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JANUARY 2024

Dove Creek, Colorado Dolores County - "Hidden Gems of the SW"

Activities and News Along the SWAC

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Happy New Year - Solar Uptick Expected

VOLUME 24 ISSUE 01

UNDER THE SUN



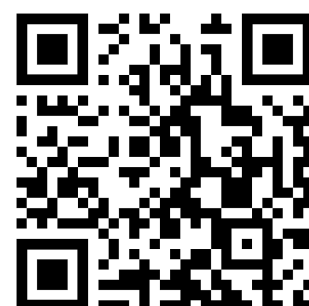
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Have a press release?
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ONLINE



Rabbit Hole
<https://spaceweathernews.com/>



Is there Truly Nothing New Under the Sun

'Here comes the sun' little darlin', everyone is familiar with the Beatles' song from their 1969 album Abbey Road. In 2021 it was the most streamed song by the Beatles on Spotify. NOAA had predicted the next solar cycle to be very active, but recently the updated prediction now calls for Solar Cycle 25 to peak between January and October of 2024, with a maximum sunspot number between 137 and 173 - to increase more quickly and peak at a higher level than anticipated earlier. Usually cycles last 11 years.

For the new year, January may bring the magnetic pole flip of the sun, where the sun's polar magnetic fields change position. With the reversal comes ripples, significantly impacting interstellar space; Stormy space weather is one result that is predicted.

The increase in solar activity and specifically sunspots producing flares and coronal mass ejections (cme) have significant potential impacts for earth and ultimately, our way of life. One particular threat of interest at the Satellite Environment Testbed Exercise that was held in Boulder CO last October, includes satellite drag and energetic particles. Concerns for the safety of satellites, from all types of potential dangers, is foremost for NOAA and other related agencies.

SpaceX, the company that provides Internet via their Starlink satellite network, is planning to launch 144 missions this year, an unprecedented number to add to the projected 42,000 units planned to be in 'space', with only a 5 year lifespan. This new launch program for 2023 means one every 2.8 days. Keep your eyes to the skies. These units are sent into low earth orbit, below the highly radiated Van Allen belt, no more than 1243 miles up, SpaceX satellites hang around a lower distance of 340 miles.

Back to the impacts of the sun expelling plasma and magnetic fields, the increased activity provides disruption or disabling of electric power, communications, water supply, health care, satellite operations, and transportation - just about all aspects of a

functioning society. (See page 13 for Tech advice for 2024) Many researchers have been yelling from the rooftops to encourage the US to 'harden the grid', to protect us from a potential impact that could take out major electricity grids for not just days or a few weeks, but take months to years to be repaired or replaced where components have been disabled.

A researcher named David DuByne, has been looking into our Sun and planets aligning in 2024, particularly in October 2024, with a four planet alignment that hasn't been known since 79AD. His project - Adapt 2030 - offers alternative information to combat the Agenda 2030 anti human WEF projects that are in the works. One of the potential impacts from above, for a different type of October surprise, may be increased space debris from the impact of four gas giants lining up with the earth.

Will we see a "Black Swan Event" in 2024? (definition: statistically unexpected events of large magnitude and consequence and their dominant role in history.) Or will there be manipulated "False Flag Events" meant to mislead the direction of the world to specific ends and putting the blame on specific people or groups not actually responsible for said event? We will know soon enough. From the US Presidential election messy politics, to the end of the Ukrainian debacle and the financial impacts on the US, wars in the middle east, so called terrorists cells, infiltration by mass illegal migration into Europe and the US, the precipice of China and the Taiwan identity, to the collapse of the dollar and runaway inflation potential, as well as the attack on our overall health and food supply chain, 2024 could certainly be a year of stress if we let it. As they say in Colorado, seems like the best phrase for the craziness coming in 2024 is "Hold my beer"...

(See **page 14** for New Monthly **DEEP DIVE** Headline Links with resources and additional reading on these various topics and much more)

COMMUNITY / SCHOOL

DOLORES COUNTY SCHOOLS

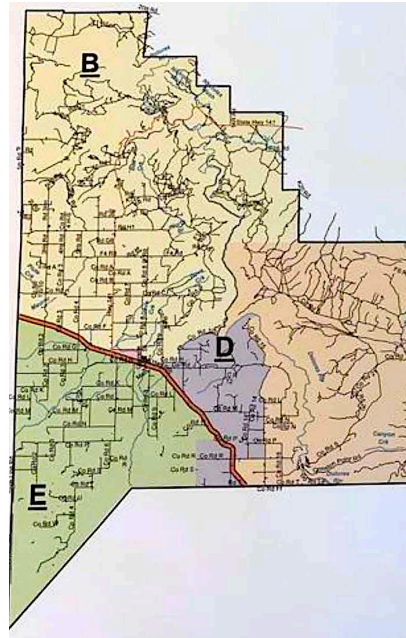
Website - dc2j.org

The December School Board meeting began with the oaths of office for the newly reorganized board. Continued updates on the Elementary School building indicated the construction is on schedule, with steel in place, and walls going up with weather permitting. The Memorial Hall Gymnasium has a new coat of stucco, with surrounding landscaping and exterior improvements to be completed in the spring.

Regarding the secondary school, there was discussion on establishing a new phone system, new cores for door locks, updating the fire alarm panel, and addressing other security features. Reports were provided from various teachers and directors. The board agreed to move forward with the Studer Education services, which is aligned with the strategic plan. working on "Integrated leadership development, strategic plan scorecards, action planning, and surveys: students, teachers, family/community, board development."

Other topics covered capital investment in equipment for grounds keeping, redistricting as Rico moves to the Telluride district, and a vacancy for the Director District E (see adjacent notice).

The meeting dates for 2024 remain on the third Wednesday of each month, with exceptions of March 13th, April 24th and December 11th. The School Board released a single page newsletter in the community in December, found at local businesses, and the post office. (See page 5 for *January School Schedule and Sports*)



SCHOOL BOARD NOTICE

Notice of appointment to board of education
 The Board of Education of the Dolores County School District RE-2J is accepting applications from persons interested in serving on the Board of Education from the date of appointment until the next regular biennial school election in November 2025. To be eligible for appointment, each candidate must be a registered elector of the school district for at least twelve consecutive months prior to the date of appointment. The applicant must also be a resident of director district "E" in which the vacancy exists. Any person who meets the qualifications and who desires to be considered for the appointment should send a letter of interest to Kimberly Alexander, Board President at kalexander@dc2j.org.



The December Christmas Program and activities at the school were a great success - thanks to all the volunteers that help out! Photos FB

Do you have an Event, News Lead or Press Release you'd like to share? The Pinto Bean is Growing! Along with the new larger format, new ad spaces are available in 2024. We are currently distributed to over 250 locations from Moab, Monticello, Blanding to Bluff in Utah and from Dove Creek to Cortez, Mancos, Dolores, Rico, Telluride and Norwood in Colorado. Contributing articles and opinion pieces subject to the discretion of the publisher.

DOLORES COUNTY SENIOR TV

Dolores County Senior Services operates out of the Pioneer Center facility, and for 2024, they have added a customized Digital Sign presentation from local contractor TPI ProductionZ Signs. The display is updated with notices and local news for their audience, as well as showcasing photos from the wide range of activities the Center provides for area seniors. Everyone is welcome to participate in their weekly meals, offered Monday Tuesday and Thursday at 12 noon at the center, call ahead to let them know you are coming! Suggested



donations for those over 60+ is \$4, and a meal fee for those not yet 60 is \$10.50 Request to be on the mailing list to receive the monthly schedule in the newsletter, their contact is 970-677-2787.



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DOLORES COUNTY 2024

As we hit 2024 running, with a wide range of issues and concerns facing Dolores County, we remind you this is a big election year! Of course there is the National Presidential election, with Tuesday March 5, 2024 being the first presidential primary caucuses. Tuesday June 25, 2024, is the general primary election. And in the fall on November 5, 2024 is the general election.

Check your registration to vote online at govotecolorado.gov or go in to the County Clerk office. Colorado is a Mail In ONLY Ballot State. You will receive your ballot in the mail by the post office services, so make sure to include the correct mailing address with your registration.

There are two County Commissioner seats back on the ballot, in the coming months, the Pinto Bean will share the local candidate lists as they become available.

Another issue is the property tax scenario for 2024. Due to a recent signing of Senate Bill SB23B-001 the deadlines for the Assessor's office for certification have changed, pushing the Treasurers office timeline for producing tax notices down the line as well. Usually they have gone out at the beginning of January, but they will be at least delayed to the end of January, however, the DEADLINE for payments remains the same. Paying in full the deadline is the last day of April. If you pay in two half payments, the first is due at the end of February and the second due June 15th. Late tax payments earn interest that you will be liable for. Any questions on the tax notices contact the Treasurer's office at 970-677-2386. The Dolores County website is not often timely updated, but you can find at least contact information online at dolocnty.colorado.gov A monthly newsletter is being released from the office available at the courthouse or at the Post Office in Dove Creek CO.

COMMUNITY



POLY BOX BAN CO

Styrofoam is a Trademarked brand for extruded polystyrene, owned and manufactured by the Dow Chemical company, which merged with DuPont in 2017. Polystyrene, also referred to as EPS, is a less dense material, often used in food containers, cups, and cushioning material in packaging like the older 'packing peanut'. Polystyrene containers is what is banned in Colorado effective January 1, 2024.

Concerns over EPS's vast use in the US stem from its inability to be cost coercive to recycle. The material contains identified toxic chemicals such as Styrene, Benzene, and peroxide along with petroleum, much of which has been determined to cause cancers, residual elements in the environment appear to be bad for us, as well as contaminating the air during the industrial plant processing.

The original design was used in flotation devices, and insulation in buildings. Similar to other 'bad for humans' chemical developments in the 20th century, the profit seeking corporations looked to repurpose the products and by-products in the industries, to expand their profitability, and spin the narrative to

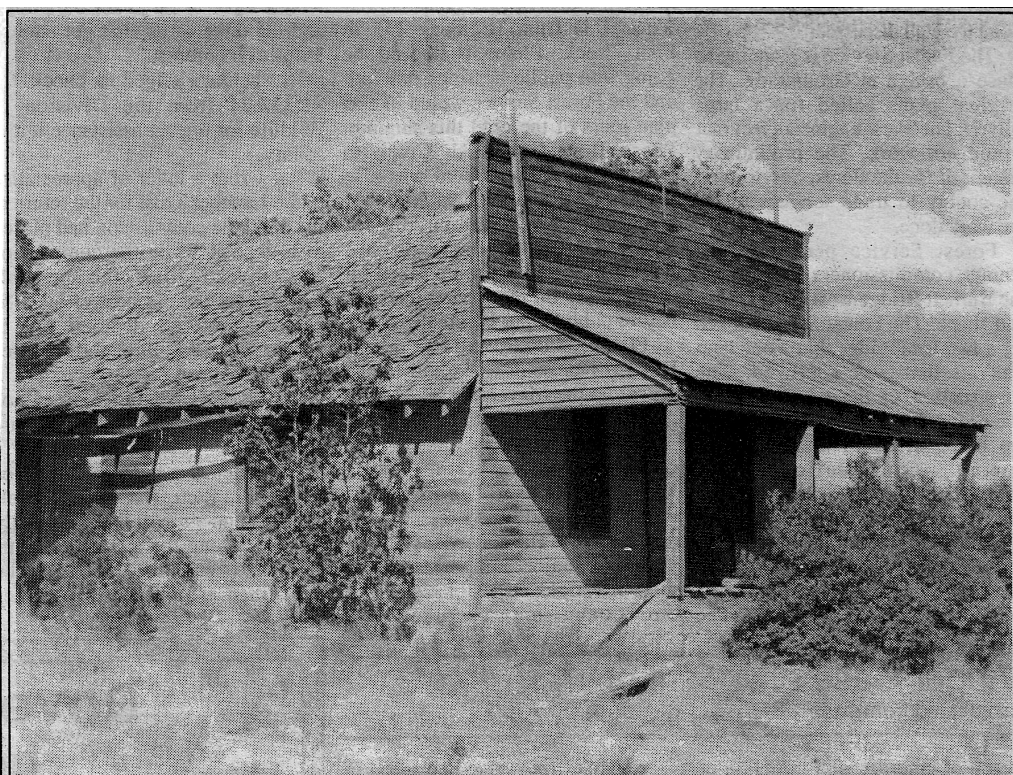
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keep them from looking like the "bad guys". Styrofoam containers for human food consumption transport, are targeted as a highly contested issue for science and humanity.

The biggest concern is for the styrene to leach into foods kept in take out containers. In Colorado, PPRA or HB21-1162, The Plastic Pollution Reduction Act, which was passed in 2021, gives the power of enforcement to local governments. In addition to municipalities, the law allows counties to seek injunctive relief and/or to assess civil penalties against retail food establishments in violation of the law and within the unincorporated boundaries of the counties. Civil penalties may be up to \$500 for second violations and up to \$1,000 for third or subsequent violations. Schools are excluded from enforcement.

The containers are part of Phase 2 which also includes retailers not offering plastic bags at all - in 2023 you could purchase a bag for ten cents. Paper bags are supposedly still allowed and to be charged the ten cent min. fee as well. In the case of the bags, exemptions remain for "retail food establishments that are restaurants and small stores that operate solely in Colorado and have 3 or fewer locations may provide single-use plastic carryout bags."

Interestingly, the act does not apply to materials used in the packaging of pharmaceutical drugs, medical devices, or dietary supplements or any equipment or materials used to manufacture pharmaceutical drugs, medical devices, or dietary supplements.



"This old house once rang with laughter. . ."
Dove Creek's Opra House stands empty now, but there was a time in the early days when it was full to the brim. The building first entered the tax records in 1926 and Mildred Posey says it was built by the Parley Butt family. At various times it has been a dance hall, a place for traveling stage shows and local talent shows, a silent movie theater and a church revival hall. It also served as Alma Rieske's home for almost 15 years before she moved to a newer house on Main Street. It was only a couple of years ago, following Mrs. Rieske's death, that ownership went to someone outside the Butt family.

HISTORICAL CORNER - In Dove Creek Colorado, there are few historical buildings left standing. Pictured left is the old Opera House, that was deconstructed around 2007, the anonymous newspaper clipping indicates it was first in the tax books in 1926. It sat across Main street from where Main Supply is still active and open, and the owners there are looking for photos or information on the history of that building. Below, is a 2023 photo of the new stucco on the exterior of Memorial Hall which now stands alone after the HS removal.



DOVE CREEK BULLDOG SCHOOL FEATURE



COMMUNITY / DOVE CREEK

Bulldog Basketball

The Dove Creek sports teams continue the school year, now featuring the league games for Basketball teams and more Wrestling comps throughout January. In December, the Bulldog Classic was a great run for the local teams - Lady Bulldogs won the tournament, out pacing the Lady Mustangs with a 54-24 final. Going into 2024 they are 6-2 overall, next game in Nucla Jan. 11. The Bulldog Boys captured 3rd place in the hosted tourney, by taking on Monticello on the last day, in a tight match taking it 53-52 at the buzzer. Notably, Jr. Sheldon Gardner scooped up a game high 27 points, but as always, it's a team game, with a strong lineup. The 'rematch' game at Monticello is scheduled for January 23, sure to be exciting. Boys also head to Nucla on January 11, 2024.



Above: First year Coach Ian MacPherson working with the Boys Basketball team.

Photos: Credit KG Action Pics, and DC Wrestling FB

See page 5 for Full list of January Schedule



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DOVE CREEK WRESTLING

In December, the Dove Creek High School wrestlers competed in a couple of what turned out to be tough tournaments. In Montrose, there were no varsity placers but Cody Alexander placed 3rd in JV. Mid month in Walsenburg, they faced another tough tournament with high ranked kids. The bulldogs wrestled tough and walked away in 8th out of 31 teams. Teagan Larimore took 1st, Frankey Montoya took 2nd, and Chad Kline took 6th. All kids wrestled tough and did a great job. Next tournament for 2024 takes the wrestlers to Gunnison Colorado, with a Norwood tournament on January 13.

MEETINGS GOV. & ORGS

*Town of Dove Creek Board Meetings the first and third Thursday 6:30pm at the Town Office in person/zoom

*DCDC Meetings quarterly Wed. 11-1pm Call CSU office in person/zoom

*Dolores County BOCC meetings first and third Mondays and as schedule additions noted on their webpage. PSC meeting room. In person/Zoom

*Neighborhood Watch - follow on Facebook

*Dolores County School Board meeting third Wed. Dist. Office 6pm.

*DCVFD Every Wed at the firehouse

*Dolores County Ambulance Third Mon 6:30pm Ambulance Barn

*Get your Senior Newsletter in your mail every month! Call 970 677-2787

Want to add your meeting - email info@TPIPProductionZ.com

EVENTS




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DC Care & Share
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Food for Thought
 By Kenny Ray

Recipe for Happiness
 1 heart of gratitude
 2 acts of kindness
 3 thoughts of forgiveness
 stir gently,
 simmer all day,
 serve warm

The Pinto Bean®



A Punny group of "Dad Jokes" - Logan Lisle, creates tick tok videos delivering short punnies. Here are a couple of examples for your amusement:

"My boss asked why I get sick only on work days... I don't know, must be my weekend immune system..."

"I had bad internet at my farm, so I moved the modem to the barn, now I have stable wi-fi...."



DOVE CREEK MS/HS SCHEDULE



- Jan. 6 HS Wrestling @Gunnison
- Jan. 9 DC SCHOOL RETURNS
- Jan. 11 HS Basketball @Nucla
MS GBB @Mancos
- Jan. 13 HS Wrestling @Norwood Tournament
MS GBB (H) Ridgway
- Jan. 15-18 FFA National Western Stock Show
- Jan. 16 HS Wrestling (H) Quad
- Jan. 17 School Board Meeting
- Jan. 19 HS Boys Basketball (H) Ouray
- Jan. 20 HS Basketball (H) Ridgway
HS Wrestling @North Fork Tourn.
MS GBB @Telluride
- Jan. 22 MS WR First Day Practice
Knowledge Bowl @Telluride
- Jan. 23 HS Basketball @Monticello
HS Wrestling (H) Tri
MS GBB @Dolores
- Jan. 25 MS GBB (H) Mancos
- Jan. 26 HS Basketball @Mancos
Teacher in Service 1/2 day
- Jan. 27 HS Wrestling @Ignacio Tourn.
MS GBB (H) Ouray
- Jan. 30 MS WR @Monticello
MS GBB @Nucla
- Jan. 32 HS Boys BB (H) Bayfield
- Feb. 1 HS Wrestling (H) League Tourn
No Elementary School
MS GBB @Ouray
- Feb. 2 HS Boys Basketball @Ouray
MS GBB (H) Telluride
- Feb. 3 MS WR @Ignacio
- Feb. 6 HS Basketball @Ignacio
MS WR @Norwood
MS GBB (H) Dolores
- Feb. 7 HS Girls Basketball (H) Cortez
- Feb. 9 FFA CHILI DINNER



A Quarter Century of Color
Bluff International Balloon Festival
 January 12-14, 2024

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Winter Headaches and Joint Pain?

By Kendra Cook

HEALTH

Winter is hard on everything in the four corners, with colder temperatures swinging to reveal beautiful sunshine with bright blue sky days, and then potential snow storms; the ups and downs can wreak havoc on your body. In particular, the barometric pressure shifts associated with storms, and that change in pressure, is a common weather related source for pain.

Barometric pressure is the measurement of the weight of the air, so the numbers fall when it's humid, and rise when it is dry air. The change of pressure can affect sinuses to create an imbalance of chemicals and a resulting headache. The change may also create an imbalance in your brain chemicals, serotonin production in particular, which can trigger a migraine.

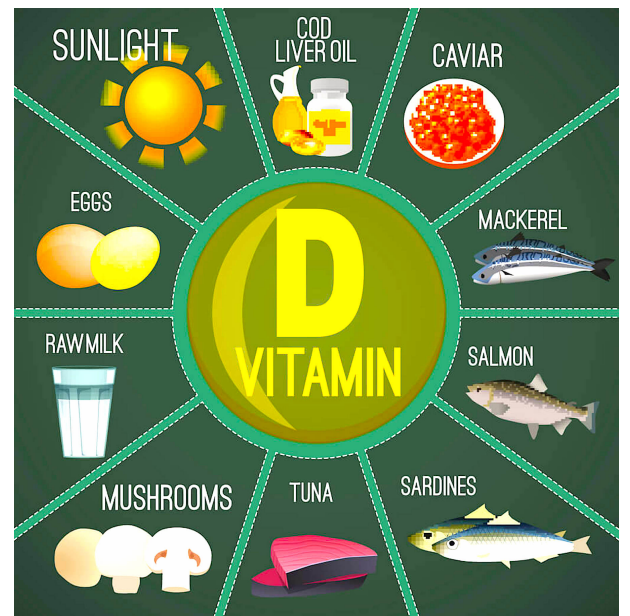
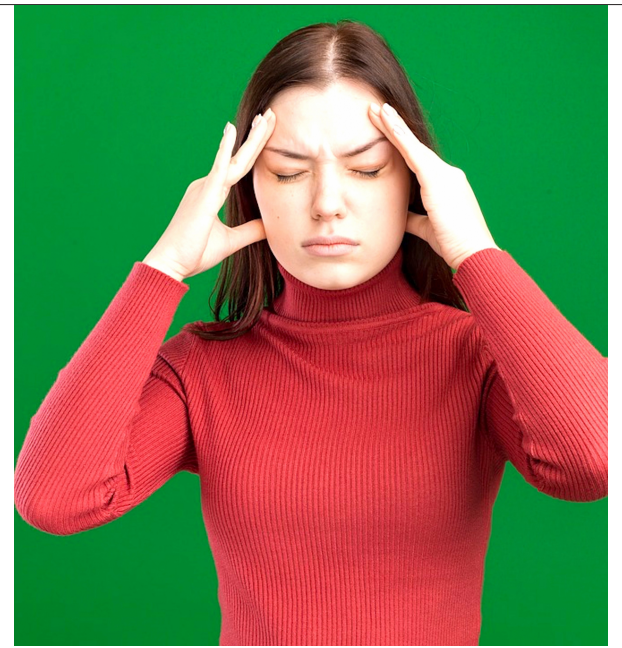
Another type of pain that many people experience with the swings in the barometric pressure is joint pain. A commonly mentioned theory, is that older people will feel pain in their knees, so they know a storm is coming, as ahead of the storm the pressure level drops indicating a heaviness in the air and potentially stiffness pain and swelling in joints. As tissues swell and expand, they put pressure on nerves creating the pain and stiffness. When the pressure falls in association with a temperature drop, the combination of thicker joint fluids can worsen the pain.

So what to do? This is not medical advice, but many website experts will suggest taking medication for migraines or headaches at the onset of symptoms, with actions such as drinking adequate water, getting ample sleep, eating healthy foods, and monitoring for weather. For joint inflammation, taking turmeric supplements have been known to help. Many sites will also suggest that light exercise to keep the joints moving can help, along with stretching and warming the joints, and again, drink plenty of water in the winter as well as summer to help your body heal itself.

SUNSHINE VITAMIN D

You've probably heard you should get out in the sunshine, breath the fresh air - it's good for you. But then, the fear of skin cancer was suddenly brought into the conversation, and gobs of chemicals were squeezed into bottles and sold as a must have to coat your skin when you go outside. This is not an article to provide medical advice. But it is addressing the lack of Vitamin D that most people experience, especially in the winter months when there is less daylight in our hemisphere as well as it being cold so that your skin is less exposed to the benefit of vitamin D provided by the direct sunlight.

How this happens is that Sunlight triggers the production of vitamin D in the body, which turns out to be crucial for absorbing calcium, maintaining strong bones and teeth, and importantly for the flu season - to support your immune system. It also helps in the release of serotonin which is a hormone that promotes positive mood, reduces stress, and overall helps to decrease symptoms of depression.



Another important aspect of the sunlight, is in keeping our circadian rhythm regulated, helping with the sleep cycle and thereby overall health. You might not know that sunlight has been known to help in the treatment of various skin conditions such as psoriasis acne and eczema.

So if you aren't getting 10 to 20 minutes of sunshine, you may look into taking supplements to enhance your body's supply; Often found in capsules sold as Vitamin D3. You can also find foods that are rich in vitamin D, such as fatty fish (salmon, tuna), egg yolks, cheese, beef liver, mushrooms, fortified milk and some orange juices.

Your Online Guide
 Restaurants * Adventures
 Lodging * Events
SWAC.TV * Outfitters
 TOURISM
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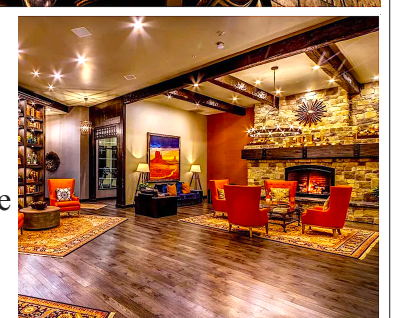
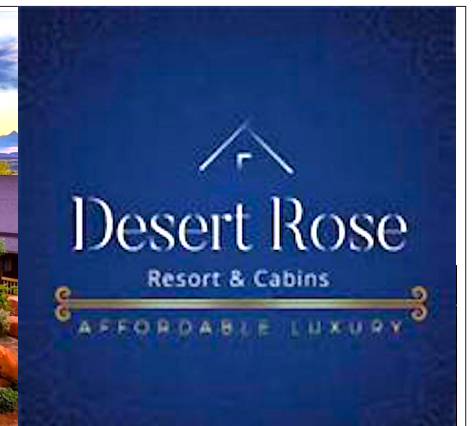
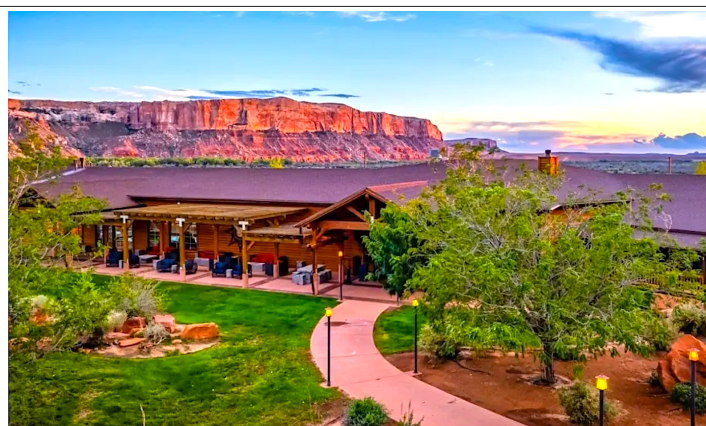
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FACILITY The resort is open year round while the restaurant is closed in the winter months. The rooms range from affordable lodge rooms, to courtyard accommodations, and full independent cabins with great appointments. Hot breakfast included, and amazing views to enjoy lounging at the resort.

REVIEW Bluff Utah continues to develop as a destination of itself, as well as a relaxing spot to set as a basecamp for exploring southeastern Utah. They say "seeking a peaceful retreat or an action-packed adventure, our resort provides the perfect setting for your desert getaway" couldn't put it any better. A range of accommodations, pool, and the delightful Duke's Restaurant (though closed for the winter months), along with all the amenities, enjoying the stay isn't just for catching your beauty rest. Both grand and majestic, it is also warm and cozy. The history of the beginnings of the Inn, tell the story of how much this family owned business cares about the area. Tell your friends you saw this on SWAC.TV - we would certainly recommend it for a special stop on the SWAdventure Corridor!



News from Around the Southwestern Adventure Corridors

NEWS / MINING

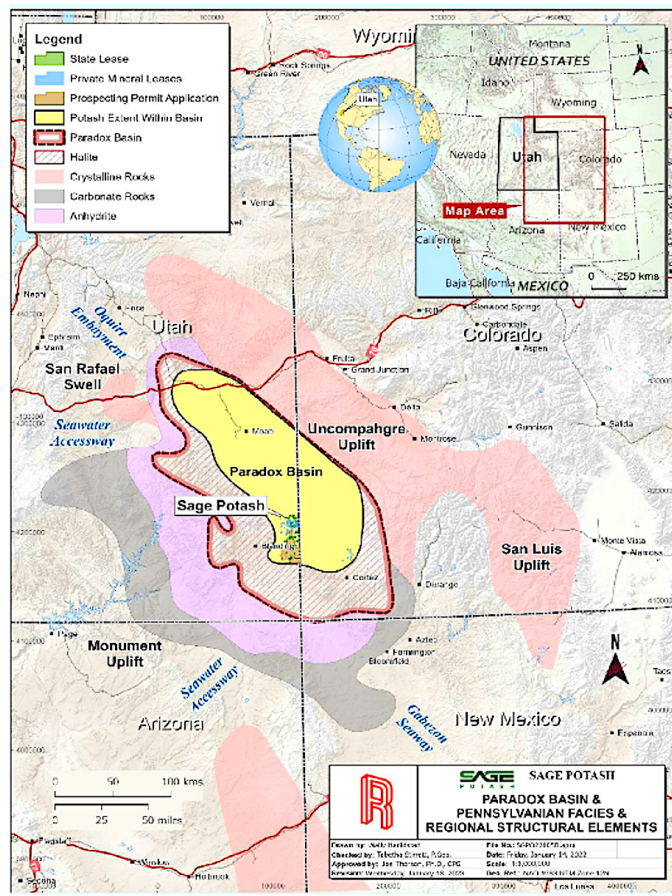
LOCAL US POTASH GROWING A FUTURE

In November, Sage Potash Corp. (TSXV: SAGE) (OTCQB: SGPTF) (“Sage Potash” or the “Company”) out of Vancouver British Columbia, announced its collaboration with Connecticut-based investment bank, ACP Capital Markets (referred to as “ACP”). ACP will serve as the exclusive financial advisor to Sage Potash, bolstering the company's near-term financing goals. This collaboration is poised to ignite Sage Potash's district-scale Sage Plains Potash Project situated in Utah’s prolific Paradox Basin.

Sage Potash is actively advancing the Sage Potash project, focusing Resource Definition, and permitting that will allow for drilling of geological wells that will double as water access, cavern development and waste disposal wells, all of which will support the establishment of an initial demonstration (pilot potash recovery) plant. ACP will work closely with Sage Potash to secure the necessary funding required to execute the establishment of a 20,000 to 50,000 TPY operation. This initial production phase will not only kickstart project cash flow but also provide valuable insights into solution mining production



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methods, facilitating further refinement and scalability.

This partnership underscores Sage Potash's commitment to the success of the Sage Plains potash project and represents a significant step toward realizing its full potential.

Sage’s CEO, Peter Hogendoorn, commented last year that, “Given the current sanctions against Russia and Belarus (which together constitute 40% of the world’s potash supply), the US currently imports nearly all its annual potash requirements from Canada. Having its own domestic supply only makes sense for the US. Reliable and local supply chains are key to achieving national food security in this post-Covid and inflationary era. Even with what appears to be a somewhat more rational market this year over last, shipping costs from Saskatchewan and lower barge capacity due to low water levels of the Mississippi River, can still add \$150 - \$225/ton that would not be incurred by having local production. "As we continue to add to our proven management team, together with our engineering partners, RESPEC Inc. we look forward to sharing ongoing developments as they become available.”

UTAH LAWS FOR 2024

In the state of Utah, the end of 2023 saw the enactment of a new state data protection law. This will require in scope businesses to post “comprehensive and transparent privacy notices, adhere to consumer data privacy rights, conduct audits and cybersecurity reviews, flow through contractual provision on vendors, and more.” Utah consumers will have added layers of data privacy rights, such as access, deletion, and correction, on top of opt-out rights to stop businesses from selling information, using personal information for targeted advertising, and using or collecting sensitive personal information. Though Utah’s version is a bit more business friendly, it retains the similar scope of consumer protection in data collection practices. Another aspect of the new regulation is to collect minimum data, and for the shortest amount of time, to keep that information. Making consumers clearly aware of their opt-out options and what data will be collected, is a primary focus for best practices. More states are adopting this new data law, including Colorado, which had enacted this type of data protection law effective in July of 2023.

What's New for Colorado in 2024

Laws that take effect in January 2024

In addition to Colorado’s widely impacting ban on restaurant take out containers, (see the article on page 3) there are several more changes for 2024 which include:

A cap of \$300 on pet security deposits made in rentals, limiting monthly pet rent to \$35 or 1.5% of the monthly rent. This law aims to provide renters with more affordable options for keeping pets and addresses concerns about excessive pet-related fees.

Another issue involves the medical field, prohibiting medical professionals “from conducting intimate examinations on sedated or unconscious patients without obtaining informed consent or if it is not necessary to save the patient's life or well-being. This law seeks to protect patient autonomy and ensure that individuals are fully informed and able to give consent before undergoing such examinations.” according to the-lobby.com

We’ve written about the “Right to Repair” issue for farmers and ag equipment owners, the new law allows people to repair their own tractors etc. or choose an independent repair service, as opposed to having to go back to the dealer or manufacturer only.



Eviction procedures have changed to allow remote participation in the proceedings. Employers will now be required to inform their workers about new job opportunities before making a hiring decision, and mandates they share info about new hires or internal promotions and on how existing employees can request interest in those positions for the future. These are all relevant to the Equal Pay for Equal Work Act of 2021, with SB23-105 also adding the requirement to establish a process for submitting wage complaints.

January 2024 brings limits on campaign contribution for municipal elections, addresses the parental rights for incarcerated parents to be terminated with careful consideration.

And don’t forget the minimum wage will go to \$14.42 per hour, but if you’re in Denver, it’s set to go to \$18.29 (both for non tip personnel).



Southwestern Adventure TV & Newspaper

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January 12-14, 2024
25th Bluff International
Balloon Festival
Bluff Utah



Photo Amanda Podmore - Bluff International Balloon Festival

Take a Walk in Telluride

Telluride has one of the finest music stores in all of the state of Colorado. Take a stroll down to 335 West Colorado and say hi to Tom Nading owner of Telluride Music company.

Whilst there you might be able to score a Martin all mahogany dreadnought acoustic guitar maybe new or new to you. See if you can snag a Höfner '63 Bass or a Danelectro DE-1 Dan-Echo stomp pedal. It'll be a fun and friendly visit. Tell Tom you saw it here at the Pinto Bean.

Moving along, if you're looking for an adrenaline rush, consider taking a snowmobiling tour - a thrilling way to experience the winter landscape. Remember to check weather conditions and dress appropriately for the cold temperatures. Whether you're an adventure seeker or prefer a more laid-back experience, Telluride in January has something to offer for everyone.



SWAC.TV developing the Southwestern Adventure Online Stop to cross promote your business, and provide an excellent view into your travel planning! So much to do, where to start? Check out the continuing updated videos, and soon, a weekly broadcast covering activities and opportunities for



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What's
on Your
Mind?



THOUGHTS FROM THE EDITOR ~ PUBLISHER

Kendra Cook



Human Kind - Be Both

To know what it means Being Human, a human being, is the first step in retaining our humanity as individuals and as a species. I've looked at this issue in 2023, but it truly is a huge theme for 2024.

The influx of Artificial Intelligence in all aspect of our lives, is obviously a large leap into a completely different way of life, with both good and bad impacts. On the troublesome side - take the plot for transhumanism - combining our divine essence with technology. There are obvious mechanisms that have been truly helpful for many people to extend the life of their physical body, such as a pacemaker. But some projects like Elon Musk's Neuralink, a company developing implantable brain-computer interfaces (BCIs), literally chips that can be programmed to control the brain, inserted into your head, may not be the best for the human species depending how it is used.

Another aspect of AI is the threat or promise, of computers and future robots, replacing humans in many more jobs than already happened since the Industrial Revolution a century ago. As elites like Yuval Noah Harari call the masses a useless class (useless eaters) they are out right telling you they believe you are worthless, that the future is not human. The global echelon of those attempting to rule a one world unelected government, consider the 'masses' to be similar to how we deal with cattle - and they are working hard to rid the planet of cows. Could this be because they truly are no longer or never were actually 'human', but possessed by other entities, demons, or have sold their souls?

The most obvious divine element that you can see in a human versus a regurgitated computer system, is that humans have creativity and imagination. As was shown to the character Spock and later Data on Star Trek in so many episodes, humans will sacrifice themselves for others, and act un mechanically because we are capable of love.

Currently the disintegration of the family, love, and creative energy is killing our humanity. We are at war. "War" is revealing itself in many ways: Banksters want to cut the population off, and restart the monetary system through digital currency - CBDC central bank digital currency, where those in charge, and their computers, control how and what you can do with 'your' money. What if you can't pay your bills? Our current population likely is not even aware of what a 'debtors prison' was. On another level we are at war for our property - every mortgage being called in during a 'force majeure' event would cripple housing, generate more 'migration' into city box containers, as the masses could no longer afford a home. Forget the Military Industrial Complex wars in foreign countries, how about the war at home on those so called 'patriots' who love the country, who want to keep the representative republic, and keep the American dream alive, being called 'terrorists' while thousands of people of unknown intent are illegally flooding our border and being bussed and flown to cities all across this nation.

If they can take your border, and human sex traffic, kill your currency, and control your every move, it's not a stretch that if you don't reject this and create a new way to live peacefully and with humanity at the core, not only is our way of life at risk, but globally the species as a whole is at risk of extinction. On that note... Best Wishes for Thriving in 2024!



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THC ED Part 5. Five part feature for a series exclusively in the Pinto Bean, helping to educate those unfamiliar with the plant cannabis sativa, looking into what is happening in the four corners and beyond, as we head into 2024.
(Medical and Recreational dispensaries in Colorado are only available to those 21 years old or older.)

By Contributing Writer - Hayden Pate

HEMP Cannabis Sativa

Classifieds

\$10 gets you a text only spot that fits into 11pt Times font up to 3 lines of the entry. The Classified section will be 3" wide just like this. Two month commitment. \$2/ additional lines.

Jobs Jobs Jobs - go to our Facebook page for the latest updates "In Between the Bean" - local area job postings and notices are available at @ThePintoBeanDoveCreekCO

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Looking for Alternative News and Info resources online? Try **Banned.Video** for weekday LIVE streaming programming and interviews M-F.

Help with the effort to sound the alarm on the critical climate engineering issue. Share the free materials, geoengineeringwatch.org and watch the DVD - The Dimming

PUBLIC NOTICES: Governmental SDA Agencies Starting at \$14.75 per issues, includes the first 5 lines, additional column lines at \$4/line

NOTICE: Sally Cooper passed away December 11th 2023, the family will host a celebration of Sally's life for the Dove Creek community this summer, place and date to be determined.

Keep your Immune System Strong! Great supplements that support YOU while you help to support the First Amendment There's a War out for your Mind...
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HEMP. We all have heard that Hemp was a big business in the past two hundred plus years in America; the draft Declaration of Independence was said to have been written on a hemp paper. Hemp was used for boat rigging ropes for its durability and flexibility. Hemp was even used as a means to pay your taxes at one point! Since the entire plant that hemp is derived from had been completely banned in the US, that market was taken over by eager cotton and wood producers in the US. But after the 2014 US Farm bill reopened the potential for a regulated Hemp industry in the US, the last almost decade has been a roller coaster for both growers and administrators, working through booms and busts, with a hard learning curve on what works and what doesn't.

The CBD market from low THC hemp plants, hit high pricing and great returns in the first years, but with more supply came lower pricing as is the case in all types of business, the market shook out the loose hands as they say. But the market for HEMP is changing and growing, beyond the use of oils for a variety of benefits.

The Growing Use of Hemp

Hemp Fiberboards: Hemp fibers can be processed and compressed to create fiberboards used for paneling, insulation, and flooring.

Hemp Insulation: Hemp fibers can be used as an insulating material in buildings to reduce energy consumption and provide a more environmentally friendly option compared to traditional insulation materials.

Hemp Plastics: Hemp fibers can be combined with other materials to create bioplastics, which can be used for various building components such as window frames, roofing tiles, and structural elements.

Hemp Carpets and Textiles: Hemp fibers can be woven into durable carpets and textiles used for interior decoration and furnishings.

Hemp Roofing Materials: Some companies have developed roofing shingles and tiles made from hemp fibers, providing an eco-friendly roofing option.

Hemp Wallboards: Hemp fibers can be used to make wallboards that are suitable for interior partitions and ceilings.

Hemp Oil-Based Finishes: Hemp oil is used as a natural finishing product for wood and other surfaces in buildings.

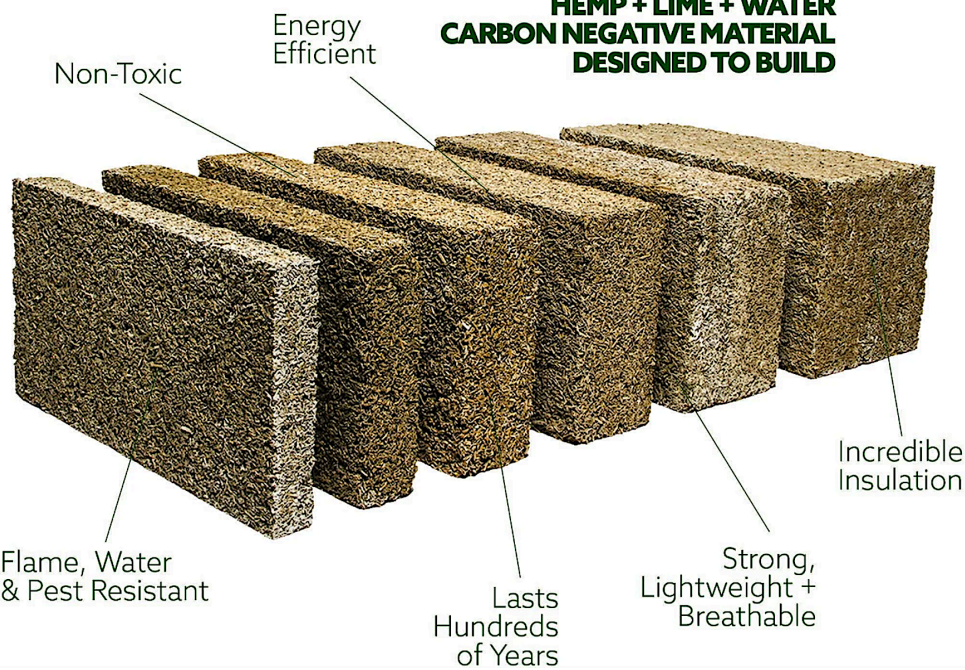
Hemp Carbon Batteries:

Wisconsin Battery Company (WinBat) bought 17 acres of land in the Portage Industrial Park to be used for a new battery manufacturing plant. The plant will also include a battery recycling facility, be powered by solar to the extent possible, and include a daycare center for employees.

They will be hiring workers being laid off from the closing Energizer plant in the city. The company is dedicated to advancing energy storage solutions that contribute to a sustainable and clean future. They want to provide clean energy and reduce reliance on environmentally harmful materials while delivering higher performance. Innovating a sustainable alternative to lithium-ion batteries by utilizing hemp carbon as a key component. These batteries will offer improved energy density, longer lifespan, reduced environmental impact, and utilize domestically produced raw material thus addressing the national security risks associated with global lithium sourcing. Their goal is to create batteries to be used in hearing aids. The long-term goal is to produce two innovative batteries that will offer improved energy density, longer lifespans, and reduced carbon footprint. This can be accomplished if hemp is grown for biomass and then converted through pyrolysis (charcoalizing) or biochemical composting into fuels to replace fossil fuel energy products.

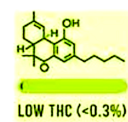
HEMPCRETE

**HEMP + LIME + WATER
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Hempcrete or hemp-lime is biocomposite material, a mixture of hemp hurds (shives) and lime, sand, which is used as a material for construction and insulation. Typically, hempcrete has good thermal and acoustic insulation capabilities, but low mechanical performance, specifically compressive strength. Hempcrete's mechanical properties, when used in prefabricated blocks specifically, act as a carbon sink throughout its lifetime. The result is a lightweight insulating material, finishing plaster, or a non-load bearing wall, ideal for most climates as it combines insulation and thermal mass while providing a positive impact on the environment.

HEMP



Cat's out of the Bag

Mountain Lions have been a part of Colorado's landscape for as long as most can remember, and then some. Referred to as cougars, panthers, or puma, they are one of the largest cats in North America. Interactions with population and other animals has been on the increase again this winter. There was a warning released in Boulder recently, but likely other similar cities and towns could experience similar situations. These predators will target smaller animals mostly, but humans need to take precautions especially if more than one are moving into a populated area.

They will typically only attack when they feel threatened or desperate, but running away is not suggested, as their instinct kicks in to go on a chase. CPW and other specialists suggest backing away slowly while standing tall and talking firmly facing it, opening a jacket or waving arms and picking up small children or pets if they are with you. Also. If you do get attacked, fighting back with everything you have is necessary as your life may depend on that

There is a hunting season for mountain lions in Colorado, and, before a Mountain Lion license can be issued, hunters are required to have a mountain lion education certificate issued by CPW. The regular season runs from the end of November to the end of March the following year.

However, certain areas extend the season into the month of April upon approval each year, based on the objectives being met or not, with consideration for other wildlife resources and land management priorities. For details on hunting regulations in Colorado, go to CPW.state.co.us/

OUTDOOR COLORADO



Opponents to hunting the cats (along with bobcats and lynx), continue to plague the Colorado legislature, as we will see another attempt to get a ban on the ballot for the fall of 2024. A petition was submitted to the Colorado Supreme Court, "The petition argues the measure is misleading and the Colorado Secretary of State's Title Board made several mistakes when the board approved it for signature gathering to get it on the November 2024 ballot." according to a Colorado Sun article. Another initiative, #101, is proposed to limit but not ban altogether hunting the cats. Lynx hunting is already not permitted and protected nationally as an endangered species. Most of the issue surrounds the 'trophy hunter' category.

Residents are already allowed to kill wildcats to protect their livestock and property, under Colorado law, and this is included, to remain in the new proposals as well.

However, in Utah, the Division of Wildlife Resources made changes in 2023, such that there is now year round harvesting with a hunting or combination license, without a bag limit. There remain in place the harvesting reporting regulations. These wildlife amendments became part of the law through HB 469 signed into law last March, and went into effect last May. For details on cougar hunting in Utah, go to wildlife.utah.gov/cougard-hunting.html

WOLVES RELEASE



Colorado Parks and Wildlife (CPW) experts completed wolf captures in Oregon, finishing their work in the state. As a result of the CPW team's work in Oregon, the agency released a total of 10 gray wolves onto state-owned public land in Summit and Grand counties Colorado, continuing the agency's efforts to create a permanent, self-sustaining gray wolf population in the state. This total completes the agreement with Oregon for the December 2023 - March 2024 capture season. CPW released the name tags, sex, age, weight, color and pack data for the 10 animals. Six females and four males, with two male adults, the rest are yearlings. The wolves range from 66 lbs to 104 and 108lbs for the two adult males.

Colorado Parks and Wildlife biologists were careful to select yearling and adult wolves that are mature enough to hunt prey on their own.



Wolf 2306-OR shortly after release in Colorado on December 19, 2023 - Both photos via CPW

Wolves are typically born in April of each year, and a wolf that was born in April of 2022 would be almost 20 months old now. That animal is called a yearling. That animal is capable of hunting on its own.

Rachel Gabel journalist for The Fence Post, reported she traced the first of the wolves released into Colorado back to their packs of origin in Oregon and reported two of the wolves came from the Five Points Pack which has been responsible for chronic livestock depredations in Oregon, and Oregon wildlife officials had killed other members of this pack over the summer. The adult male wolf moved to Colorado came from a pack that had confirmed cattle kills in Oregon in both September and October.

The only option for lethal control by a landowner or member of the public is if they encounter a wolf in the act of depredating livestock, or in an act of self-defense or defense of human life. If lethal control is used during a depredation event, a permit must be issued, and an investigation by CPW would determine whether there is proof of either of these instances occurring at the time of take. Without a permit, killing a gray wolf remains punishable by fines up to \$100,000, jail time, and loss of hunting privileges.

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CO District 3 Seat Shake Up

POLITICS / NEWS

RARE EARTH MINERALS

The end of 2023 brought a surprise announcement regarding Colorado's 3rd District race for 2024. Rep. Lauren Boebert announced she is headed to the Eastern Plains to run in Colorado's 4th Congressional District for the 2024 election. Currently in Dist. 4 is GOP Rep. Ken Buck, who announced he will retire after this term is up. Several Republicans have already entered the primary race, including Deborah Flora, Ted Harvey and Richard Holtorf. The last Dist 3 race back in 2022 was a close match up with the Democratic candidate Adam Frisch, who declared his intention to run again right after his announced defeat. Boebert had been nationally targeted since the last election cycle by the Democratic opposition with a lot of out of state funding coordinating the campaign against her. In District 3, a strong Republican primary



challenger named Jeff Hurd is set to start the campaign trail. Running on the tagline "Serious Leadership for Rural Colorado", he has received some significant endorsements and was on pace with Boebert's fundraising before she left that race. You do not have to live in the district which you represent to run. Jeff Hurd lives and works in Grand Junction Colorado, more info can be found at jeffhurdforcolorado.com

Energy Fuels Inc., reported from Lakewood Colorado, as a leading U.S. producer of uranium, rare earth elements ("REE"), and vanadium. They recently announced that it has entered into a non-binding Memorandum of Understanding ("MOU") with Astron Corporation Limited ("Astron") to jointly develop the Donald Rare Earth and Mineral Sands Project, located in the Wimmera Region of the State of Victoria, Australia (the "Donald Project"). The MOU describes indicative commercial terms and provides Energy Fuels with a binding exclusivity period to end on March 1, 2024, during which Energy Fuels will be entitled to conduct due diligence and the parties will negotiate definitive agreements.

The Donald Project is a world-class, world scale, 'shovel-ready' critical mineral deposit that Energy Fuels believes would provide it with another near-term, low-cost, and large-scale source of monazite sand in an REE concentrate ("REEC") that would be transported to the Company's White Mesa Mill in Utah, USA (the "Mill") for processing into REE oxides and other advanced REE materials and recovery of the contained uranium. Energy Fuels is rapidly creating a new significant REE supply chain that can reduce America's reliance on REE's from China.

US PRIMARIES & CAUCUSES 2024

For January, the first kick off is the Iowa Caucus for the Republican party is on the 15th. That is followed by both the Democrat and Republican Primaries in New Hampshire on the 23rd. The Primary and Caucus events continue through June with March 5th being the most states at one time. This election cycle, the big conventions will be held July 15 - 18 for the Republican Convention in Milwaukee, WI, and on August 19 - 22 the Democratic Convention is set to be held in Chicago, IL

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SMALL TOWNS SMALL BUSINESS BIG PASSION

Attracting new businesses in Dove Creek or any small town, takes both an effort on the part of the local people to support the products or services, equally as much as the business itself working hard to provide great products and services. In an area where businesses are booming with a large population / customer base, the odds and success is measured differently. Many times, putting investment in under served locations, becomes a lucrative long term return on your efforts; as all big money investors will tell you, the time to buy in is when the price is low! What really drives people to making a small business work in a small town?

The other part of the equation seems to be passion. The road to success is not an easy given, with plenty of customers and workers lining up at your door! No, to acquire and hold good employees is quite the challenge, and reaching your target audience is more than just hanging a sign out front. Here are a couple of new examples of people working hard to bring new business to small towns.

Canyonland Auto Sales Dealer in Dove Creek CO opened in 2023 at 61888 HWY 491, can't miss the little yellow office! Part of a three location used car dealership also in Moab UT and Montrose CO, they offer a diverse inventory of new to you cars and trucks. Owner Norm Knapp has been working to expand the Canyonland Auto brand in this region since 2016. With a team with decades of new and used car dealership and sales experience, they are dedicated to make your purchase the best to fit your needs. Go online to see the current inventory or call the newest salesperson in Dove Creek - Kendra Cook! 970-394-0410 <https://www.canyonlandauto.com/>

Elemental Strength Dolores is the passion of Amy and Derek Beckman, they have remodeled the building at 500 Railroad Ave. Dolores CO, to open a new gym. Included will be functional fitness classes, open gym hours, option for 24 hour access and an infrared sauna, as well as the return of karate classes by Montezuma Martial Arts Academy. They are enthused to bring this healthy option back to an ever changing Dolores, where businesses come and go, with the dedication and hardworking of these two, this venture is sure to succeed being a win win for the community. For membership info call 801.860.3242 or go online to <https://www.elementalstrength.co>

Home of the Green Plates!

CANYONLAND AUTO SALES



Are YOU Prepared?

TECH / LIFE

The "what ifs" in life, such as what was described in the lead article on the front page - are what every responsible individual should be addressing - hoping and praying for the best, but being prepared for the worst. Achieving a sense of preparedness and peace of mind for the unexpected involves a combination of practical steps, mental readiness, and ongoing habits. Here's a comprehensive guide to help you prepare for unforeseen events:

Emergency Supplies:

- Create an emergency kit with essentials like water, non-perishable food, first aid supplies, a flashlight, batteries, and important documents.
- Regularly check and update your kit to ensure everything is in working order and within expiration dates.

Financial Preparedness:

- Build an emergency fund that covers at least three to six months of living expenses, or as much as you can save not in the bank.
- Consider alternatives to currency, such as precious metals and cryptocurrency like bitcoin.

Health and Well-being:

- Keep a supply of necessary medications and a basic first aid kit.
- Maintain regular health check-ups and research alternatives to pharmaceuticals.

Mindfulness and Resilience:

- Practice mindfulness and stress reduction techniques.
- Cultivate a resilient mindset by focusing on what you can control and adapting to changes.

Communication Plan:

- Establish a communication plan with family and friends in case of emergencies.
- Ensure everyone knows how to contact each other and where to meet.

Stay Informed:

- Stay updated on current events and potential risks in your area.
- Know emergency procedures and community resources.

Digital Backup:

- Keep digital copies of important documents in a secure, accessible location.
- Copy your cloud storage of critical data and information to backup drives, and print out hardcopies of documents you may need.

Community Engagement:

- Get involved in community preparedness programs - neighborhood watches.
- Know your neighbors and community resources.

Preparedness for the unexpected is an ongoing process that involves a combination of tangible preparations, mental resilience, and a willingness to adapt. By taking a comprehensive approach, you can enhance your peace of mind and readiness for whatever challenges may arise.



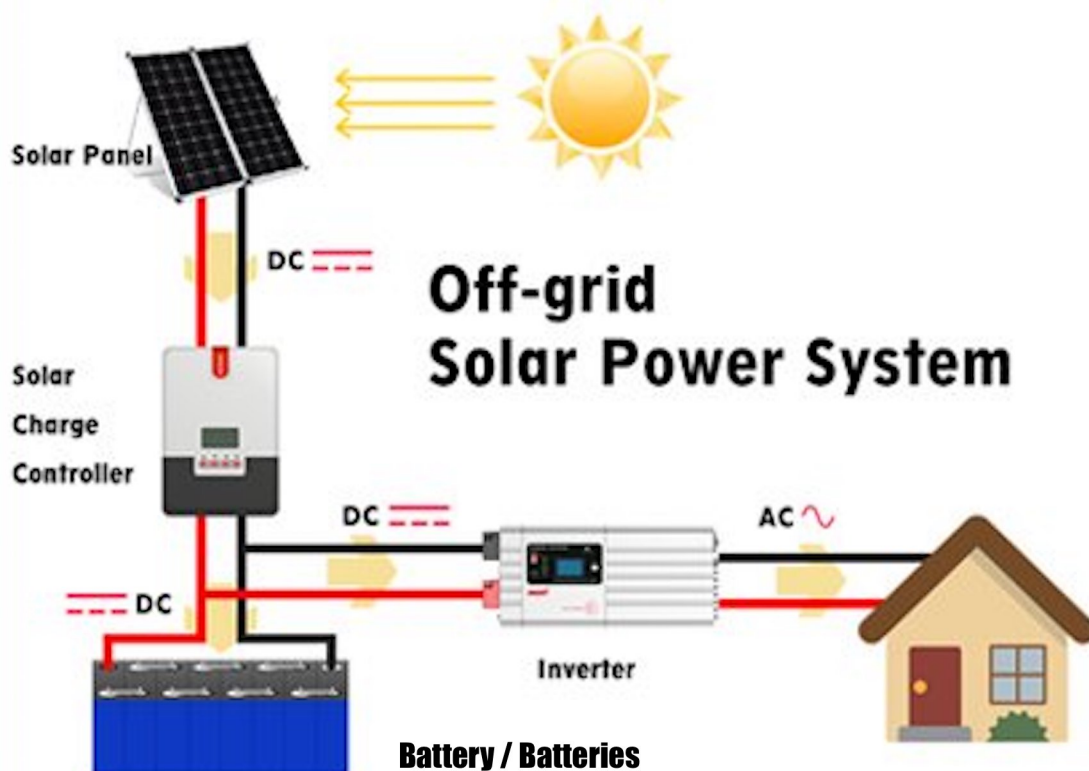
EMERGENCY ISSUES TO CONSIDER

What will you do if the electric grid goes off - do you have a plan for keeping the freezer running, how long will the gas last for a generator? (Gas stations won't be able to pump up the gas... consider the implications of no electricity on businesses too).

The Internet 'goes off' - whether it's an attack on the system, or satellites down, what's your plan, how much are you dependent on accessing the internet, consider this and make at least mental plans on how to deal with this.

Are you prepared for actual community disruption, with increased crimes, aggression, when people get frantic or desperate, know ahead of time how you will act and respond

Consider Solar Power in 2024



A simple and small solar based 'system' can be affordable and help with various scenarios in an emergency, as well as in daily life. There is the small 'solar generator' type of setup, a panel or two, possibly mobile, cabled to a charge controller, connected to a battery or two, and an inverter with outlets for basic things to be plugged in as well as some units having USB ports. The next step up involves larger panels, controllers and inverters that can handle the larger load, and bigger or more batteries to store the energy overnight. If this is going to connect to a house, then the appropriate fuse box and outlets are needed. A larger step up is to have panels and inverter with a



'grid tie' - talk to your local electrical supplier for details on how that is needed to be setup with a professional to correctly connect to the grid.

Panels typically run about \$1 per watt. Charge controllers can be as little as \$20 for a very small input, to about \$800 depending on a lot of various options. Inverters likewise run from \$100 well into the thousands of dollars. And your battery supply can go from \$150/unit to \$3000 or more per battery.

So although there is a lot to learn to determine how much solar you need and can afford, you can start with a simple kit for under \$1000 and be a little more prepared.

SAY WHAT?!

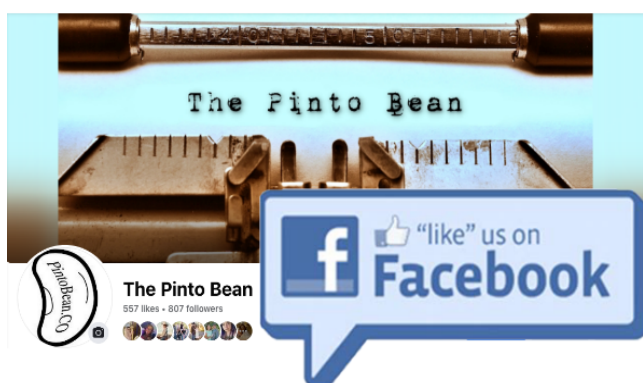
Monthly Commentary by
Contributing Writer Linda Cunningham

RESISTANCE ISN'T FUTILE, IT'S NECESSARY!

This phrase keeps going thru my head because I believe America is at a crossroads, do we retain our freedoms and independence or do we allow this administration to continue eroding our constitutional republic and turning us into a third world country? The constant lies coming from this white house have me shaking my head in disbelief. We are now in the third and hopefully final year of the Biden regime, and I for one truly hope and pray Trump gets re-elected. Of course, for all the damage that's been done over these 3 years, it will take more than the next 4 to repair and put things back as they should be, but it's a start. I don't need to repeat all the wrongs that need righted...most people are aware of what needs to be done... we after all lived those 4 years under Trump and saw this country flourish along with our bank accounts. So for those that are "on the fence"... and for the life of me I don't know how that could be, but if you are, ask yourself, "when is enough, enough?" Are you really happy with gas prices being triple what they were, are you excited to spend more at the grocery store for half the amount in the packaging as before, and are you willing to support, yes support with your hard earned dollars, illegal migrants pouring into our country every single day by the thousands. Yes I'm shaking my head again and maybe a little primal scream therapy to make the day more tolerable, but it works and I have no neighbors.



"America will never be destroyed from the outside. If we falter and loose our freedoms, it will be because we destroyed it ourselves." - ABRAHAM LINCOLN



COMMUNITY / COMMENTARY



QR CODE TO DEEP DIVE LINK PAGE



DEEP DIVE HEADLINES

New for 2024 - the Pinto Bean has expanded to reach more locations around the Southwestern Adventure Corridors, but we know we don't live in a vacuum, so we will be including headlines and links to news you can use - from 'alternative' media outlets to the Mainstream lame media also called MS5. It's clear that the major 'networks' are reporting in "lock step" with the news that authorities want you to hear and see. But how do you find other places to read, other sites, podcasts, streaming video, first hand reporters? It appears that the media platform online now called "X" (was Twitter), has taken the lead on being the largest reaching feed from entities all across the spectrum. It is difficult for many to navigate, the best suggestion is to sign up, find at least one person to follow that you know has some topic of interest to you, then see who THEY are following, and add them to your list, and so on. Your 'feed' will then be filled with whatever you are most attracted to looking at.

So this "Deep Dive" section, will be designed to provide various interesting and off main stream headlines - in print below, you'll only see the link to the main website name, but if you use the QR Code Above, that will take you to the webpage on our site, that has the direct links to the specific stories. <https://pintobean.co/deep-dive-1>

At the very least, you'll be able to surf the websites listed below the headlines, and begin to follow those pages and outlets that resonate with you. If you have a site you'd like us to share at our discretion, send it in to info@TPIProductionZ.com (more direct QR links to the right)

United States Special Presidential Envoy for Climate John Kerry says it will take trillions of dollars to "solve" climate change. Then he says, "There is not enough money in any country in the world to actually solve this problem."

<https://www.bibliotecapleyades.net>

Climate-Change Hypocrisy is a Fair COP for Dubai Conferees. Many of them came in carbon-spewing private jets. Some were snowed in at the airport in Munich.

<https://www.bibliotecapleyades.net>

Ditch the Dollar - Who's in who's out? Russia calling on other nations to get out of using the dollar as the global reserve currency.

<https://www.naturalnews.com/>

Impact form **Blocking the Red Sea Blocking Trade Routes** - Ripple effect seen around the world.

<https://www.allnewspipeline.com>

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<https://www.theburningplatform.com>

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<https://www.infowars.com>

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<https://leohohmann.com>

Simple Shrimp & Sausage

By Kendra Cook

Holiday feasting is over, resolutions are made and likely soon to be broken, in the mean time, it's still cold, it's winter, and though the days are getting longer, it is still sunrise around 7:30am and sunset just after 5pm. Hearty comfort meals warm the body and soul, but have you run through all your favorite winter time concoctions already? Here's a dish that sounds exotic, but can be simplified and spice up your weekly meal plan. Paella - pronounced py-EL-ə, pah-AY-yə. This is a spanish dish, from the Valencia region, the word actually means a frying pan, specifically wide and shallow, originally meant to be cooked over an open fire. (an expensive one shown here out of copper, steel or cast iron is as good in distributing the heat.)

Traditionally, the bomba rice is seasoned with saffron becoming yellow, paella combines a range of proteins such as chicken, pork and or rabbit, green beans, butter beans, cooked in chicken broth and olive oil. The seafood variety that became popular in the U.S. adds muscles, clams and shrimp or more, as the

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Paella



main ingredients. You are just as likely to find a complete mix of all of the above, with chorizo added in as well. The dish differs from a jambalaya as to the type of rice, and the spices added, but certainly a dish influenced from the cuisine of West Africa, France and Spain. You'll find many versions of 'how to' recipes and certainly making it your own is the key to a customized success with rave reviews! It is usually served from the cooking pan itself in the center of a table, where all can 'dig in' and pull out whichever portions they favor. As they say in Spain - ¡Buen provecho!

Recipe - Ingredients

- 2 garlic cloves finely chopped for shrimp
- 6 more garlic cloves sliced thin
- Extra-virgin olive oil
- Himalayan Salt
- Smoked paprika
- ¼ tsp. saffron threads
- 1 lb. tail-on medium shrimp, peeled, deveined
- 8oz. smoked Spanish chorizo sliced ¼"
- 1 large onion, finely chopped
- 2 Tbsp. double-concentrated tomato paste
- ⅔ cup dry white wine
- 5 cups (packed) cooled cooked short-grain rice (1¾ cups dry)
- 1½ cups frozen sweet green peas
- 1 cup roasted red peppers strips
- Lemon wedges (for serving)

Mix chopped garlic, 2tbsp EVOO with 2tsp salt and 1 tsp paprika, toss to coat the shrimp (can marinate overnight, cover and chill). Add 3/4 tsp saffron threads to 2 tbsp warm water. On medium heat, add the sliced chorizo to 2Tbsp EVOO, cook to brown, remove from skillet. Add the shrimp back in that skillet, turning gently to just pink outside, and remove to sit with the chorizo. Next add the onion, garlic slivers, more salt with additional EVOO as needed, to cook the onions to a translucent stage, then add the tomato paste and 1 tbsp paprika. Stir to combine evenly, then add the wine. Boil to reduce by half. Next add the rice you already cooked, adding in the saffron water. Stir and season to taste, evenly distributing the rice and packing it down to fill the skillet. Take the heat down to medium low and let it cook so the rice crisps up on the bottom about 10 min. To assemble the dish, distribute the peas and red peppers on top, layer the shrimp and sausage, and cover then remove the dish from the heat and let it sit for several minutes so the peas thaw, then serve at the table.



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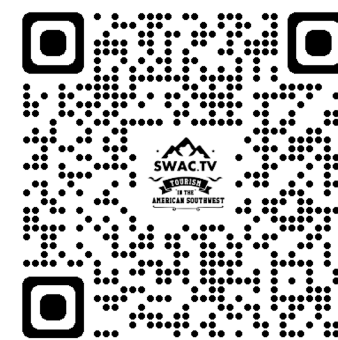
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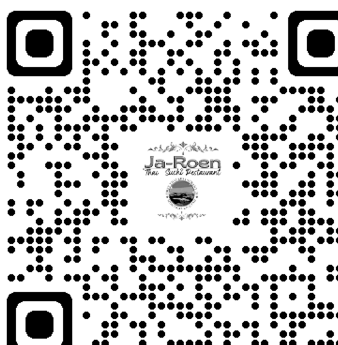
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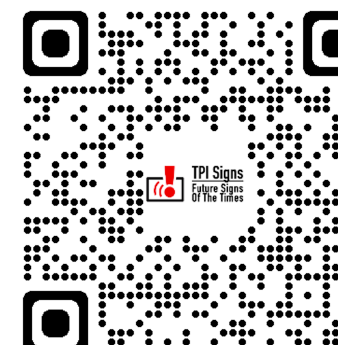
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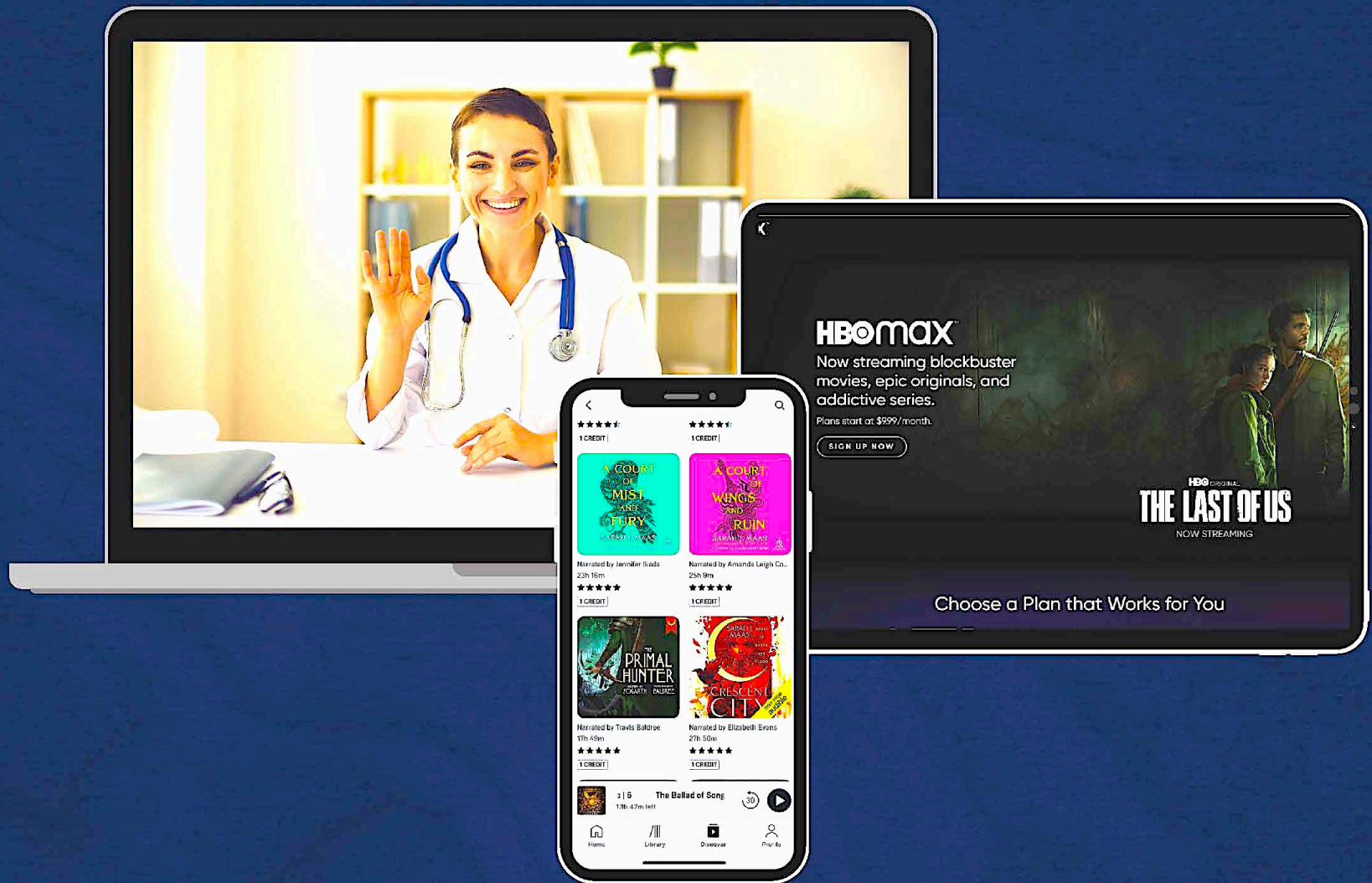
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Source: Business Insider

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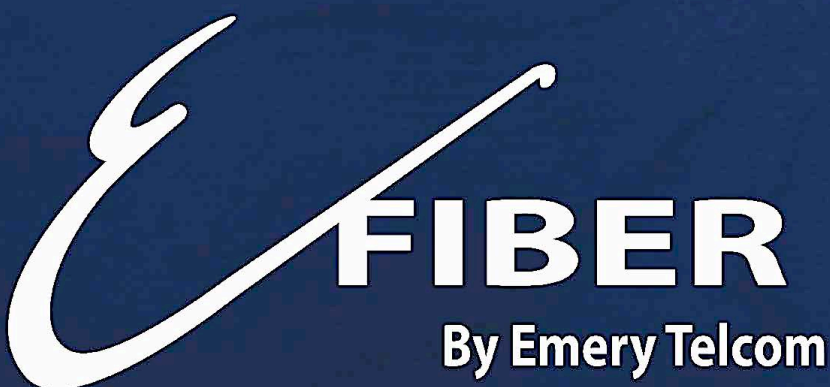
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