

PINEWOOD NEWS

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VOL. 31 NO. 3 MARCH 1, 2024

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The Pinewood News is always interested in feedback and/or story tips from our community and welcome comments on any subject or article published.

The Pinewood News will attempt to publish letters received, except for those that are an invasion of privacy or libelous. Letters must be signed and include an address and phone number. Letters may be edited for space and clarity.

Letters: PO Box 18977, Munds Park, AZ 86017
email: Hello@ThePinewoodNews.com

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Our team possesses in-depth knowledge of the local businesses, schools, and recreational areas, including hiking and riding trails, fishing spots, restaurants and lively community events. We understand that the sale of your property extends beyond the unique physical characteristics which is why we highlight the lifestyle that Munds Park has to offer. Our commitment to prompt and thoughtful communication ensures that we are ready to address any inquiries that potential buyers may have regarding Munds Park or Foxboro Ranch Estates. Our experience and dynamic approachable demeanor sets us apart from the rest. Stop by or give us a call to find out for yourself!



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Regina Bailey
Associate Broker
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Sonia Draper
REALTOR®
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17280 Trailwinds Place

This charming 3-bed, 2-bath cabin, with an oversized 1+ car garage, offers a serene retreat with stunning patio views. Situated just 4 cabins away from the forest edge and inviting trails, it's an outdoor enthusiast's dream. Nestled in a tranquil neighborhood, the cabin features secluded covered patios on both floors, creating the ideal spot to soak in the natural beauty. Open, light and bright floor-plan features a vaulted ceiling surrounded by a wall of windows. Recent updates include new flooring, fresh interior paint, and a propane stove complemented by second-floor air conditioning. All appliances are included, making this cabin move-in ready. This cabin has been well cared for and lovingly maintained. Experience the perfect blend of outdoor adventure and cozy living in this delightful woodland hideaway.



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Mark your calendars for these special gatherings:

Palm Sunday Service: Sunday, March 24

Good Friday Service: Friday, March 29 at 6 pm.

Easter Sunday Service: Sunday, March 31

CALENDAR

AA MEETINGS - FEEL BETTER!

Hosted at Munds Park Community Church
Every Monday, 6 pm • 17670 S Munds Ranch Rd

MUNDS PARK COMMUNITY CHURCH SERVICES

Sunday, 10:45 am • 17670 S Munds Ranch Rd

PINEWOOD FIRE DEPARTMENT AUXILIARY MEETING

The Community is Welcome!
Tuesday, March 5
6:30 pm • 475 E Pinewood Blvd

PINEWOOD FIRE DISTRICT BOARD MEETING

Public Welcome
Tuesday, March 19
3 pm • 475 E Pinewood Blvd

PINEWOOD SANITARY DISTRICT BOARD MEETING

Public Welcome
Thursday, March 14
3 pm • 18075 Fairway Dr

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FREE bread from Wildflower.
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THINGS TO DO!

For events in Munds Park and surrounding areas
visit the Pinewood News 'Things to Do Page' at
ThePinewoodNews.com

COMMUNITY

LEARN ABOUT M.U.T.S &

*Get Outside, Feel Good, & Volunteer Your Time
with a Great Group of People!*

In 2001, frustration led a Munds Park resident to create trails in the Coconino National Forest illegally, earning a fine but sparking a conversation. The community's desire for recreational trails caught the Coconino National Forest Service's (C.N.F.S.) attention.

By 2002, the dialogue turned collaborative. Munds Park residents and the C.N.F.S. convened, birthing the Munds Park Trail Stewards (M.U.T.S.), a volunteer group committed to trail development. Their efforts culminated in a 22-mile multi-use trail system by 2005, a testament to community action and environmental stewardship.

The M.U.T.S. has since been vital in maintaining and protecting our trails surrounding the Park, embodying the spirit of cooperation between people and nature.

The Mission

We maintain and enhance the trails in Coconino National Forest near Munds Park, focusing on trailhead upkeep and promoting safe, legal use of the forest. Our collaboration with the Coconino National Forest Service supports tasks crucial for a healthy forest ecology, including litter removal.

Become a Volunteer

To support the mission, consider volunteering and working in the fresh mountain air. Experience the joy of contributing to the sustainability of the trails. Your involvement ensures these trails are maintained and enjoyed by future generations.

What to Expect as a Volunteer

Volunteers can work at any of our seven annual gatherings from April through October. Our days start in the morning at a predetermined location, where we, alongside C.N.F.S. staff, hold a safety briefing and outline the task ahead.

Our diverse trail projects include rock and fallen log removal, vegetation trimming, washout reconstruction, water diversion maintenance, and clearing trash.

Volunteers work at a pace that's comfortable for them, and by midday, we conclude our efforts to enjoy a complimentary, tasty lunch prepared and served by M.U.T.S. volunteer chefs.

Consider a Donation

As a non-political, volunteer-driven 501(c)(3) organization, the Munds Park Trail Stewards rely on donations for essential expenses such as insurance, supplies, legal fees, and volunteer support. Your support sustains our mission for healthy forests and happy trails.

The First Event in 2024!

Date: April 20

Time: 8:15 a.m.

Where: Pinewood (240) Trailhead

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

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

Please R.S.V.P., via email before April 13 if you plan on attending at mundstrailstewards@hotmail.com

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

Please check for updates because the events can change, be added, or be postponed at www.mundsparktrailstewards.com or the Pinewood News.



HELP M.U.T.S MAKE A DIFFERENCE

Support M.U.T.S and our National Forest Trails by making a tax-deductible donation today.

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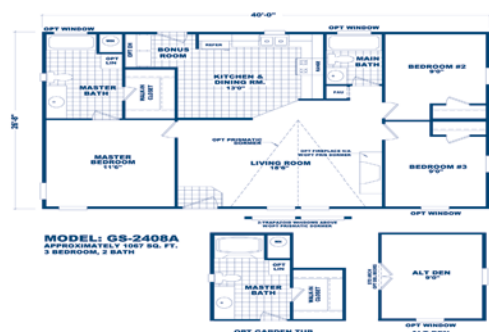


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LOCAL HIGHLIGHTS

COCONINO'S NEW DASHBOARD: TRANSPARENCY IN JUSTICE

The Coconino County Criminal Justice Coordinating Council (CJCC) proudly presents the Justice Statistics dashboard, a cutting-edge platform designed to demystify the criminal justice system for the residents of Coconino County. This interactive tool, born from the collaboration of various local agencies, serves up real-time data and trends on key aspects such as arrests, diversion programs, and probation outcomes, aiming to enhance community safety and justice system transparency.

Director Mike Jackiewicz highlights the dashboard's capability to offer residents a comprehensive view of criminal justice operations across multiple agencies, fostering a deeper understanding of their collective impact on the community. Meanwhile, Chief Deputy County Attorney Ammon Barker sees the dashboard as a vital step towards strengthening public trust through transparent data sharing, underscoring its role in promoting accountability and showcasing the positive strides made in community justice.

By providing easy access to justice-related statistics, the CJCC aims to empower citizens with knowledge, encouraging an informed dialogue about criminal justice policies and practices in Coconino County. This initiative not only aligns with the council's mission to scrutinize and improve the local juvenile and criminal justice systems but also exemplifies a broader commitment to data-driven transparency and community engagement.

You can view the dashboard here at www.coconino.az.gov/3258/Justice-Statistics.

COCONINO COUNTY SHERIFF'S OFFICE ENHANCES CRISIS RESPONSE WITH VOLUNTEER TRAINING

In the wake of a major disaster, the usual channels of first responders may be overwhelmed, leaving communities in need of urgent assistance. Factors such as the sheer number of victims, communication breakdowns, and impassable roads can hinder access to the emergency services typically available through 911. In these critical moments, the reliance shifts to the collective strength of community members, who step up to aid one another in meeting immediate life-saving and life-sustaining needs. Classes include:

Session I: Disaster Preparedness

Session II: Disaster Fire Suppression

Session III: Disaster Medical Operations Part 1

Session IV: Disaster Medical Operations Part II

Session V: Light Search & Rescue Operations

Session VI: Disaster Psychology & Team Organization

Session VII: Course Review & Disaster Simulation

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— Margaret Mead

JOIN THE MUNDS PARK HOSTS GROUP & *Enhance Your Hosting & Community Impact*

Boost your hosting skills and benefit the community by joining the Munds Park VRBO/Airbnb Hosts Facebook group. It's a space for local hosts to share tips, learn how to be good neighbors, and enhance community value. Exclusive to Munds Park hosts, find us

on Facebook @MundsParkVRBO/AirbnbHosts and start contributing positively today.



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HOW TO PROTECT YOUR PIECE OF PARADISE AS SPRING ROLLS IN

In mountain country, transitioning your cabin from the chilly embrace of winter to the fresh bloom of spring involves critical chores beyond the simple dusting off of outdoor furniture and prepping for BBQs and gatherings.

If only it were that easy!

Preparing for spring in the Park means thoroughly checking our cabins for winter damage and readying our homes for the unpredictable weather ahead. Yes, even in spring, we must be vigilant about snow. Our spring and summer are fleeting, and once the monsoon season sets in, completing any exterior maintenance becomes a challenge.

But there's more to it than just weather-proofing. It's also about protecting your land against possible wildfires. Veterans of Munds Park are well-versed in the necessary precautions, but for newcomers, understanding how to safeguard your property during wildfire season is crucial for your family's and the community's safety. Check out these helpful tips:

CHECK THE ROOF

Your roof takes a heavy beating during the winter, and if you ignore maintenance and inspection after winter storms pound your roof, you run the risk of structural and interior home damage.

Look for Damaged Shingles

Damaged and loose shingles can expose your cabin to roof leaks and water damage. If shingles are broken, water will seep underneath and eventually enter your home. Also, if any shingles are loose, strong winter winds can blow them away.

Repair Damaged Flashing

Roof flashing is sometimes overlooked but vital to a well-maintained roof. Roof flashing protects your home from water damage by diverting water from certain areas of the roof.

REPLACE OLD CAULKING

During the winter, caulking can become less elastic, separate, or crack. New caulking will expand and contract with the cold and warm weather, keeping critical junctures in your roof watertight and dry. Checking the sealant around vent pipes, chimneys, and counter-flashing is essential.

TRIM TREES

Trimming trees around your roof is a must-do task to avoid roof damage as storms come thundering through. Overhanging branches can break off during a big storm and damage your roof.

Hiring a professional trained to do these tasks is best—Especially considering the height of most cabins in the Park and the rocky terrain.

CLEAN RAIN GUTTERS

Chances are, after winter storms, your gutters are full. That's bad news for your cabin. When downspouts are clogged, rainwater can spill out of your gutters and around the perimeter of your house,

putting it at risk for leaks and flooding. Prepare for spring showers by removing debris from your gutters and ensuring water flows freely.

SERVICE HVAC

The start of spring is an ideal time to have your home's heating, ventilation, and cooling systems inspected and serviced by a professional. Regular maintenance not only enhances efficiency and saves money but also improves air quality. Most importantly, it helps avoid breakdowns during winter. Remember, planning maintenance ahead of winter ensures you'll stay warm, as demand is high during those months, and delays in service could leave you in the cold!

CHECK VENTS

As the snow melts away from your home's foundation, checking any vents along the foundation or in the attic is crucial. Look out for missing or damaged screens, debris accumulation, signs of insect or rodent infestation, or any other potential issues.

TAKE A WALK AROUND YOUR CABIN

As you walk around your cabin, inspect for damage or wear caused by ice, snow, or low temperatures. Check your foundation for cracks or gaps, and seal windows or doors if necessary. Similarly, examine your deck for loose or damaged boards and seal any cracks in your walkway or driveway.

CHECK YOUR PLUMBING

Inspect both the interior and exterior of your pipes for cracks or damage resulting from winter conditions. Additionally, be vigilant for any signs of leaks, wet spots, or water damage that may have occurred.

LANDSCAPING & PINE NEEDLE CLEAN UP

A hot ember from a nearby campfire, fire-pit, or wildfire can travel 5-20 miles and still retain enough heat to ignite a fire upon landing. Therefore, it's crucial for all Mundsies to do their part and ensure their property is firewise ready.

PREPARING YOUR CABIN FOR WILDFIRE SEASON

- Remove pine needles and other green waste from gutters.
- Remove leaf/pine needles within at least 10 feet of your cabin.
- Cut down or thin trees to create defensible space on your property.
- Remove tall, dry grass from the property surrounding your home.
- Trim branches that overhang your cabin, porch, and deck, and prune branches of large trees to be 6 to 10 feet from the ground.
- Regularly prune excess growth from your bushes and shrubs.





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HOMEMADE & WONDERFUL

HARNESSING THE HEALING POWER OF FOOD

By Sara Bowyer

It's winter, and I have been hearing about a lot of colds and flu going around the park. I am a big proponent of using food and herbs to help with illnesses. I use quite a few essential oils when sick, but I also turn to foods to help me. This month, I am going to give you recipes for things you can easily make at home for gut health, colds, and illnesses.

The first thing you want to do is build your immunity before you are even sick. There are so many foods that you can incorporate into your daily diet that will help fight off germs. Blueberries are an easy one. They are rich in antioxidants and full of vitamins and minerals. They can also help manage cholesterol and potentially reduce blood pressure. I love to drink smoothies, especially in the summer for breakfast. I am mindful of the things I put in the smoothie that are helpful for my body. Here is a recipe I like to use:

Smoothie: Frozen blueberries, 1/2 apple, tablespoon of peanut butter, kale or leafy greens, teaspoon of turmeric, 1/2 teaspoon of ginger, 1/2 teaspoon of cinnamon, tablespoon of maple syrup, coconut water, and a handful of walnuts. This makes the best smoothie, and everything in it is good for your body!

I've written about bone broth before, but it warrants repeating. Bone broth is so easy to make and very good for you. You can freeze it or can it to have on hand when you start feeling bad. It's not only good to be used as a soup base, but drinking a cup of hot bone broth helps build immunity and also fights illness. Plus, it just tastes great!

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

After a meal, I freeze my carcasses in a freezer bag. I also freeze any vegetable scraps (onion ends and skin, carrot tops, celery ends) in a freezer bag. When I'm ready to make broth, I pull a carcass out of the freezer and a

bag of veggie scraps and throw it all in the Instapot. I add water to the top fill line and add any spices I desire. I also add about 1/4 cup of apple cider vinegar. This is VERY important and ensures that the bones release all the essential nutrients that you want. Then, I set the Instapot on manual for 2 hours. Once the broth is done, release the pressure and strain the broth through a fine mesh strainer. Once the broth is cool, I can freeze, can, or use it right away in a soup. Typically, I will put it in the fridge overnight for the fats to solidify on top. In the morning, I will skim that off and then use or can the broth. If you don't own an Instapot, you can cook the broth on the stove or in a crockpot. It will just take much longer. Roasting the bones

ahead of time will also help them release their nutrients and give you an even deeper flavor but is not necessary.

Something new that I am currently trying is Fire Cider. Most all the homesteaders that I follow on social media swear by it for kicking illness quickly. What is it? A homeopathic/folk remedy and has been called "the most powerful antibiotic ever" (at least, according to the internet). There are many different versions of fire cider, each person making their own adjustments, but the basics are all the same: fresh garlic, onions, ginger, horseradish, and chili peppers infused in apple cider vinegar for a desired amount of time, then the vinegar is strained and honey is added. Fire cider will keep in the refrigerator for 2 years. The list of ingredients and the recipe below were taken from an article written by Ashley from Practical Self Reliance.



Continued on page 15



KOTA'S

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Via Appia | Photo by Stacey Wittig

By Stacey Wittig

As they say, 'all roads lead to Rome,' and now might be the perfect time to start planning your trip to the Eternal City. Rome, one of my favorite destinations, is a mecca for history, art and architecture enthusiasts as well as religious devotees. Here are some fun tips for putting together your own Roman holiday.

Via Appia, or the Appian Way, was one of the first roads that led to Rome. Construction was begun in 312 BC as a military highway, and it has been used since then by those who crucified Spartacus in 73 BC, Apostle Paul in Acts 28:15, American soldiers during WWII and Olympic marathoners in the 1960 Summer Games.

Today, you can follow the beaten path through Parco Regionale Dell'Appia Antica like I did when I left Rome on my walking pilgrimage across southern Italy. Trod the ancient stone pavers on Sundays and holidays when the park is closed to vehicular traffic.

La Bocca della Verità was made famous in the classic movie Roman Holiday starring Audrey Hepburn and Gregory Peck. The Mouth of Truth is a first-century, disc-shaped carving of a horribly ugly man sporting a gaping mouth (bocca). Legend has it that if you tell a lie with your hand in the grimacing stone mouth, your hand will be bitten off. So why would someone put their hand in the mouth?

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Colosseum | Photo by Stacey Wittig



Bernini's Ecstasy of Saint Teresa in the Santa Maria della Vittoria in Rome | Photo by Livio Andronico



Santa Maria Immacolata a Via Veneto

Watch the movie and find out why Peck's character risked his phalanges. Anyone on their way to Rome should revisit that romantic comedy anyway. Located in the portico of Santa Maria in Cosmedin church.

Sistine Chapel is famous for its frescoed ceiling painted by Michelangelo, who lay on his back balanced on high scaffolding. But don't miss the works of other Renaissance masters, Botticelli, Ghirlandaio, Perugino, Pinturicchio, and Luca Signorelli on the walls. My girlfriend and I got to the Vatican Museum ticket booth early to be one of the first in the door. We raced to the Sistine Chapel ahead of the crowds to lie on the floor to view the ceiling from Michelangelo's perspective. Closed Sunday.

Rome Free Walking Tour, a group of licensed tour guides, offers tours in English and Spanish Monday through Saturday at 10 am for the Vatican Tour and 4 pm for the Colosseum Tour. No reservations are needed. Simply meet at Piazza di Spagna, next to the tall column and the big Spanish flag of the Spanish Embassy. The professional guides work for your tips, so give them what they deserve!

Follow the stairs down beneath the church of Santa Maria della Concezione dei Cappuccini to the narrow Capuchin Crypt. Human skulls and bones of Capuchin monks who died in the 1500s-1700s decorate the walls and ceilings of the creepy tombs. Femurs make zigzag designs through patterns of skulls. The crypts seem to go on forever, miming the eternal nature of mortality and hopefully inspiring viewers to choose life through Jesus Christ.

Ecstasy of Saint Theresa – You'll have to walk off the beaten path to find this luminescent sculpture in the Cornaro Chapel inside the Santa Maria della Vittoria church. Unfortunately, whenever I've tried to visit the marble masterpiece by Gian Lorenzo Bernini, the church was closed for siesta. Open 6:45 am-noon and 4-7 pm. The sculpture completed in 1652 depicts Teresa of Ávila in the High Roman Baroque style.

"UNSTOPPABLE Stacey" Wittig is an Arizona travel writer based in Munds Park, AZ. Whether you're an armchair traveler or a perennial globetrotter, you'll love her stories at UnstoppableStaceyTravel.com.



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FIRE CIDER

Apple Cider Vinegar is valuable for cold and flu care as it can soothe sore throats, help with digestion issues, thin mucus, reduce congestion (so that runny nose or a cough), boost energy, and kill free radicals.

Ginger is a warming and decongesting herb, and is anti-inflammatory, anti-bacterial, and anti-viral. Ginger helps with imbalances such as poor circulation, colds, and bouts of

the flu. It has been shown to reduce inflammation and is effective for nausea and gastrointestinal infections.

Horseradish is a potent infection fighter. Ounce for ounce, horseradish has more medicinally active compounds than any other spice. It is useful for treating upper respiratory problems, reducing inflammation, fights bacteria and viruses, and helps relax muscles. Like the vinegar, it also helps clear congestion and thins mucus. Yummy, right?

Onion can help lower cholesterol, regulate blood sugar, and kill cancer cells. They are anti-inflammatory and can help relax the airway muscles and asthma systems. Onions are rich in antioxidants, which protect the body against free radicals, which encourage a strong immune system.

Garlic is one of the most versatile culinary herbs for treating colds, the flu, sore throats, and poor digestion. It boosts the body’s immune systems and is antiseptic, anti-bacterial, and anti-microbial, making it effective against many types of infections, even those found to be from antibiotic-resistant strains of bacteria.

Chili gets its healing powers from its main constituent Capsaicin. It stimulates circulation, digestion, and signals the brain to release endorphins. It can aid and support the immune system, relieve congestion, and is anti-parasitic.

Citrus is a vitamin C powerhouse. It also tastes good.

Honey is loaded with anti-bacterial and anti-fungal properties. It can help suppress coughs and helps with sleep. It adds a balancing sweetness to the other pungent ingredients, basically making it drinkable.

FIRE CIDER RECIPE

Ingredients

- 1/2 cup freshly grated ginger root (peeled or not)
- 1/2 cup freshly grated horseradish root (peeled)
- 1 medium onion, chopped
- 10 cloves garlic, chopped
- 2 spicy peppers, chopped if fresh (such as jalapeno or cayenne)
- 1 lemon, sliced or chopped
- 1 quart raw apple cider vinegar
- 1/4 cup, or more, local raw honey

Optional Ingredients

Orange, Lime, Grapefruit, Rosemary, Thyme, Oregano, Fresh Turmeric, Rosehips, Juniper berries, Star Anise, Schisandra berries, Astragalus, Parsley, Burdock, Echinacea, Peppercorns, Cinnamon, Yarrow, and/or Elderberry

Instructions

1. Place all prepared ingredients in a large glass jar. Cover with the apple cider vinegar.
2. Close the jar. If using a metal lid, put a piece of parchment between the glass and the lid, to keep the vinegar from touching the metal.
3. Set aside in a dark spot, shaking daily (or as remembered).
4. Let steep for 3-4 weeks, then use cheesecloth or a fine sieve

Take 1-2 T daily for immune support. You can take it straight or put in in a drink/glass of water. If you are sick, you can take a shot 1-2 times daily and even gargle with it before drinking if you have a sore throat.

I currently have mine steeping in the pantry! I can’t wait to try it out!



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17050 S TEAL PLACE

Beautiful cul de sac, close to the National Forest. This 2004 Manufactured home offer two large bedrooms plus an office that opens off the living room. Newer dishwasher and carpeting. Roof is about 12 years old. Wrap around deck. Plenty of parking on a flat lot.

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17810 S WALAPAI ROAD, 62

Come take a look at this updated townhome. This townhome has the perfect location. Short stroll to the Country Club, Park and tennis courts. South facing covered deck, looking into the open court yard. Views to the golf course and great sunsets. Primary suite on the main level. Washer and Dryer located on the main level. Updated kitchen and baths, newer carpet. Upstairs to another large bedroom and extra large loft with walk in closet. Skylight above loft. Townhome is being SOLD with most furnishings.

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\$649,000

170 W JANICE PLACE

Sitting on the National Forest and above the street, this cabin offers 360 views of the forest and of treetops.

Enjoy the large private covered deck bordering the forest. Pine tongue and grove mud room, large open kitchen with granite countertops. In the spacious living room has a wood burning stove or forced air heating system. Ceiling fans in all rooms. Separate well lighted studio apartment below provides plenty of space for large families, or it could even be a rental unit.

Plenty of parking is available. Buyers to verify all info.

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PUBLIC WORKS UPDATE: WILLARD SPRINGS OPENS SOON, COMMUNITY CLEANUP DAYS & MORE!

By Christopher Tressler, Director Coconino County Public Works

WILLARD SPRINGS OPENS FRIDAY, APRIL 5

The Willard Springs Green Waste Station will reopen for the 2024 summer season on Friday, April 5, 2024. It will then be open Fridays and Saturdays from 9:00 a.m. - 5:00 p.m. until Saturday, October 26, 2024, when it will close for the 2024 - 2025 winter season. The station will again offer free green waste-only disposal. Please note that the station does not accept bulk or household waste.

SPRING GREEN WASTE CLEANUP EVENTS

Spring is on the way, and that means it's almost time for everyone to start cleaning up pine needles, branches, and other green waste from around their properties before the 2024 wildfire season arrives. This year there are again several events to help residents get their properties ready for fire season:

BEAR JAW CLEANUP: MONDAY, APRIL 29

This spring, Bear Jaw Interagency Fires & Fuels will once again help residents create defensible spaces around their properties by providing free pickup and disposal of branches, logs, small trees, leaves and pine needles. If you clear woody vegetation from around your home and stack it in a slash pile, then Bear Jaw will chip it and haul it away at no cost. Bear Jaw also will accept up to fifteen (15) clear bags of green waste (pine needles and leaves) per property. Public Works will be accepting all this woody vegetation from Bear Jaw for free at the Willard Springs Green Waste Station.

Only clear plastic bags of green waste will be accepted during the Bear Jaw Cleanup! Clear bags will be provided free of charge at the Pinewood Fire Station in early April.

IMPORTANT: Please have all green waste items out along the roadside by 7:30 a.m. on Monday, April 29!

Please note that certain conditions apply for this cleanup. If you'd like to learn more about the Bear Jaw Cleanup, visit www.coconino.az.gov/BearJawCleanupFlyer. If you have questions, then please contact Robert Ortiz with Bear Jaw Interagency Fire & Fuels at (928) 525-1717 or rortiz@highlandfire.org.

COMMUNITY CLEANUP DAYS

Cleanup Days are back this spring. The bulk waste voucher and informational flier for the 2024 Community Cleanup Days will go out to property owners in early May. As always, bulk waste vouchers are only good for depositing bulk waste at the City of Flagstaff Cinder Lake Landfill during Community Cleanup Days, which this year will run during the following dates and times:

Flagstaff Cinder Lake Landfill
6770 East Landfill Road • Flagstaff, AZ
Friday, May 31 - Saturday, June 8
Monday - Friday: 7 a.m. - 4:15 p.m.
Saturday: 7 a.m. - 3:30 p.m.
Sunday: Closed

Even though green waste disposal will once again be free throughout the season at the Willard Springs Green Waste Station, Community Cleanup Days serve as an important reminder that spring is the optimal time of year for full- and part-time Munds Park residents to clean up their properties and prepare for wildfire season.

We'll also be publishing more information about the 2024 Community Cleanup Days in upcoming editions of The Pinewood News, and fliers for the event are available at www.coconino.az.gov/CommunityCleanupDays.

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HER STORY, C THE FIRE OF FRANCES L

A WOMEN'S HISTOR

By Sandee Caviness

Frances Lillian Willard Munds, not just a name etched in the books of history but a force of nature, blazing through the early 20th century with a fervor for women's rights that would put even the most passionate activists of our time to shame. As the calendar flips to Women's History Month, it's high time we spill the tea on one of the most badass women to ever strut through the dusty streets of Arizona—Frances Munds. A woman whose legacy is as fiery as her spirit, and whose contributions to women's suffrage weren't just noteworthy; they were revolutionary.

Rooted deeply in a family lineage that echoed with the call of public service—her grandfather a companion of Lewis and Clark across vast uncharted lands, and another a political figure in the Wisconsin Territorial Legislature—Frances seemed destined for a path of significance. Embracing higher education, an endeavor not typically pursued by women of her time, she emerged as a beacon of progress. After graduating from the Central Institute in Pittsfield, Maine, in 1885, Frances defied societal expectations. She chose the extraordinary over the expected, relocating to the Arizona Territory to impart knowledge and wisdom as a schoolteacher. This decision underscored her dedication to education and demonstrated her desire to innovate and lead, embodying the pioneering spirit of her family.

Frances married John Lee Munds, dived headfirst into Prescott, Arizona's social whirlpool, and started popping out ideas (and three kids) that would change the state forever. And her husband? Oh, he was just the local sheriff and a pioneering rancher, because why not add a dash of Wild West flair to this epic tale?

So, here's where the story becomes genuinely inspirational: women's suffrage. Frances wasn't just fighting for the right to vote; she was orchestrating a symphony of strategy, diplomacy, and sheer willpower. She was at the helm of the Arizona Women's Suffrage Association, cutting deals with labor unions, hobnobbing with political adversaries, and basically doing whatever it took to ensure Arizona women could hit the polls by 1912—and she did it a whole eight years before the rest of the nation caught up.

But Frances's strategy was far from ordinary; it was revolutionary. Recognizing the limitations of relying solely on politicians, she shifted her focus towards building support among male voters. Frances, alongside Pauline O'Neill, reached out to women to enlist their support for women's suffrage and cast a wider net, appealing to individuals from all walks of life, seeking common ground and forging alliances across a spectrum of societal factions. In 1909, she masterminded a coalition with the Western Federation of Miners, securing their support for women's suffrage in exchange for advocating labor issues. This ability to unite diverse groups—labor leaders, farmers, ranchers, Democrats, Republicans, socialists, progressives, and populists—underscored a visionary approach. Imagine, in our times, if politicians could transcend their divides, coming together for the common good. Frances Munds exemplified this ethos, showcasing how collaboration across seemingly insurmountable differences can bring monumental change.

Frances didn't just stop with getting the vote; no, she kicked down the doors of the Arizona Senate in 1914, making history as the state's first female senator. With a focus on education and land policy, she wasn't just filling a seat; she was setting a precedent, proving that women's places were in the houses of power, making decisions, and taking names.



Frances Willard Munds, left, on horseback with Mary "Mollie" (Birchett) Ruff



Frances Willard Munds



*"I want the women to
for the things they wo
it through for t*

OUR LEGACY: LILLIAN WILLARD MUNDS

EVERY MONTH TRIBUTE



er. (Call #pb129f2i1) (Sharlot Hall Museum Research Center/Courtesy photo)



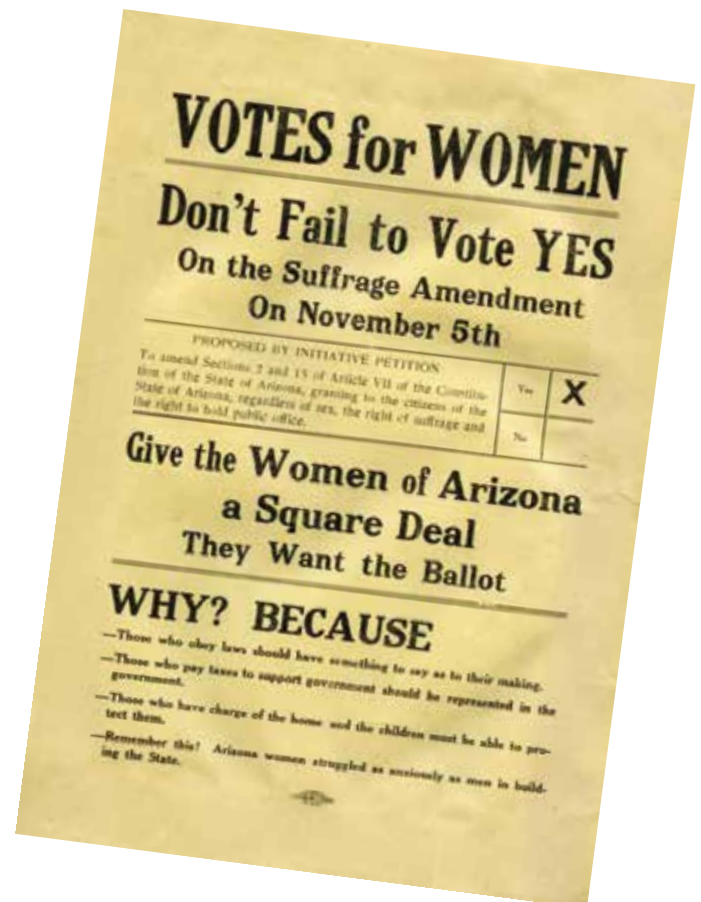
to realize that they will have to make a concerted demand
ant, and not merely present a bill and ask someone to put
them. I want them to get into the battle themselves.”

— Lillian Munds

When you read this story, you're not just skimming through history—you're riding shotgun with pioneers. Next stop: Munds Park. Why? Because this isn't just some random plot of land. It's a high-five to her husband's ancestors, the Munds crew, who didn't just pass through Arizona; they stamped it with their brand of bold. Their legacy? Turning no-man's-lands into “heck yes” lands, proving that when you mix a bit of grit with a ton of guts, you get more than a place on the map—you craft a legend. This chapter, intertwined with Frances's own saga, screams of a family that didn't just face the wild; they made it their own, embodying that unbridled, kick-ass spirit of the West.

Riding the momentum from Munds Park and the indelible mark left by her family, Frances Munds's story takes another turn. Despite facing a significant loss in 1918 when she ran for Secretary of State, her spirit was far from broken. Instead of yielding to defeat, Frances soared even higher. She harnessed this experience as a catalyst for further action, mentoring emerging female leaders and advocating for her causes with relentless passion, illuminating her path until her final sunset in 1948. Celebrate her legacy. Her narrative transcends mere history; it's a testament to living with audacity, engaging in battle with unwavering passion, and etching a legacy so profound that it redefines what is possible. Here's to Frances, the pioneer who didn't just make history—she rewrote it, with unmatched tenacity and brilliance.

So, ladies (and gents), let's take a page from Frances's book. Inspired by the pioneers before us, it's our turn to light up the world, break barriers, and craft legacies that roar with the promise of change.



Votes for Women handbill. RG 99 Arizona State Library, Archives and Public Records

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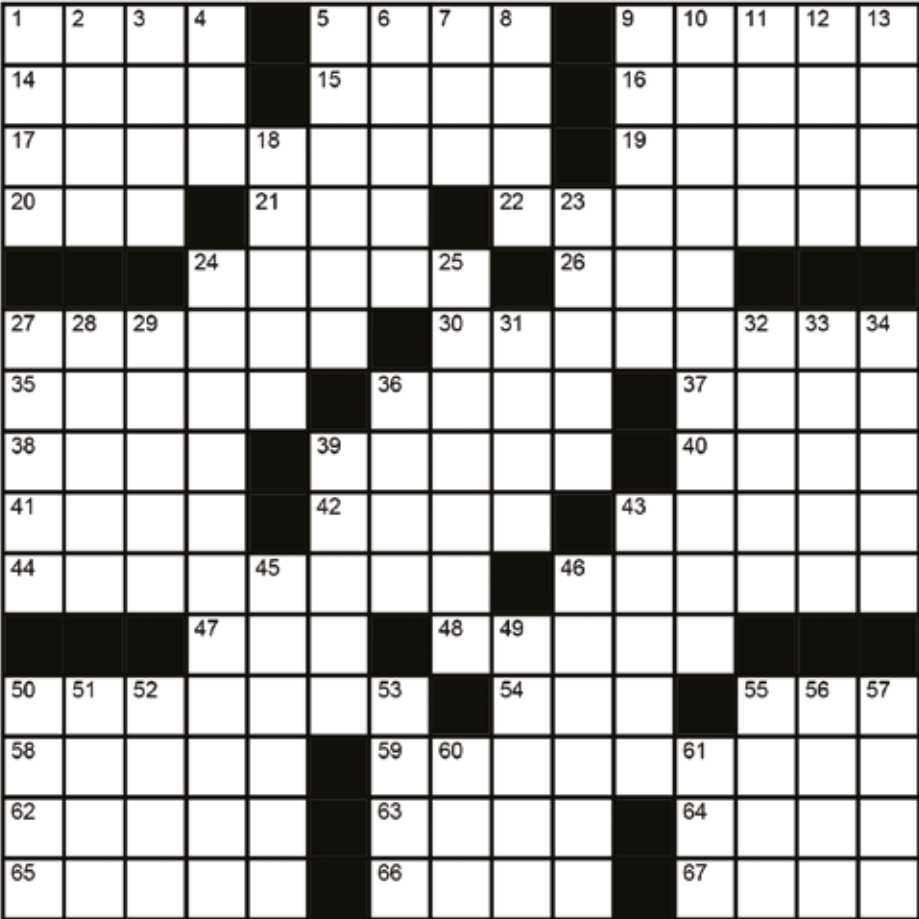
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CROSSWORD PUZZLE

Created by Paul Mason • Solution pg. 34



- Across**

 - 1. Flying mammals
 - 5. Brother of Abel
 - 9. Improvisational tunes
 - 14. ____ vera
 - 15. Village People classic
 - 16. Not illuminated
 - 17. Sucrose-rich root veggie
 - 19. Buckwheat pancakes
 - 20. Dash lengths
 - 21. Long, long time
 - 22. It goes around the
 - 24. Feathered friends
 - 26. "Yikes!"
 - 27. Shoemaker's chore
 - 30. Protection from rain
 - 35. Singing groups
 - 36. Nose-in-the-air type
 - 37. Ages
 - 38. Boxing venue
 - 39. Bit of Gothic architecture
 - 40. Bringing up the rear
 - 41. ____ and terminer
 - 42. Felt bad about
 - 43. Plumber's concern
 - 44. Long, thin cigar
 - 46. Photo finish?
 - 47. ____ Dee River
 - 48. Where to see "The Last Supper"
 - 50. Kabul native
 - 54. Feline
 - 55. Pipe material, for short
 - 58. Angers
 - 59. Semi fuel
 - 62. Accustom (to)
 - 63. Baseball stats
 - 64. Blue-ribbon
 - 65. Biblical verb with "thou"
 - 66. Alluring
 - 67. Pub order
- Down**

 - 1. Headquarters
 - 2. Astringent substance
 - 3. Clothing
 - 4. Last word of "America, the Beautiful"
 - 5. The Terminator, for one
 - 6. Change, as the Constitution
 - 7. Diamonds, slangily
 - 8. Defense grp.
 - 9. Waterproof overshoe
 - 10. March weather proverb
 - 11. Dart
 - 12. Hunky-dory
 - 13. Cookbook direction
 - 18. Harness parts
 - 23. Jewish teacher
 - 24. Some writers
 - 25. Ray of light
 - 27. Razor sharpener
 - 28. Sanskrit tongue
 - 29. Flax fabric
 - 31. Form
 - 32. Ballet practice
 - 33. Gets rid of
 - 34. Impatient
 - 36. First king of Israel
 - 39. Golfer's target
 - 43. Dish
 - 45. Afternoon service
 - 46. Smooth
 - 49. Mountaineer's tool
 - 50. Bone-dry
 - 51. Dry sherry of Spain
 - 52. Stick together
 - 53. Bad day for Caesar
 - 55. Impoverished
 - 56. Tarzan's transport
 - 57. Ball of yarn
 - 60. Anger
 - 61. Family dog, for short

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THE COCKTAIL CONNOISSEUR'S CORNER

A WEE BIT O' WARMTH WITH THE LEGENDARY IRISH COFFEE



By Dick Trudeau

In the journey of culinary history, nestled between the rugged cliffs and rolling mists of 1940s Ireland, there's a story as rich and inviting as the drink it inspired—The story of Irish Coffee, a blend of innovation and comfort that could only have been concocted in a place where the wind bites sharply, and the whiskey flows freely.

The origin of Irish Coffee is as much about atmosphere as it is about ingredients. At Foynes' Port, near Limerick—an epicenter

for transatlantic aviation in its day—Joe Sheridan, a chef with a flair for the dramatic and a keen sense of his audience, had a moment of genius. Faced with a group of passengers returned from a thwarted flight to New York, chilled to the bone and weary, Sheridan saw a chance to ignite spirits.

Sheridan spiked their coffee with whiskey, mixing a bold and comforting drink, sophisticated yet unpretentious. When asked if the coffee drink was Brazilian, Sheridan responded as smooth as the cream that topped the drink: "No, this is Irish coffee." It was a moment of branding genius—A blend of humor and savvy that turned a simple beverage into an icon.

The drink's journey to international fame was spearheaded by Stanton Delaplane, a travel writer who knew a good story—and a good drink—when he saw one. Delaplane introduced Irish Coffee to the United States, specifically to the Buena Vista Café in San Francisco, where the quest to

replicate Sheridan's concoction became a culinary crusade. It was a task that required precision and persistence, from mastering the perfect pour of cream to ensuring the coffee's robustness could stand up to the whiskey's warmth.

Sheridan's eventual relocation to San Francisco, to oversee the making of Irish Coffee at the Buena Vista Café, was the final twist in this beverage's journey from local warmth to global phenomenon. Today, Irish Coffee is a testament to the power of simple pleasures and the artistry of combining them. It's a celebration of cultural exchange, a reminder that sometimes, the most enduring traditions start with a bit of fearlessness and a lot of heart.

Ingredients

- ¾ cup your favorite strong hot Coffee
- 1-2 teaspoons of Brown Sugar (Brown sugar is better because of the molasses tones that bring out the whisky flavor.)
- 1-ounce Irish Whiskey
- 1-2 tablespoons Heavy Whipping Cream (or double cream)

Directions

1. Freshly brew your favorite coffee.
2. Fill footed mug or a mug with hot water to preheat it, then empty.
3. Pour piping hot coffee into warmed glass until it is about ¾ full.
4. Dissolve sugar in coffee
5. Add Irish whiskey
6. Top with whipped cream.

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GARDENS IN THE PARK

‘ROOT CAMP’ - A BOOT CAMP FOR YOUR GARDEN BEGINS MARCH 9



GARDEN'S IN THE PARK If you are new to gardening, have run into gardening challenges in the past, or just want to brush up on your skills, Warner's Nursery is offering our annual Root Camp.

Sponsored by



These 12 expert-led classes will be offered on Saturdays at 10 a.m. starting March 9. Most classes are led by certified Master Gardeners, people who have undergone extensive education and training through the University of Arizona Cooperative Extension program.

Cost for each class is \$10 (plus taxes and fees), but you'll get your investment back when you attend the class in the form of a \$10 token good for any plants or supplies at Warner's Nursery.

Here are some of the topics being covered this year:

- Pruning basics to encourage healthy tree growth and structure.
- Seed Starting as a cost-effective way to grow long-season crops in short-season climates.
- Crop and Garden Planning that will set you up for success for this year's garden by choosing the right varieties of plants for Flagstaff.
- We'll have specific classes focusing on growing Berries, Fruit Trees, and Vegetable gardens.
- Waterwise landscaping will show you how to conserve water (and money.)
- Learn how Composting - the addition of organic matter and healthy microorganisms to your soil - can turn food waste into a nutritious benefit for your garden.
- If you're dealing with limited space or poor soil, our Container Gardening class can give you terrific ideas for creating gardens in pots, raised beds, or other containers.
- Pollinators and Native Plants: A Love Story will examine the unique relationship between a few of our region's native plants - and the pollinators who can't get enough of them.

The Root Camp experts will give you invaluable tips and tools you need for gardening success. You can register for this year's Root Camp classes by visiting the Warner's Nursery website at warnercompanies.com.

Our Warner's Nursery employees are also on hand every day to help you make this year's flower, herb or vegetable garden the best one yet. Just give us a call at (928) 774-1983 or visit us down at the nursery at 1101 E. Butler Ave. in Flagstaff.

The logo for Goodfellas Junk Removal. It features a stylized white figure holding a trash can against a dark background. Below the figure, the text 'Goodfellas' is written in a large, bold, yellow sans-serif font, and 'Junk Removal' is written in a smaller, white sans-serif font. Below this, the text 'TRASH PROBLEM? Forget about it!' is written in a large, bold, white sans-serif font. In the top left corner, there is a circular seal that says 'PINES PARK BUSINESS PROUD MEMBER ALLIANCE'. In the bottom right corner, there are icons for Facebook and Instagram.

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THE WONDERS OF THE SPRING EQUINOX

By Kenneth Paul

Tuesday, March 19, is the Spring Equinox! What's the Spring Equinox, you ask? Well, it's the official start of spring! Now, you might be curious about what an equinox is. It's a wonderful word that comes from two Latin words. "Aequus" means equal, and "nox" means night. So, equinox means 'equal night.' It's a special time when day and night are almost the same length everywhere on Earth. Imagine our world as a beautiful garden where, for this moment, sunlight and moonlight get to share the ground equally, like friends taking turns playing together. It's nature's way of reminding us about the balance and harmony that surrounds us all.

Imagine our Earth as a huge ball that's spinning in space. There's an imaginary line that goes right around the middle of it, which we call the equator. When the Spring Equinox happens, it's as if the Earth is standing in just the right spot, where the sun can shine on both the top half and the bottom half equally. This makes the day and night equal in length everywhere, from our front yards to the farthest corners of the world.

This special time marks the beginning of spring, a season full of new beginnings and growth. It's like Earth is telling us, 'It's time to wake up and start fresh!' The flowers begin to bloom, the trees start to sprout new leaves, and we get to enjoy more sunlight and warmer days.

And just like on the equator, during the Spring Equinox, we can feel a balance in the air. But as you move away from the equator, towards the top and bottom of our Earth ball, the days and nights start to change. Near the very top and bottom, there are places where the sun stays up for a really long time or hardly shows up at all. Isn't that interesting?

The Spring Equinox is like Earth's way of hitting the reset button, giving us a perfect balance of day and night. It's a time for us to celebrate the warmth and light coming back into our lives, reminding us of the beauty of our world and the changes it goes through.

So, the next time you hear about the Spring Equinox, remember it's Earth's special way of starting spring, bringing equal day and night to everyone, no matter where they are. It's a wonderful reminder of how we're all connected, sharing this beautiful planet together. What a magical time to enjoy, don't you think?



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SHAMROCKS & LEGENDS

THE STORY OF ST. PATRICK'S DAY

By George Dee

Hey, kids! Ready to learn about a world filled with magic, mystery, and a splash of green? Let's uncover the secrets behind St. Patrick's Day, celebrated every year on the 17th of March. It's a day that's way more than just dressing up in green—it's a celebration filled with wonders!

THE ADVENTURE BEGINS WITH ST. PATRICK

Imagine a young lad named Maewyn Succat, born not in Ireland but in Britain. But fate had other plans for him, and he was whisked away to Ireland. This isn't just a story of adventure; it's where Maewyn transforms into the man we know as St. Patrick. He discovered a new purpose—spreading the message of love and kindness through Christianity. He did so well that we honor him every year on the day he said goodbye to the world, turning it into a fun and festive holiday.

THE MYSTERY OF THE SHAMROCK

Now, let's talk about a tiny but mighty plant—the shamrock. St. Patrick used this three-leafed wonder to explain something pretty complex, the Holy Trinity, making it a super symbol on this holiday. Folklore tells us if you stumble upon a four-leaf clover, guess what? You've hit the jackpot of luck! It's like the shamrock's rare cousin, bringing extra luck to anyone who finds it!



A TWIST IN THE TALE: NO SNAKES IN IRELAND!

Here's a fun fact: St. Patrick is famous for chasing all the snakes out of Ireland. But, shh...between us, there were never any snakes there to begin with! Ireland is an island surrounded by chilly waters that were too cold for snakes to slither over from mainland Europe after the last Ice Age. It's just a cool story to show how he removed bad vibes, making Ireland a happy place.

WHY GREEN? THE SECRET REVEALED

Ireland is known as the Emerald Isle because it's as green as a giant, sparkling emerald. But did you know St. Patrick's original color was blue? It's true! Green took over because of the shamrock and because Ireland is so lush and green. And speaking of green...

LEPRECHAUNS AND THEIR SNEAKY WAYS

Leprechauns are tiny, magical folks that are part of the day, too. They're known for wearing green now, but they used to sport red! These playful fairies hide their pots of gold at rainbows' end, and if you're not wearing green, they might just give you a pinch! Why? Wearing green makes you invisible to them—it's their favorite game of hide-and-seek.

So, there you have it—the magical story of St. Patrick's Day. It's a day to celebrate, have fun, and maybe wear a bit of green to avoid those leprechaun pinches. Who knows? Maybe you'll find a four-leaf clover!

LOVEBIRDS OF THE WETLANDS – THE SANDHILL CRANE

By Kenneth Paul

Welcome to the Whitewater Draw Wildlife Area, a sprawling wetland habitat nestled in southeastern Arizona. Here, amid the serene marshes and open skies, a heartwarming spectacle unfolds each year on Valentine's Day—the courtship rituals of the sandhill cranes.

Meet the sandhill crane, a striking bird with gray plumage and long legs that call these wetlands home. But what makes these birds truly special? It's their love story, of course!

Sandhill cranes aren't just birds; they're lifelong partners. Once they find their mate, they stick together through thick and thin, year after year. Now that's commitment!

To woo their partners, sandhill cranes put on quite the show. Just imagine graceful dances, elegant bows, and calls that echo across the marshes. It's like a romantic ballet played out in the heart of nature.

But the most enchanting part? Their crimson caps, shaped like hearts, seem to symbolize their love. It's as if they wear their affection for all to see, a charming detail that captures the spirit of Valentine's Day.

So, as you celebrate this day of love, take a moment to appreciate the lovebirds of the wetlands—the sandhill cranes. Their story reminds us that love knows no bounds, not even in the wilds of nature.



Sandhill Crane by Rolando Yera



Sandhill Cranes by Richard Sagredo

HIDDEN PICTURES!

Solutions on page 30!



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

WORD SEARCH

Search up, down, forward, backward, diagonal to find the hidden words.

Answers page 34.

Baby Animals
Butterflies
Growth
Pot of Gold
Spring
Bagpipes
Emerald
Irish
Rainbow
Sunlight
Balance

Equinox
Leprechaun
Renewal
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EMBRACE THE PAST, VISUALIZE THE FUTURE: A UNIQUE GEM IN MUNDS PARK



“It’s not what you see, it’s what you don’t see!” Keith Cunningham’s “The Road Less Stupid” captures the spirit of Munds Park—A community defined by vision, transformation, and memories. Within this scenic setting is the unique property, Wagon Wheel, also known as 480 Cochise, ripe with potential.

Situated on a raised lot opposite the country club, Wagon Wheel provides panoramic views and an ideal spot for the annual 4th of July Parade. Some may see it as outdated, but its vintage appeal is a gateway to endless opportunities.

The property transports you to the Brady Bunch era, showcasing mid-century modern design, a spacious great room, and windows overlooking the club and golf course. Amidst areas with high new construction costs, Wagon Wheel shines with transformational promise.

Homes in Munds Park often cost \$600,000 to \$800,000 for similar sizes. Yet, Wagon Wheel’s

\$875,000 price tag comes with potential for enhancement. Envision adding a guest space, tailoring the interior without major structural shifts, and molding an environment tailored to your needs.

The seller’s openness to financing options adds appeal, letting you obtain this Munds Park gem while planning its renaissance.

Key Property Details: Price: \$875,000 / Size: Over 1600 sq ft / Bedrooms: 3 / Bathrooms: 2 / Floor Plan: Great room / Outdoor Feature: Large front deck

At Wagon Wheel’s entrance, picture the memories awaiting creation and the transformations possible within its walls. This isn’t merely a house; it’s a canvas for dreams and epitomizes Munds Park’s innovative essence.

Imagine owning a slice of Munds Park history. Wagon Wheel invites you to envision its potential. Seize this iconic property—Your Munds Park future beckons!

FEATURED PROPERTIES



\$849,900

725 Meadow

Stunning 2017 built property near 1900 sq ft. 3BR/2.5 baths. Great room concept with formal dining area. Split master floor plan with walk in closet, separate shower and tub. 9ft ceilings side entry garage. Near 17,000 sq ft cul de sac lot and beautiful screened in back patio and open deck to enjoy these cool summer days!



\$290,000

545 Cedarwood

Very cute single wide built in 1981 (financeable) great condition, fully furnished. Split floor plan with 2 bedrooms/2 baths large living space with 200 sq ft addition expanding the living space with fireplace. Fenced back yard with 10 x12 storage shed. Mature pines, circular drive and ready to move in.



\$300,000

17445 Sequoia

One of the last remaining Munds Canyon Lots. Great lot with great views comes with plans and permits. For 2000 sq ft home. No QR code on this one.

CHOOSING THE RIGHT COOKING OILS FOR A HEALTHIER YOU

Understanding the role of fats in a balanced diet is crucial, and cooking oils, rich in various types of fats, play a pivotal role. The right kinds of oils not only enhance the flavor and texture of food but also contribute to nutrient absorption and heart health. Here's a guide to selecting the best cooking oils for your health, alongside tips for making informed choices based on your cooking needs and health objectives.

HEALTHY COOKING OILS

Olive Oil

A staple in healthy kitchens, olive oil is celebrated for its heart-friendly monounsaturated fats, vitamin E, and antioxidants like polyphenols. Research consistently links olive oil-rich diets to lower risks of heart disease, attributing to its protective effects against atherosclerosis and its ability to improve heart disease risk factors such as high blood pressure and cholesterol levels. Extra-virgin olive oil (EVOO) is the premium choice for everyday cooking, offering the highest concentration of nutrients and antioxidants. It's ideal for low-to-moderate heat cooking, while refined versions can handle slightly higher temperatures. Keep an eye out for dark glass or opaque metal containers to ensure you're getting a quality product.

Avocado Oil

Another heart-healthy option, avocado oil boasts a high content of monounsaturated fats and vitamin E; avocado oil is a less researched but equally promising option for those looking to bolster their diet with nutritious fats. It not only carries potential anti-inflammatory benefits and could help manage LDL cholesterol levels but also stands out for its subtle yet distinctly rich, buttery flavor. This mild but delightful taste makes it a versatile addition to both cold dishes and cooked meals, enhancing without overpowering the natural flavors of other ingredients. Its high smoke point, ranging between 482 to 520 degrees Fahrenheit for unrefined and refined versions respectively, renders it perfect for a variety of cooking methods, from frying and roasting to sautéing. When shopping, aim for products labeled as 100% avocado oil to ensure purity and avoid mixes with lower-quality oils. Similar to olive oil, avocado oil is best purchased in dark glass or opaque metal containers to protect its nutritional integrity from light exposure.

Sesame Oil

Sesame oil is a fantastic choice for those seeking a flavorful oil suitable for moderate-heat cooking. It's a good source of monounsaturated fats and antioxidants, which may help reduce heart disease risk factors and promote healthy blood sugar levels. Sesame oil adds a unique, nutty flavor to dishes, making it a favorite in Asian cuisine.

OILS TO USE SPARINGLY

Highly Refined Vegetable Oils: Canola, corn, and soybean oils undergo extensive refining, diminishing their nutrient content. These oils are high in polyunsaturated fats, which can oxidize under high heat, forming harmful compounds. Additionally, their imbalance of omega-6 to omega-3 fatty acids can contribute to inflammation, potentially leading to health issues over time. While they're common in many diets, limiting consumption and choosing healthier alternatives is best.

SELECTING & USING COOKING OILS

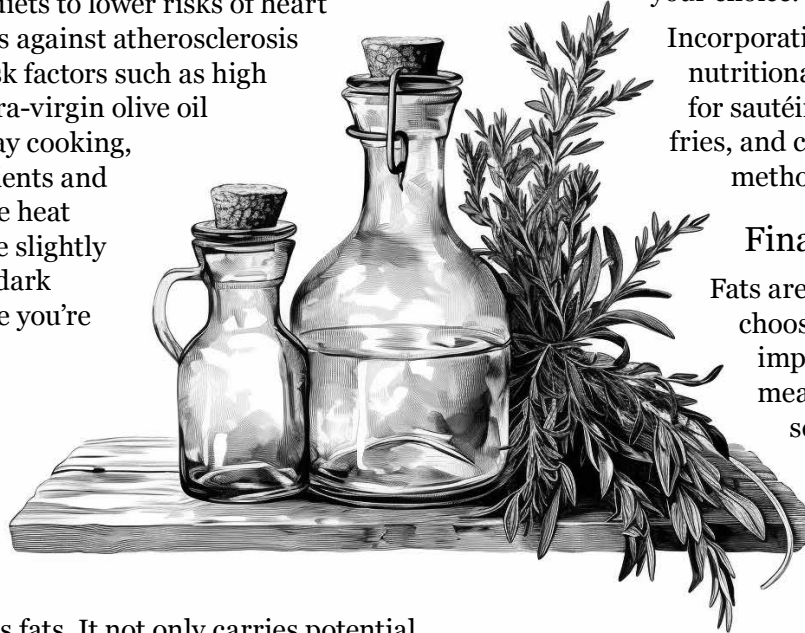
When choosing cooking oils, consider the smoke point, flavor, and health benefits. Oils like extra virgin olive oil are great for low-to-moderate heat cooking, whereas avocado oil can withstand higher temperatures. Also,

consider the oil's flavor and how it will complement your dishes. Price and dietary preferences, such as organic certifications, might influence your choice.

Incorporating healthy oils into your diet can enhance the nutritional quality of your meals. Use olive or avocado oil for sautéing vegetables, sesame oil to add depth to stir-fries, and consider the smoke point to match the cooking method to the oil.

Final Thoughts

Fats are indispensable to a well-rounded diet, and choosing the right cooking oils can significantly impact your health and the enjoyment of your meals. By prioritizing oils like olive, avocado, and sesame and limiting your intake of highly refined vegetable oils, you can make healthier choices that support your overall well-being.





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PAGES *In The* PINES

THE SPACE BETWEEN US

- By Doug Johnstone
- Orenda Books
- 300 pages
- October 2023

By Sandy Wright

Lennox is a troubled teen with no family. Ava is eight months pregnant and fleeing her abusive husband. Heather is a grieving mother with cancer who is considering suicide.

They don't know each other, but when a meteor streaks over Edinburgh, all three suffer catastrophic strokes.

They all wake up the following day in the hospital, miraculously recovered.

When news reaches them of an octopus-like creature washed up on the shore near where the meteor came to earth, Lennox senses that it is an extra-terrestrial force that affected each of them.

With the help of Ava, Heather, and a journalist named Ewan, he rescues the creature he names 'Sandy' and goes on the run.

Close behind are Ava's husband, the police, and gun-toting government agents who want to capture the creature at all costs. But what, exactly, are they chasing?

You will need to suspend your disbelief to enjoy this book, and it's not just because of the telepathic octopus. It's a well-written and riveting speculative fiction, and thought-provoking too. It highlights we humans' lack of connection, while 'Sandy' succeeds in being the catalyst for change in the lives of the three main characters. The alien Sandy is interwoven throughout the story, binding the three other characters in one united quest. The creature allows us to focus our attention on contemplating life's bigger pictures: Loss, loneliness, domestic violence. By intuiting their thoughts, Sandy gives each person comfort during their trip through Scotland. And, when the creature asks them to "Help Us," he encourages them to learn more about themselves and develop a true familial bond.

Many of the reviews call the book "a film in the making." Steven Spielberg, are you listening?

More than the normal first contact science fiction novel, 'Sandy' is an alien life form who demonstrates empathy, kindness, and a willingness to help. I hope our extraterrestrial contacts are as positive!

The character of Sandy is a beautiful creation. I am totally in love! I can't wait for the follow up. Such brilliant, clear writing and a few surprises along the way. The writer knows how to draw the reader in, create tension and, basically, press all our buttons throughout this gripping story.

Don't miss this beautiful book. Science fiction at the highest level of authorship.



HIDDEN PICTURES Solutions



MARCH HOROSCOPE BY CAKE!

Human beings have been measuring and studying celestial bodies since the dawn of civilization. Astrology helps us understand our life paths and experiences by observing the movements of the planets. Although not fortune-telling, it can be a predictive tool and provide insight into personal issues, patterns, fears, and dreams. Through observing the cyclical movements of the planets, we can gain a better comprehension of the cycles and patterns in our lives.



ARIES, FIRE SIGN, MARCH 21 - APRIL 20

March brings a dynamic shift for Aries, with Mars energizing your career sector, it creates promising growth and progress. The rare alignment of the Sun, Mercury, and Saturn in Aquarius enhances financial flow, supporting ambitious

plans. Saturn's rise mid-month aids in resolving work-related issues, while Jupiter's presence may bring blessings and luck. Overall the energy this month is facilitating significant life progress. Aries, focus on patient persistence for professional rewards. Embrace new ventures and creative projects under the illuminating influence of the Sun and Venus, trusting your instincts for direction.



LEO, FIRE SIGN, JULY 23 - AUGUST 22

In March, planetary alignments are giving you an advantage in social matters. Jupiter and Mercury bring opportunities from distant places and potential proposals for professional expansion. The energy this month strengthens your chances of success,

urging you to work diligently with unwavering faith in your abilities. Shed hesitations and embrace productivity to thrive. Leos can expect promising opportunities for both personal and professional accomplishments. However, they may face self-doubt, hindering their potential. It's essential to overcome hesitation, focusing on achievable tasks while pursuing ambitious goals. throughout the month.



SAGITTARIUS, FIRE SIGN, NOV 23 - DEC 21

Sagittarians, your monthly horoscope indicates a positive shift in finances and talents, the energy during this time is opening doors for abundance. You can anticipate significant transformation in March, breaking free from self-imposed limitations and embracing genuine

self-expression. While obstacles may arise, you can navigate them with newfound freedom and vitality, inspired by the Sun transiting in Pisces. This period prompts introspection into life's purpose. Evaluate your achievements and contemplate if your current position aligns with your desires and goals.



TAURUS, EARTH SIGN, APRIL 21 - MAY 20

March sees Taurus embarking on a transformative journey as Venus enters Aquarius, bringing hidden blessings. Taurus, expect unexpected transformations and progress in both professional and social realms. The Sun's move into Pisces shines a light

on financial opportunities. During this time, prioritize health amidst seasonal changes. Embrace growth, nurture friendships, and trust your instincts for the journey ahead. Overall, be open to anticipating success, social advancement, and vibrant experiences this month.



VIRGO, EARTH SIGN, AUGUST 23 - SEPTEMBER 22

Virgos, the planets are aligned to reduce struggles this month, smoothing your path. Mercury's presence this month signals caution in important decisions. Meanwhile Jupiter brings abundant family bliss. This March, Virgos will be highly engaged in their

professional lives, embracing a shift towards enjoyment and satisfaction in their work. They'll prioritize self-governance and personal contentment, letting go of restrictions to foster creativity and independence. Get back on track this month, focus on money matters and nurturing relationships for support. Remember, you're in control of your destiny!



CAPRICORN, EARTH SIGN, DEC 22 - JAN 20

Capricorns should be open to financial abundance this month, also remember to embrace planetary energies bringing peace and contentment. The latter half of the month may bring added responsibilities, keep an eye out for hidden advantages. In March, there

is potential to undergo significant transformation spurred by external factors. This shift leads to authentic self-realization, fostering pride in accomplishments and confidence to embrace new opportunities. Focus on family matters and utilize your peak communication skills wisely. Stay alert and receptive, as unexpected solutions to issues may arise.



GEMINI, AIR SIGN, MAY 21 - JUNE 21

Gemini, March is urging you to pay careful attention to work and productivity as this month is full of positive opportunities. Saturn emerges on the 17th, heralding brighter days and golden opportunities - be open to luck and abundance during this time.

If you encounter fatigue this month, your dynamic nature should persist, focusing on establishing a strong foundation for the future. Navigating career challenges with purpose and embracing opportunities for social connection can lead to significant growth. Any challenges this month are a minor hurdle, focus on making your goals a reality.



LIBRA, AIR SIGN, SEPTEMBER 23 - OCTOBER 22

March holds great promise for Libras, offering transformative opportunities to manifest aspirations and goals. Saturn's rise will bring favorable changes, boosting ambitious projects towards success. Persistence and methodical advancement are key,

despite challenges. Beware of the temptation to expect rewards without effort and avoid overthinking, focusing instead on seizing abundant opportunities. This month shines a light on lifestyle, providing an opportunity to address lingering issues and kick-start a new health regimen. Stay focused on your goals and let positive changes unfold.



AQUARIUS, AIR SIGN, JAN 21 - FEB 18

In March, your monthly horoscope indicates positive planetary alignments favoring your luck. The Sun, Venus, and Saturn are in your sign promising favorable outcomes, offering a chance to manifest your dreams and fostering a happy

atmosphere at home. The rise of Saturn on the 17th opens new avenues for financial gains, especially if exploring new areas at work. Aquarians may find opportunities to enhance communication connections, engaging in public speaking and social gatherings. Stay attuned to changes in your financial situation and gather information proactively.



CANCER, WATER SIGN, JUNE 22 - JULY 22

In March, Jupiter's presence creates a powerful energy, fostering career growth and prosperity. While the Sun moves into Pisces, aligning with Mercury, presenting potential opportunities and abundance. March may bring significant changes for

Cancers, urging them to embrace growth, invest in professional pursuits, and engage in meaningful conversations. Embrace the shift, invest in professional pursuits, and align with planetary energies for success. As the sun transits into Aries towards the end of the month, seize opportunities and aim high, putting your best foot forward on your chosen path.



SCORPIO, WATER SIGN, OCT 23 - NOV 22

In March, the planetary alignment for Scorpios ensures your efforts are fruitful. The Sun's entry into Pisces, joined by Mercury, may present challenges that require careful attention. Embrace your thirst for knowledge, expanding your wisdom

and positioning you favorably. This time offers significant opportunities for Scorpios, facilitating personal and professional growth through access to valuable information and resources. Focus on health and fitness, establish good eating habits, and pay attention to matters of the heart, fostering better connections with those around you.



PISCES, WATER SIGN, FEB 19 - MARCH 20

This month favors overall well-being, both physical and spiritual, offering an auspicious environment for personal growth. Energy from Mars and Venus this month enhances your magnetic charm and sharpens your intellect. In March, Pisces can anticipate a

significant personal transformation, while facing potential challenges that contradict their beliefs and trigger discomfort. To align with this energetic shift, Pisces are encouraged to express themselves openly and work on inner growth. This month is about embracing authenticity and celebrating personal progress.



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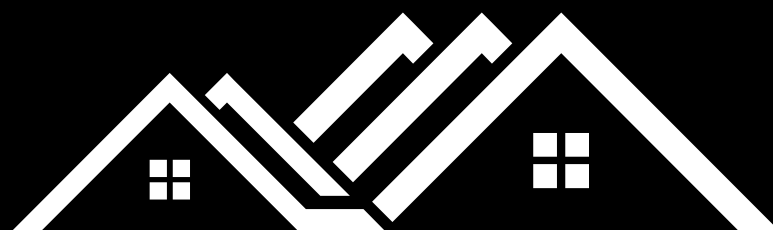
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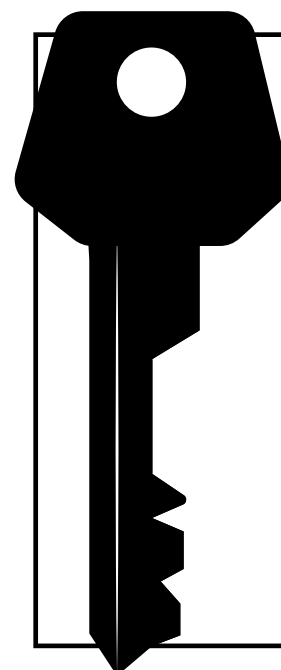
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IS THE HOUSE READY?

By Pastor Steve Bowyer

We just enjoyed another Super Bowl. It was a great game. Overtime. The outcome was not determined until the last play when the final score was established. Blow-outs are no fun to watch. This game was fun.

Probably, most of us either hosted a party or went to a party to watch the game. Whoever was hosting had to get their house ready for the people to arrive. And those arriving had to get themselves cleaned up and ready in their new red and yellow or crimson and gold apparel. The house may be a wreck 364 days during the year. But the one day you host a party when people come over, it has got to be clean.

If it were at our house, Sara would be cleaning like crazy all day Friday and Saturday. It is not that our house stays dirty. She does a great job with it. But between Jack, 5-year-old Australian Shepherd who sheds the equivalent of a dog every few days and our wood stove that spews ashes into the air all the time; there is plenty to do to make our house presentable.

I have my work, too. The trash must be empty so we can fill it up with the remnants of all the great snacks. The firewood must be stocked up and stacked up because the snow is still stacked up and the temperatures are still down. Together, we get the place ready for guests.

Do you know what the first thing Jesus did when He began His public ministry? He cleaned house. When the temple was first built it was a beautiful place. It had become a huge mess. The people who occupied the space had turned it into a nasty, animal infested, marketplace. It would have been like going into the lobby of the church and finding pens and cages filled with animals. There was hay and fodder for food. And where there is input, there is output. We all know what barnyard smells like.

The nastiness would have offended all five senses.

Not only were there animals and birds for sale; sheep, calves, goats, and pigeons; there had to be tables for business with the first century equivalent of cash registers and cash boxes.

The business was a racket, too. Only approved animals could be used for worship in the temple. And approved animals could only be purchased at the temple. So, they sold them for a premium, taking advantage of the people who came with pure intentions to do right by God and worship the way He commanded.

The people had taken a place that once was filled with the pleasant smells of incense, sights of polished precious metals, and 'nastified' it up. Jesus was not happy with what they had done to His Father's house. So, He cleaned it up. He chased out the animals, shooed the birds, turned over the tables, and scattered the cash as it flew out of the cash boxes. And the people were angry. So, including Jesus, everybody in the temple that day was mad.

Why did Jesus clean house? Because that is what Jesus does. When we invite Him in, He cleans us up. That is what He came to do. We do not have to clean ourselves up before He comes in. He does that work for us. Then, since He left, He has been cleaning up His own house in heaven, preparing it for us to arrive. Because, the next time we see Him, He will be ushering us in to the room he has prepared for each one of us.

When God first created Adam and Eve, they smelled good, looked good, and were good. Then, sin entered their lives and 'nastified' them up. That has had the same effect on us. So, for us to be ready for His party in Heaven, we need a new look.

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Corinthians 5:17)

"Just as Christ was raised from the dead through the glory of the Father, we too may live a new life" (Romans 6:4)

"I [Jesus] go and prepare a place for you. When I come back, I will take you to be with me so that you also may be where I am." (John 14:3)

Once He has cleaned us up, all we must do is live in our new cleaned up life and wait for the day we get to go into His house for His party. He has given us all the tools we need to maintain our new life here.

When Jesus first showed up, He cleaned house. When we invite Him in, He cleans our house. Now that He has gone, He is cleaning His house. Jesus is getting everything and everyone ready for His party to begin when He returns. If you think the party that began after the Chiefs won Sunday was a good one, then wait till Jesus starts His party. Clean house, clean people, great time.

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