

# KETO KAMP



Cochise Stronghold Ranch ~ Arizona

P R E S E R V A T I O N \* C O N S E R V A T I O N \* E D U C A T I O N \* C A T T L E

*Cochise Stronghold Ranch* Welcomes **KETOers!**  
**We Open the Ranch to KETO Campers, Hikers, Birdwatchers, History Buffs & PicNickers**

In this workshop, we discuss the **Biochemistry and Epigenetics of Human Nutrition**, the **latest information on the Human Microbiome** and highlighting the need of animal protein in the human diet. Learning the history and scientific foundation of the **Ketogenic Therapeutic Diet** and how it is utilized worldwide to maintain

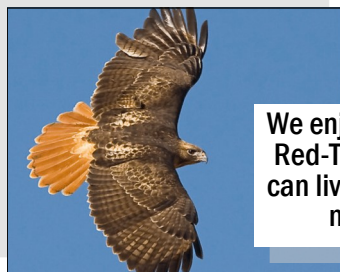
correct weight and reverse many **Metabolic Diseases** to include **Obesity, Prediabetes, Type 2 Diabetes, Epilepsy**, many **Autoimmune Diseases** and **Chronic Gut Disturbances** such as **GERD, Crohn's Disease, Acid Reflux** and **Irritable Bowel Syndrome (IBS)**.

On Sunday morning we invite you to enjoy the ranch history involving the ancient Hunter-Gatherer Culture, the Mogollon (*mug-ee-yon*) People and the Chiricahua Apaches. **Also highlighted...** the local history of the famous Apache Wars, Cowboy Life and Ranching. We very much enjoy sharing the unique archaeology, birds and animal life and how the natural habitat of the ranch is being conserved.

Visit us at [www.strongholdranch.com](http://www.strongholdranch.com)

**MARCH ~ MAY BIRD SIGHTINGS**

- Red-Tailed Hawk
- Cooper's Hawk
- Harrier Hawk
- Ferruginous Hawk
- Sharp-Shinned Hawk
- Peregrine Falcon
- Loggerhead Shrike
- Western Kingbird
- Great Horned Owl
- Chihuahuan Raven
- Northern Mockingbird
- Mexican Jay
- Northern Cardinal
- Pyrrhuloxia
- Canyon Towhee
- Abert's Towhee
- Green-Tailed Towhee
- Gambel's Quail
- Scaled Quail
- Hummingbird's
- Dark-eyed Junco
- House Finch
- Lesser Goldfinch
- Mourning Dove
- Curved-billed Thrasher
- Bendire's Thrasher
- Northern Flicker
- Red-shafted Flicker
- Gila Woodpecker
- Cactus Wren
- Bewick's Wren
- White-crowned Sparrow
- Chipping Sparrow
- Roadrunner
- Pine Siskin
- Say's Phoebe
- Black Phoebe
- American Robin
- Lucy's Warbler
- Yellow-Rumped Warbler
- Western Bluebird
- Mountain Bluebird



We enjoy watching the many generations of Red-Tailed Hawks. These magnificent raptors can live for over 21 years! They reach over 120 miles per hour when diving for prey!

A unique visitor on our front porch! The Coatimundi travel in groups of 15-30 called a Band. At 2 years the male will go out on his own. This is the first time we have seen one in 16 years!



**COMMON ANIMAL SIGHTINGS**

- Mountain Lion
- Whitetail Deer
- Mule Deer
- Javelina
- Pocket Gophers
- Coyotes
- Swift Fox
- Skunks
- Cottontail & Black-tail Jack Rabbits
- Ring-tailed Cats
- Bobcats
- Badgers
- Black Bear

## Archaeology

Recent finds exhibiting the ancient history of Cochise Stronghold Ranch



Research has shown that "Bird Points" were not actually used to kill birds, but, to take down large game such as deer!

Enjoy our **Interpretive Trail Walk** through the ancient village sites.

Check our website for more pics!  
[www.StrongholdRanch.com](http://www.StrongholdRanch.com)

Your Hosts: *Doug & Roma Payne*

## HISTORICAL TIMELINE

- 10,000 BC ~ Wetter, warmer climate. Giant mammals. Folsom Point. Hunter Culture
- 5,000 BC ~ Colder, dryer climate. Smaller animals. Hunter/Gatherer Culture
- 200 AD ~ Archaic Hunter/Gatherer Culture
- 800 AD to 1240 AD ~ Archaic Culture becomes more organized. Pueblo Period begins. Mogollon, Hohokam, Mimbres
- 1240 AD ~ Dramatic climate change. Drought. Natural resources over-utilized
- 1250 AD ~ Mesa Verde (Colorado) ~ abandoned
- 1260 AD ~ All Mogollon (New Mexico) sites abandoned Casas Grandes (Mexico) site abandoned
- 1299 AD ~ Kayenta sites (Arizona) abandoned All peoples widely scattered throughout regions
- 1300 AD ~ Apaches have filtered into the Southwest & are widely scattered
- 1540 AD ~ Coronado & Spanish explore Southwest "Despoblado"
- Between 1805 & 1815 ~ Cochise is born - Chokonon Band - Chiricahua Apache
- 1786 - 1831 generally peaceful
  - 1810 - 1821 Mexican War of Independence ~ Apaches return to raiding
- 1846 ~ U.S. / Mexican War begins
- 1851 ~ New U.S. border ~ Colorado, Utah & Arizona annexed into the U.S. Raiding increases ~ beginning of 35 year Apache Wars
- 1861 ~ 1872 ~ Cochise War begins - Bascom Affair
- 1861 - 1865 US Civil War
- 1872 ~ Cochise achieves Peace Treaty/Reservation Est.
- 1874 ~ Cochise dies, is buried somewhere in the Stronghold
- 1876 ~ Reservation closed. Geronimo War begins
- 1884 ~ John Rockfellow starts horse ranch in Stronghold Canyon
- 1886 ~ Geronimo surrenders. Apaches Deported to Florida
- 1894 ~ Martin Costello acquires extensive rangelands & files multiple mining claims
- 2005~ **Doug & Roma** acquire core property from Costello Estate & **Cochise Stronghold Ranch** is established
- 2009 ~ 2014 **Wings Over Willcox Birding & History Tour**
- 2013 ~
- **Wandering Women Warriors** host **Camp-O-Roma** with honorary menfolk **Doug & Firemaster Jack**
  - **Austin Ed** visits!
  - **Jen & Jer** get hitched, camp, hike & party!
- 2014 ~
- **Hike-A-Roma** guests hike & lunch at the Ranch.
  - **Nouveaux amis** from France,
  - **Johnny & Alison** tour & dine at the Ranch.
  - **C Kirby Smithe Lions International Youth Exchange** visit for a tour of the Ranch.
  - **Frank Kievitt's 70th Birthday Bash!**
- 2015 ~
- **BirthDay Babes of February** blow it out with a 3 Day Party & Camp Out!
  - **C Kirby Smithe Lions International Youth Exchange** visit for a tour of the Ranch.
- 2016 ~
- Friends gather for Clyde & Jenise's camp breakfast to celebrate the **100 year** mark for our late, great friend, **Paul Ferrin**
  - **Andi & RW** get hitched under the watchful eye of Cochise in the presence of Rockfellow Dome.
  - **Mesa Car Club** members visit again, this time to take the History Tour & party with us and local friends!
  - **C Kirby Smithe Lions International Youth Exchange** visit for a tour of the Ranch.
- 2017 ~
- **Milestone 300th Metabolic/Ketogenic Workshop**
  - **C Kirby Smithe Lions International Youth Exchange** visit for a tour of the Ranch.
- 2018 ~
- Friends & Family gather to celebrate the wedding of **Emily & Aaron**.
- 2019 ~
- Friends & Family shake up the barn to celebrate the wedding of **Candi & Wade**.
  - **SCOTTSDALE CHARROS** add to CSR history with their **58th** Annual Ride!
- 2021 ~
- Cattle/Ranch Mgmt & Ketogenic Seminar
  - **Camping Friends All Girl Ranch Invasion** featuring **Jeneve Rose Mitchell's** unique entertainment, hiking, **KETO** & hanging out!
  - **KETO Kamp** ~ A weekend Camp-In, **KETO** Workshop and History Tour

# Ancient Pottery

Mogollon pottery tends to be constructed of iron-rich volcanic clays, fired to a dark brown, using the coil-and-scrape technique

At first unpainted & decorated only with corrugations

Later red-on-brown & red-on-white types became popular. Eventually, black-on-white types took hold

Sherd Samples  
Logan Museum  
of Anthropology

## Mogollon Brown Ware

Sherd Collection  
Cochise  
Stronghold Ranch



### Mimbres / Mogollon Plain 400-900 AD

Thick walls, no decoration



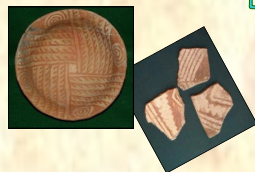
### Mogollon Red Ware 200-1400 AD

First slipped ware of the Mogollon & persists throughout the culture. Red exterior, often well polished



### Mogollon Red-on-Brown 700-900 AD

One of the earliest of the Mogollon painted wares. Designs are rectilinear & are usually composed of multiple parallel lines



### Dragoon Red-on-White 750-900 AD

Vessels have a heavy white slip on the interior. Painting is more refined designs have more curvilinear & serrated elements



### Mimbres / Mogollon Black-on-White 1030 - 1200 AD

Is the most recognizable in our area, bearing figural & geometric motifs



### Mimbres / Mogollon Corrugated 1025 - 1300 AD

The corrugations are not just decorative, they provide more surface area to the pot, allowing the pot to heat faster



### Mogollon Polychrome 1275 - 1400 AD

Black-on-White with the addition of red or black to create a 3-color composition. Also, Red to Orange slip with Black hatched design elements many outlined in white



We are happy to share with all the recent discovery of broken ancient pottery we are reconstructing!  
It is very exciting knowing there are many undisturbed sites on the Ranch adding momentum to our mission of **Preservation, Conservation, Education, Cattle**



**Cochise Stronghold Ranch** rich in history, nature and a true sense of calm. Favorite home of Apache Leader Cochise in the Dragoon Mountains. Come visit the birds & wildlife.

**Hike in the footsteps of Cochise!**

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