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OCTOBER 2023

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

Activities and News Along the SWAC

HARVEST & HUNTING SEASONS

VOLUME 23 ISSUE 10

Everyone is busy between Hunting and getting meat in the freezer for winter, and Harvesting putting up the crops for 2023



County Fair page 5

DC Care & Share
behind the VFW
W-Th-F 12-2pm
Dove Creek

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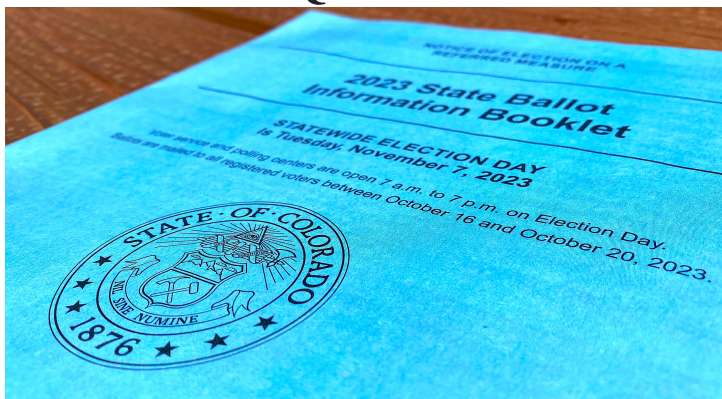
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Have a press release?
Want to see something
included in the next 'Bean'?
Contact us by email
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ONLINE



BALLOT QUESTIONS CO



The next Colorado election, Nov. 7 2023, will have two state propositions on the ballot, HH and II. The first is summarized as a vote to reduce property taxes and retain state revenue. The Dolores County Board of Commissioners signed a resolution adopted on Sept. 23 2023, "Opposing Proposition HH as Mandated by Senate Bill 23-303. The resolution included the following:

"WHEREAS, Senate Bill 23-303 is convoluted legislation, hastily enacted by the General Assembly on the last day of the 2023 legislative session with no prior consultation with local governments, presented as tax relief; and

WHEREAS, a portion of Senate Bill 23-303 requires the Secretary of State to refer a ballot measure to the voters (Proposition HH) which asks whether property taxes should be reduced in exchange for voter approval of the State's retention and spending of excess State revenues; and

WHEREAS, Senate Bill 23-303 and Proposition HH purport to provide tax relief but in fact would eliminate or dramatically decrease future TABOR refunds for all, while providing only minor property

tax relief for some; and
WHEREAS, Dolores County would be forced to rely upon an over complicated State mandated "backfill" system, funded by the State retained TABOR refunds, in order to provide local services.

NOW THEREFORE, BE IT RESOLVED:
Dolores County opposes Senate Bill 23-303 and Proposition HH as being an attempt to increase State government spending, by reducing or eliminating TABOR mandated refunds, all while reducing local resources."

The Proposition II is titled "Retain Nicotine Tax Revenue in Excess of Blue Book Estimate" which is a question stated "Without raising taxes, may the state retain and spend revenues from taxes on cigarettes, tobacco, and other nicotine products and maintain tax rates on cigarettes, tobacco, and other nicotine products and use these revenues to invest twenty-three million six hundred fifty thousand dollars to enhance the voluntary Colorado preschool program and make it widely available for free instead of reducing these tax rates and refunding revenues to cigarette wholesalers, tobacco product distributors, nicotine products distributors, and other taxpayers, for exceeding an estimate included in the ballot information booklet for proposition EE?"

Check with your County's Office of the Clerk to make sure you are registered to vote, and that your name and address are correct. You can also register online in Colorado, <https://www.sos.state.co.us> and in Utah <https://secure.utah.gov>

In Colorado, you will receive your ballot in the mail, and will follow the instructions to mail in or drop it off at a designated drop box, or at the Clerk's office by the deadline provided. Still a Representative Republic - Vote!



Dolores County



Dove Creek



Dolores County Court

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Naloxone can help reverse an opioid overdose in minutes, preventing an overdose death. Axis is offering **FREE NALOXONE** kits and overdose education at each of its locations.

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axishealthsystem.org/locations
24/7 Axis Care Line: 970-247-5245



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 180 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.



Dolores County Assessor's Office is seeking a full-time employee. Starting salary is \$27,996.00. Benefits include health, dental, vision, social security, Medicare, unemployment taxes, & retirement after one year of employment. Must be friendly, work well with others, good people skills, detail oriented and prefer good computer skills. Duties will be discussed at interviews. Applications are available at the Assessor's office, 409 North Main, or online at dolocnty.colorado.gov. Applications are due back to Dolores County Assessors Office by October 12th at 4:30 p.m.

DOVE CREEK - The Town of Dove Creek would like to announce that we have officially moved the Town Office/Hall to 314 W HWY 491, Dove Creek, CO 81324. We are looking forward to seeing everyone at our Grand Opening that will be scheduled for some time in November. Keep an eye out for more information on our Grand Opening on your next service bill and in the next Pinto Bean.

PUBLIC NOTICE

The **Town of Dove Creek** is now accepting applications from residents who are interested in an appointment to the Dove Creek Town Board. If you have been a resident of Dove Creek for twelve consecutive months, are at least 18 years of age, are registered to vote, live within the city limits of Dove Creek, and have an interest in serving on the Board, send a Letter of Interest to the Town of Dove Creek, at P.O. Box 508, Dove Creek, Colorado, 81324 or bring your Letter of Interest to the Town Office at 505 W. 4th Street, Dove Creek, CO. Office hours are 7:30 am to 4:30 pm, Monday through Thursday. The deadline for submission is Thursday, October 12, 2023, by 4:30 pm. For additional information regarding the vacancy, please contact Lorraine Hancock, Town Clerk, at (970) 677-2255.

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Town of Dove Creek appoints new Municipal Court Judge

Longtime Southwest Colorado resident Ian MacLaren will hear cases involving Code violations
 Courtesy Photos / Contributing Article

During its regular meeting on July 20, 2023, the Dove Creek Town Board appointed Ian MacLaren to serve as the Town's Municipal Court Judge. As Municipal Court Judge for the Town of Dove Creek, MacLaren will hear cases involving violations of the Town's ordinances.

MacLaren, a licensed attorney in the State of Colorado, currently serves as the County Attorney for Montezuma County. As their attorney, he provides legal representation to the Montezuma County Board of County Commissioners and legal advice to the County's elected officials in a variety of matters. Prior to this position, MacLaren was employed as the Assistant Montezuma County Attorney where he represented Child Protective Services.

"My goal as Municipal Court Judge for the Town of Dove Creek is to apply Dove Creek's Municipal Town Code in a manner that is consistent and fair," wrote MacLaren, in an email to The Pinto Bean. "It is extremely important for a Municipal Court Judge to ensure that every individual who comes before the Court to be treated equally and it is the responsibility of the Municipal Court Judge to make sure that every individual fully understands the charges against them and understand their options."

While a wide range of cases are heard in the Dove Creek Municipal Court, the majority of the cases charged involve traffic violations, and speeding within Town limits, which has become increasingly prevalent in Dove Creek with excessive speeds presenting a danger to residents and visitors alike.

Violations of Town Ordinances prohibiting excessive trash and garbage on property have also recently increased and it will be up to MacLaren to levy fines and penalties as prescribed by the Town Board. "My job as a Municipal Court Judge is not to make the law, but apply the law," MacLaren wrote. "It is imperative for a judge in today's world to refrain from making new law or engaging in judicial activism. It is my duty to apply the laws that I am given by the Town Board, and by extension, the people of Dove Creek. It is also my duty to make sure that people in Dove Creek are safe."



Meet Judge MacLaren

Although MacLaren is not native to Dove Creek, he is familiar with the area after growing up in Mancos and graduating from Montezuma-Cortez High School in 2005. MacLaren attended college at College of the Holy Cross in Worcester, Massachusetts where he was a four-year letter winner for the school's Division One swim team. MacLaren graduated from Gonzaga University School of Law in 2012 after which time he returned to Southwest Colorado to be closer to family and closer to McPhee Reservoir where he water skis and fishes in his free time.

In 2013, MacLaren began covering high school sports in Dove Creek while he was working as the Sports Editor for the Cortez Journal and almost immediately, he came to deeply appreciate Dove Creek and its tight-knit community. Over the past decade, MacLaren has continued covering high school sports in Dove Creek as a writer for the Cortez Journal and now Southwest Colorado Preps (www.swcoloradopreps.com). Last May, MacLaren was hired as the boys' basketball coach for Dove Creek High School and he will coach his first official games for the team this fall.

"When I started spending time in Dove Creek in 2013, I was struck by how kind and supportive people in the town are," MacLaren wrote. "It is refreshing to see such a tight-knit community where people know one another by first names, neighbors are willing to help neighbors, and community members support their kids and their local sports teams. I'm excited by the opportunity to give back to Dove Creek as a coach and now a judge and I look forward to being involved in the Dove Creek community in the years to come."

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DOVE CREEK SCHOOLS UPDATE

From the September Board meeting, the board reported that the new elementary school construction has footers and stem walls complete, with underground utilities being installed to be completed by the end of October; with concrete pads being poured at time of printing. Structural steel will be delivered the first week of November. Abatement on the old high school has been completed and demolition of the building will begin October 2nd. Improvements to Memorial Hall have begun, to prepare for stuccoing the exterior. The GMP (guaranteed maximum price) has been agreed upon and should be signed soon.



FOR CHANGE

Vote For

Robbin Laws (Barnett)

Dolores County School Board RE-2J

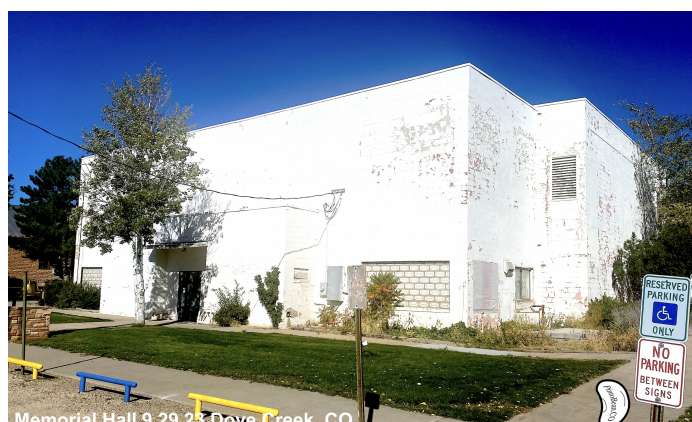
Dove Creek Dinner Bell

Breakfast Lunch Dinner

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Dove Creek CO



DOVE CREEK'S MEMORIAL HALL

Memorial Hall, an historic building in Dove Creek, will be preserved during the school construction project, with hopes that more residents will get involved in its restoration and preservation. Photo left is from Sept. 2023, prior to surrounding demolition and new stucco to replace the peeling paint.



DOVE CREEK BULLDOG SCHOOL FEATURE

Photos Courtesy Booster Club and KG Action Shots

The Bulldog football team has had a roller coaster first part of the season, taking away the winning streak of 15 games in a row by a loss to Melrose.

But back on home turf, they roared back with a significant victory over the undefeated Hayden team to the tune of 50-0. The cheers of the home town bleachers made for even more excitement with each play. Senior Taber DeJane was again a key player in bringing the pigskin over the line three times. It takes a team, and other outstanding players in this game included Colten Fury, Gage Buffington, Cody Alexander, Josh Kibel and Sheldon Gardner, Liam Hassell, Aiden Chadd, Nic Aragon, Mike Coffey, but great effort came from all of the players working well in communicating.

At 3-1 going into the Homecoming game versus neighboring Monticello UT High School, the match up was another chance for the Bulldogs to show off for the home crowd. And they did not disappoint! As SWColorado Prep wrote "Bulldogs' star running back (Gage Buffington) scored four touchdowns, made numerous tackles, and blocked a punt as his team romped past Monticello, 58-18" on the evening of Sept. 22. It's a team effort, with a tip of the hat to senior Taber DeJane and sophomore Josh



Volleyball has a Strong Team this fall Currently 11-2

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Kibel for running the pigskin over the line twice each, as well as a great defense lineup.

The Bulldogs next played a tough team in the San LuisValley. Sanford team, a hard struggle to pull off the win, ended 30 - 28 on Sept. 29th. bringing the Bulldogs to a 5-1 season record so far. The next match is October 6 against rival Mancos Bluejays. Set to be an exciting game as the two teams continue their competitiveness, the winning team may be headed to being the League champions.

Home Coming Grand Marshal Catherine Van Riper Boyd



Homecoming Royalty for 2023



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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 - last Thurs monthly 7pm Bangers

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

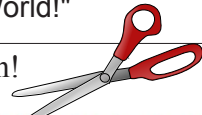
*DCVFD Every Wed at the firehouse

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

*Get your Senior Newsletter in your mail every month!
Call 970 677-2787
Want to add your meeting - email info@TPIPProductionZ.com



Clip it Out Each Month!



DOLORES COUNTY SCHOOL DISTRICT RE-2J



Pinto Bean 2023-2024

- | | |
|---|---|
| <p>Oct 12 Mid Term
HS VB @Dolores
MS BBB (H) Nucla</p> <p>Oct 17 Fall Picture retake
MS BBB @Ouray</p> <p>Oct 18 FFA Chapter Speaking
School Board Meeting 6:30</p> <p>Oct 19 HS FB @Dolore
HS VB @Cortez</p> <p>Oct 20 Teacher in service 1/2 day</p> <p>Oct 21 HS VB 9h0 ignacio
MS BBB @Mancos Quad</p> <p>Oct 23 Knowledge Bowl Ridgway
HS JV FB @Mancos
Board Workshop</p> <p>Oct 24 MS BBB (H) Mancos</p> <p>Oct 26 MS BBB (H) Dolores</p> <p>Oct 27 HS FB 9H0 Sargent
HS VB (H) Ridgway</p> <p>Oct 31 MS BBB (H) Telluride</p> | <p>Nov 1-4 FFA National Convention</p> <p>Nov 3 HS VB Regionals</p> <p>Nov 4 HS VB Prelims</p> <p>Nov 6 Knowledge Bowl @Ouray</p> <p>Nov 7 MS BBB @Dolores</p> <p>Nov 9-11 HS VB state Tournament</p> <p>Nov 11 HS FB Quarter Finals</p> <p>Nov 13 First day of HS Winter Sports
Board Meeting</p> <p>Nov 14 MS BBB @Mancos</p> <p>Nov 15 FFA Speaking Contest
MS BBB @Ridgway</p> <p>Nov 16 STUDD Health Fair</p> <p>Nov 18 HS FB Semi Finals
MS BBB (H) Ouray</p> <p>Nov 20-24 Thanksgiving Break</p> |
|---|---|

CALENDAR

Oct. 9 Indigenous Day
Oct. 9 Columbus Day
Oct. 14 Solar Annular Eclipse
Oct. 31 Halloween
Nov. 7 Voting Day
Nov. 11 Veterans Day

Stateline: 69576 HWY 491, Dove Creek, CO

Prizes for Best Couple AND Best Individual Costume

THEME 'LET'S GO TO THE MOVIES' Sat. Oct. 28 8pm

Halloween Party

CALL FOR SHUTTLE 970-677-2649 DC MC

STATELINE BAR & GRILL

Gry an Eyeball or Witches Brew Music VDJ +Ultra

Dove Creek Ambulance District

Sat. OCT 14th 11 AM

Texas Hold 'em Fund Raising Tournament

Dolores County Fairgrounds

10AM Signup \$40 Buy-in

10:30am Calcutta

Potluck

R.S.V.P. Call or Text

Chris 970-417-1986

Jenny 970-529-3382

OCTOBER IS Domestic Violence Awareness Month

Montezuma & Dolores Counties
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Assisting Survivors of Intimate Partner Violence and Sexual Abuse

<https://renew-inc.org>

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Family Affair at the Dolores County Fair - Fun for All 2023

Courtesy by Dolores County Fairground / 4-H Dove Creek CO

The 2023 Dolores County Fair may have been a bit smaller than normal, but it was still a wonderful time for the community to gather. We were very pleased to showcase our new capital improvements at the Fairgrounds. We had 272 entries and over 200 visitors. After the entries and judging on Wednesday, we moved into the 4-H livestock show on Thursday morning, with 5 livestock members for the 2023 year showing 2 goats, 2 beef and 1 sheep. Many visitors came through during the day and we moved right on into the horse show that evening, with Windy Weygandt overseeing our show.



Friday night had many folks coming out for the ice cream social and to see the small animal show. We had 15 kids in attendance. Saturday night the FFA Oyster Fry had a great turnout, raising funds for future scholarships.

One of our most popular activities has become the "People's Choice Award". All visitors are given a ballot to vote for their favorite item at the Fair.

Our 1st Place went to Jarret Cressler for his Infinity Table – he received a \$50.00 prize. Coming in 2nd place was Christy Bryan (Jarret's aunt) for her Bobcat, while 3rd place went to Linda Cressler (Jarret's grandma) for her quilt, so it was a family affair at the Fair for people's choice awards.

We also give \$200.00 in cash for the Cash for Entries. Participants get a chance for each entry. Winners were: Emily Garchar, Taige Meyers, Sylvia Watkins, Presley Thompson, Gloria Klein, Cheyenne Raney, Linda Cressler, Cadence Raney, Connie Cannon, Neta Johnson.



4-H Hosts the Small Animal Show Giving youth the opportunity to raise and appreciate even the smallest of creatures



Sweepstakes are given for each category: Baked Goods Barbara Curtis – Adult, Lilly Brewer – Intermediate; Crafts: Holly Harrington-Jr, Melissa Davis – Intermediate, Margret Gardner – Adult; Flowers – Neta Johnson – Adult; Preserved Foods-Patsy Smith; Baked Goods – Lilly Beaver – Int, Barbara Curtis – Adult; Small Fancy Work Shelly Pruitt – Adult Lilly Brewer -Int.; Large Fancy Work – Mary Davis – Adult; Art – Stephanie Knight – Adult, Holly Harrington – Jr. Melissa Davis – Intermediate; Fruits & Vegetables – Barbara Curtis – Adult, Cason Fisher – Intermediate; Field Crops – Trapper Vinger – Intermediate, David Fisher – Adult. Congratulations to all.

We always want to give our Volunteers a shout out for all they do to help us get things entered, judged, and displayed. We could not have a Fair without your help and a huge thanks to the 4-H leaders!

We would also like to thank everyone who entered the fair. We have some very talented people in Dolores County, and we appreciate them letting us display their work, along with all who came to visit. Hope to see everyone next year!



Your Online Guide
 Restaurants * Adventures
 Lodging * Events
SWAC.TV * Outfitters
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NAME Bell Beef Country Store
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 (480) 466-8973 www.bellbeef.com
 PRICE RANGE Jerky starts \$12,
 meat cuts vary

FEATURED PRODUCTS

Grass Fed Beef, various cuts, ground, sausage, jerky also local beans, spices, and more

FACILITY

Country Store in Cortez CO open Tues-Sat 10am to 6pm , with jerky sales available online, and full/half beef options

REVIEW Bell Beef is a family business, raising locally grass fed cattle available in a variety of cuts, along with silage finished beef. The store is warm and welcoming, with all sorts of additional items to browse, along with the Adobe Milling (out of Dove Creek CO) fresh bagged beans and spices. Absolutely loved the ground beef perfect blend of meat and fat, tried a sausage as well, grilled up and pleased a crowd. It's a bit out of the way, but worth finding road M and a new large sign helps to locate the driveway turn. Saw the video on SWAC.TV and would certainly recommend for a travel stop on the SWAC!

STORING YOUR FRESH HARVEST FRUITS AND VEGETABLES

It's harvest time, and everyone is busy between school activities, getting ready for winter, and putting up the harvests. Here are ten ways to keep the bounty of your garden, or your farmer's market purchases, or even fresh items purchased from a store, longer. Having so much food is a really "good problem"! Notably there has been a LOT of fruit this year, don't be afraid to make jam, but here are some alternative processing options as well.

Dehydrate. A low slow oven or a specialized dehydrator will eliminate water from the substance, thus removing the threat of bacteria or microbes to grow and ruin it. You can dehydrate meat, fruits, veggies and herbs, to keep them shelf stable for later use. Making all types of 'jerky' is very popular and easy to do.

Water Bath. Canning should really be called jarring, as you can seal jars with various foods to keep them shelf stable and ready for reuse down the line. Only high acid foods can be water bath canned. Things like pickles with vinegar, fruits, tomatoes, and jams and jellies. Fill the jars with the product and pour a brine over the top, process in the canner or try fresh canning, by just putting that in the fridge that could keep them fresh for weeks to months.

Pressure Canning. This covers low acid foods including meat and non pickled vegetables. You'll need the special and good working pressure canner, (the electric version is often said not to be safe for



pressure canning). Follow all instructions to the T for temp, pressure and timing.

Fermentation. A common method for fermenting is to use a salt brine or massaging the vegetables with salt. Voila - take cabbage, you have sauerkraut simple and good for you. The tricky part on fermentation is to keep the product away from air as not to spoil, so for a kimchi, store in a jar with the liquid covering over the top.

Freezing. Of course if you have space, or a secondary storage freezer, preparing foods to be frozen is another option. When freezing chunks of fruit, know they will be used for something like making a smoothy, as the texture of a frozen fruit or veg is typically slushy. Fresh veggies frozen can easily be

By Kendra Cook

included in a winter soup or stew. Make sure to get as much air out of the stored container or freezer bag to avoid freezer burn.

Root Cellar. Back to basics and the 'old ways', a root cellar had been a staple with homesteads, creating a cool dark space under a home, or in a cold basement, or an actual structure built into the side of a hill. Layering newspaper or straw with some stored veggies can keep them from molding if they are too moist. Store gourds, winter squash, potatoes, apples and carrots for months. For do it yourselfers or someone with limited space, try creating a storage space by burying a garbage can for layered storage, or even a great repurpose for a defunct fridge, bury it laying flat, remove the shelves and you'll have two spaces with a great sealing lid (an old freezer chest will do as well).

With all these ways to keep fresh food longer, and take advantage of all the good vitamins and natural food sources throughout the winter, all you need to do now is make a plan, and then reap the benefits of your labor for the months ahead.



You saw WHAT???



By Contributor
Linda Cunningham

I've always been a believer... UFO's, Bigfoot, ghosts, anything paranormal. After having my own experiences with mostly UFO's, I read everything I could get my hands on about other people's experiences on all these matters. The signs were everywhere and from long ago: From the ancient Roman/Egyptian cultures to the more recent Anasazi and other Native American cultures seen in the petroglyphs and pictographs all over the world.

Now, even more recently, the congressional hearings on UFO's that took place just last month, bring this back to public focus. If you happened to watch the hearings, it would certainly leave you to believe UFO's or Unidentified Aerial Phenomena (UAP) were a real thing. And it even goes so far as to say there have been non-human entities recovered from sites. NASA is even getting on board with their findings concerning UFO's/UAP's.

Will we ever know the truth? Or will it be like the mystery of Bigfoot... until we have an actual body, it's anybody's guess.



Look for each month's 'easter egg' hidden rabbit hole link...

US Gov new UFO website link <https://www.aaro.mil/>
or rabbit hole... <https://www.bibliotecapleyades.net/>



Wanted: local talented artists, jewelry exhibitors, photographers, cooks, and more to showcase their talents and treasures at the Dove Creek Community Center's 31st Annual

Christmas Bazaar



Date: 11/4/23 Saturday

Time: 10:00 am til 2:00 pm

Cost: \$25 per table, plus completed Vendor Contract



Come get a jump on your holiday shopping and enjoy some great food and holiday treats!
Vendors must complete a vendor contract and must also contact Kristy Chadd to verify booth reservations.
To sign up for a table or for more information please visit our website www.dovecreekrec.com
or contact Kristy Chadd at dcrecdirector@gmail.com.



Southwestern Adventure TV & Newspaper

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BEAUTY DRIVING FALL



OCT. EVENTS IN THE AREA

- Oct 13-15 Moab Canyons Endurance Ride
- Oct 14 Annular Solar Eclipse
many places having festivals on Saturday
- Oct 19-22 Bluff Arts Festival
- Oct 20-22 Scots on the Rocks:
Moab Celtic Festival
- Oct 21 - 22 Red Canyon Powwow in Moab

Jones Farms Pumpkin Patch

in Cortez Colorado 10-3pm
 October 7th and 8th
 October 14th and 15th
 (970) 799-2785



Where to drive in SE Utah and SW Colorado...
 Driving to the **Needles District of Canyonlands**, not far from Monticello on the Indian Creek Scenic byway, which is within the Bears Ears National Monument, you'll enjoy the brilliant yellows of cottonwoods contrasted against the sandstone cliffs. Newspaper Rock is one of the most popular places to see an amazing array of petroglyphs and rock art.

The **Manti-La Sal Mountains** host a Loop Road that is not very well known as a tourist destination, but is well worth the time to enjoy a

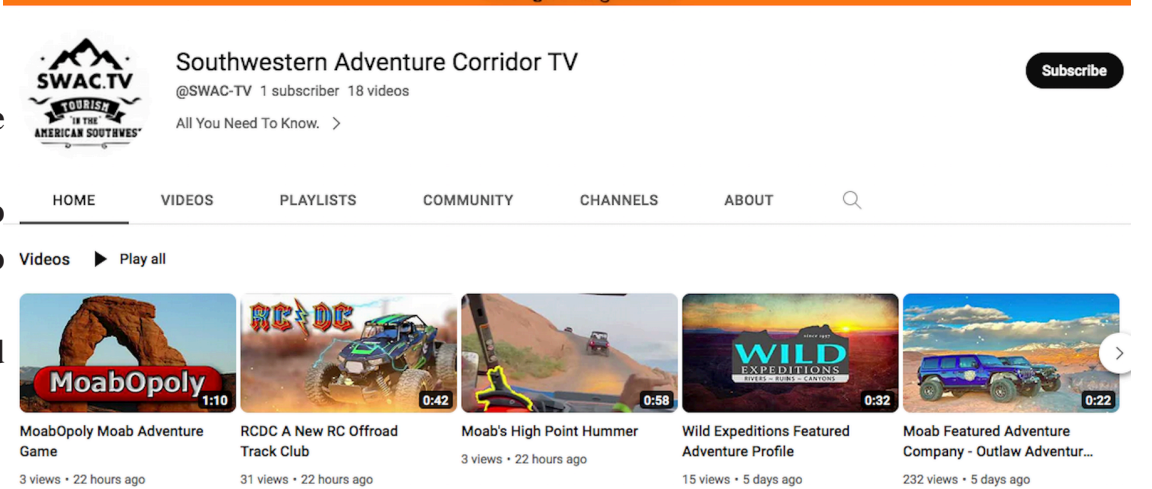
relaxing drive with fall foliage around every corner. Aspen trees aren't just for Colorado, groups show off yellow and gold shining between deep evergreens. In SW Colorado, anywhere above 8000 feet elevation you'll find color. Of course the **Durango and Silverton Narrow Gauge Railroad** trip is an amazing way to take in the fall colors, but less crowded drives into the mountains around Rico CO to Telluride, are certainly worth the experience. Driving on route 145 through Dolores to Rico and over **Lizard Head Pass** is breathtaking, without the huge drop offs of say the Silver Dollar highway trip. But

heading over any of the passes you'll find gold in them there hills... on the leaves that is!
 For any long driving adventure in SE Utah and SW Colorado, be sure to bring plenty of water and emergency pack just in case, and this time of year, warm jackets or blankets are also advised. Be sure to gas up at the pit stops, as finding the next gas station can be quite the distance. Be ware of the deer in the fall, as they tend to be getting ready to run for the rut as well as from hunters. Check on the SWAC.TV channel for great stops to eat and stay on the way!
<http://www.SWAC.TV/>

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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SWAC.TV



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What's on Your Mind?



THOUGHTS FROM THE EDITOR ~ PUBLISHER

Kendra Cook



Be Prepared, Don't be Scared for Halloween and Beyond...

It's October. A month marking the transition, in our area, into the beginnings of winter... the days become noticeably short on sunshine, nights get colder, and preparations for the potential of snows and the challenges that winter brings on a daily basis, creep upon us causing the potential for fear and anxiety around being able to get through it all. It is also a time when we become more susceptible to getting colds and flu. In part, due to the lack of Vitamin D from less sun, in part from getting worn down from acting like the squirrels running around to gather their nuts.

Recently I heard Dr. Stella Emanuel repeat the phrase, Be Prepared, Don't be Scared. A Godly woman, her message rings true. She was one of the early doctors to help patients through what they called covid (sars / flu) with simple immune system support, and drugs that were not being allowed to treat patients in hospitals. The protocols in those bureaucratic monstrosities in many cities, dictated that the drug Remdesivir was the first response, followed by venting the patient. On the down low, by nurses who have come forward, that drug was nick named "run death is near", as it was known to devastate the kidneys both in trials and result in severe side effects and death in real world situations. September 2023, Gilead the drug maker, has been hit with a class action law suit for deceptively promoting the drug without disclosing the possible side effects. The phrase "Safe and Effective", as mimicked by the mockingbird media for the past 3 years, has really come into the spotlight now, being questioned more than ever. It seems to be a plague of being human, that so many want to do anything, regardless of being fully informed, or how much the treatment might be worse than the disease, just to live another day, week, year. We, collectively, will throw our last cent at anyone who will tell us 'we have a cure', or 'this might work' to save our physical bodies here and now. We, as gullible slaves on a prison planet, will comply with authorities more often than not.

But what if you found out that You are not the 'physical body' with a name, a job, a skin color or hair cut, but an Infinite Being having an experience in this body at this 'time'? Would you look at life and choices a bit differently? There are many old and new researchers who are assessing ancient texts, comparing literature and biblical scriptures, all types of historical documents, and personal experiences, coming up with a similar suggested scenario: we are divine, we are much more than the authorities would like us to know, and it appears entities through the 'deep state', globalists and the like, are working through them to keep us apart from our true one glorious God creator (some refer to that as 'consciousness'). At this time of year, when the 'veil' is said to become thin to the other worlds, inter dimensions, and simply put, all those scary halloween time ghosts and ghouls... it might not be a bad time to fill your being with love and light, in place of darkness and gloom. If a 'vessel' (our body), is empty of the holy spirit, a connection to true source, filled with God, then it becomes an opportunity for something else to come in to it. Thinking about that, it does seem that an increasing amount of negative energies, demons, archons, demiurges or whatever you want to name them, are circling the wagons around our global population - looking to keep the masses scared, enslaved, afraid, disconnected and frankly dead. But with all of what's going on to attack us as humans on every front it seems, we do have an amazing gift, an authentic power, to combat elements stacked against us... and that is Love = God. Being prepared for these days and years to come isn't just with food and shelter of our bodies, but moreover, for protecting our connection to source. Mind over matter is something to really take seriously; Your mind, over your brain, in connection with your heart, to live your best life. That's one way this October and into the winter, we can remain prepared, and not be scared.

A few suggested resources: **Jonathan Cahn**: Return of the Gods. The Harbinger. **David Icke**: The Trap. The Dream. **Graham Hancock**: Magicians of the Gods. **Jim Marrs**: Our Occulted History. **RFKJr**: The Real Anthony Fauci. **Heather Lynn PHD**: The Anunnaki Connection.

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THC ED Part 2. 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.

Marijuana, also known as cannabis, is a plant that contains various chemical compounds, including cannabinoids, and tetrahydrocannabinol. There are different types of marijuana strains, each with its own unique characteristics and effects. These strains are often categorized into three main types: **Indica, Sativa, and Hybrid.** It's important to note that the effects and characteristics of each strain can vary widely based on factors such as genetics, growing conditions, and individual user experiences.

Indica strains are known for their relaxing and sedative effects. They are often associated with a "body high" that can help with relaxation, stress relief, and sleep. They tend to have a higher CBD (cannabidiol) content compared to THC (tetrahydrocannabinol).

Sativa strains are known for their energizing and uplifting effects. They are often associated with a "mind high" that can increase creativity, focus, and sociability with higher THC content. **Hybrid strains** are just as it sounds, crossbreeds between Indica and Sativa strains, combining characteristics of both types.

Within these main categories, there are countless strains that have been developed over the years, each with its own unique cannabinoid and terpene profiles. Terpenes are aromatic compounds found in cannabis that contribute to its flavor and aroma, and they also play a role in the overall effects of the plant. It's worth noting that the cannabis industry is constantly evolving, and new strains are frequently developed through crossbreeding and genetic manipulation. As a result, the categorization of strains into Indica, Sativa, and Hybrid might not always capture the full complexity of their effects. If you're interested in using marijuana for medicinal or recreational purposes, it's important to do thorough research and consult with a medical professional or knowledgeable budtender to find the strain that best suits your needs.

Local Experiences...

Looking for some Bed Time Gummies while tooling down the Southwestern Adventure Corridor. First off we had our THC ExPert visit some marijuana shops along the way going to Telluride for the fall festival. Just before you get into the town of Cortez Colorado you'll find the Doobie Sisters, a cute little shop with a Huge Grow House behind the store front. They are a locally owned family business. Corin and her sister said on Yelp they "prefer to be thought of as a "Bud Boutique" as we are a classy storefront with much more than your average dispensary offers!"

So true We had a Gr8 experience there. Procured "Tastebudz" SWAC.TV reviewer - Hayden Pate

The next location we visited was Chronic Therapy. They say on Yelp that they "are committed to providing the best quality products with the best dispensary experience in the four corners." So... We were there to see what they have for Fast Acting Sleep Gummies. Well we were helped by one of the friendliest bud tenders ever! She guided us through the selection of THC Sleep aides.

We were given a shop tour & we'll be back to see the Grow House. Thanks, there is so much available, hard to know what you need, so talking with the bud tender on what affects each product potentially has, makes you feel comfortable about your purchase. And here, they offer a rewards point program too. Procured "Fast Asleep" gummies SWAC.TV reviewer - Hayden Pate

Roughly 35 percent of the U.S. population experiences insomnia at some point in their lives. Cannabis combinations may be a good consideration as part of a solution for states where these products are legal. The two sampled products created different body effects, with the one with added Melatonin, actually generating active dreams that although there was sleep, it wasn't necessarily the best fit. If the consumer has not had these types of gummies before, the sellers usually suggest to start with a small dosage at first.

"Edibles Gummies" are not all the same. The most recommended for sleep and winding down are ones that contain Delta-9-tetrahydrocannabinol (THC), cannabidiol (CBD), cannabinol (CBN), Melatonin and Terpenes.

Help with sleep, an important component of a healthy life, for whatever reasons, may just be a gummy away.



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CHRONIC THERAPY

It's Fall and CPW is Working for You The most relevant list from your local DWM October

Here are more issues the Division of Wildlife is currently working on relevant to Animal management - Herd sizes, and the Wolf plan.

At their meeting in July, the Commission approved the formation of a working group to address these license distribution issues. The group will be composed of 3 CPW Commissioners, 5 CPW staff members, 2 CPW admins and about 8 members of the public, representing different groups (sportspeople, nonresidents, outfitters, landowners, etc.). CPW and the Commission are in the process of reviewing applications from the public and choosing the members of this group right now. They will meet several times over the next year, so hopefully we will see some good ideas from them next year.

We are also working on reviewing the Deer Herd Management Plans (HMPs) for the Southwest region. Locally, that means the Mesa Verde herd (GMUs 72 and 73) and the Groundhog herd (GMUs 70, 71, 711). We all agreed that our new plan should include a slightly higher population objective. In other words, based on what we see in the field and what we hear from the public, we are going to try to increase the number of deer. The past plans called for a population of 15,000-19,000 deer in the Groundhog herd, and 5,500-7,000 in the Mesa Verde herd, with a buck-to-doe ratio of about 25:100. Based on our CWD (chronic wasting disease) sampling, we concluded that our CWD prevalence in all these units was about 3%, which is low enough that we do not need to take action and try to reduce the ratio of bucks. Our area biologist (whose name is Brad Weinmeister and works out of our Durango office if you ever have questions and want to call him there) will be writing the new plans this winter and will present them to the Commission next spring for approval. He will be suggesting that we raise the population objective for the Groundhog herd from 15,000-19,000 to 18,000-23,000, and the Mesa Verde herd from 5,500-7,000 to 9,000-11,000. I will post an update on this when the draft plan is open for public comment. In the meantime if you have any questions about this, feel free to contact me and I will do my best to answer, or can direct you to Brad. If you would like to read the current plans scan the QR code at the top of this article. Warning, they are about 30 pages long each, but you can get the idea by skimming the first few.

Planning has been underway all year for the next season Big Game structure block, from 2025-2029. Public comment time and meetings have ended, so at this point staff are tallying opinions and will present a final plan to the Commission for approval next year. Stay tuned for the final dates.

Finally, what everyone is always wondering about . . . wolves. The Commission approved

As always, if you have any questions or comments, feel free to reach out.



Becca de Vergie – District Wildlife Manager for Dove Creek.
970-422-2173.
becca.devergie@state.co.us

Deer HMPs



Wolf plan



the final wolf reintroduction and management plan in May. The plan includes everything, from how and where wolves will be released and monitored, to how CPW will handle damage to livestock, to how big game herds will be monitored for the effects of wolf predation, to when wolves could be hunted here in the future. Per the governor's order, we are supposed to have wolves released in the first two release zones (near Gunnison and Glenwood Springs) by the end of 2023. However, the hang-up right now is where to get the wolves. Most of the states who have wolves, including Wyoming, Montana and Idaho, have refused to give Colorado wolves. So as of right now we have the plan, but are lacking the wolves. More to come on this, I'm sure. If you want to read the wolf plan, scan the QR code above.

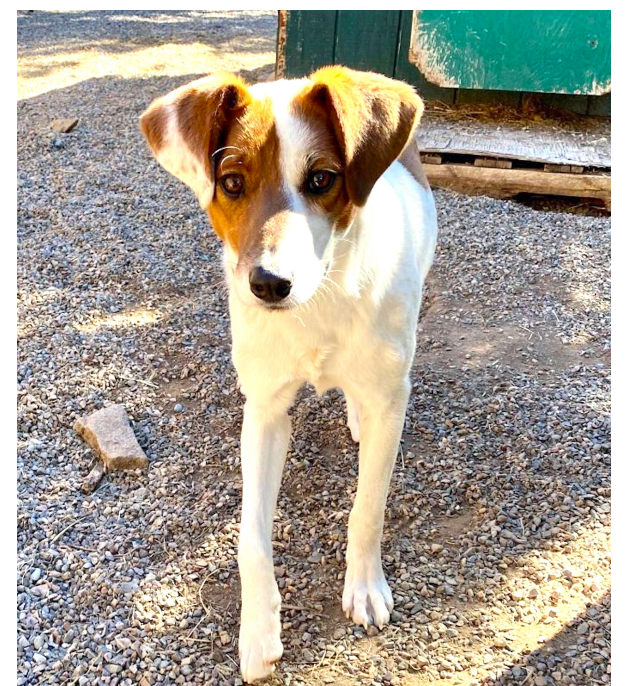
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CO STATE PET - ADOPTED / RESCUES

Did you know, Colorado State adopted rescue dogs and cats as the state pet in 2013. "DOGS(CANISLUPUSFAMILIARIS)ANDCATS (FELIS CATUS) THAT ARE ADOPTED FROM COLORADO ANIMAL SHELTERS AND RESCUES ARE HEREBY MADE AND DECLARED TO BE THE STATE PETS OF THE STATE OF COLORADO." While Colorado's State Animal is the Rocky Mountain Bighorn Sheep!

Is it a Nutty time of year?

Food and Prep Tips By Kendra Cook

Mesa Verde Park sent out a notice, that "Pinyon pinecones have matured and are opening to reveal their fruit: the pinyon nut! As pinyon-juniper woodland covers much of the park, this is a very important event for a lot of wildlife within the park, as well as many indigenous peoples and cultures who are connected to Mesa Verde.

Pinyon nuts are what a lot of folks today might like to term a "super food": high in carbohydrates, proteins, and fats, that also store well for later. As such, the pinyon harvesting season is an incredibly important time in many indigenous cultures as well, traditionally forming a time of social gathering, when peoples from far and wide come together to the lowland woods to harvest their share of the nuts. They are then often washed, roasted, and shelled, with some eaten fresh and some stored for later.

Pinyon harvesting remains legal in Mesa Verde National Park, with some restrictions. Check online for the regulations to follow. Wherever you do get your nuts, make sure to leave plenty for the wildlife as well, because they love it too! For example: pinyon jays, as their name implies, rely on pinyon nuts for much of their diet, especially in winter. Up to 90% of a jay's winter diet consists of nuts that it has cached from the previous fall. So you certainly won't be alone in enjoying the beginning of autumn in the park! "

Beyond being courteous to the tree itself, and the environment around the trees, this time of year is also the season for hunters, be aware and wear appropriate clothing as well as being considerate to others.

Pinyon nuts may not be that plentiful this year, in southern UT where it's quite hot, they believe it'll be a poor year to collect pine nuts this year due to the wet winter. Also call them Pine nuts or Pignolias.



Colorado's "Born To Be Wild" Special License Plate was created by an act earlier this year, effective 8.7.23. There is a one time \$25 fee credited to the highway users tax fund, and annual \$50 fee that is credited to the wildlife cash fund in the division of parks and wildlife, and a one time \$25 fee that is credited to the Colorado DRIVES vehicle services account. The CPW is to use the money collected in the wildlife cash fund for implementing nonlethal means of mitigating and preventing conflict with gray wolves and promoting the license plate.

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Red Onion & Pine Nut Relish

Toast up your pine nuts by simply heating over med-high in a dry skillet until they turn golden brown, stir to color evenly (I prefer cast iron) just a couple of minutes is all you need. Remove from heat. Then combine the thin onion slices with the lime juice and let sit to marinate for up to 15 minutes, salt to taste.

Prepare the presentation by adding the mint and pine nuts and top with coriander, paprika and red pepper flakes, lightly toss and drizzle with EVOO and agave too, to taste. This can be a stand alone side, or served on top of a favorite meat dish.

Ingredients..

- 1/3 cup pine nuts
- 1 large red onion, thinly sliced
- Kosher salt
- 1/2 cup coarsely chopped mint
- 2 tablespoons fresh lime juice
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground Coriander
- 1/2 teaspoon crushed red pepper flakes
- Olive oil and Agave

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General-season dates

Hunt	UTAH	Dates
General archery deer		Aug. 19–Sept. 15
General muzzleloader deer		Sept. 27–Oct. 5
Early general any legal weapon (rifle) deer		Oct. 11–15
General any legal weapon (rifle) deer		Oct. 21–29
General archery any bull elk*		Aug. 19–Sept. 20
General archery spike elk		Aug. 19–Sept. 8
Early general any legal weapon (rifle) any bull elk		Oct. 7–13
Late general any legal weapon (rifle) any bull elk		Oct. 14–20
General any legal weapon (rifle) spike bull elk		Oct. 7–19
General muzzleloader elk		Nov. 1–9 PintoBean.CO

CPW	SEASON DATES: 2023			COLORADO
	ARCHERY	MUZZLELOADER	RIFLE	
Deer Elk Bear	Sept. 2–30*	Sept. 9–17*	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	Oct. 7–15*	
Moose	Sept. 9–30	Sept. 9–17	Oct. 1–14*	

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*Unless otherwise noted in the hunt code tables.

Be sure to check the hunt code pages for additional species-specific season dates!



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