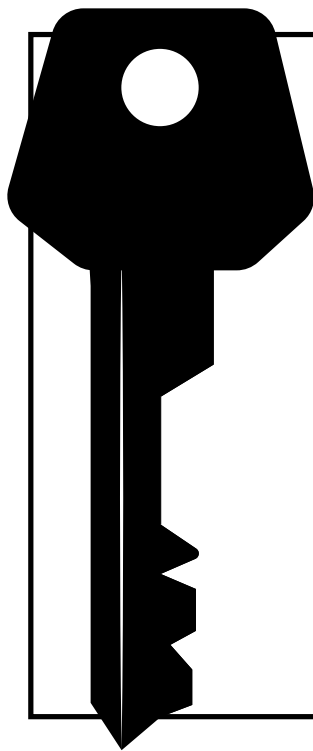
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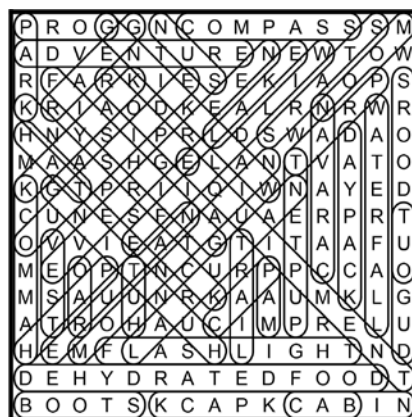
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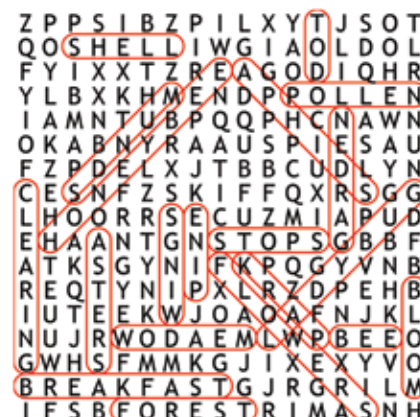
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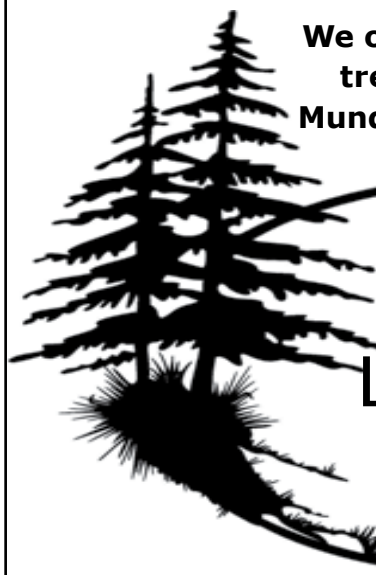
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# WHERE DO YOU TURN WHEN LIFE FALLS APART?

BY PASTOR JEREMY WEITZEL

Life has a way of falling apart when we least expect it. A phone call, a hard conversation, a sudden change and suddenly the ground feels like it is shaking under our feet. When that happens, most of us ask the same honest question, "Where do I turn now?" For all of us the answer can be found in Psalm 46.

Psalm 46 starts with a simple, steady truth, "God is our refuge and strength, a very present help in trouble." That means God is the place you run when everything else feels unsafe. He is the one who gives you strength when you do not have any left. He is not far away, He is right here with us.

I love the picture of God being a refuge. A refuge is a safe place. When life gets messy or painful, we do not need big speeches or perfect answers. We need a place to breathe. We need someone who will not leave. God offers that. Not as a quick fix, but as a steady presence.

Psalm 46 also reminds us that even when the world feels like it is shaking, God does not shake. The psalm talks about mountains falling and waters roaring which are big, dramatic images, but the point is simple, even when life feels out of control, God is not out of control.

Then comes one of the most comforting lines in the whole Bible, "Be still, and know that I am God." Being still does not mean doing nothing. It means slowing down enough to remember who is holding your life. It means letting God be God, even when you do not understand what is happening.

So where do you turn when life falls apart? You turn to the One who does not fall apart. You turn to the God who is close, who is strong, and who is steady. Psalm 46 reminds us that we are never facing the storm alone and that makes all the difference.

Pastor Jeremy



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

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## COUNTY CONTACTS FOR COMMON CONCERNS

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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](mailto:mstento@coconino.az.gov).

**Code Violation Report**

Notice illegal lighting? File a report here at [www.coconino.az.gov](http://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](mailto: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](mailto: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.

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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

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**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](http://www.coconino.az.gov/2595/Fire-Restriction-Information)

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

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

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

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

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

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

**Ongoing STR Violations or Registration Questions**

Coconino County Short-Term Rentals Compliance Officer,

Tristan Dowse ..... (928) 853-5340

**Know Your Rights:** Short-term rental owners must 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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