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Activities and News Along the SWAC

### A TIME FOR APPRECIATION

**VOLUME 23 ISSUE 11** 



Photo Joan Gore Road through Rico to Telluride

The Four Corners area provides a wide range of tourism opportunities, drawing travels from the immediate region, to all across the country and from many countries across the world. Reaching out to various industry agencies and groups in the area, the overall input indicated a good 2023 coming back from some challenging recent years, to say the least. Keeping labor has been a challenge, along with the impact of the overall economy which has yet to curtail travelers and spending altogether. Businesses responded they do see a need to compete for those select tourist dollars.

In San Juan County, judging by tourism tax collections, they see an increase of about 14% over 2022, with an increase in the International audience. As with any town in the path of the recent annular eclipse, bookings were solid for lodging during that unique but fleeting global event.

While over in Montezuma County, according to the Mesa Verde Country organization, "summer travel season saw a return to 'normal'." Specifically in the town of Mancos, their visitor center saw an increase of 31 % over 2022.

continued page 6

#### **Tourism is Back 2023**

By Kendra Cook

November has us taking a pause before we head into winter, and being thankfull for our many blessings - from Veteran's Day Nov. 11th through Thanksgiving, as the leaves make their final dance to join the forest floors, and the snow drifts on top as a blanket of white; SWColorado and SE Utah wind down the tourist services and diverse outside activities that draw so many to our area each year. While for some, the cooler temperatures and snow at higher elevations, brings out another adventurer, the biggest economic impact on the SWAC runs Spring, Summer and Fall.

The initial reports of economic impact and travel numbers in our area, bring a positive outlook and a time for appreciation and being Thankful.



Boggy Draw Trails - Dolores Chamber of Commerce Photo courtesy Shawn Gregory

DOLORES COUNTY/ DOVE CREEK - With the new Lodgers Tax allocation for Tourism promotion, and a reformatting of the Dove Creek Chamber, we call out to local stakeholders - those with an interest in the developmental direction for the town of Dove Creek and Dolores County (mostly west end oriented) for tourism.

The Pinto Bean is hosting a meeting to re-energize the coordination of local businesses towards driving the appropriate Tourism to the County and Dove Creek through a non profit, in coordination with local businesses. It's up to those who benefit - land owners and businesses, to determine how we manage the future to be the most beneficial for a thriving community. To be alerted to the time and date of the first meeting, please subject **TOURISM** email with info@TPIProductionZ.com to be added to the list.



INSIDE THIS ISSUE.. Tourism Up Dolores County Schools New Construction **Emergency Alerts** DC New Ambulance Chief Senior Center Help DC School Sports & FFA Events \* Schedules 4-H Dolores County Spill the Beans THC-ED Part III History 2023 Farm Bill YJLA New Business Wildlife Care - Wolves... Talking Turkey SayWhat?! New Boots or a Crock Weather Plus PB Recipe Feature Confit

Have a press release? Want to see something included in the next 'Bean? Want to be a Contributor? Contact us by email info@TPIProductionZ.com or call 970-394-0410

and more...

**PINTOBEAN.CO ONLINE** 





Real Product... or just a CROC - read on page 14

#### **DOLORES COUNTY SCHOOLS**

Contributing updates Ty Gray Dolores County RE-2J Superintendent

The Dolores County RE-2J School Board meeting in October, included updates on the New Elementary School project, which is on schedule for completion of concrete by the end of October. Next, steel is set to arrive in early November. There will be a beam signing activity with the elementary school students and a last beam ceremony with the students when the final beam is put in place. Interior colors have been selected and approved with the FF&E for the building for an initial order by December. Playground equipment is on track to be ordered by the end of the year as well. Meanwhile, the old high school has been demolished with the next steps of backfilling and grading the site around Memorial Hall. Currently the exterior is being prepared for the new stucco on Memorial Hall.

In other district news, the plan for Rico Annexation/Detachment goes out to voters to get approval. The district's audit was completed and the auditor was very pleased with the district's financial record keeping. All funds are doing well and the only addition for this year was to include the bond funds and the bond redemption fund. Roxie Guynes has done a great job changing the financial reports formats.

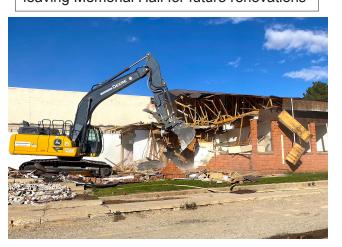
The board discussed November ballot proposition HH and took action later in the meeting in opposition to proposition HH. Four

policies were reviewed by the board for minor adjustments to align with state statute, with four district policies approved for second reading. The resignation of Robert Fraizer was reluctantly accepted by the board as Mr. Frazier has been with the school district for 15 years. Mr. Frazier has been a big piece of our district and he will be missed. He retired and will be enjoying life.



**Above:** DC Elementary School new building construction during October 2023

**Below:** Removal of the old DC High School, leaving Memorial Hall for future renovations





### PLEASE STOP STEALING STREET SIGNS

The Offices of the Dolores County Sheriff and Road and Bridge Dept. are requesting if anyone sees or knows of people stealing road signs and posts too... please contact the office. Stealing signs is a CRIME, and costs the tax payers MONEY, as well as potentially resulting in vehicular ACCIDENTS.

It is NOT a joke, funny, or just a prank. We know street signs with funny names are targets, those marking 666, 420, or 69 have been targeted too, which is why mile marker near the state line changed on HWY 491 Stop - please don't take the Stop signs.

(Public Service Notice 10.23)

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, the ad space will be changing for 2024. We are currently distributed to over 200 locations from Moab, Monticello, Blanding to Bluff in Utah and from Dove Creek to Cortez, Mancos, Dolores, Rico, Telluride and Norwood in Colorado. Submit contributing articles and opinion pieces subject to the discretion of the publisher.

#### PUBLIC SERVICE NOTICE

#### LOCAL EMERGENCY ALERT SYSTEMS

Every County has some type of emergency agency or office, tasked with assessing potential emergency situations, and generating plans to deal with each. Part of the scope of an emergency manager, is to be able to get timely alert information out to the residents. This includes everything from weather alerts, freezes, snows, winds, to road closures, or criminal activity that may impact a neighborhood or area.

In Montezuma and Dolores Counties in Colorado, agencies have moved to a new system called Everbridge, where citizens can sign up to receive text messages for specific categories of what you'd want to receive alerts for, as well as the ability to snooze times so you aren't alerted when sleeping for example. Sign up is free, though if you pay for text

San Juan County

munity Emergency Notification S

# EMERGENCY ALERT SYSTEM DOLORES COUNTY

messages, those fees apply, while many have unlimited text receiving in their cell phone plans. Agencies switched from the Nixle system to this new one in mid October. If you have any questions, you can contact your non emergency Sheriff or Police office numbers. In Utah, San Juan County emergency managers utilize the AlertSenses system, again a free service for the residents, you can sign up for text, email, pager or voice call in extreme cases, based on preferences that you select when signing up.

Montezuma, Dolores Counties: https://member.everbridge.net/3

San Juan Alerts: https://public.alertsense.com/Sig

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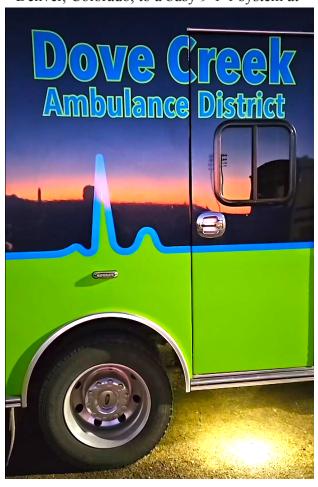


#### Town of Dove Creek Volunteer Ambulance District Meet the new Ambulance District Chief Daimond Smith

Courtesy Photos / Contributing Article

"My name is Damiond Smith. On October 1st, 2023 I took over as the Full-Time EMS Chief for Dove Creek Ambulance District. This is momentous for the district being as the previous chiefs for this service were all Part-time. I would like to tell you a little bit about myself, the service, this position, and what you can expect in the future.

I am 27 years old and from Cortez, Colorado. I live with my wife Danielle and our daughter DJ. Danielle and I were born and raised in Cortez and have no plans of leaving this area. We absolutely love the outdoors. Some of our favorite hobbies include boating, fishing, and camping. We are also very family oriented and are lucky enough to have our family close by. I have been in EMS since 2014 and have been a Paramedic since 2019; finishing my Bachelors of Applied Science in Advanced Paramedic Practitioner to be completed May of 2024. I have worked in a lot of different EMS systems from transport systems in Denver, Colorado, to a busy 9-1-1 system at





Southwest Health System in Cortez, Colorado, but I am glad to call Dove Creek my home. I started here in 2021 as a PRN provider and have enjoyed every minute of it since. In addition to working on the ambulance, I am an adjunct instructor with Pueblo Community College in Mancos, helping teach the EMS providers of the future and a Firefighter Paramedic with Cortez Fire Protection District. I have multiple certifications including Mental Health Resilience Officer, Neonatal Resuscitation Provider, AMLS (Advanced Medical Life Support), PHTLS (Prehospital Trauma Life Support), and instructor certifications in ACLS (Advanced Cardiac Life Support), PALS (Pediatric Advanced Life Support), and CPR.

As the chief of DCAD I plan to really focus on training as the service area we care for is frontier rural. DCAD is an ALS (Advanced Life Support) service running about 275 calls a year covering the western part of Dolores County. Most of the calls that we run have transport times over thirty minutes and are of high acuity with limited resources for assistance. It is imperative that the providers on Dove Creek Ambulance are highly trained, highly qualified, and confident in their medicine. In addition, it is important to me that the community knows what their ambulance is doing. I plan to be open about the services we provide and more community oriented. This service is mostly funded by a mill levy with medical billing and grants



being our other main sources of income.

The role of Chief is to ensure day to day operations are being met. It is my responsibility to ensure that the team is certified, educated, and positive when it comes to providing services to the constituents and visitors of our district. In addition, I ensure that both Ambulances are in working order, we are following the budget, and creating policies. I plan to have inclusive leadership and work with every member of this service to ensure that our mission and goals are met. It is my responsibility to be the image of Dove Creek Ambulance District at both the local and state level.

The future brings a lot for Dove Creek Ambulance District. We support our community and appreciate the residents of this district. We encourage you to say hi when we are out in the community."

Thanks to all who came out for the recent Fundraiser for the Ambulance District - donations are welcome, the community appreciates having this service available.







#### EXTENDED BROTHERLY LOVE - IN MEMORY OF RYAN JARMON IN DOVE CREEK

Wonderful show of brotherly love and remembering the life of Ryan Jarmon in Dove Creek Colorado.

On Saturday, Oct 7th, The Pioneer Center had the honor of 53 gentlemen visit from the Sigma Alpha Epsilon Fraternity at the Colorado School of Mines. Ryan had been enrolled, his brothers did jobs around the center in memory of Ryan Lance Jarmon. The Fraternity brothers had been in contact with Ryan's family stating that they wanted to help Ryan's community in his honor. The Pioneer Center gladly accepted the offer and the young men came and did anything asked of them plus more. This was a very humbling experience that all involved will never forget.



#### **DOVE CREEK BULLDOG SCHOOL FEATURE**

### Dove Creek Bulldog 8-Man Football Regional Champs

Another great season for the Dove Creek Bulldogs with an impressive Senior line up, winning 7 of 9 regular season match ups, they are back on their way to State Championship, with the first bracket as a home game vs. Vail Christian High School, winning 54-34. Coming in to post play seated No. 5, they feel confident of a solid shot at the title keeping a smart and fast running game and massive defensive blocking. Good Luck to the Team and Program!

#### Dove Creek Bulldog Volleyball wins Regional Champsionship

# CONGRATULATIONS





## GOOD LUCK TOWARDS STATE

Another fantastic Bulldog Volleyball set itself up for the end of 2023, with the Bulldog girls spiking the 20 win season for a third time in a row. The home court final versus Ridgway sent them to regional play. The Nov. 3 game vs. De Beque cinched the deal as the Lady Bulldogs won another Regional Championship title! Coach Lacey Murphy proudly leads the pack as they continue to dig deep towards the goal of going further this year in the state finals in Denver in mid November.

FFA - originally known as the Future Farmers of America - states that "FFA is the premier youth organization preparing members for leadership and careers in the science, business and technology of agriculture." Their vision is "Growing the next generation of leaders who will change the world."

With over 850,000 members across the US, they hold their annual convention and expo yearly in October. The vast organization 2022-25 strategic plan is to evolve programs and experiences to grow the leaders needed to feed fuel clothe and sustain the world, Engage communities and partners to expand access and prepare members to succeed in diverse and inclusive workplaces, and to Empower state and local leaders with the support and resources to deliver on our collective mission. With over 93% of the FFA funding supported by corporate donors for sustainable global ag initiatives, it's important to support the local efforts directly while being knowledgeably aware of larger organization agendas. Local chapters are not controlled by the National FFA Org. One of the categories in FFA preparing is public speaking, our local chapter shows this fall's winners for Prepared speaking, Creed speaking and Extemporaneous speaking categories. Congratulations!



Prepared Speaking Winners Mason Forst and Madison North

Creed Speaking Winners Clayton Smith and Bryson Dixon





Extemporaneous Speaking Winners
Trapper Vinger and Casey Kricheldorf

Interested in joining a local chapter of the FFA Contact your school counselor or agriculture teacher to enroll in an agricultural education program DC Care & Share

behind the VFW

W-Th-F 12-2pm

**Dove Creek** 

#### 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@TPIProductionZ.com



November 2023

MANY VETERAN DAY CELEBRATIONS AT THE SCHOOLS and other community activities - Thank you for your Service! (Announcement graphic courtesy Say What Announcements on Facebook)

Follow us on **Facebook** In between the Bean!





#### **USDA - FSA Deadlines and Office Reminders**

November 10 - USDA Service Centers CLOSED in Observation of Veteran's Day

November 15 - Acreage Reporting for fall-seeded crops FSA Deadline

November 23 - USDA Service Centers CLOSED in Observation of Thanksgiving Day

December 1 - Noninsured Crop Disaster Assistance Program(NAP) application for coverage Alfalfa, Grass, and Mixed Forage for all uses FSA Deadline

December 4 - County Committee election ballots returned to the County Office or postmarked.

2023 Noninsured Crop Disaster Assistance Program (NAP) Production please provide production 60 days following the end of coverage/final harvest date.

Producers are encouraged to call their local FSA/NRCS/RD office to schedule an appointment well before deadline dates to ensure maximum use of their time and to make sure staff is available to tend to their important business needs. For Montezuma County call 970-565-9045, and Dolores/San Miguel call 970-677-2229.



Read More News from The Town of Dove Creek on this month's Insert in the Pinto Bean!

#### **DOLORES COUNTY** SCHOOL CALENDAR

Nov 1-4 FFA National Convention

Nov 3-4 HS VB Regionals

Nov 4 HS FB Prelims Home

Nov 6 Knowledge Bowl @Ouray

Nov 7 MS BBB @Dolores

Nov 9-11 HS VB State Tourn.

Nov 11 HS FB Quarter Finals

Nov 13 HS Winter Sports

**Board Meeting** 

Nov 14 2023 Southern Ute Annual Career Fair MS BBB @Mancos

Nov 15 FFA Speaking Contest

MS BBB @Ridgway Nov 16 STUD Health Fair

Nov 18 HS FB Semi Finals

MS BBB (H) Ouray

Nov 20-24 Thanksgiving Break

Nov 24 HS FB State Championship

Nov 28 MS BBB @Telluride

Nov 30-Dec 2 HS Basketball

@Centauri Tournament

Dec 1-2 HS Wrestling Tourn at Moab UT

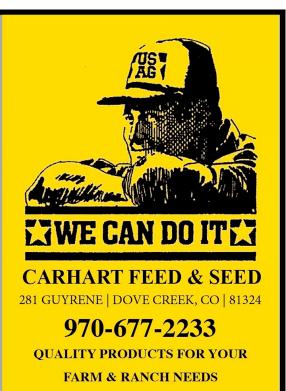
Dec 2 MS BBB @SJBL Champ



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#### 4-H Celebrated Around the Country in October

Head, Heart, Hands, and Health are the four Hs in 4-H



Photo Credit Courtesy Bryan Meyers

The Dolores County 4-H Enrollment for the 2023 -2024 4-H Year is open! If you would like to get involved, please contact the Extension Office at 970-677-2283 or gus.westerman@colostate.edu

Dolores County's Annual 4-H Achievement Night was held on October 25th with a great showing. Our 4-H Members are truly making the Best Better and are proving themselves as strong leaders and role models. We are very proud of all of them for their continued hard work for the 4-H Program. We also greatly thank our volunteer 4-H Leaders and everyone who supports our 4-H Club. We could not do it without all of you. Congratulations to Zane Williams and Haley Kelshaw who were nominated as our Outstanding 4-H Members. Congratulations to Suzane Davis and Devon Lane who were nominated as our Outstanding 4-H Volunteer Leaders. Congratulations to all our 4-H Members who worked hard and completed the 2022 -2023 4-H Year! It was hard work but also lots of fun for all of us involved.

The 4-H Program is full of opportunities for our youth to gain important life skills, new experiences, confidence, and knowledge that will be with them for the rest of their lives. The 4-H Program is a great resource to make sure that our youth have access to the same opportunities as youth in larger communities. Our 4-H project list will enable us to offer our 4-Hers a broader range of experiences. If you enjoy working with children and young adults aged 8 to 20, and have expertise, experience, skills, or an interest in any project on our list that you can find in the County Extension Office in the basement of the Courthouse, please contact us at your earliest convenience. The 4-H program across the Nation depends exclusively on local volunteer leaders for program management and operation. In Dolores County, the long-term success of the 4-H program has been due to the cooperation and dedication of the 4-H leaders. We are always in need of 4-H project leaders to be able to offer a diverse set of projects. The Dolores County 4-H Club has proven to be a place where all youth are welcome, and we strive to offer experiences that will foster creativity and build life skills our youth will use to become engaged community members.



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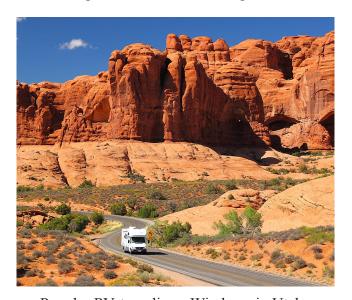
Winter Hours Sun-Thu 3pm-8pm Fri-Sat 12pm-8pm Buy wines to go, or sit down and enjoy a flight, a wine slushie, or other food goodies along with a variety of food truck options. **REVIEW** Had to try the wine slushie, and it was delicious. The option to try a flight allowed for tasting the wide variety of real fruit wines and mead. Made it easy for what I picked out to take home and share with friends. Super friendly and informative staff know that quality service reflects on the quality products. Wasn't there for the food truck or music events, but can imagine it's a blast. Saw the video on SWAC.TV and would certainly recommend for a travel stop on the SWAC!



#### **TOURISM continued from page 1**

While many towns coordinate festivals and events, to augment the natural and recreational attractions, attracting visitors can also translate into attracting new residents and igniting economic development. Owner of Mesa Verde Motel in Manocs, Sally Dziedzic said they have seen an increase in night stays, up from one or two, which indicate a trend for the area becoming more of a base camp to make day trips out around the area, while staying at one convenient location.

One of the major attractions during spring, is the water when it flows. This year's water added to the impact of tourism through the lower



Popular RV traveling - Windows in Utah Photo Credit: : Robert Riberia

Dolores release which draws boaters from all over. It's difficult to plan for, as the snow melt and McPhee water levels are affected by many elements leading up to the window of release. Susan Lisak, of the Dolores Chamber also indicated a benefit from a good snow pack for their snow biking and cross country ski season.

The fall drives the out of town and mostly out of Texas hunters to Dolores County, according to historic records, still the holder of the largest mule deer take as celebrated in several Cabella stores in the region.

For many of the small towns along the SW Adventure Corridors, the combination of attracting tourism combined with having enough support services with enough staffing is a perennial challenge. But the attraction to this area remains steadfast, in part, due to the natural beauty and opportunities to enjoy, relax, and recreate.

The tourism and traveler attraction outlook remains strong for the region. Stop in at any of the town or county or state Visitor centers to find local information, or of course, go online and check out the SWAC.TV channel for planning your next adventure. Looking forward to a successful 2024!

## News from Around the Southwestern Adventure Corridors

Moab News - Though the area has seen a good water year for 2023, experts are indicating it really is a drop in the bucket for stabilizing a long term drought. The Times Independent reported on a recent presentation workshop with a "prominent Colorado River researcher", indicating data showing Lake Powell and Lake Mead recaptured water but after the 2023 peak, "we are back to spending".

#### San Juan County UT

news - The San Juan Record reported on the "iconic Goulding" properties in Monument Valley, are possibly changing ownership to the Navajo Nation after almost 100 years of hosting visitors from all over the world. The famous Lodge may be purchased for almost \$60 million dollars, about \$14 million less than the appraised value, monies from the Navajo Nation Land Acquisition Trust Fund will be utilized. In addition to the lodge, assets of 670 acres, a Tour business, RV and cabin campground, the gas station and convenience store, grocery store, airstrip and all utilities are also in the deal.

#### Norwood & Telluride

- Here comes the new judge, Daniel Zemke will preside over the dockets at Norwood Town Hall for their municipal court after the retirement of Judge Susanne Ross. Mr. Zemke is running unopposed for the Telluride Town Moderator as well. He has been an attorney in the Telluride community, been a volunteer with non profits, a volunteer board member for the Telluride Fire Protection District, and VP of the Telluride Theatre board. He lives in Telluride with his wife, the current mayor pro tem Meehan Fee according to an article in Telluride News.

KSJD featured an article on San Miguel County - Reducing greenhouse gas emissions is a major goal for Colorado, but how to get to the desired target for each county is turning out to be a greater challenge. Take San Miguel County, with two very different sections within the county: the more rural West end and the Telluride.

A 600-acre solar development proposed by OneEnergy Renewables on Lone Cone Road just outside of Norwood, is meeting with a lot of push back from those area residents. San Miguel County put a moratorium on all new commercial utility applications until they can update their land use code, so for now, the Wrights Mesa Solar Project is still awaiting permitting. Their website indicates



the plan is in the works to be operational in 2026, "The project is located on four parcels along Lone Cone Road, including three privately owned parcels and one owned by the State of Colorado. OneEnergy plans to develop, design, and construct the project over the next 3-4 years." Dangling up to 300 jobs during peak construction, an estimated \$8.2 million in tax revenue over a 30 year lifespan, some local donation value, and monies designated for the BEST program, are the benefits to the community the company is looking to entice the county with, for an approval.

#### Silverton Colorado

- Residents vote Again, to keep off highway vehicles out of the town itself. Fines of \$300 and possible towing is the town's action against anyone driving an OHV in town. Two years ago they had already banned OHVs, the latest municipal code amendment proposal was rejected by over 2/3 of the votes against it.

#### Town of Dolores - The School

Board will be looking for community support for a school bond on the November ballot. School District RE-4A is asking for funding, so that the potential for "significant funding through CO BEST grants" may be possible for building and improvements which their plans currently include "building a new high school and demolishing the current middle school," The Journal reported a month ago.

#### Rico Colorado addresses

affordable housing, possibly through a collaboration with a subsidy from the state level of Colorado through recently passed proposition 123. Assessing the county data, and looking at a calculation that an affordable sale price for housing for a 2 person family in Dolores County, is just under \$200K, which is "impossible to build without the State making up the difference in construction cost with Proposition 123 funds" reported in the Ore Cart. Nov. 1 2023 is the deadline for a proposal to receive funding in 2024, which must be completed in a 3 year period.

## Dove Creek Town see Nov. Insert Page

#### **Dolores County CO**

There are quite a few mining or resource related projects in motion in our region; from potash to uranium, solar plants to a unique expansion at the Kinder Morgan site in Dolores County - headed up by Princeton University, in the pursuit of a special type of Argon.

At an October BOCC meeting, the Commissioners approved application for an Argon Extraction Plant to be built between Kinder Morgan and Air Products. This plant is going to be operated by the Trustees from Princeton University and they will extract Argon from the CO2 stream. The presentation during the public hearing, indicated their desire for this deep argon not found anywhere else at this time, to be used in research projects looking for Dark Matter. The agreement for construction of the facility, does not include income for the county on the extracted resource that will be used for valuable research, as the mineral rights are held through Kinder Morgan directly. The Argon Capture Facility will employ three local employees. Construction is projected to begin as soon as possible, and be completed by the summer of 2024. The Commissioners also updated that the Solar Farm at Cahone is projected to begin construction in the beginning of 2024.

### Colorado News - the Sun

reported on the state's "renewed and expanded mandate for electric vehicles to take over the state new car market in coming years, passing a requirement for EVs to make up 82% of dealer lots by 2032. The Colorado standard for air quality, basically takes what has been done in California and extends the implementation by a few years down the road. Currently, dealers are mandated to have 25% of their inventory in EVs by 2025. Again, read the word 'mandate', and what that really means.

#### Utah News - Wildlife advocates in

Utah are on the warpath on many fronts, using the court systems as their weapon of choice. The latest law suite is against recently passed HB 469, allowing standard hunting license owners to take cougars year round. The objection is that "it contradicts the Utah constitution's Right to Hunt and Fish Act, which involves providing 'reasonable regulation of hunting and fishing.; " as reported by UPR. Monitoring of hunting rates by the DWR will determine how the new strategy is working.



# Southwestern Adventure TV & Newspaper

Your Official Adventure News Source for the Greater Southwest - Look for 2024 Magazine Release



#### **Moab Utah**

Nov 4-6 Moab Folk Festival Nov 11 Moab ArtWalk

#### San Juan County Utah

Nov. 4th 7:30am Bears Ears Marathon

#### **Blanding Utah**

Tree For-All Dec 1, 2023 at 06:00 PM Dec 2, 2023 at 09:00 AM

#### Montecello UT

Nov.27th -Dec 8th Gingerbread House Maps @ The Hideout Golf Course

#### **Dove Creek CO**

Nov 4th Christmas Bazaar Community Nov 23 Turkey Trot 5K at ROCK

#### **Cortez CO**

Dec 4 Parade of Lights downtown

#### Telluride CO

Telluride

Nov 17th Gondola Opens for Ski Season Nov 23d Ski Resort Season Opens Dec. 6 Noel Night 5:30 - 9pm Downtown

#### **Durango CO**

Nov 3 First Friday Durango Main Street Nov 17 - Dec 31, 2023 The Polar **Express Train** Nov 23 Down Town 10:00 am Turkey Trot

#### **Farmington NM**

Nov 30 Festival of Trees Farmington Civic Center Nov 30 Christmas Parade Main St Farmington NM

**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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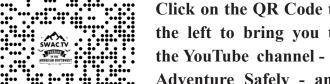
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# what's Spill on Your The Mind? Beans

# THOUGHTS FROM THE EDITOR ~ PUBLISHER Kendra Cook



Do you not know about the late 1960s enticing book, Chariots of the Gods? or War of the Gods amongst about 40 books written by Swiss born author and researcher, Erich von Däniken. If not, first, I would suggest you start there. Feels like science fiction of the time, but is it? Since his decades of writings and interviews, he sits in a 'Pantheon' group of humans striving to discover and put together hidden information that paints a different picture of our history who we are, and how we got to where we are now - than what indoctrinating schooling and media pound into our minds. The "Ministry of Truth" in Orwell's 1984 book (written in 1948) exemplifies the process of creating a narrative, and pushing the manipulations developed by Bertrand Russell and others before him, to make "2 + 2 = 5". Look to those like reporter commentator Owen Shroyer, a Judge just sent him to jail for not being repentant about saying a certain candidate won an election (among other details of the case). The powers that 'be', do not want you to think for yourself.

What von Däniken and others have revealed, is a story that you would at first be hesitant to believe. Those who are connected to the top echelon of the controlling system, do not want you to know who you are, or that you are a powerful being. Don't be afraid to learn and speak your mind; keep reading, keep listening. 'New' research, is available in part based on relatively new archaeological discoveries such as the hundreds of thousands of cuniform written clay tablets excavated from locations such as Göbekli Tepe in Turkey. Read the translation of the 'Epic of Gilgamesh', a Mesopotamian odyssey, to get an idea of the scope of all things Anunaki. Also take some time with the Enūma Elišh, the Babylonian creation story that predates the Christian edited King James Bible, yet as in other ancient texts from our American Native tribe stories, to writings from all over the ancient world, that tell the story of a great flood, just like that of the Noah character, but written hundreds to thousands of years earlier than the Christian rendition. It is difficult to comprehend, but once you breach the shell of the lies encasing us in the turmoil of what we are told we are living in - this seemingly insane realm, the open mind will be freed to reach a new level. And with knowledge comes power.

It's not easy to see or really grasp at first, but the myths and stories have to be more real than we are told. The lower case "g" gods of yore.. may be entities that are still around in our sphere, and may be playing out their old, very old, wraths upon each other, while we the humans, are just the pawns cast as characters in these 'theaters of war'.

In the history of the Anunaki, there are half brothers (Enki Enlil) that compete with each other for power and their agendas. You'll learn of the Igigi, the original slave race they brought to planet earth, that no longer wanted to do the bidding of the "king" level gods, and so Enki with his half sister Ninhersag, genetically manipulated a homo sapien human type being, to be more capable, and yet be their slave species, from which we all are descendants. Reread Gen. 1:26 "Let us make man in our image, after our likeness" and perspective starts to change - Elohim, is plural, multiple gods, making a man in their image.

So what we are seeing now, once again igniting in the middle east, is agitating people to hate themselves - disconnect your divine nature from the source from the big G god - and one another, to divide and conquer through creating and reinforcing differences not similarities, pitting colors against one another, men versus women, religions and traditions against each other. If we knew how we became homo homo sapiens, and the amazing entities we are all a part of, those manipulating and controlling the manifestations in this world, would no longer be in their positions of power. They know it, and they fear it.

The mass migration being enacted across the world, is a set up, to force confrontation and distraction against the discovery of our being a part of the true God above gods creator.

Many individuals across all backgrounds, are being mind manipulated through all types of Stockholm Syndrome and Tavistock methods and older, so that we do not have time to read the ancient texts, to listen to those telling the truth, to feel our connection with the creator, and think for ourself for how we should act and live. Hopefully more will awaken, and all of this war and saber rattling will not determine our future history, as we find out who we are, where we've been, and more importantly, where we are going.

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**THC ED Part 3.** 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 end 2023. Medical and Recreational dispensaries in Colorado are only available to those 21 years old or older.

By Contributing Writer - Hayden Pate

Marijuana, Pot, Herb, Grass, Weed, Cannabis is not new. Hardly. The plant has been documented across thousands of years, in writings as well as referenced in stone carving and artifacts. The design of the leaf is well recognized, and its use and depth of affects are starting to be readdressed in our current society. Sure, the campaign against "Refer Madness" worked really well, but it was just that, a media campaign with an agenda. To be able to understand the complexity of the plant, you have to be able to study it in a lab. Making it a Felony Class 1 in the US has prohibited the substance from being studied. As that may change, we may learn even more about the little green weed.



Cannabis or marijuana, has a long and complex history that spans thousands of years and various cultures around the world. Here's an overview of its history:

**Ancient Use:** Cannabis is believed to have been used by ancient civilizations for various purposes. Archaeological evidence suggests that it was used in Mesopotamia as far back as 6000 BCE for medicinal and textile purposes. The plant's fibers were used to make clothing, ropes, and paper, while its seeds were used for food and oil; and, Spiritual awaking of the people to help open their eye to the Love of God and all things beautiful.

**Medicinal Use:** Cannabis has a history of being used for its potential medicinal properties in many cultures. Ancient Sumerian, Indian, Egyptian, and Greek civilizations used it to treat various ailments, including pain, inflammation, and digestive issues. In ancient India, it was mentioned in texts like the "Ayurveda" as a medicinal herb.

**Religious** Use: Cannabis was also used for religious purposes in some societies. In ancient India, it was consumed as part of religious rituals. The Scythians in Central Asia are believed to have used cannabis in their steam baths for relaxation.

Criminal Governmental Prohibition and Criminalization: In the 20th century, attitudes towards cannabis began to change in many countries. The United States enacted strict regulations on cannabis in the 1930s with the Marihuana Tax Act, which imposed heavy taxes and regulations on its use, essentially making it illegal. The act was driven by various factors, including racial stereotypes, BLACKS targeted.

> Medical Spiritual Cannabis Movement: Despite the overall prohibition, research into the medical potential of cannabis continued. In the late 20th and early 21st centuries, there was a growing movement advocating for the medical use of cannabis to treat conditions such as chronic pain, epilepsy, and nausea caused by chemotherapy. This eventually led to the legalization of medical cannabis in various jurisdictions.

> Legalization and Decriminalization: Over time, public perceptions of cannabis began to shift, and the negative effects of the "War on Drugs" were criticized. This led to the decriminalization and eventual legalization of cannabis for both medical and recreational use in many countries and states. Uruguay became the first country to fully legalize cannabis in 2013, followed by several U.S. states and Canada.

> **Future in USA:** Coming up in 2024, many political pundits and so called experts, are indicating a trend towards a Federal move to take Cannabis off of the Level 1 Controlled Substance, at least down a notch or two, which will have different implications for how owning or use will be allowed. One of the benefits of making it legally available to research labs, should increase the amount of information scientists can gleam in order to better benefit from the positive uses of the plant.



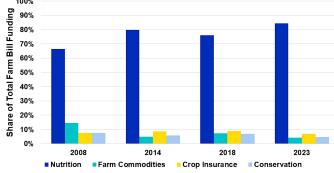
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#### 2023 FARM BILL

The 2018 Farm Bill was due to expire Sept 30 2023, but was given a temporary 45 day extension due to the continuation as the Federal budget has not yet be passed.

Originally created as part of the New Deal programs of the 1930's during the Great Depression, the intent was to create programs to 'jump stat' the depressed farm economy. But over the past almost 100 years, many hands have gotten in the Farm Bill cookie jar. It is more of an overall "food" bill. The Congressional Budget Office estimates the nutrition expenditures (SNAP/EBT etc) will make up over 80% of the budget while farm commodities, crop insurance, and conservation programs will be less that 15%.

The 2018 bill was extended as the government continues to avoid nailing down the details in such a politicized Congress and Senate. The budget would be the first trillion dollar Farm Bill, needing Congress's approval as they do for all monetary allocations. The question at the time of publication, is whether a continuation or resolution will be approved in time to provide the funds for some commodity programs that may expire, or revert to outdated old legislation. Many are predicting there will simply be an extension but whether it is a short or long term



prospect has yet to be determined. Reported in Maryland Matters, House and Senate Agriculture committees say "it will be months if not longer until they reach agreement on a new bill." Extension agents are suggesting producers stay in close touch with the deadlines and to learn what changes might be in the works. In SW Colorado there is a Montezuma and Dolores County CSU extension office, and in Monticello is the USU San Juan County office.

Funding amounts for farmers and items like crop insurance are seen differently between the Republican and Democrats, while the SNAP programs find divisions with Republicans wanting more limits than Democrats. In recent times, no farm bill has passed by the deadline, with the 2018 bill passing the December following expiration, and three farm bills before that passing in the following years from their deadlines. Between the political divide and the overall farm economy, this truly is one of the more difficult times to try to bring a Farm bill together that meets everyone's needs.



Congratulations to the new Yellow Jacket Livestock Auction for winning in the Best Sale Barn category for the "Best of the Four Corners" agriculture related categories. This is a relatively new competition, with local nominations followed by open voting in October. Categories included the likes of: Best Hay Production, Cattle Producer, Western Event, Sale Barn, Farrier, Horse Trainer, Ag Supplies, Veterinarian, Western Boutique, Horse Breeding, Leather Work and Western Photography. See full article below.

STOP IN TO TEST DRIVE OR SEE WHAT SHE CAN FIND TO GET YOU ROLLING!



#### Yellow Jacket Livestock Auction Kicks Off the Fall Sale Season



The first new livestock auction facility in the State of Colorado in 16 years, owner and developer Zane O'Dell has put blood sweat and tears into creating the best combination of elements into the all new Yellow Jacket Livestock Auction in SW Colorado.

The family has been running cattle for many generations, deciding to turn their knowledge of the business into the livestock auction business. The location is familiar, as his great grandfather once owned that piece of dirt, so the legacy continues in a very special way.

The facility held their grand opening mid October, and will continue holding auction events every Friday starting at 1pm. Currently they are auctioning cattle and horses, with a potential to expand to other livestock down the line.

The exciting surprise on the opening day, was to reveal the identity of the auctioneer - one Royce Ford, of bare back horse riding competitive fame. He easily took to the format, working the crowd and the animals smoothly throughout the sales. The clients interact both in person and through the online platform.

This is a family affair, along side Zane is his son Bronco, his wife Kayla, his daughter Cayley, and his long time

YJLA 19245 Road X, Lewis, CO yellowjacketla@gmail.com yellowjacketlivestockauction.com 970-562-5476

partner Bjarne, and countless cow hands and helpers, the start of this new venture looks to be quite promising. At YJLA the livestock comes first, the facility is designed to care for the animals, which converts into caring for both buyers and sellers, which is the bottom line.



#### **DECORATIONS & WILDLIFE**

**CPW Release Courtesy Photo** 

Our area is famous for the best Mule Deers, and great Elk, however, it's important to keep wildlife safe from getting tangled up in outdoor decorations during the holidays.

Colorado Parks and Wildlife asks Coloradans to assess their outdoor spaces and remove potential tangle hazards for antlered wildlife that are in migration from summer habitat to winter range while they seek mating opportunities.

CPW officers respond every year to incidents where antlered animals have become dangerously entangled. Common hazards include hammocks, holiday decorations, garden items such as tomato cages as well as soccer goals and netting from sports such as tennis and volleyball.

People can do their part to be a good neighbor to wildlife by putting away summer recreational and landscaping equipment that is not in use and to make sure holiday lights and decorations are secured tightly wherever they are hung.

Bucks can be especially prone to these situations this time of year. During the rut – or breeding season – bucks will rub their antlers on objects to mark territory and signal their presence to other bucks. The rut has started for deer and will hit its peak in mid-November through December.

When animals such as deer and elk become entangled, the stress involved and the physical exhaustion caused by trying to break free can lead to death.

CALL YOUR LOCAL CPW OFFICE OR
COLORADO STATE PATROL
FOR HELP IF YOU SEE THIS HAPPEN
UTAH DIVISION OF WILDLIFE OR
UTAH HIGHWAY PATROL

CPW recommends holiday lights and decorations be placed higher than six feet or attached tightly to trees and buildings. Lights or webs that hang low or are draped insecurely over vegetation easily get tangled in antlers.

Never try to free an animal from an entanglement yourself. A stressed animal may act more aggressively and their hooves and antlers can cause serious injury.







#### **RELOCATING WOLVES**

It's official, the Colorado Parks and Wildlife were finally able to make a deal with Oregon agencies, to arrange to capture and transport wild wolves to be reintroduced into Colorado starting December 2023.

In a one-year agreement between Colorado Parks and Wildlife and Oregon Department of Fish and Wildlife, Oregon will be a source for up to 10 wolves for the Colorado gray wolf reintroduction effort. These wolves will be captured and translocated between December 2023 and March 2024.

The CPW Commission approved the final Colorado Wolf Restoration and Management Plan in May, clearing the way for CPW biologists to introduce gray wolves in the Western Slope area and meet the voterapproved deadline of reintroduction by December 31, 2023.

Colorado wildlife officials anticipate the majority of animals will be in the range of 1 to 5 years old, which is the age that the agency says the animals would typically disperse from the pack they were born in.

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#### TALKING TURKEY

By Kendra Cook

In 2022 we saw record prices for Turkey, but in 2023, a general price drop is a welcome thing to be Thankful for this November. American Farm Bureau Federation reports the average price for 8-16 pound turkey was \$1.27 per pound, 22% lower year over year. Farm Bureau reports "Boneless, skinless, tom turkey breasts, have declined by 61% from the near record \$6.65 per pound to \$2.59 per pound in August 2023."



## SAY WHAT?!

Monthly Commentary by Contibuting Writer Linda Cunningham

As the months and days dwindle away into 2024, I am reminded at just how fragile this moment in time is. We are witnessing some very disturbing events taking place now, things that have us all shaking our heads in disbelief.

The latest of these events is the surprise attack on Israel by Hamas militants. The images coming from the region are horrifying. The devastation of so many innocent lives is a travesty and the worst attack perpetrated on the Jewish people since the Holocaust.

I am Jewish. My parents were Jewish. Their parents were Jewish and left their homeland countries to escape the terror and evil of the Nazi's. I have a 93 year old cousin who is a Holocaust survivor. The cry of "never again" echo's in my brain these days, and the sadness is overwhelming at times, but the fear of knowing it can happen again is more terrifying than I can find words for.

It's been reported that in FY 2023 there have been 151 KNOWN terror watchlist apprehensions at the OPEN southern border. Remember, it only took 19 to send this country into chaos on 911.

We have a President that is weak, a VP that can't talk without giggling and a congress that supports and even protests openly its support for terror.

It is indeed a dangerous world.



You may have noticed the egg prices also pulling back down a bit over last year, for those baking, a welcome cut to the inflated pricing of most groceries this fall.

And as for "trends" for this year's day of giving Thanks - Trader Joe took the spot light for a simple felted wool trivet shown left (we know, most homes in the four corners probably have one like this made by a grandmother).

A favorite viral DIY thanksgiving table fun video, shows how to take the now prevalent plastic carvable pumpkins you can buy in a big box store, and carve out the top, add a hole near the bottom, take a box wine and take the bag out of the box, insert it into the plastic pumpkin, pull the dispensing knob through the hole, put the top back on and set on something a few inches off the

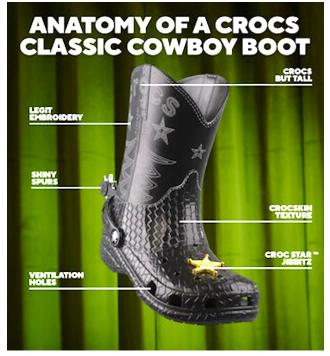


table so you can easily decant into a short wine glass. (photo tiktok credit Sellingthesuburbs)

Share your favorite Thanksgiving 'hacks' 'tips' or recipies on the Pinto Bean Facebook page! @ThePintoBean

# CLASSIC COWBOY CROCS





Just when you thought the UGG boots were the uggliest boots out there. Enter the world of CROC boots. To many, the phrase, what a croc, comes to mind. But for this iconic trendy company, with an entire fanbase known as Croc Nation following the footwear, the perhaps ironic 'demand' for croc boots has come to life during their Croctober Fest.

The bulky bulbus hole filled boot is no joke. Its shiny exterior is accented with moulded stitching and what they call unique metallic Jibbitz<sup>TM</sup> charms, and as they describe it, "a first-of-its-kind spin-able spur charm attached to the backstrap of the shoe. On the rivet detail, the iconic black and white Crocs logo of Duke, the brand's beloved crocodile mascot, has gone country, sporting his very own cowboy hat."

CROCS is a publicly held company trading on the nasdaq over \$80 a share at the time of publishing. Self proclaimed as "a world leader in innovative casual footwear - combining comfort and style with a value that consumers know and love." This is an international affair - selling their products in over 85 countries, selling over 100 million pairs each years. That translated to over \$3 billion in annual sales, one of the world's 10 largest non athletic footwear brands. The world wide headquarters are in Broomfield Colorado.

The Boot was available starting on October 23, 2023, for a limited run, they say.

The company has also been successful with their HeyDude shoe line... mostly canvas based comfort shoe in a more mainstream design.. is there a hey dude boot in the future?



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Day	Sunrise	Sunset
DOVE CREEK COLORADO		
Wed, Nov 1	7:39:40 am	6:18:44 pm
Thu, Nov 2	7:40:42 am	6:17:39 pm
Fri, Nov 3	7:41:45 am	6:16:36 pm
Sat, Nov 4	7:42:48 am	6:15:34 pm
Sun, Nov 5	6:43:51 am	5:14:34 pm
Mon, Nov 6	6:44:54 am	5:13:35 pm
Tue, Nov 7	6:45:58 am	5:12:38 pm
Wed, Nov 8	6:47:01 am	5:11:42 pm
Thu, Nov 9	6:48:05 am	5:10:48 pm
Fri, Nov 10	6:49:08 am	5:09:55 pm
Sat, Nov 11	6:50:12 am	5:09:05 pm
Sun, Nov 12	6:51:16 am	5:08:15 pm
Mon, Nov 13	6:52:20 am	5:07:28 pm
Tue, Nov 14	6:53:23 am	5:06:42 pm
Wed, Nov 15	6:54:27 am	5:05:58 pm
Thu, Nov 16	6:55:31 am	5:05:16 pm
Fri, Nov 17	6:56:34 am	5:04:36 pm
Sat, Nov 18	6:57:37 am	5:03:57 pm
Sun, Nov 19	6:58:40 am	5:03:20 pm
Mon, Nov 20	6:59:43 am	5:02:46 pm
Tue, Nov 21	7:00:46 am	5:02:13 pm
Wed, Nov 22	7:01:48 am	5:01:42 pm
Thu, Nov 23	7:02:49 am	5:01:13 pm
Fri, Nov 24	7:03:51 am	5:00:46 pm
Sat, Nov 25	7:04:52 am	5:00:21 pm
Sun, Nov 26	7:05:52 am	4:59:58 pm
Mon, Nov 27	7:06:52 am	4:59:37 pm
Tue, Nov 28	7:07:51 am	4:59:18 pm
Wed, Nov 29	7:08:49 am	4:59:01 pm
Thu, Nov 30	7:09:47 am	4:58:47 pm

Fall Back Nov. 5th 6:43am Sunrise

#### WEATHER

The winter outlook looks like winter in the southwest... you'll be hearing a lot about El Nino once again, the title (meaning the boy child) is quantified as such when warmer than average water temperatures are recorded in the central and eastern tropical Pacific ocean. This condition affects the global atmospheric conditions... and thus the general weather patterns our forecasters predict: Bringing above normal temps to the North of the USA, while bringing below normal temps across the South. With these patterns, precipitation is expected to be increased across the southern half as well. Along with all the other fear mongering, a wetter winter than average may be what we see. Though this is information provided by NOAA, the National Oceanic and Atmospheric Administration, assembles their information provided to all outlets - they said the previous three years were La Nina, with opposite conditions,

#### SUNLIGHT MOONLIGHT

To the left is a listing of sunrise and sunset times as we make our way through November. We will start the month with 10 hours 39 minutes of sunshine (if it's not cloudy) and end November with 9 hours 49 minutes of daylight. New Moon hits on Nov. 13, and the November Full Moon is the morning of the 27th, called the Beaver Moon - as this is the time of year that the beavers (as well as many other animals and us humans too) build up their homes filled with supplies for the winter ahead. Native tribes also referred to this moon as a frost moon, and deer rutting moon among other names that correlate to this time of year.

Speaking of deer - in Colorado the hunting continues, with 4th season rifle ending Nov. 26th. As many people will be enjoying the outdoors this fall, CPW reminds people to pay attention and be courteous - hunters, hikers, bikers, leaf peepers, birdwatchers and more, Colorado's outdoors has multiple uses, so be aware of who else may be out there.

however we all know too well how last winter went in our neck of the woods.

The National Weather Service, which is actually a division of the governmental NOAA, shows "equal chances" for season temperatures and precipitation... so take this whole predicting mechanism with a bag of salt!

Or. Research that the weather is actually being manipulated. This is not a conspiracy, not a theory, but actual documents and videos showing the 'authorities' are striping our sky with aerosol spraying to manipulate what weather goes where, and in some instances in attempts to deflect the sunshine in the name of climate change. A simple example is what was called "Operation Popeye" - (Project Controlled Weather Popeye / Motorpool / Intermediary-Compatriot) military cloud seeding event during the Vietnam War to move and increase the monsoon season over specific portions of the Ho Chi Minh Trail, thus interrupting supply chains, bogging down the 'enemy', and 'winning' in various conflicts. Even though there was an international treaty signed in 1977, in attempts to prohibit military use of environmental modifications, there is no official international law to deal with various state actions, or if their actions are aimed at their own state/country. Just last October, the US Administration indicated they will push for cooling the Earth by reflecting the sunlight, but geoengineeringwatch.org can show you with detailed documentation, aerosol spraying has already been happening. Researcher Dane Wigington wrote, "Chemical ice nucleation cloud seeding operations are a primary component of climate engineering operations, weather and temperature whiplash is the result." And he warns that "Geoengineering is shredding the ozone layer, altering the weather patterns, polluting our air, waters and soils."

So hang on for the winter ahead, be prepared for increased amounts of rain and snow, and cold weather, because, it's winter in the four corners!

CPW SEASON DATES: 2023				
	ARCHERY	MUZZLELOADER	RIFLE	
Be sure to check the hunt code pages for additional species-specific season dates!				
Deer Elk Bear	Sept. 2–30*	Sept. 9–17 <b>*</b>	Sept. rifle (bear): Sept. 2–30* 1st rifle (elk & bear): Oct. 14–18 2nd rifle: Oct. 28–Nov. 5 3rd rifle: Nov. 11–17 4th rifle: Nov. 22–26 Plains rifle (deer): Oct. 28–Nov. 7	
Pronghorn	Aug. 15—Sept. 20*	Sept. 21–29	0ct. 7-15*	
Moose	Sept. 9–30	Sept. 9–17	0ct. 1-14*	

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\*Unless otherwise noted in the hunt code tables.

#### Pinto Beans and Duck Confit

The fresh pinto beans are coming in from the fields, and most swear there's nothing better than a pot of slow cooked locally grown beans. Judging by the amount of people who buy the bags as they pass through our area, and order online, the 'pinto bean capital of the world' motto isn't far off.

This is a recipe to combine a lovely flavorful confit duck with the beans, to create a delicious heart warming late fall Sunday dinner, add a side of creamed spinach, and a cranberry orange relish for perfect balance.

#### **RECIPE**

Heat oil in heavy large pot over mediumhigh heat, sauté onion; sauté for 3 minutes then stir in the garlic, chili, ginger, and cumin. Next add 9 1/2 cups water and the fresh beans and bring it all to a boil before reducing the heat to medium-low and cover, simmering for 1 hour.

Peel and dice the apples, toss in a bowl with melted butter, cinnamon, nutmeg, and brown sugar mix, and place on a baking sheet in a 300\* oven for about 20 minutes.

Take the chili out of the beans, and add the salt, sugar, and tomatoes, then continue simmering uncovered over a medium heat til the liquid is almost gone and the beans are tender. This may take another hour, depending on elevation, adding more water may be needed to get the beans cooked (alternatively you can add a splash of sweet white wine at this point - you know the phrase, "I like to cook with wine, sometimes I'll even put it in the dish"). Remove from heat, and take out about half of the mix, mash gently then add both parts together along with the roasted apples. Allow to sit together, or can be made ahead and cooled in the fridge, reheated before plating. To serve, place the bean mixture in the center, add the duck on top, garnish with a a handful of roasted pumpkin seeds.



Love to hear your feedback - email, text, call or pm on Facebook - See my Editorial on page 9 "Spill the Beans" I encourage you to take key words and names and head out on the World Wide Web to do your own research, to develop your own thoughts on these matters. Read the books and discover for yourself.

The local rural recipes and survival or self sufficient living tips and info, are also a part of the theme to get the word out that we will not only survive, but thrive through sharing knowledge and loving one another.

'In Between the Bean', there are all types of informational posts and shared stories on FB, I invite you to follow us, like and share!



Dove Creek, Colorado - "The Pinto Bean Capital of the World!"

Typical French Confit Cermaic Jar Store cooked meat in rendered fat for storage and longer shelf life

#### What is a Confit?

What is confit? Confit is a French word that means "preserved" and is a method of slow cooking food – and storing it, usually in its own rendered fat. This method makes tough cuts like duck legs more tender, and when stored in duck fat in a cool place, they last all winter long. The meat that has been through this cooking process is also called confit, as in duck leg confit or confit of goose. Both work well as the birds offer a good healthy fat layer in their skin to keep for confit or cooking. The duck meat itself is very lean, so for best results do not overcook.

Roast the whole duck (breast up) uncovered at 375 degrees 26 min per pound, seasoned similarly to roasting a chicken. Check temp for 180 degrees at the thigh joint. Let it sit for 10 minutes before cutting into pieces. Each bird results in the leg/thigh and breast pieces being plated, however there is a lot of meat on the carcass you can pick off if you are frugal, and or use the wings and bones to cook up a stock.



#### **Ingredients**

#### **BEANS**

1lb pinto beans rinsed

- 1 tbsp vegetable oil
- 1 large onion, finely chopped
- 4 garlic cloves, crushed chopped
- 1 tbsp grated fresh ginger
- 1 tbsp dried oregano
- 1 tsp cumin
- 2 dried red chilies or
  - 1 large jalapeño cut in half
- 9 1/2 cups water (can add stock)
- 1 tbsp brown sugar
- 1 tsp salt

1 Granny Smith/yellow delicious apple,

peeled, cored, diced on parchment lined baking sheet 120z can diced tomatoes, drained liquid

Apple mix - 1tsp cinnamon, 1/2 tsp nutmeg, 1/4 c. brown sugar 2 2 tbsp butter, melted,

1 tbsp chopped flat-leaf parsley leaves, to garnish

4 portions of duck or confit cooked seasoned to taste

**Creamed Spinach** - cooked spinach with butter cream sauce cheeses salt and pepper to taste

**Cranberry Orange Relish** - orange, 12 oz fresh cranberries, 1/2 c. sugar, 1/8 tsp cinnamon - zest 2 tsp orange peel, pulse orange sections with the all other ingredients, cover refrigerate min. 2 hours lasts up to 3 days.

Pricing as of 11.1.23

**Wheat \$9 \* Beans \$40** 



