

# Pinto Bean<sup>TM</sup>

NOVEMBER 2025

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

Activities and News Along the SWAC

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## Gratitude and Thanksgiving

VOLUME 25 ISSUE 11



Photo credit Farmer Girl (Facebook)



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Have a press release?

Want to see something

included in the next 'Bean'?

Want to be a Contributor?

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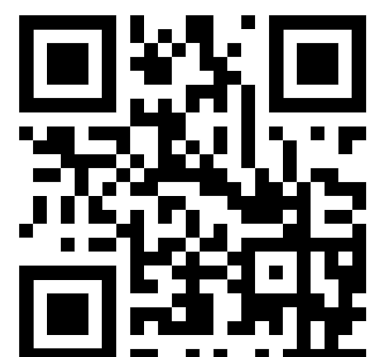
ONLINE 



Always New

Monthly 

Rabbit Hole 



### Giving Thanks

By Kendra Cook

Saying grace and being thankful for the food on your table has slipped down to a Thanksgiving dinner only tradition for far too many. With the food assistance funding an issue for November, it highlights even more, how much we should be focused on localized food sources, and being prepared with backup provisions for whatever 'in case of' need arises.

The recent high prices on cattle sales has been a boom for many producers who in recent years have seen profits fall to margins or worse, as the input costs of feed, range permits, fuels, and all of the rest of regulations have gone up. Combine that with the drought persisting and the amount of rainfall has gone down, many had to sell off more of the herds. Local beef continues to be an option for purchasing a 1/4, 1/2 or full beef to put in your freezer, which sets our area apart from those packed in cities. But the price of beef in the grocery store has gone up (along with everything else), which is in minor part, a factor of the reduced cattle numbers in the US; the national cow herd as determined by the major lots and large scale ranches is at a 75 year low.

However, as the administration made a bold move to throw money at importing more Argentinian beef, while Brazil remains the largest importing country for American meat demands, the consumer has found out there is a lot more involved in the process of how the cattle are raised on farms and stock lots in the US, and how the price at the grocery store is determined. Bringing in a small percentage of product from another country would appear to be a part of a larger negotiation strategy, and will not resolve the per

pound price from a butcher. Another concern by ranchers, is trying to bring in more cattle from Mexico, as the screwworm (see the Pinto Bean article from September), needs to be addressed to prevent disease from spreading to the American cattle. Steps are being taken, but it may be premature to make any deals right now.

What does seem to be a large component of the process from calving to consumer is the processors. The big four— Tyson, JBS, Cargill, and National Beef — handle the slaughtering and packing. They own about 80–85% of U.S. beef processing. As Facebook's Farmer Girl wrote, "That's like four friends controlling all the coffee shops in the country — you can imagine who sets the prices." More than that issue, is a concern of how much foreign investment is in those corporations. How do Americans maintain control of the beef market with pricing being determined by those several levels apart from the actual herd raising. Commodities and exchange rates, tariffs and politics all play their part. No truer word said "it's complicated business."

The cow nor the rancher created the sticker shock you are experiencing at the meat counter. But one great way to fight back is to give your money directly to the local beef producers that are your neighbors, family and friends. You know how they are raised, what has gone into the meat, and know that more of the profit goes directly into the process to do this all again next year.

For Thanksgiving this year, maybe it is a good time to purchase a roast from your local rancher co-op. And be sure to say a well detailed 'grace' over the food you are able to put on your table.



**DOVE CREEK  
DOLORES COUNTY  
SCHOOL SCHEDULE**  
Check calendar at  
[www.dc2j.org](http://www.dc2j.org)

- NOV 1 FFA National Convention ends
- NOV 3 KB Ouray
- NOV 4 MS Boys Basketball (H)Dolores
- NOV 8 HS Volleyball Regionals  
HS Football Playoff Prelims
- NOV 10-13 Fall Book Fair  
Children's Library
- NOV 11 MS Boys Basketball @Mancos  
Veteran's Lunch @Pups Den
- NOV 13 FFA District III  
Speaking Contest Durango  
MS Boys Basketball @Ridway
- NOV 15 MS Boys Basketball (H) Ouray  
HS Football Quarter Finals
- NOV 17 Winter Sports Practice Begins
- NOV 18 MS Boys Basketball@Telluride
- NOV 19 SCHOOL BOARD MEETING
- NOV 22 MS Boys Basketball SJBL  
HS Football State Semifinals
- NOV 24-27 THANKSGIVING BREAK  
No school
- NOV 28 HS Football State Championship



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Dove Creek Middle School Volleyball - fighting with faith to win 2nd place in the league championship - well done lady Bulldogs!



8th grade: Taryn Beanland, Jaiah Buffington, Allison Fahring, Kara Harrington, Haley Keen, Audrey Spigner, Chrissy Spigner, Chelsey Springmeyer  
7th grade: Haidyn Larimore, Lilly Coffey, Emily Garchar, Emma Hatfield, Kacie Koontz, Zaylee Reed, Macie Taggart, Presley Unruh  
6th grade: Holly Harrington, Ara Barnett, Cyenna Johannsen, Khloe Jennings, Zaylee Hankins, Sarah Pastorius, Allie Randolph, Evie Stowe  
Coaches: Shelbie Beanland, Kristina Garchar, Kendell Randolph



See page 11 for more info on giving & food resources  
Dove Creek's pantry is at 214 Hwy 491 behind the VFW

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# GRAZING ACTION PLAN - USDA DOI

By Kendra Cook

Grazing and rangeland management are a core part of the multiple use missions of USFS and the BLM, administering around 240 million acres across 28 states in the US. Grazing sustains rural economies, supports jobs and the GDP. Coming in November of 2025, the USDA and DOI will sign a Memorandum of Understanding (MOU) to streamline and expand grazing on federal lands, elevate grazing as an Administration priority, and provide direct relief and support to America's ranchers, a recent press release in October stated.

"The USDA-DOI Grazing Action Plan positions grazing as a central element of federal land management by expanding access, reducing barriers, modernizing processes, and elevating producer voices. These coordinated efforts will strengthen rancher resilience, support herd rebuilding, and maintain working rangelands as a vital part of America's agricultural and environmental fabric" the statement continued. Further details of how these basic elements will be implemented are contained in the October document, including hosting regional meetings to identify producer priorities and locally led rangeland health solutions... training line officers and range staff on practical ranch operations to bridge the gap between policy and field realities, among other efforts.

Another part of the puzzle is to protect and promote American beef through transparent labeling. "Product of the USA" will be enforced with guidance and outreach to states to support state based labeling as we have here with Colorado Proud. The concept is to identify the meat as being born, raised, and slaughtered in the United States, as opposed to current operations that allow meat from South America to be brought in, and then packaged in the US and claim it as US meat.

Another component of the new efforts will be to promote innovation and reducing costs for small processors, to expand the supply for local and regional markets. AMS - Agricultural Marketing Service, will continue to make public cattle and beef market information. They will also expand the Enhanced Grading program. Another oppressive ingredient in the meat process is the cost of overtime and holiday inspections for smaller establishments. They plan to temporarily reduce those inspection fees in 2026 retroactive potential to October 2025. Along the lines of the processing and marketing options, they will announce more funding through the MPPEP Meat and Poultry Processing Expansion Program in conjunction with the RBCS and SBA actions.

As the long list continued, enhancing access to feeder cattle data, advancing deregulatory reforms under the clean water act to strengthen the US beef supply and US processing, round

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out the announced action plan to improve the business of ranching in the USA. The second part is to increase domestic and international demand in tandem with the domestic supply and lessen the volatility of boom bust cycles.

To this end, an expansion of access to locally raised beef for American Students in conjunction with the Child Nutrition Programs is continuing. The HHS will ensure the 2025-2030 Dietary Guidelines for Americans (DGA) will reflect sound science and practical advice for the American family including encouraging protein as a foundation for every meal. This will be released by the end of this year. It also serves as the foundation for various feeding programs including SNAP and WIC.

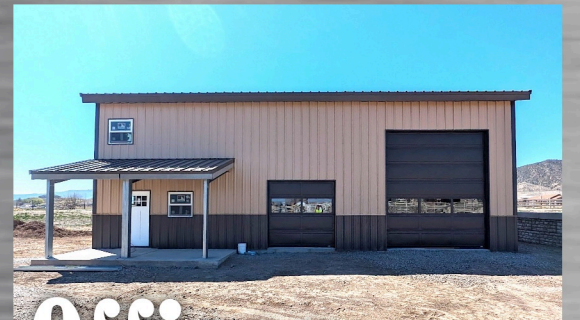
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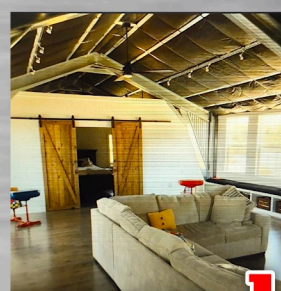
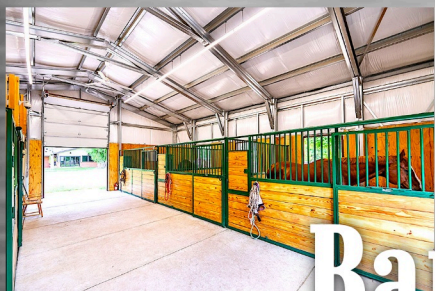
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# WOLVES, POWER, AND LAND

By Dexter Gill

Fight, fight, where is the fight? This week it lists Wolves, Electric Power rates and Land Use Control. I set out to see what is the issue, and found, in my attempt, all issues seem to have a common point of beginning. My premise began when Governor Polis took office in January, 2019. In May of 2019, Gov. Polis published his "First-Of-Its-Kind Climate Preparedness Roadmap" to make Colorado 100% renewable energy by 2040, which, interestingly, included wildlife diversity as an objective. The "Plan" has continued to be updated. At near the same time, endorsed the UN Paris Accord on Climate for Colorado to follow; Which is the reduction of Carbon Dioxide and Methane gasses in the atmosphere. That seems to be the foundation that launched the concerns and issues in today's news.

The "year of the WOLVES" 2020, voter initiated Proposition 114 bypassed the Legislature, that would import wolves onto only the West Slope of Colorado. First question I had was WHY? Will Wolves end cattle from emitting Methane? That Act was and continues to be controversial, as it has resulted in costing the people of Colorado approximately three (3) million dollars, over double what it was supposed to be. The economy of the livestock industry and ranching families was seriously damaged.. It raises questions on the Constitutionality of voter initiated balloting that ignores the representative government body, allowing a large voter base of the front range to negatively impact the entire West Slope, with no impact to themselves. The latest information is the Federal F&W has stopped the importing of wolves from Canada, but the



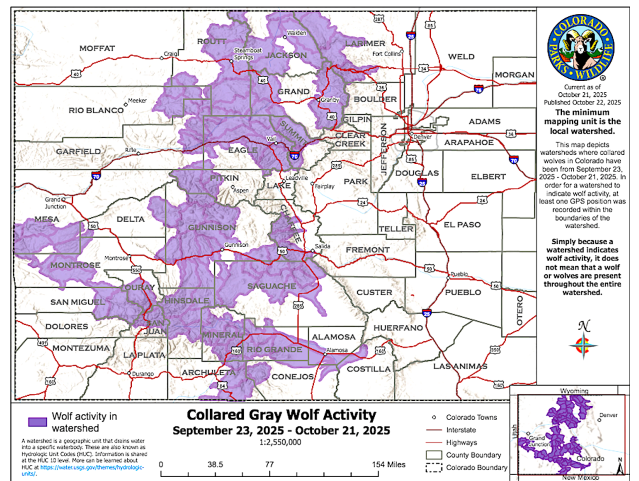
## Colorado Climate Preparedness Roadmap

State will continue importing from designated States. Hopefully those States will refuse to cooperate, as they are having wolf problems as well.

POWER from coal, oil and gas has suffered under the Polis "renewable energy only" plan. The latest question being raised is, how come Empire Electric is raising their rates?? Well in checking, it goes back to the "Climate Preparedness Roadmap," and converting electrical generation into faux "renewable" only. Closing down coal and other supposed non-renewable plants, and establishing new generation and distribution networks is very expensive. Empire Electric is a Coop of users to purchase and distribute electricity to us members, from outside generator net work systems. The State requirements for generation sources of non-renewable energy has put the "system" in a bind trying to close down and build new generators, while maintaining power flow to large distributors like Tri-State, who is contracted to provide/sell to Empire Electric. Increased cost at the Generator gets "passed down" to

Empire, who is not raising rates. The State is "causing" the increase at the Generator and principal Distributor, Tri-State. Thrown in the mix is the frantic increase in the expansion of "Data Centers", where one Center demands More Continuous Electricity flow greater than an entire large city.

The LAND issue is the base for both of the above, 1. a place for man and animal to be, 2. life to exist, 3. provide food and shelter for man and beast, 4. and lastly, for economy to be created to sustain man. The issue has become, WHO controls the lands and resources. For the past 50 years the "Control" has become the goal of the large faux environmental non-profit NGO's, which is evidenced in the States "Climate Preparedness Roadmap". There is hope, a New Senate Lands caucus, dubbed the "Senate Stewardship Caucus", focusing on stewarding the public lands, how they work with their local communities and industry. Colorado Senator John Hickenlooper has joined the committee. The Counties of the People, must be the "local community" being in control.



October's CPW Collard Wolf Activity Map  
Ongoing issues remain in the news as to the implications, legalities and affects

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Nolan Hankins and Gus Westerman

At Colorado State Univ. Fall Forum, CSU Extension Office of Dolores County's administrative assistant Nolan Hankins received the award for Meritorious Service, for his countless contributions to the Dolores County Extension Office. Nolan has proven to be a driven team player who holds the mission of Extension at the center of everything he does. Nolan has been instrumental in opening opportunities for our Dolores County 4-H Members to become involved in regional and state 4-H activities. Nolan has ensured that

### 4-H and CSU Extension

each of our 4-H Members have the opportunity and access to experience these important leadership events and get to know 4-Hers across SW Colorado.

Director Gus Westerman received the award for Administrative Leadership, for his work in Dolores County and across the state. It's no surprise Gus received this award, he is an exceptional leader, not only for the Dolores County office, but across the state; he is always willing to help others, and it is thanks to him we all have such an amazing working relationship with our neighboring counties. [4HOnline.Com](http://4HOnline.Com)

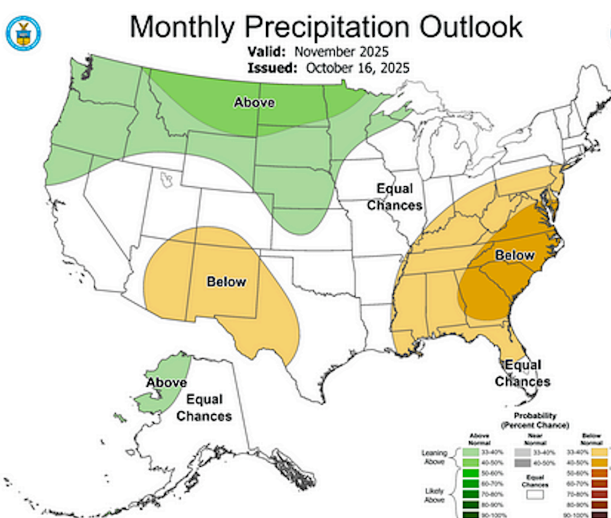


### CRAFTS & CHRISTMAS FAIRS

November and December are the months where every weekend counts! You'll find Crafts and Christmas Fairs and Markets all the way through to the end of the year. The Pinto Bean facebook page @ThePintoBean and on Instagram @PintoBeanUSA is where YOU can find the time dates and locations for all of the area events! Please visit and FOLLOW us to keep the reach extending and stay "in the know"!



Dove Creek's 33rd Annual Christmas Bazaar was another packed year (by DC Rec Dept)

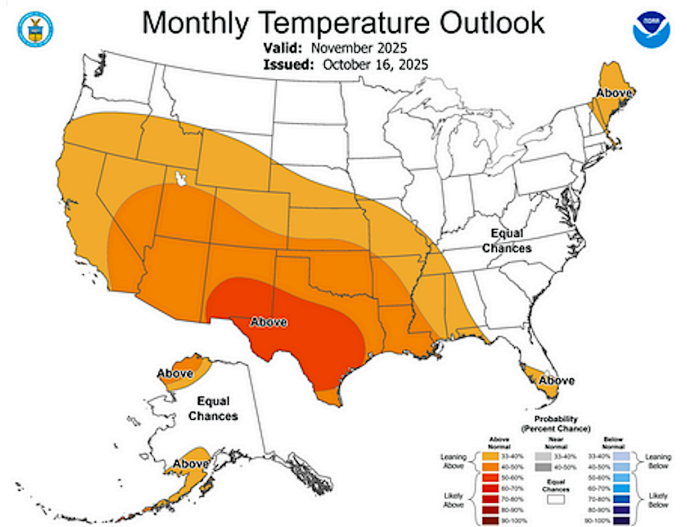


### NOVEMBER WEATHER

Temperatures may be above average for the start of the month, with likely precipitation before Thanksgiving, and temps dropping colder thereafter.

Have you not yet listened to the weekly "Global Alert News" radio show from GeonengineeringWatch.Org it will answer some of your questions. Show is weekly on Saturday afternoons.

Maps from Weather.gov



Why couldn't the jalapeño practice archery?  
Because it didn't habanero  
I met an octogenarian pirate, I asked him if it was true, & he said.... Ah matey!

I went to an Archaeology party where they were only looking for remains of a lower leg -  
it was quite the shindig  
To fix a broken jack o lantern use a pumpkin patch

## NOV WHAT'S UP

- Birth Flower – Chrysanthemum
- Birth Stone – Imperial Topaz
- Zodiac – Scorpio - Sagittarius

- Nov 1 All Saints Day
- Nov 2 Daylight Savings Ends
- Nov 4 Election Day
- Nov 6 Natl Nachos Day
- Nov 9 Natl Scrapple Day
- Nov 10 Marine Corps Birthday
- Nov 11 Armistice Day Veterans Day
- Nov 14 Children's Day
- Nov 17 Natl Hiking Day
- Nov 18 Apple Cider Day
- Nov 23 Fibonacci Day
- Nov 24 D.B. Cooper Day
- Nov 25 Natl Cake Day
- Nov 27 THANKSGIVING



BEAVER  
FULL  
MOON

#### Moon Phases

- NOV 20 - New Moon
- NOV 05 - Full Moon
- NOV 05 - Perigee
- NOV 20 - Apogee

The path to wisdom is a lifelong journey, one that even the wisest among us never complete.  
By Kenny Ray

**Fall is Here.....**  
**We are still stocking Beardless Wheat, Barley, & Triticale**

---

**and Winter is coming. Brrrr!!**

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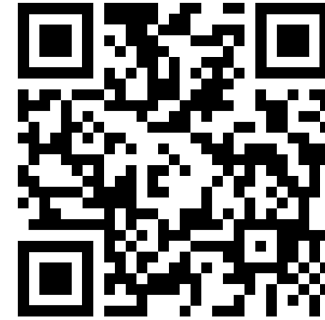


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### CO Big Game Hunting Dates

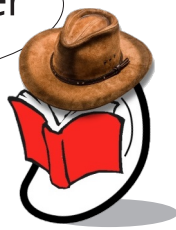
- Rifle seasons
  - 2nd season - Oct. 25 to Nov. 2, 2025
  - 3rd season - Nov. 8-16, 2025
  - 4th season - Nov. 19-23, 2025

### UT Big Game Huntin Dates

Mule Deer - Limited Late Muzzleloader	Oct 29 - Nov 6
General Elk - All Units Muzzleloader	Oct 29 - Nov 6
Limited Elk - Bull Elk Rifle (Late)	Nov 8 - Nov 16
Limited Elk - Bull Elk Archery (Late)	Nov 29 - Dec 14

### Local Poetry Corner

#### COWBOY POETRY



A COWBOY TURNIN' SIXTY  
Russ Westwood 2018

So you think when turnin' sixty  
That your best years lay behind  
And your useful days are over  
And it's wayin' on your mind

You ponder on your younger years  
Of hope and health and glory  
You think of things you might'a done  
To paint a different story

There ain't no turnin' back the years  
What's past is gone for good  
You probably wouldn't change a lot  
Even if you could

It's time to look ahead some  
For you ain't quite used up yet  
There's chores that still need doin'  
And there's fence posts yet to set

So climb back in the saddle  
Leave that rockin' chair a while  
Go and help your neighbors some  
And finish up in style

You never know what lies ahead  
So give it all you can  
And when you cross that great divide  
You'll cross it like a man

Russ Westwood - Cowboy Poet



Courtesy Reprint: Russ Westwood

### KOKANEE FISH GIVEAWAY

The Colorado Parks and Wildlife Kokanee fish give away happens in several locations around SW CO depending on the year's supply. At Lake Nighthorse in Durango the giveaway days at 3 p.m. will be Nov. 7, Nov. 14 and Nov. 21. Lake Nighthorse staff typically allow participants to access the parking area around 2 p.m. Joe Rowell Park in Dolores Nov. 6. That giveaway starts at 3 p.m., and the fish are usually gone in 15 to 20 minutes, so people are encouraged to arrive early. "The Dolores kokanee salmon run is very low this year," said Kade Jackson, CPW aquatic biologist out of Durango. Those interested in the Dolores or Lake Nighthorse giveaways may call 970-247-0855.

"As part of the kokanee salmon program, giveaway days are scheduled each year for interested members of the public to receive fish if they hold a valid Colorado fishing license. However, the available kokanee for the scheduled giveaway days at each location can vary greatly. It is possible some days will be canceled in specific locations, while some may add additional days depending on the run at each location."

Kokanee salmon were introduced to Colorado waters in 1951. They are the landlocked version of sockeye salmon. These fish grow quickly, typically live about three to four years and

naturally die after spawning. In 2024, CPW collected an estimated 10.1 million kokanee salmon eggs from nine spawning locations. Eggs were raised in hatcheries and stocked out across 29 bodies of water the following spring. CPW conducts kokanee salmon giveaways to make sure the meat from spawned kokanee is not wasted. Each year, thousands of fish are given away, but availability at each location can vary depending on the size of the run.

"To be eligible for the giveaway, a 2025 Colorado fishing license must be presented. Up to four youth may receive kokanee if accompanied by a license-holding adult. Southern Ute and Ute Mountain Ute Tribal members may show a Tribal ID card, Brunot fishing license or a state fishing license to receive fish.

Those interested in receiving kokanee should bring their own small cooler or other container. Most of the kokanee are 10 to 13 inches in size."



## The Three C's

By

*Aimee Tooker*



Yep, I am still on the Coordination, Cooperation and Collaboration kick! It was never meant that the people were to be subordinate to the Feds, those three words are specific and deliberate throughout federal agency regulations. Even the State of Colorado agrees that Coordination, Cooperation and Collaboration are three distinct processes.

24-20-113. Governor to provide technical assistance in federal land issues. (VI) Implementing similar methods to improve coordination, cooperation, and collaboration in federal land management decision-making.

The subject of the wolves has been the highlight of the month so I thought I would expand my thoughts on the Endangered Species Act and National Environmental Policy Act. The Endangered Species Act (ESA) is substantive and mandatory, while the National Environmental Policy Act (NEPA) is procedural. So, while NEPA informs, the ESA constrains.

Federal agencies often integrate Endangered Species Act (ESA) consultation into the National Environmental Policy Act (NEPA) process to streamline compliance. However, completing an Environmental Impact Statement (EIS) under NEPA does not substitute for ESA consultation. If the consultation finds jeopardy, the agency cannot proceed, regardless of what the EIS concluded.

But was the 10J EIS Completed by the Fish and Wildlife Service completed or satisfied? Well in my humble opinion, and my favoring of the Coordination, Cooperation and Collaboration process, there was public comment solicited for the EIS but no coordination, cooperation or collaboration. If it did, then I would love to see the documentation of when and how.

§4331. Congressional declaration of national environmental policy

(a) The Congress, ...declares that it is the continuing policy of the Federal Government, in cooperation with State and local governments, and other concerned public and private organizations,

(b) it is the continuing responsibility of the Federal Government to use all practicable means, consistent with other essential considerations of national policy, to improve and coordinate Federal plans, functions, programs, and resources to the end that the Nation may-

(1) fulfill the responsibilities of each generation as trustee of the environment for succeeding generations;

(2) assure for all Americans safe, healthful, productive, and esthetically and culturally pleasing surroundings;

(3) attain the widest range of beneficial uses of the environment without degradation, risk to health or safety, or other undesirable and unintended consequences;

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Because the gray wolf is listed, according to NatureServ as G5 secure, then why release an experimental non-essential population into Colorado? The population of Montana, Idaho and Wyoming combined make up the population of the front range. What studies were done, what analysis was undertaken, and how was the release coordinated with local governments, especially on population distribution and disbursement and the probability of negative interactions. Were there economic impact reports completed and accepted with the EIS?

Yes, I am going to continue the Coordination, Cooperation and Collaboration process kick. And yes, I find jeopardy in the consultation process of the 10J EIS. Maybe someday someone will slap me in the head with data to prove how wrong I am. In the meantime, I will read the regulations, interpret them and continue to find a way to give the western communities a seat at the table, not just a chair in the room when it comes to these decisions..

### WORD OF 2025 6 7

Perfect - the Dictionary.com selection of "Word of the Year 2025" is, not a word, but a meme of two numbers, 6,7, (pronounced six seven) that is taken from a hip hop song - and means nothing. Yet Gen Alpha (the youngest upcoming generation) appear to be using it in all sorts of viral media online. It came to light from last year's song and via basketball stars using it, gaining popularity throughout the summer, culminating in cringe halloween costumes. So little makes sense to the general public in so many aspects of news (unless you read the Bean and do your homework), it's perfect that 6,9 is meaningless. Other contending words included "broligarchy, clanker, tradwife and tariff".

For Boomers, if you're going to pick a number, it would have to be 42. (all Hitchhikers know what's in the Guide to the Galaxy wink wink). Which ironically, is 6 x 7. Hmm.



Commentary by Linda Cunningham

I recently had family visiting from back east. We rarely had the tv on, and when we did turn on the news I really didn't pay much attention to what was being reported. After family left, and I'm back into my morning routine, coffee .... tv on with news, get comfy in my chair.... I realized (actually I already knew), that the so-called "news" isn't telling us a darn thing about what's really going on in this country. We're living in a bubble of 'feel good' moments, and God forbid we should hear the truth about what's really happening on a daily basis. I remember the days of Walter Cronkite .... no frills, no segments on how to make a pumpkin spice latte, no sitting on a couch talking about each others day...just the news. I miss those days of truth in news reporting. Most days now I'll turn on the news just to see who blew up who, or what the stock market is doing ... then turn it off. There are a lot of alternative programs, on tv and podcasts, reporting news from all around the world. Some of these sites are listed in this paper and worth checking out. For local information there's a group of us that meet on a weekly basis every Wednesday afternoon at Bangers in Dove Creek at 4pm. We discuss and cuss about current events, lift each other up if needed and just overall enjoy socializing with friends. Please join us if you're so inclined.

**"I will always choose the agony of knowledge over the bliss of ignorance."**

### READERS' RESPONSES

QR code takes you to the website page with Readers' Responses changed monthly. Thank you!



As there's limited space in the printed pages, responses and 'letters to the editor' will be shortened with a link to the full text on the website. Editor@PintoBean.CO

Porter Clemenson, San Juan County Utah

#### Enter Donald Trump.

"As a lifelong fiscal conservative, I've grown increasingly disillusioned with the Republican Party's failure to deliver on promises of lower taxes, balanced budgets, and smaller government. For years, I watched as rhetoric outpaced results, leaving me mostly disappointed across successive administrations.

Continued on PintoBean.CO



# Southwestern Adventure Guide

Your Official Adventure News Source for the Greater Southwest + Video eMagazine Flip book TV



Photo: Dr. Lisa Ann Green

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## Green River

Nov 7th - 8th Outlaw Days 2024

## Moab

Nov 1 Blu Pig Randy Stephens & The Groove Makers Live

Nov 2 1-5pm Day of the Dead Celebration

Nov 3rd Moab Folk Camp

Moab Rec. Center 7:30-9:30

Nov 7th - 9th Moab Folk Festival

Nov 8 & 9 Moab Trail Marathon

Nov 15 Dead Horse Ultra

Nov 22 Turkey Trot

## Monticello & San Juan County

Nov 11th & 17th Horse Hoof Care &

Workshop Oljato-Monument Valley, Utah

## Blanding

Nov 8th Bears Ears Marathon Blanding 26.2 mile race

Nov 13th Paint Night Adults & Teens

Thursday @ 6:00pm

Blanding Branch-San Juan County Library

Nov 30th Crochet Club Blanding Lib. 6pm

## Bluff

Nov 14th-15th Discover The Sky we Share - Bluff Utah

Nov 15th Monument Valley Marathon, Half Marathon and Wildcat 4-Miler

## Flagstaff

Nov 1st Flagstaff Annual Halloween Crawl

5pm -10 pm 2727 W Route 66 Flagstaff AZ

Nov 29th Creative Spirits Paint and Sip Pet

Portraits 6-9pm

Nov 30th The Man Who Saved Christmas musical @ The Theatrikos 7:30 9:00

## Cortez

Nov 1st The County With The Bounty

100 N. Pinon Drive, Cortez, CO

Nov 20 - Dec 5th-7th Festival of Wreaths

Nov 16th Annual Monster Mash Party

## Mancos

All Month

Mesa Verde Motel 15% Off "Code FALL"

Nov 17 Dolores River Brewery Open Acoustic Jam

Nov 24 Fenceline Open Mic Night

Nov 30 MANCOS ART MARKET, Mancos

Opera House 10am-3pm

## Dolores

Nov 7th The 14ers @ Dolores River Brewery

## Durango

Nov 1st Rocky Horror Show

7:00pm / Durango Arts Center

Nov 11 Mesa Verde Free Entry

Nov 22nd Purgatory Resort opening day

Nov 21st -Jan.3d

THE POLAR EXPRESS Train Ride

## Bayfield

Nov 2 NOVEMBERFEST

Hessenland & Schatz Winery

The cost is \$70 per person

Nov 15-17 CHRISTMAS IN BAYFIELD

Friday Night - 7 p.m Tree Lighting Ceremony

Saturday 11 a.m. - Santa Claus Parade

## Farmington

Nov 1st Holiday Crafts Fair & Christmas Craft Fair

Nov 7th Laser Tag Night

Farmington Recreation Center 6pm-8pm

Nov 15th The Native Table: A Culinary Journey

12 -2pm Farmington Museum & Visitor Center

Nov 22nd Turkey Trot and Gobble Wobble

9-11am Orchard Plaza

## Telluride

Oct 20 - Nov 21 Gondola Closed for Maintenance

Nov 7th Rebuilding Drama Film 7pm-9pm

Palm Theater

Nov 7th - 9th KOTO Ski Swap at the Wilkinson

Public Library

Nov 27 Thanksgiving Buffet The View 2-7pm

Nov 27 Telluride Ski Resort Opening Day 2025

## Durango

Nov 3 Charity Ball Burbon Street

Nov 4 Joel Rachel @ Dimond Belle Saloon

Nov 6 EsoTera Cider Works Open Mic Night

Nov 29 Singing with Santa Buckley Park

## Pagosa Springs

Nov 8 - 10 Hot Springs Fest

Nov 10 Yoga & DJ @ Pagosa Springs Town Park

Come Join us on Facebook for the  
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Public Group to share YOUR  
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# LOCAL BUSINESS

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and the Deadlines  
on the month's last Wednesdays

What's  
on My  
Mind?



## THOUGHTS FROM THE EDITOR / PUBLISHER

Kendra Cook



### Consciousness and conspiracy

Altered states of consciousness can shift our state of 'tuning' - the brain is more like a radio tuned into one station - that's our everyday reality, with learned techniques, we can tune in to other layers, or 'stations'. At least that is what various people have been investigating and working on. Why are we stuck on this channel - our brains are stuck thinking what we see think and touch is what it is as a hard reality. As we learn more and more through science, we see everything appears to be 'created' by frequencies and vibration.

However, to talk with most people, you'll hear their desire for a simple life, 'just leave me alone', and responses of "I don't want to think about it" are very common. The simple one channel view is more comforting, safe, stable, more practical at keeping us 'alive'. If we didn't filter all of it, we might not survive in handling the multiple information sources. It's said our senses, particularly our eyes, only detect a very small amount of the band width of the full spectrum we know to be there, here.

Without being overwhelmed, it's part of the Pinto Bean's goal to provide links and articles with key words for the reader to follow up on their own, in their own time. Some topics resonate more with different people, there are seemingly endless rabbit holes or tropes to unwind. As you learn more and more, you start to see how so many aspects of these concepts, conspiracies, and constructs, are actually tied together.

Thank you to the local group that gathered for our 1st Pinto Bean's Tin Foil Hat party in October (personally, we held one over a decade ago, along with 3 years running of the annual "End of the World" parties - celebrating 2012 and several other predictions of the End being Near! Maybe it's time for another one of those...) and to peak people's curiosity, I created a poster featuring as many topics, theories, people, events, and conspiracies I could fit, to give you some jumping off topics to do some homework. You might be at the 'what's the point' point. Sure, you can sleep through life, keeping your attention on a very small part of the spectrum, or, open one's mind to different perceptions of what has happened, is happening, and what is to come. Learning is a continuous process throughout life. The poster graphic shown below, should give you a LOT to choose from! And.. there is so much more.. I've seen graphics with lines attaching this point to that point like a detective's wall board with pins and red string... the challenge to that, is the spider web gets so tangled it becomes hard to focus ("oh what a tangled web we weave" - Sir Walter Scott). My advice, take one topic that jumps out, and start there.

And a quick post script P.S. with all of the Artificial Intelligence A.I. online, I'd like to suggest an alternative one, it's through Brighteon.AI - nicknamed 'Enoch', the sources of material provided to the system is more centered on natural health, and may give you some additional context and references you won't find through Grok or ChatGPT. Another tip - go to Bibliotecapleyades.net - roughly translated as library of the pleiades - you can search ALL of these topics and more, and start your research there. Have fun and keep an open mind, with full discernment on at all times!



ADS, CLASSIFIEDS, EVENTS  
EDITOR@PINTOBEAN.CO

## 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. \$2/ additional lines. Ask about Agency Notices.

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

'Readers' Responses - aka Letters to the Editor We are trying out an option for readers to write in if they'd like to share a point of view - go to the website for all the details PintoBean.CO

Looking for Alternative News and Info resources online? Banned.Video LIVE streaming programming and interviews and more..

REAL ESTATE - Do you have a home for rent or sale, or land you'd like to promote for sale - email the Pinto Bean to add a classified info@TPIProductionZ.com

IN BETWEEN THE BEAN! DAILY News and events and shared notices, lots going on every day to share what's going on all around the four corners - at the Facebook page - @ThePintoBean

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## JOBS JOBS JOBS...

Dove Creek Mandatory Weed Control Board will be accepting applications for one Full-time Employee.

To be considered, a current application must be filed, and applicants must be 18 years or older. The position requires you to have a Commercial Spray Applicator License or have the ability to obtain a license. Experience operating heavy equipment and CDL would be a plus but not required. Other duties include inspections, knowledge in mapping of weeds and weed identification, maintaining spray equipment, some manual labor, and other duties. Specific duties will be discussed at time of hire. Salary range will be \$31,533.00 - 41,000.00 based upon experience, with step increases at six months and one year. Benefits included, paid holidays. health, dental, vision and gap insurances. Retirement after one year. Also includes all federal and state benefits.

Applications are available at the Dove Creek Mandatory Weed Control Office in the Courthouse at 409 N. Main Street, Dove Creek, CO. Applications can be downloaded from the county web site (QR code below)

Applications must be returned to the Dove Creek Mandatory Weed Control Office by Jan 8, 2026, by 4:00 p.m. Dolores County is an equal opportunity employer.



**Help our friends, neighbors, & community members who may need food assistance**

Up to 600 Moab/Grand County households will lose their food assistance on Nov. 1 due to the federal government shutdown. Funding for the federal Supplemental Nutrition Assistance Program (SNAP) program will be paused until the federal shutdown is resolved and funding is restored.

**Where to get help or donate in Moab:**

**Grand County Food Bank**  
56 North 200 East  
Open Tuesdays & Thursdays, 10 a.m.-noon.  
Call 435-259-6456.  
Monetary donations: Cash, checks, or gift cards to local grocery stores.

**Moab City is holding a staff food drive for the Grand County Food Bank.**  
Community members who wish to donate to the GC Food Bank but are unable to do so during the Food Bank's hours are welcome to drop off their donations at City Hall, Mon.-Thur: 8 a.m. to 5 p.m.; Fri. 8 a.m. to noon.  
Donation stations are inside Moab City Hall, 217 E. Center St.

**Moab Valley Multicultural Center (MVMC) Food Pantry**  
156 North 100 West  
Open Mon.-Fri., 9 a.m.-5 p.m. (closed at lunch).  
<https://moabmc.org/programs/crisis-resource-and-advocacy/food-pantry>  
Monetary Donations: Give online (indicate donation is for the food pantry): [moabmc.org/donate/](https://moabmc.org/donate/)

**St. Francis Episcopal Church Community Food Pantry**  
250 Kane Creek Blvd.  
Food Pantry - Fridays: 4-5:30 p.m. (Open Oct. 31 from 5-6:30 p.m.)  
<https://moabepiscopalchurch.org/news-and-events>  
Utahns can also call 211 for help finding food pantries, meal sites, and emergency food resources.

**Let's work together to ensure no one goes hungry.**

**Blast from the past - historical Sears and Roebuck Catalog find.. pricing \$500-\$3000 in 2025 !**



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## Gift of Giving - Local Programs Reach Those in Need

Tis the season of organized giving! Don't forget in Colorado there is a specific Colorado Gives day - check out the promotion for details on this page.

Look for your local Toys for Tots boxes for gift donations - the SW organizing body has been expanding into more communities this year. Right in Dove Creek you can find a box at the Community Banks, the Town Hall, Main Supply and more locations.

Since 1947 The Marine Corps and Toys for Tots Has Been Making a Difference in the Lives of American Families - The Marine Toys for Tots Foundation, an IRS recognized 501 (c) (3) not-for-profit charity, was established in 1991 at the behest of the Marine Corps to help run and support the Marine Toys for Tots Program. The Foundation raises funds, purchases toys, provides promotional and support materials, manages all funds raised and donated, solicits corporate support, educates the public, and handles day-to-day operations. The basic mission of the Marine Toys for Tots Program is to collect new unwrapped toys and distribute those toys to economically disadvantaged children at Christmas. Applications close Dec 15 2025

In Dove Creek, ROCK has hosted Santa Claus every December since 2013. Most of the Dove Creek community comes together and sings Christmas carols and enjoys s'mores and chilli. Kids leave with hearts and tummys full, along with hats and gloves. The celebration is one of the hallmark events of the year and is a time when the community gathers and enjoys being part of this special corner of the world. Mark your calendar as it'll be on Sunday Dec 7 4-6pm at the ROCK building.



Every community is stronger through the strength of caring for, giving to and supporting one another. As the paper goes to print, the Federally funded USDA SNAP program does not have funding for November. This will effect thousands of area individuals and families who have had the need for food assistance. To pick up the gap, area businesses are helping out, alongside food banks and not for profits. Be sure to find those resources in your area if you find yourself short of food.

The Thanksgiving and Christmas season is the time many individuals and businesses also take advantage of donating as tax deductions. Coming up Dec. 9th is Colorado Gives Day fundraiser, but donors don't have to wait to make an impact. Early Giving begins November 1, and every donation made through SWCOGIVES.ORG between November 1 and December 9 counts toward local nonprofits' fundraising goals and qualifies for the Colorado Gives Foundation's monthly matching funds.

This year, the Community Foundation serving Southwest Colorado and its partners have set an ambitious goal: raise \$1 million for local nonprofits across Archuleta, Dolores, La Plata, Montezuma, and San Juan Counties. With more than 150 organizations participating, Southwest

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Colorado Gives offers residents an easy and secure way to give back to the causes that make the region thrive.

Last year, Southwest Colorado raised \$894,000 on Colorado Gives Day, with the state overall raising \$54.8 million. The funds supported vital programs in areas such as human services, education, the arts, animal welfare, youth programs, and environmental initiatives.

The Southwest Colorado Gives campaign helps keep philanthropy local and builds stronger, more resilient communities throughout the region.



### Dolores County Food Resources

If you are experiencing food shortages, we would like to help. Below are a few of our local resources. If you would like to donate goods or funds please contact Dolores County Social Services at 970-677-2250.

**R.O.C.K Food Distribution**  
128 HWY 491  
Dove Creek, CO 81324  
Food Box Distribution 2<sup>nd</sup>  
Friday of every month.

**Dove Creek Care & Share**  
214 HWY 491  
Dove Creek, CO 81324  
Open: Wednesday- Friday  
12 P.M. to 2P.M.

**Rico Pantry**  
1 N Commercial St,  
Rico, CO 81324  
Open: Tuesday& Wednesday  
2P.M. to 4P.M.

**Dolores County Senior Center**  
8450 Road 7.2  
Dove Creek, CO 81324  
For anyone over 60 years old  
Hot meals: Mon, Tues, & Thurs at noon.  
\*Meal delivery and Frozen meals available\*

**SW Colorado Gives Day is December 9, 2025**  
[swcogives.org](http://swcogives.org)

**Local Giving Local Living**

**SW CO GIVES**

**SW Colorado Gives Day**

Support the causes you care about during this **season of giving**. Visit [swcogives.org](http://swcogives.org) to contribute to 180+ organizations that serve youth, the arts, animals, environment, human services, and more.

Community Foundation serving Southwest Colorado  
Ballantine Family Fund  
1st SouthWest Bank

**SPUR GRANTS FOR THE ARTS**

By Barbara McLachlan

Orchestra performances, plays, lectures, art museums, movies, comedy shows, concerts in the park, powwows, dances and sculptures; the arts are essential to our way of life and mental health. They make us happy, aware, and grateful. They offer social connection, time for reflection, and space to both laugh and cry. Art opportunities in our region are thriving, and the Community Foundation serving Southwest Colorado is proud to support this growth.

The Foundation will address arts and culture needs across five counties and two sovereign nations with our third quarter SPUR funding. This will help drive revenue for local businesses and strengthen our local economy. In doing so, we are supporting locals with an artistic bent while also addressing positive mental health and well-being. According to a national public opinion survey conducted by Ipsos Public Affairs, 80 percent of Americans visited or watched an arts or culture event in person within the last year. And more than 75 percent of them said they consider arts and culture personally important, contributing to their joy, sense of well-being, and creativity. According to the same survey, about 73 percent of Americans believe arts and culture provide shared experiences with people of different races, ethnicities, ages, beliefs, and backgrounds. Thus, making the arts a beneficial aspect of society, branching well beyond individual benefits. An overwhelming 92 percent of Americans believe every student should have access to a quality arts education. By contrast, only 52 percent believe those opportunities are sufficient in our schools. This emphasizes the need for community-based arts events that provide space for local creativity and connection. Across political lines, Americans

strongly support government funding for the arts, with bipartisan majorities approving of local (70 percent), state (66 percent), and federal (66 percent) investments in nonprofit arts organizations and community-based arts programs.

Here are some highlights of how this funding will benefit our community. Regionally, funding will support:

Colorado 250/150 Project in recognition of the 250 th birthday of the United States and the 150 th birthday of Colorado and KSUT Tribal Radio to enhance indigenous-specific reporting.

In LaPlata County, funding will support:

The Dancing Spirit Center for the Arts in Ignacio to match funds for youth programming in collaboration with the Southern Ute Indian Montessori Academy, Merely Players to help cultivate local talent for costume design and creation, and Bayfield High School Theatre to assist with production costs for their fall show.

In Montezuma County, funding will support:

The Mancos Creative District Opera House to help enhance the theater’s lighting, The Cortez Cultural Center to purchase items to better display historical artifacts and local artists’ creations, and City of Dolores School District Music Department to support music students’ travel expenses for competitions.

In Dolores County, funding will support:

“Main Street beautification” to display local artists’ works at local businesses in both Dove Creek and Rico, Artists of Rico to help elevate the area’s talented artists and craftspeople, and Dolores County Schools’ Art Program to enhance the supply budget so students can explore more mediums in class.

In San Juan County, funding will support:

Silverton Creative District to enhance opportunities for local artists at the

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**RECREATIONAL CANNABIS**

Powerhouse as well as the Summer Sounds concert series.

In Archuleta County, funding will support:

Thingamajig Theater to provide professional theater productions for the community as well as educational opportunities for local children for the fall/winter season.

I am proud to be on a working board that does so much for so many. You can support this effort by donating to the Community Foundation’s SPUR Fund at [swcommunityfoundation.org](http://swcommunityfoundation.org). We can do so much good when we all work together.

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**Dolores County CO**

- County Board of Commissioner Meetings 2nd and 4th Monday's day time Courthouse
- Town of Dove Creek Meetings 1st and 3rd Thursdays 6:30pm Town Hall
- DCDC Meetings Quarterly a Wed CSU Office
- Dolores County School Board 3rd Wed. 6pm
- DCVFD Every Wed at the Firehouse 7pm
- Dove Creek Ambulance Dist. 3rd Monday 6:30 at the Ambulance Barn

**San Juan County UT**

- County Board Meeting 1st and 3rd Tuesdays 11am Commission Chambers
- Monticello City Council Meeting 2nd and 4th Tuesday 7pm Community Center
- Blanding City Council Meeting 2nd and 4th Tuesdays 7pm City Office

**Montezuma County CO**

- County Board of Commissioners 2nd and 4th Tuesdays 9am 109 W Main
- Cortez City Council 2nd and 4th Tuesdays 7:30pm City Office

**San Miguel County CO**

- County Board of Commissioners 1st and 3rd Wednesdays 9:30-3pm 333 West Colorado Ave 2nd floor Telluride CO

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### SOUTHERN UT - RARE EARTH

The Donald Project is one of Australia's most advanced critical mineral projects, targeting the production of rare earth elements (REEs), which are expected to be shipped to Energy Fuels' mineral processing facility in the U.S. for production of advanced REE materials, and zircon-rich heavy mineral concentrates for global supply chains. Production is planned to commence as early as H2 2027, subject to securing project financing and completion of a positive final investment decision (FID) for the Project.

With 100% of the Project's Rare Earth Element Concentrate (REEC) subject to a life-of-mine offtake agreement with Energy Fuels, the Donald Project, once developed and brought into production, will strengthen global supply chain resilience for Western and partner nations.

When in production, Phase 1 of the Donald Project is expected to produce on average 7.2 thousand tonnes (ktpa) of REEC per annum containing both light and highly strategic heavy rare earths, including up to 1,000t of Neodymium-Praseodymium (NdPr) oxides, 92t of Dysprosium (Dy) oxide, and 16t of Terbium (Tb) oxides per year. Energy Fuels' White Mesa Mill (Mill) in Utah, USA has the current capacity to process all of the Donald Project's Phase 1 REEC production and extract the light and heavy REEs. The Mill also has the current capacity to produce up to 1,000t of separated NdPr oxide, and Energy Fuels expects to commission the capacity to produce separated Dy, Tb, and potentially other heavy REE oxides as soon as late 2026.

Notably, the heavy rare earths expected to be produced from Donald Phase 1 would satisfy approximately one third of U.S. demand for Dy and a quarter of U.S. demand for Tb, elements that are critical to the clean energy, defense and advanced manufacturing industries. The financing activities are being progressed in parallel with early site works and sourcing and procurement of long-lead time equipment.

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### TELLURIDE CO - NEWSPAPER

In Telluride, the weekly printed and daily updated news outlet was recently purchased by the Hoffmann Media Group, and will be changing the name from Daily Planet back to the Telluride Times. That name dates back to 1898 when the paper was originally founded. With that deal, the Norwood Post is also now run by Hoffmann Media, both to be released as a Thursday edition.

The Hoffman group, part of the Hoffmann Family of Companies, is run by billionaire David Hoffmann, also having an interest in Lee Enterprises, and DallasNews. He has an intense interest in local newspapers, particularly in luxury tourist markets. Lee had sold the Napa Valley publishing group to Hoffman almost a year ago. Hoffmann is looking to expand with acquiring other titles and privately owned papers in the future.

Hoffmann has a history of working in journalism, being a published author and award winning reporter covering the White House, Jerusalem, and Moscow, in the 1980s working with the Washington Post as assistant managing editor for foreign news and staff. His development of the Hoffman Family of Companies includes investments in Agriculture, Aviation and Transportation, Financial and Professional Services, Hospitality and Entertainment, Manufacturing, Marine, Media and Marketing and Real Estate.

Maureen Pelisson, who had worked with the Daily Planet over many years, as well as working in New York and on the west coast with CNET, will take on the role as the Times' new publisher.

### BLUFF UT - DARK SKY

Bluff Utah is hosting a Dark Sky Festival Nov 14-15, being an official International Dark Sky Community, there's plenty to see in the dark sky of November. They'll be hosting a laser pointing guided tour of the sky, plenty of family activities, a Telescope Walk, local native skywatching information with creation stories from a Navajo storyteller, and more guest speakers; Edge of the Cedars State Park curator of collections Jonathan Till will be on hand, Nancy Maryboy and David Begay authors of the Sharing the Skies: Navajo Astronomy a Cross Cultural View will be speaking, as well as historian and public information officer at the Lowell Observatory, Kevin Schindler. There are three nearby International Dark Sky Parks within one hour of Bluff: Goosenecks State Park, Hovenweep National Monument (Gold Tier the darkest of the three tier allocations), and Natural Bridges National Monument.

### UTAH - URANIUM

The Utah Department of Oil, Gas and Mining has given Anfield Energy Inc approval to commence the advancement of its Velvet-Wood uranium-vanadium project in San Juan County, Utah. This was first approved under the accelerated process as part of the national energy emergency declared by President Trump at the beginning of this term. In May, the Dept of Interior announced the selection of the Velvet Wood location, which received their permit approval just short of two weeks later. Initial reopening construction will have begun at the time of this printing. The proposed combined mines are said to be estimated to contain 4.6 million pounds U3O8 of measured and indicated resources and inferred resources of 552,000 pounds U3O8. In addition, the Shootaring Canyon mill will be brought up to production-ready status - on standby since 1982, this mill is only one of three licensed and permitted conventional uranium mills in the USA.

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## Lisbon Valley Mine and Water

The Lisbon Valley Mining Company has been approved for an EPA exemption lifting the federal drinking water protections for part of a San Juan County UT aquifer at the mine north west of Dove Creek. What this means is that the company will be able to move forward with a new phase of their copper extraction project. With push back from area residents, the EPA and state regulators determined the expected portion of what is known as the Burro Canyon aquifer is not used for drinking, and is unlikely for the future due to geological isolation, and it contains commercially recoverable copper ore.

This recent decision is just one on a list of obstacles ahead of the company's larger long term expansion on up to 5,700 acres on a mix of private state and BLM managed lands. Currently LVM operates as an active open pit copper mine, producing for almost two decades, and has been a large employer in the area.

The Federal FAST-41 permitting program, which identified the mine this past April, has been actively engaged across many infrastructure projects as part of a national effort to bolster domestic mineral production. This new proposed expansion could yield as much as half a billion pounds of copper. The Utah division of oil gas and mining, stated they have yet to receive the mine's notice of intent for the in situ recovery project, indicating it is expected around the beginning of next year.

## G.O.R.P. Western CO Lands

G.O.R.P. - you'll hopefully be aware of this projected proposal for the Western Slope of Colorado. It stands for the Gunnison Outdoor Resources Protection - Act, a proposal that by those living and working the land, feel will strip local control from the surrounding communities, destroying jobs, lively hoods, and shutting down access for recreation; grazing lands loss, energy and mineral producers losing opportunities, and trails and travel access reduced. The Act is sponsored by CO Senator Bennet and Hickenlooper along with Dist. 3 Rep. Hurd, and encompasses a range of 730,000 acres. Recently the Montrose County Commissioners adopted a Resolution No 31-2025 that opposes the GORP Act, citing threats to working ranch lands, water rights, access, and the rural economy.

As with many wide sweeping land administration or designation programs, so much of the funding and political push comes from groups and entities that aren't living in the proposed zone. Examine what is in the proposal and hold it up to the Trump Rancher Action Plan to see the differences. Visit the paid for website [gorpact.org](http://gorpact.org) to see those who are in support of the proposal they claim was a community driven work, via GPLI an initiative of 10 organizations. Make your own decision on supporting GORP or not - research the entities involved and their objectives. The Act was proposed in 2024, and reintroduced in 2025 in the House - H.R.3421 as of 05/15/2025 was Referred to the House Committee on Natural Resources.



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## VOTING MACHINES

Colorado has been in the national spotlight for looking at potential election fraud during the 2020 elections. Now, the Denver based Dominion Voting Systems takes another turn at being in the news, by recently being sold to a former Republican election official. Dominion machines are used in 60 of the 64 Colorado counties. Scott Leindecker the purchaser, changed the name to Liberty Vote. "Liberty Vote is committed to delivering election technology that prioritizes paper-based transparency, security, and simplicity so that voters can be assured that every ballot is filled-in accurately and fairly counted," Leindecker said in a statement. Liberty Vote's commitment to election integrity, full American ownership, a focus on paper ballots, and third-party auditing, indicates a potential for the election process to regain the trust of the population.

## DEEP DIVE HEADLINES

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The Last American Vagabond .com  
<https://www.thelastamericanvagabond.com/google-oracle-monitor-americans-who-get-warp-speeds-covid-19-vaccine-for-two-years/>

# For the Love of Food

By Kendra Cook

## Pumpkin Pinto Bean Soup

Dryland Pinto Beans are obviously a favorite to grow here in SW Colorado. This year's weather and timing of moisture, was not conducive to a good crop, or in many cases, unable to bring in any beans this year (instead some farmers have opted to till under the crop and file for an insurance claim). But pinto beans still abound, and they aren't just a side dish. Beans are full of protein and fiber with dense nutrition, and are relatively inexpensive. I've found a couple of interesting 'sweet' recipe ideas that will be in the December issue, as for November, the warmth and coziness of consuming a thick savory multi-layer flavored soup, using pumpkin, sweet potato and pinto beans, is a great way to incorporate your pinto bean into the main dish on the table even for Thanksgiving!

I looked to the Colorado Dry Bean committee, which was established through the CO Dept of Ag to promote the industry through market development and research, to see what they had created. This recipe for a Curried Pumpkin and Pinto Bean Soup "tastes like fall in a bowl! As recipe developer Colleen Ferreira shares, "Pumpkin spice, but make it savory! For

GARAM MASALA is a blend...



those cool fall nights by the fire, this soup celebrates the changing seasons with a punch of local and exotic flavors." Cheers to that!

So for this concoction you start with the standard sorting pinto beans and soaking them in water overnight. Drain them and simmer beans in fresh salted water til tender and cooked. Once done, strain and set aside. Easiest method is to use a slow cooker, add the sweet potatoes, beans, thinly sliced green onions, masala (the curry spice mix), salt, ginger paste, pumpkin, coconut milk and stock, stir together so the pure pumpkin puree is well mixed in with the rest. Set to low, slow cook for 8 hours, until you can tell the sweet potato is tender. Add more salt if needed, and serve with a squeeze of lemon juice, and can be garnished with a sprig of basil.

This blended soup will be thick and hearty; using locally sourced wheat, you might just want to make your own artisan bread loaf for dipping!



### Curried Pumpkin and Pinto Bean Soup Ingredients

- 1 large sweet potato, diced small
- 2 cups cooked pinto beans (about 1 cup dry beans)
- 1 large bunch green onion, thinly sliced
- 1 tbsp garam masala
- 2 tsp salt
- 2 tsp ginger paste
- 1 15-ounce can pure pumpkin
- 1 15-ounce full fat can coconut milk
- 2 cups vegetable stock or chicken stock
- 1 lemon

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2025	Oct	Nov
GOLD	\$3,762.71	↑\$4,0002.26
SILVER	\$46.04	↑ \$48.68
URANIUM	\$82.50	↓ \$82.40
COPPER	\$10,125.50	↑ \$10,901.50
OIL (wti)	\$65.18	↓ \$60.98
NATURAL GAS (Henry Hub)	\$2.86	↑ \$4.12
Live Cattle	\$2.32	↑ \$2.37
Feeder Cattle	\$3.57	↓ \$3.38
WHEAT (winter)	\$7.00	\$7.50
BEANS	\$34.00	\$28.00

sources: Business Insider / tradingeconomics / CSU & Local Producers

### WHAT'S THE BOTTOM LINE...


Themes to follow Nov into Dec - what is the effect of the US involvement with Venezuela... possibly look to the OIL in Guyana with Pres, Maduro wanting that land back, and China's involvement of billions into infrastructure.. regime changes ahead? CCP stance of 'we live you die' destruction of the U.S. ties in, with how much infiltration into America and our politicians. Obama's name comes back into play, what was setup in those eight years. Communism sold as a political ideology but is it more spiritual, and no utopia has ever come out of these revolutions. In Russia, Alexander Dugin - self proclaimed satanist for his fourth theory for world order, claims liberal democracy is what's evil. Communism as a demonic rule? More discussion and information needs to be revealed instead of turning on one another, being spied on, being censored.



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