



300th Metabolic/Ketogenic Workshop

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

WELCOME HEALTH SEEKERS!

Cochise Stronghold Ranch welcomes attendee's to our **Milestone 300th Metabolic/Ketogenic Workshop, Snack and Tour!**

Our guests hail from far and wide!

An eye-opening experience! Cutting edge scientific information presented by Dr. Payne. Thousands joining the march toward health in this grassroots effort to encourage our families, friends and neighbors to take charge of their own health by making the right food choices. Understanding that a very Low Carb, High Healthy Fat and adequate Protein eating habit is the basis for reversing weight gain, diabetes and tackling many other Metabolic Diseases.



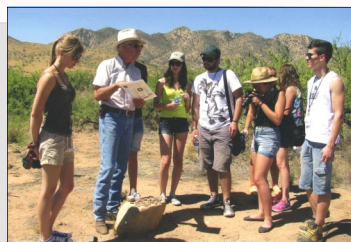
**Education is the key!
Ketosis is the way!**



SPRINGTIME BIRD SIGHTINGS

- Boredeye Sparrow (rare)
- 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

Our new friends will also enjoy a guided tour of the ranch, highlighting the history involving the ancient Hunter-Gatherer Culture, the Mogollon (*mug-ee-yon*) People, the Chiricahua Apaches, the local history of the famous Apache Wars, Cowboy Life and Ranching. We very much enjoy sharing the unique archaeology, birds, animal life and how the natural habitat of the ranch is being conserved.



On the Interpretative Tour, Doug shares the rich history of Cochise Stronghold Ranch. Ancient village sights evidenced by metates, pottery shards, flecked obsidian and telltale earth indentions

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

Archaeology

Recent finds exhibiting the ancient history
of Cochise Stronghold Ranch



Bird Point Found at Village Site #1
By friend Linda Gorton

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

Your Hosts: Doug & Roma Payne

Enjoy our Interpretive Trail Walk through the ancient village sites.

Check our website for more pics!

www.StrongholdRanch.com

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 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 Established
- 1874~ Cochise dies, is buried somewhere in the Stronghold
- 1876~ Reservation closed. Geronimo War begins
- 1884~ John Rockefeller 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
- 2007~ **New Year Party!** 3 days of old & new friends campin' cookin' flyin' singin' drinkin' & storytellin'
- 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.
 - **Stoner/Hayward** Clan Tour, brunch & hike 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**
 - **Caballero** guests tour, brunch & hike the Ranch with a special Metabolic Syndrome presentation.
 - **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.
 - **Kievitt Family Reunion & Birthday Celebrations** calls for a Barn Party & Ranch tour for family & friends
- 2017~
- Celebrated **Paul Ferrin's 101st** at the barn!
 - January & February **Metabolic/Ketogenic Workshops**, lunch and Ranch 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 and Education**



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

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