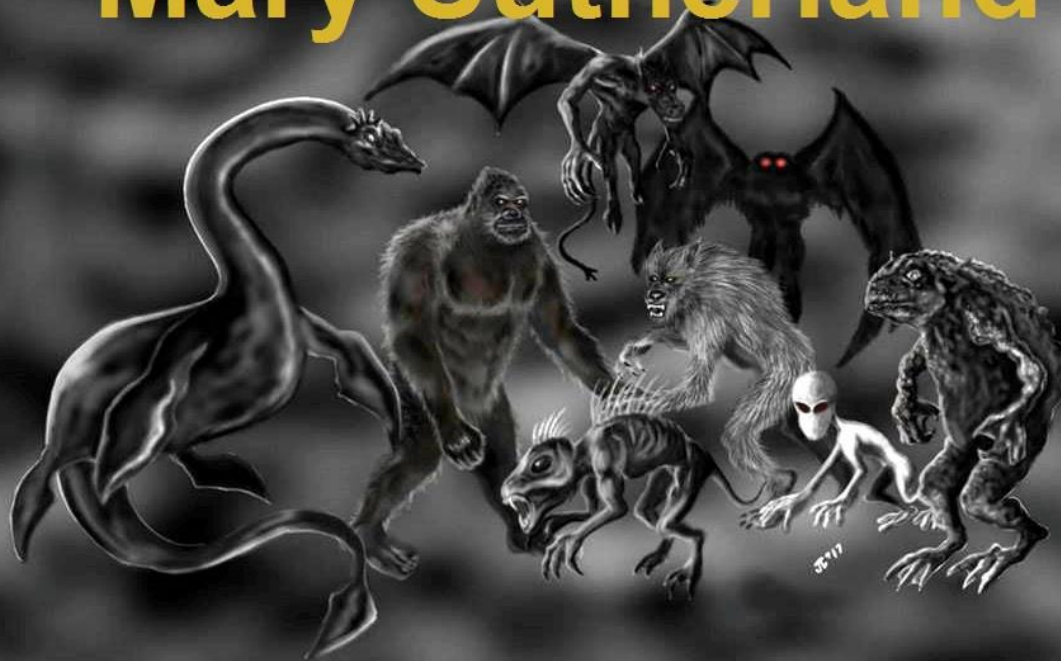


# ***Urban Legends***

## **Mary Sutherland**



## **Every Town has its Story**

Join Mary Sutherland and her husband Brad as they go off in "Search of Urban Legends"

If you have a story to share, contact Mary Sutherland on [facebook.com/groups/marysutherland](https://www.facebook.com/groups/marysutherland) or email us at [b.sutherland@mediacombb.net](mailto:b.sutherland@mediacombb.net).

We want to meet all of you, so watch for a book signing in your area where we will get to know you and be able to listen to your story. Who knows, yours may be selected to be part of our book series, "In Search of Urban Legends"

Let us know if you want us to come to your area! Covers by James Loh

## Urban Legends – Every Town has a Story...Newsletter by Mary Sutherland

*Newsletter Volume 1 Number 1*

*July 21, 2019*



Hi Folks! This is Mary just dropping in to say Thanks for supporting me through your contributions, the purchase of my books and shopping in my store located at [www.livinginthelightms.com/litlbits](http://www.livinginthelightms.com/litlbits). I look forward to sharing our adventures with all of you and also the treasure trove of knowledge we have accumulated through the years...do I dare say 'decades'. How time flies!

I hope you like our weekly Newsletter but keep in mind, I am also working on a series of books, also called "In Search of ...Urban Legends".

While waiting for this series, check out and purchase my books and latest series, "In Search of Ancient Man"

[www.burlingtonnews.net/books.html](http://www.burlingtonnews.net/books.html)

Amazon.com; Barnes & Noble; local book stores

Don't forget to follow me on my Mary Sutherland You Tube Channel

[www.youtube.com/c/marysutherland](http://www.youtube.com/c/marysutherland)

Join our study group at [facebook.com/groups/marysutherland](https://facebook.com/groups/marysutherland)

If you would like for us to visit your area to investigate and document an urban legend or simply want to share a story contact us at:

[bsutherland@wi.rr.com](mailto:bsutherland@wi.rr.com)

### The Urban Legend E-Newsletter by Mary Sutherland

We are asking for your contribution to help with the Start Up of our E-Newsletter and contributions to help with travel expenses.

Author Mary Sutherland, [burlingtonnews.net/books.html](http://burlingtonnews.net/books.html), and her husband Brad Sutherland will be on the road finding and writing about Urban Legends of North America.

We will be covering fringe stories about UFOs, Ancient and Lost Races of North America, Spirituality and Spirituality Communities, Cryptology i.e. Bigfoot and Dogman, Paranormal Hot Spots, Psychism, spiritual and angelic healing, sacred sites, gemstones, the multi-dimensional worlds, vampires, werewolves and more...

The Newsletters will be published 4 times a month by Mary Sutherland, an experienced publisher and writer.

The monies will be used for travel expenses and promotions

Please go to [www.burlingtonnews.net/newsletters.html](http://www.burlingtonnews.net/newsletters.html) for further information on purchasing newsletters and giving contributions to help us in our search for the truth hidden among the legend and lore.

We are both looking forward to making this the best newsletter out there and personally making sure that all of you are included on our journey and in our quest for truth.

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## RH NEGATIVE BLOODLINE – MUTATION OF UNKNOWN ORIGIN THE TRIBE OF DANAAAN (TUATHA DE DANAAAN)

*"The RH NEGATIVE FACTOR KEY is in the HEART of the CELL"*

Some believe that the descendants of the Merovingian can be found amongst the segment of the population with the RH Negative blood type, roughly 5% of the Earth's population, most of them Europeans. The RH Negative Factor is considered a 'Mutation' of 'Unknown Origin', which happened in Europe, about 25,000-35,000 years ago. This group then spread heavily into the area of what is now Spain, England, Ireland, etc.

RH Negative women and men have been found with several unusual traits that RH Positives don't have:

- An extra vertebra, tail bone or tail called a 'Cauda'
- Lower than normal Body Temperature
- Lower than normal Blood Pressure
- Higher mental analytical abilities
- Higher Negative-ion shielding (from positive 'charged' virus/bacteria) around the body
- High Sensitivity to EM and ELF Fields
- Hyper Vision and other senses

The Basque people of Spain and France have the highest percentage of RH negative blood. About 30% have (RR) RH negative and about 60% carry one (R) negative gene.

The average among most people is only 15%-Rh negative, while some groups have very little.

The Oriental Jews of Israel also have a high percent RH negative, although most other Oriental people have only about 1% RH negative.

The Samaritans and the Black Cochon Jew also have a high percentage of RH negative blood, although again the RH negative blood is rare among most black people.

Dr. Luigi Cavalli-Sforza from Stanford University wrote an article entitled "Genes, Peoples and Languages" (Scientific American, Nov.'91). He pointed out the high RH negative concentrations among the people of Morocco, the Basque country of Euskadi, Ireland, Scotland and the Norwegian islands.

The Neolithic Goddess of Old Europe and the primary deity in Basque mythology is Mari who has many manifestations, including 'a tree that looks like a woman or a tree emitting flames'; 'a ball of fire in the air', 'a sickle of fire as she appears crossing the sky' and 'seen enveloped in fire, lying down horizontally, moving through the air'.

The records from ancient Ireland describe a whole series of invasions. The 'Lebor Gabala Erren' ('The Book of the Taking of Ireland' or the 'Book of Invasions'), compiled during the 12th century A.D. describes the coming of the mysterious Tuatha de' Danann or Tribe of Danu or Danaan. They were described as tall, blond or red-haired strangers, expert in the arts of pagan cunning, who interbred with the locals, while teaching them many kinds of useful skills.

The Lebor Gabala records their dramatic entrance to Ireland as follows:

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*"In this wise they came, in dark clouds from northern islands of the world. They landed on the mountains of Conmaicne Rein in Connachta, and they brought darkness over the sun for three days and three nights. Gods were their men of arts, and non-gods their husbandmen."*

According to the mythic tales the Tuatha de' Danann were advanced enough to arrive in western Ireland (near modern Connacht) by air. They divided into two social classes: "gods" as teachers of medicine, smithing, communication or druidry, and "non-gods" as farmers or shepherds. Although no one knows for certain what the Tuatha looked like, descriptions, such as of their female war-leader Eriu, indicate tall attractive people with pale skin, high foreheads, long red hair and large blue eyes.

Their architecture is a marvel in mathematics and engineering. "Music" is their principal "Magic" - meaning the controlled use of sound waves. "Harmonics" are used to lift and move massive objects possibly up to and including planet sized bodies. Their megaliths serve a variety of functions, being used for geodetic markers, recorders of mathematical measurements, observatories and in some cases as military strongholds. Everything about them is simultaneously simple...yet complex. Their graphics communicate on at least three levels at the same time, being pictorial, mathematical and verbal. The verbal also communicates on at least two levels at once, almost invariably incorporating puns and double entendres.

When they interact with man, it is through their dreams and in riddles, a pattern consistent with Yahweh in the Bible and a variety of identical gods in all cultures, seeming to prefer inspiring from behind the scenes to any kind of direct communication. When overt contact is necessary, they assume the guise of the Virgin Mary, the Corn Mother, angels, kachinas, or whatever is appropriate for that culture. There is a strong circumstantial evidence for this race's continual intervention on a number of levels in man's development from the crudely physical to the artistic, scientific and esoteric. They cover their tracks with hypnosis and probably drugs or some other high technology, to cloud the memories of their visitants. Their rituals and ways of life derive from a worship of the harmony of nature and the mastery of the mind of man over it.

Stories around the world speak of a Golden Age of which man and the gods freely and openly interacted... and all such records have prophesied that a time coming when a new Golden Age. *"In those days shall the elect and holy race descend from the upper heavens and their seed shall then be with the sons of men."* Enoch, 39:1

The Hopi legend is that there were two races, the children of the feather who came from the skies, and the children of the reptile who came from under the earth. The children of the reptile chased the Hopi Indians out of the earth; these evil under-grounders were also called two hearts

*THE PROMISE OF THE BIRD KING IS FULFILLED IN THE TIME OF DARKNESS*

Mary's Note:

For unknown reasons, The Promise of the Bird King has always struck me as true and I consider it very special. It answered so many questions for me in my Search for Ancient Man Series

After printing it in one of my books, I had an Australian Aborigine Elder call me, wanting to know how I came across this prophesy; stating that only the Aborigine Elders knew of this and they never shared it with anyone. It was then I realized not only did I consider it special, but it was sacred information held in great secrecy. Now I share it again with you, the readers.

"The Snake, the Bear, the Smooth White Stone, the Sacred Red Flower and most important, I am the Sacred Kingfisher...from the blood who also gave you the Wild Dog which is the Egyptian War Dog, known as the dingo. I am the Living Sun Dance. Red is my hair. Green is my Eyes. Fair is my Skin and hooked is my Nose. I am the Promised Bird King" The Aboriginal of the Finders Rangers has already declared me so. The place where it was declared is a place called BELTANA. To them I am POPPADIDGEEDIDGEE.

MOSES -AARON - MIRIAM AND THE SACRED KINGFISHER

The snake traveled the world and finally bit its own tail back to Australia, from where the Lightning Brothers came. These two men were the biblical MOSES AND AARON, but known to the Egyptians as the Pharaohs AHKTANATEN and SMENKARE. They were not the leader of their people, but it was the sacred sister MIRIAMON or MIRIAM, known to the Egyptians as NEFERTITI.

They died in South Australia after deciding not to take the STAR FIRE any longer. (The star fire was a gift from the 'gods' for immortality). They brought with them the LAW and the sacred color RED. The one "outstanding" life form they left behind was the EGYPTIAN WAR DOG, now called the DINGO. (Canari – CAN)

The daughter traveled with the AID OF FLIGHT and moved through Asia to the North of Australia leaving the DINGO and the STORY OF THE SACRED KINGFISHER along the way until arriving in NOVA SCOTIA. She brought the sacred dog to North America along with the Law. In North America the Dingo became known as the CAROLINA WILD DOG. .

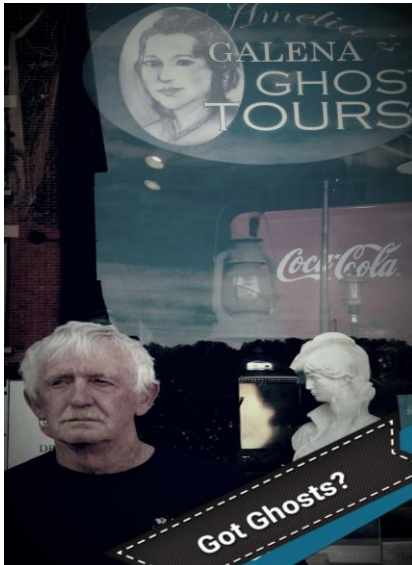
The PROMISE OF THE BIRD KING is fulfilled in the Time of Darkness.....from now on the truth will come forth.

"Red is his hair and hooked is his nose. Fair is his skin and green are his eyes. He is The Bear; The Serpent; The Smooth White Stone; The Eagle; The Sacred Kingfisher and the Rose.



## Urban Legends – Every Town has a Story...Newsletter by Mary Sutherland

EVERY TOWN HAS A STORY TO TELL ...



**Galena Illinois** - Not far from where we live (Winslow, Illinois) is a town known for their ghosts, ghost hunts and ghost tours. If you are a paranormal enthusiast Galena Illinois is a 'must visit'

While you are there make sure to stop in at all the unique book stores and mystical shops.

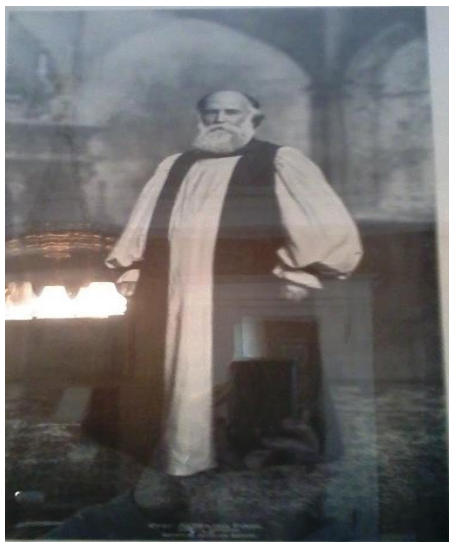
We went there last year and it is definitely on my list again this summer to re-visit!

That handsome man in the photo is my husband, Brad Sutherland standing in front of attraction 'Galena Ghost Tours'



Another great place to visit is **Illinois State Beach Resort**. I have been there several times. Their hotel is not only one of the most haunted but it is built right on the beach and Lake Michigan... the 'only' hotel on the shores of Lake Michigan.

The Hotel has infrared cameras at the desk. I was up half the night watching, with their employees', orbs flying through the lobby, kitchen, and gym and pool room. Wait until night though, when it isn't busy. Nature trails and plenty of rocks along the lake for you rock hounds



While visiting this 'highly recommended' resort, take time to visit Zion, a town built by a cult and their leader Dr. John A. Dowie. Dowie dreamed of a city where his 'congregation' would be 'free from the *evils of the world*', a city where 'God' ruled with Dowie as his prophet and overseer.

In the fall of 1899, Dowie put his plan into action, purchasing 6600 acres of land north of Waukegan. The city was built by his followers, promising his congregation that they could worship, work, and play 'free from the temptations of the world'. There would be places of employment with schools and recreational facilities, all 'controlled by Dowie. One of the city's main industries, besides housing construction, was the manufacture of lace, first produced by a lace mill the prophet had imported from England.

Dowie leased the land to his people with defined

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restrictions for 1,100 years. The strange reasoning behind this was in his belief that Christ would return in 100 years of that time bringing in the millennium and 1,000 years of peace.

The people shared in the profits of the industries but tithing and offerings were also to be made to support Dowie's 'Christian Catholic Church of Zion'.

Years were spent surveying the city, laying out lots, planning for the utilities and preparing for the opening of the City to the people. By July 1902 Dowie moved himself and family into their mansion home, 'The Shiloh House'. Three years later, in 1905, Dowie suffered a stroke and died. Today, his ghost is rumored to still walk the halls of Shiloh, along with family members and house servants.

The Shiloh House is now open to the public to walk through. There is no set fee for a tour, but please, before leaving, drop a small donation in their donation jar at the door.



*Here we are pictured at the Shiloh House, a twenty-five room mansion, home of Dr. John Dowie, who lived in the house until his death in March 9th, 1907.*



Dowie, Self-Professed Healer and Cult Leader of Zion, produced a weekly paper distributed throughout town. As we toured his home, I photographed one of his papers I spotted in his office.

There is an old saying that goes something like this: "If you want to be rich, become a politician, but if you want to become 'very rich' enter the field of religion...profess yourself as a 'Man of God, a Healer or a Prophet'".



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Following are some photos of interest I took while touring the Shiloh House

I found the following paintings hanging in his room quite interesting and had to question why he was so drawn to them. Judging by the full beard of Dowie's I have thought that maybe he was trying to emulate these personages. Of course I have always been interested in what goes on in the minds of these cult leaders? Do they really believe in what they are preaching and portraying or is it just some psychopath exploiting the gullibility of their followers. Share your thoughts with me in our study group at [www.facebook.com/groups/marysutherland](http://www.facebook.com/groups/marysutherland) Or drop me an email at [bsutherland@wi.rr.com](mailto:bsutherland@wi.rr.com) or comment through our website at [www.burlingtonnews.net/newsletter.html](http://www.burlingtonnews.net/newsletter.html)



I photographed friend and fellow researcher Sharon standing on the Stairs where the ghost of Dowie, family and house servants have allegedly been seen. If you have any ghostly pictures or any great stories about the Shiloh House please send them to me and I will be happy to share your stories and pictures with our readers.

**Apple River Canyon Lake State Park** - is about twelve miles from our home in Winslow, Illinois. For fossil hunters, campers and nature lovers this is another great place with a strange history – the town of Millville that was once located here disappeared without a trace. How could a town disappear without a trace? *This is a great place for the mystery hunter to sink their teeth into!*



This area was part of a vast sea bottom that stretched from the Alleghenies to the Rockies. The glacial sweep that ironed out hills and filled valleys in other parts of the state left this area unscathed. This circumstance accounts for the large number of fossil remains to be found near the surface area. It also was responsible for the easy availability of the lead veins found in this section of Illinois.



Brad Sutherland photographs author and Researcher, Dr. Steve Spyrisson with Mary Sutherland admiring an old tree that had been struck by lightning. *Ahh...what stories this grandfather tree could tell!*

*Psychometry is the ability to read energy imprints and since I have been improving my psychometric abilities, I may just go back there to the tree and attempt a reading.*

*Some people have had good luck conversing with*

*trees using tarot cards. Now that I am very good at so I may take my tarot cards there as well. If I do I will keep all my readers posted as to what I find out.*

"The kingdom of heaven is within you; and whosoever shall know himself shall find it." Proverbs from Temples and from the Gospel of Thomas

*"There are many that worship in outdoor temples or sacred sites which are created by vortices. But in the Gospel of Thomas it is written, "The Walls of the Church does not contain me; split a piece of wood and I am there" "God can be found in everything... especially in nature."*





*I can only imagine how many elementals make this tree their home. It is my hope that the park never removes it.*



Brad Sutherland is standing in front of a large rock that had slid down the hill. This, in 1837, is where the old stage stop was established. The town of Millville was also here; developed earlier in 1835. By 1892, this thriving little town, just like the legend of Atlantis, disappeared without a trace! *A great challenge for the mystery sleuth!* For mound hunters and researchers of ancient man, you can find earthen burial mounds two miles west from this location. One set of mounds is called Power's Mounds.

## ORIGINS AND EVOLUTION OF BIGFOOT



Bigfoot Illustration by James Loh

Watch for more illustrations by Loh in upcoming issues.

Researching the Bigfoot Sightings I have determined that they are an unidentified primordial humanoid who evolved alongside of humans but on a different branch of evolution. They live in tribes, care for their community of people and at this time, want to keep separate from our race of people. Being that they are of a curious nature, they are known to watch us, yet continue to stay cautious of human contact.

While they are powerful enough to carry a large deer, elk or cow they are usually of a gentle nature and have been known to nurture a lost child or help an injured back packer. They seem to hunt and live similar to the First Nation People and live by the cycles of

Mother Nature, the moon and sun.

They do share a common verbal language amongst themselves as well as body and hand language. Some form of language would be necessary for the very survival of the group. Although the verbal language may be different in the Bigfoot around the world, the body language would be universal as may be their hand language. Their voice can be lowered to go under the spectrum of our physical hearing. However, this sound can be picked up with a voice recorder.

According to some researchers observing Bigfoot, they could not hear the Bigfoot until they put headphones on and plugged into their recording devices. When plugged in they could hear a large range of vocalization including grunts, clicking sounds, barks, animal and bird imitations, distant mumbling, coos and other various sounds and pitches coming from the group. When the plugs were taken out of the ears, the sounds of the woods go back to normal, without any sound being picked up coming from the Bigfoot. This year, we are going back to our favorite Bigfoot location and I will be using the listening devices to test this theory.



*Mother and Child Bigfoot Prints We Found at Avon Bottoms*

Bigfoot authority Linda Godfrey, Mary and Brad Sutherland, Paul and Cindy Dittman found these fresh prints in the mud as they came out of the river that runs through Avon Bottoms. Dogman has also been said to roam this area so for me, I have no problem going into Avon Bottoms during the day but I doubt if someone could pay me enough money to go through there at night!





*I took this photo of Bigfoot and Dogman Researcher and Author, Linda Godfrey with Paul and Cindy Dittman, retired Racine County Sheriff Deputies. It is such a 'rush' when we find prints like this!! In the case of Avon Bottoms Bigfoot these prints show that this Urban Legend leans more towards truth than fiction. Cindy is pointing out where we found the footprints.*

The emotions of Bigfoot seem to run the full gamut ranging from love and compassion to fear and anger. There are stories telling of Bigfoot saving people that have been hurt or lost. However, there are also stories telling that they will attack when they feel their family or life style is threatened. Like humans, they probably have had their share of rogues through the years and I could think of nothing worse than running into a Bigfoot with a bad attitude...except for a Dogman with a bad attitude!

When Bigfoot feels threatened, they will throw sticks and stones to frighten off whoever or whatever are in the woods that they are threatened by. One researcher warned me: "If they start throwing rocks at you...DO NOT throw rocks back! I guess if you do they will really start pelting you with stones! Sometimes they will pelt the observer with nuts and/or pine cones. When they start feeling comfortable with your presence, the stick and stone throwing seems to cease and they watch you at a distance. From personal familiarity, we have experienced some stone or stick throwing just to get our attention and let us know they were there. When they think it is time to for you to leave, they will start throwing things around you or shaking trees or bushes. Most people get the message and leave. If they are in a group, sometimes they will surround you, yet you will not see them. Even though they can't be seen, you will definitely feel their staring eyes upon you- to the extent it raises the hair at the back of your neck.

In search of Bigfoot look for land with a lot of old growth trees and heavy foliage, with streams, rivers and/or swamps for a water source which would also provide a good food source i.e. berries, nuts, animals, fish, herbs, etc. Shaggy Bark hickory trees provide a lot of food dropping in the fall, as does berry bushes in the spring and summer and wild grape vines in the fall.

As soon as humans walk into the woods, the wildlife goes into an alert mode. The birds, insects and other forest wildlife give off warning to all the wildlife in the woods. The Bigfoot uses this to their advantage- there is no sneaking up on these man creatures!

Being that there is so much food and herbs in the woods the Bigfoot do not have to depend on meat in order to survive. They can nurture themselves on wild berries, grains, nuts, mushrooms, wild onions, asparagus, cat tails, minerals and herbs. They eat certain insects, grub worms, frogs, turtles, fish, etc. They are excellent hunters and hunt in groups, circling their prey slowly bringing the circle tighter and tighter. When the prey has been caught, its neck is usually broken and the meat carried back to the tribe for consumption.

Local legend tells of the Wisconsin werewolf, commonly known as the "Bray Road Beast" being spotted around Burlington and Elkhorn. According to Bruce, a Burlington local, one night one of the farmers off Spring Prairie Road spotted some sheep lying dead along the side of 'Deadman's Hill', just below the cemetery. As he went up to investigate he spotted what he

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referred to as 'the Beast' coming off the hill carrying a sheep under each arm. It was shortly after that the farmer moved the sheep off the land and replaced them with cattle. To this day, the cattle are the only livestock that are pastured there. Sightings of Bigfoot have also been reported in this same area.

Native American Shamans tell us that our human evolutionary tree is bigger than we think and has hidden branches that we cannot perceive - at least not yet. They describe these unseen entities who share the evolutionary tree with us as similar to us; characterizing them as neither all absolutely good nor absolutely bad. They have the same fears and feelings we do. They avoid human contact by cloaking themselves with a cloud of invisibility or they escape through the portals into other dimensional worlds or timelines.

Joan Ocean explains in the following:

*"On many occasions we have noticed that our Sasquatch friends appear see-through, and seem to vanish instantaneously. The Ancient Ones can dematerialize. They are able to move freely between our three-dimensional, linear reality, and their world, which exists outside our conventional laws of physics, in the expanded world of Quantum Physics. In the physical world we know, they make shelters, forage for food, walk long distances, eat, sleep, defecate, communicate and make loud growling sounds.*

*In their extra-dimensional world, life is different. Their bodies are of a different frequency and therefore their needs are not the same as when in a three-dimensional, physical environment. The particular group of Wise Ones that I have been introduced to can only remain out of body for limited periods of time, or they lose their ability to return to physical matter."*

*"There are many other advanced beings that can access the refined frequencies of light in lighter bodies as well. The Ancient Ones have told me they are in contact with the Good Star People, who also know how to live in nearby, and very accessible, parallel realities. Physicists know that in Quantum Physics electrons can pass through solid matter. Similarly, while in a quantum state, the Wise Ones have no weight or mass; they are like a "wave" of energy, or perhaps like an Orb."*



## HOW I BECAME A GHOST HUNTER

Working as an investigative reporter for Phoenixian Publishing House in Phoenix, Arizona, I loved my trips to the Indian reservations where the Elders would share their tales of Times Forgotten, Inner Earth, Giants, Little People, Dimensional Doorways and the Sky People. Second to that was listening to the old prospectors when they would come out of the Superstition Mountains. After picking up their supplies, a few of them would stop in at my office and tell me their stories of strange encounters in the mountains and their search for the illusive treasures of the Peralta Gold and the Lost Dutchman. Sometimes their stories were so believable I would find myself out in the mountains doing a little Dutchman hunting myself.

As far as ghosts were concerned I never had much interest in them...until years later, when I moved with my husband Brad to what I thought was a rather quiet Midwestern town called Burlington, Wisconsin. But how could I not take interest in ghosts, when, without realizing it, we had just moved into one of the most haunted towns in the nation!

My journey into the paranormal began when we moved into this adorable one bedroom cottage right off Brown's Lake. It was shaded with large Elm trees and the property ran right up to the lake with its own private dock. Its solitude was the perfect environment for me to complete a book I was writing, *"Living in the Light, Believe in the Magic"*. The peace and solitude I felt there didn't last long. In less than a month of living in our new home, strange things began to happen.

I remember one evening while I was watching television Brad grunted about something. I looked over at him and asked him what was wrong and he told me that a family of ghosts had walked past the television and blocked his view. I was watching the show with him and didn't see anything but was still curious as to what he thought he saw. He described them as having form but more ethereal in nature. They reminded him of the waves coming off paved roads in the heat of summer. The waves however had shape and were solid enough to block the view of the television screen. Knowing my husband does not give way to imagination, I accepted his account of what happened and merely filed it away in my mind as an interesting ghost story to someday share with friends on a dark stormy night in front of the fireplace with drink in hand. It was only later that I realized, a good ghost story can be fun and even exciting until it becomes personal.

One morning, the innocent hauntings of what Brad later came to call "his friends", gave way to another type of haunting from something that was very dark and sinister. And I was on its radar!

Brad had left for work and I woke from my sleep to the sun coming through my bedroom window and the sound of singing birds. Just as I was in a good stretch, the light of my bedroom turned dark and the entire room filled with emotions of hate. I felt this invisible presence rush over to the bed where I laid. In an instant I could feel his attack on me, pushing me down on my back. I could feel his heat, his anger and his desire to hurt me...or even worse.

Out of pure fear I went into survival mode and since I couldn't flee from this unknown presence I took the only alternative left. I attacked back! I returned anger with anger and demanded for him to get out of my house and never come back! When I felt him pull back, I jumped out of my bed and repeated my command and called upon Christ to protect me and drive him out of the house. To my utter relief, it worked! The darkness dissipated and the light came back into the room, the void was replaced with the sound of birds chirping and a sense of peace once again filled the room. After this, I never again felt safe in the house off Brown's Lake.

A short time after this event, we had the opportunity to lease a two story building on N. Pine Street in downtown Burlington's historic district. There we opened an antique and collectible shop in the lower level and moved into the upstairs apartment. It was only after we leased this building did we learn that the entire historic district of Burlington was built over twenty seven burial mounds...and just like in the movie *"Poltergeist"* they did not move the bodies...and these spirits were restless! Upon further investigation, digging through the local library newspaper archives, I found an article written by the Burlington Standard Press. The article stated that when the foundation of the building we were living in was being dug, they found the skeletal remains of a woman and small child. The stage was set and ripe for paranormal activity and activity there was!

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With Brad on the road building homes, I kept myself busy during the day with the store and in the evenings working on websites, my book and an internet radio show I had created. During the daylight hours things were pretty normal, but when the darkness came in the paranormal activity picked up. This was not isolated to just my apartment, but the neighbor was also experiencing strange activities as well. Just for the sake of sanity, we had gotten together and devised a plan that if things got too bad, one of us would knock on the wall and the other would come over.

One night, as I sat working on my computer, all the lights shut off in the house and the television screen went blank then came back on with the words running on the screen over and over again 'hello....hello...hello'. I was so frightened that I ran out of the apartment, down the stairs, out the door and stood in the middle of the street in hopes that a police officer would drive by. Fortunately for me one never did. I have often replayed that scene in my head wondering what exactly would I have told the officer if he had appeared - Would I have asked him to go upstairs to check out my apartment for a ghost?

One evening I was interviewing paranormal researcher Chris Moon on my internet radio show. He was the publisher of a magazine that focused on the paranormal. As the interview went on, I broke down and told Chris about the paranormal activity that was going on in my apartment. He had offered to do a full investigation of my place but requested that I do an initial investigation prior to him and his crew flying out. I confessed to him, I had not the slightest idea as to how to go about investigating ghosts. He told me to purchase a digital camera and a tape recorder. He then told me how to use these two pieces of equipment for the required investigation. If I captured anything I was to send the evidence to him and he would take it from there. I did as Chris instructed. I purchased the required equipment and set off to do my first investigation. I will never forget how shocked I was to see strange balls of light and wisps of what looked like smoke on my photographs! I was to later learn that these were orbs and ectoplasm. What was even stranger was not only did the camera show this strangeness but it was something that was completely invisible to my spectrum of vision. When I realized that there was a world completely invisible to us and there were entities of all kinds living in this world I was absolutely hooked! I need to know more about this strange world. At that moment I became 'God help me' ....a ghost hunter!

I contacted Chris Moon and told him he need not come to Burlington and that I would be doing the investigation myself. As I began my paranormal investigation I started asking my neighbors if they had any ghostly encounters and to my surprise they all said yes. It was comforting for me to know that I wasn't the only one out there that was seeing ghosts in the neighborhood! As I expanded my investigation past my neighborhood I was surprised to hear that just about everyone I spoke to had a story about a haunting in their homes. Emotions escalated to shock when I learned that the hauntings exceeded the boundaries of Burlington to its surroundings areas. It was only later that I learned Burlington and its surrounding area lies right in the middle of a strong vortex, which I coined '*The Burlington Vortex*'.

Science explains that the earth is powered by a life force that emits electro-magnetic energies. Native American Indians believe that earth is female, a live breathing entity of which we are part of. Her blood is her energy. Her veins carry the energy which academia calls ley lines. Her heart is the center of the earth. And her chakras are energy points found where her veins cross over in the form of a cross (+). These energy points are the gateways or doorways to the multidimensional worlds. As a rule, major ley lines don't cross each other but when they do, the cross section is called a nexus point. At this intersection, rifts are formed, which causes tears in the fabric of reality, as we *know it*. Paranormal spots are caused by rifts. Burlington lies on one of these points which not only affect the area but the people living in it. Frequency of rift openings is determined by the relative strength of the nexus point. If a strong magical nexus exists, the chance to split reality occurs more frequently.

Our ancient ancestors understood the importance of these 'hot spots' and marked them with earthen mounds, temples, pyramids and large Manitou (spirit) stones. I use this clue in my search for the paranormal, knowing that wherever I find these markers I will certainly find anomalies, whether it be ghosts, fairies, Djinn, UFOs, strange creatures that nightmares are made of or alternate realities and time lines.

## Urban Legends – Every Town has a Story...Newsletter by Mary Sutherland

I felt it was worthy to share this email I received from Brian who lives in the Honey Creek area, just outside of Burlington. His ghostly experiences took place in a house located across from and at base of Dead Man's Hill - on the other side of Honey Creek where effigy mounds exist.

Note: After reading this email, I shared it with a police officer friend of mine. Months later, he told me that he and officers responded to a call from this residence. Knowing about the email sent to me, he took the owner off to the side and asked him straight out, if any of his tenants or he had experienced paranormal activity in the house. A little shocked over the question, the owner answered the officer back... "Yes, a lot of activity here". (Sometimes it pays to have friends in rather high places).

Hello Mrs. Sutherland!

My name is Brian (last name withheld by editor) 21 years old from Burlington WI. Let me first say that I have always been at least a little suspicious of paranormal activity. I moved into a house in Honey Creek approximately 10 years ago. This house has been in our family for many years as it was originally owned by my Father's aunt since the early 1900's. After we bought the house, we learned her husband passed away in one of our upstairs bedrooms where there has always been a feeling of a presence since we've owned the house. Strange occurrences happened all over our house in the first few years of living here. Over the years, we've become somewhat immune to the odd happenings however. (Objects being moved, unexplainable noises, shadow people, etc.)

Lately, I've watched the TV show on Travel Channel called 'Ghost Hunters', where I have been able to learn quite a bit of information about the afterlife. With all this being said, I recently had an experience with our spirits we believe live in our home with us. I was watching TV when all of a sudden, I lost power. I figured I just blew a fuse due to all the electronics I have in my room BUT... I immediately felt coldness upon me. I always keep my door closed so I didn't think it was a gust of wind that I felt. Thinking back to what I saw on Ghost Hunters, I learned that people say that they feel cold when in the presence of a spirit. I grabbed my digital camera on my nightstand and snapped off 3 - 5 pictures before the "Low battery" signal flashed on my screen and died shortly after. The next day, I loaded the pictures I took onto my computer. Much to my surprise, I believe to have found an apparition of a woman's face on my ceiling.

This was the first hard evidence I have encountered of the spirits we share our house with. Suddenly I feel compelled to really investigate more into the paranormal activities that are happening in our area. A few of my friends have all agreed to help in my investigation to find evidence of paranormal. We would like to videotape, photograph, do E.V.P (voice record) testing, and K2 (Energy) testing.

Thank you for your time, and I look forward to hearing from you soon. Brian

During my time with Burlington UFO and Paranormal Research Center and The Sci-Fi Café and Earth Mysteries Museum, I became swamped with paranormal and UFO reports coming from not only Burlington, but around the Nation. It was only later that I compiled the reports and wrote a book on various paranormal and UFO experiences of Burlington Wisconsin, published by 'History Press Inc.'. My book 'Haunted Burlington Wisconsin' can be purchased on Amazon or [www.burlingtonnews.net/books-hauntedburlington.html](http://www.burlingtonnews.net/books-hauntedburlington.html)

(More to come in following Newsletters which can be found on our website [www.burlingtonnews.net/newsletters.html](http://www.burlingtonnews.net/newsletters.html))

## BURLINGTON HAUNTED CEMETERIES

The earliest earthen and rock mounds were built by what we know today as the Mound Builders. According to Celtic mythology, the ancient mounds or 'sidhe' (pronounced 'she') were portals to the other worlds, accessed by astral flight. The Mound Builders placed monoliths, dolmens and henges (gateways) at locations that form interlocking grids. The Native American Indians revered these areas as Holy Ground and left the land alone for the spirits of their ancestors to roam. The first Europeans, however, used the sacredness of the land to build churches and cemeteries on. Even today you find many of the cemeteries built on a hill, which in most cases is an earthen mound marking a portal into the other worlds. And for this reason, these cemeteries have more than average ghostly sightings. And this is the case for Burlington's most haunted cemeteries.

### POTTER'S FIELD



Potter's Field is located on a mound behind the Burlington Cemetery off Hwy W. This is one of the Burlington's oldest and most haunted cemeteries. This area is populated with a series of ancient mounds and is off Brown's Lake. Brown's Lake was once called by the Native American Indians living there '*Lake of the Shining Arrows*'. Being that there have been numerous reports of UFOs sighted around and over the Lake, I would assume that the name "Shining Arrows" was reference to UFOs. UFO researchers and hunters believe UFOs use the portals for inter-dimensional travel, moving from

one dimensional world to another...as does ghosts.



Many of the ghost hunters and paranormal thrill seekers have had amazing stories to tell about their visits to this cemetery. One of the more common stories is about the feelings of being watched by something that they could not see. Others Paranormal Researcher, Chad Lewis reported being chased out of the cemetery by something with red eyes. Others have reported seeing a 'hell dog that they describe as a large black dog that has the ability to appear and disappear. In our investigation of Potters Field Cemetery, we have photographed a mist coming out of a grave and full apparitions standing next to their tombstones.

### ST MARY'S CEMETERY

This cemetery is located right in Burlington off Hwy 36. It is another one of the ghost hunters' favorite places to shoot for orbs and ghostly apparitions. A mother, daughter and friend went out to the cemetery one evening and had a partial physical sighting of what appeared to be a soldier. The daughter, Shawn had seen the apparition and explained that only the lower half of his body

## Urban Legends – Every Town has a Story...Newsletter by Mary Sutherland

manifested next to what she believed was his tombstone. After seeing that, the girls decided they had enough of ghost hunting for the evening!

Strange lights have also be reported to have been seen floating around its grounds. We at first thought we had a ghost of a deer, but later found out it was an albino deer that was taking a short cut through the cemetery.

The cemetery's church has an interesting story that deserves its spot in the pages of strangeness. In the 1970's a beam of light came down from the heavens and lit up the church steeple for two days. To this day, no one knows what the beam of light was and why it shot its beam on the steeple. After the beam of light ceased, several days later the church had a mysterious and unexplained fire causing it to burn down. A new church had to be erected.

### DEADMAN'S HILL

An even older cemetery dating back to the 1700's is found on what the locals call 'Dead Man's Hill'. At the top of the mound you find among the broken tombstones, gnarled and twisted trees, which are the product of a very strong spinning vortex. I found a portal that opens up into another time line. Going through it, we experienced approximately 15 minutes of lost time. This is also the area where the farmer on Spring Prairie Road claimed to have seen the Bray Road Beast coming off the hill carrying sheep under both arms.

## ARCHEOLOGICAL EVIDENCE SUBMITTED BY FOLLOWERS

*On occasions, followers of my work send me in artifacts or photos of artifacts that have been found, usually never seen by the main stream audience. When I receive artifacts and photos of artifacts I try to get them out as soon as possible. Through the duration of these Newsletters and through my websites I will feature such finds and try to identify, but will always be open to the readers suggestions and theories as to what they are.*

The following photos were sent to me by Zola from Gays Mills Wisconsin, in the Heart of the Kickapoo Valley and on the banks of the Kickapoo River, south of Aztalan. I have also seen them and shown them to ancient artifact researchers and authors Frank Joseph, Fritz Zimmerman and Rick Osman, along with several others.

These pieces were found by Zola's grandson while digging up the soil in her rose garden.

I have found strong evidence and documentation of who we call 'The Mound Builders' living in this area thousands of years ago. See my book *'Revelations – Truths Revealed'* on the full account of these people under the chapters for *'The Sacrificial Mounds of Crow Hollow'* at [www.burlingtonnews.net/books-revelations.html](http://www.burlingtonnews.net/books-revelations.html)

From Zola -



The "Stone", according to the inscription, is from the late Bronze Age (about 800 -1000 B.C.) much older than the Irish Ogham because it omits the vowels. The only source of reference seems to be the one from Vermont in weathered condition. "The inscription reads "Stone of Bel," but when complete it probably read "Stone of Beltane". Since my stone appears to be "complete". I wonder what Ogham mark would have made it read Bel "tane." The deciphering of the Ogham script is fascinating and beyond my scope, but maybe the message has already been delivered.

What you wrote about the discovery of a stele in Oklahoma with the inscription in Iberian Punic is the same as on the "Stone of Bel", extracted from the "Hymn to the Aton" by Pharaoh Akhenaten. I retrieved a book given to me before I left the Four Corners. It's a Sci-Fi novel written by Daniel Blair Stewart and based on Akhenaten, but titled "AKHUNATON the Extraterrestrial King". This is written on the back of the title page:

Genesis, Chapter 6, verse 4: *There were giants in the earth in those days; and also after that, when the sons of God came in unto the daughters of men, and they bore children unto them, the same became mighty men, which were of old, men of Renown.*



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### From Mary –

Zola, in those days many written words were anagrams with meanings pointing to something other than the original word written. In this case, we do have a hint to what or who is being referenced.

Vowels were eliminated so that they could be used as an interchangeable tool to de-code the anagram. A could be interchanged with U or I or E or O. While the written word seems different in many cases it is the same.

Aten is TN with A placed in front and E in the middle... but all interchangeable. ..so Tane from Beltane is Bel Tane as an anagram is A from the middle added in front becomes At and E placed in front of N becomes En which then all placed together becomes Aten, which correctly brings you to the name Akhenaten, whose name basically breaks down to 'I am a follower of the Lord God Aten. Keep in mind that the vowels are interchangeable so Aten can also be Atun or Aton or Atan or Atlin. Different word, yet with the same meaning as TN. So now - Bel-Tane means Celebrating or Honoring the God Aten, who was given power during the rule of Akhenaten.

*"It's a shame really, humanity invests its spirituality in dogma and concepts, but once you see the real thing, the true multidimensional world, then you come alive. You open to a hyper-dimensional image of self, beyond the restraint of dogma and old, dusty concepts that were cast in stone a thousand years ago by old men. Ignorant men: sexists, elitists, racists; violent men, men who wanted to control spirituality to profit themselves not to set humanity free.*

*The time of dogma in stone is coming to an end." Stuart Wilde*

## Urban Legends – Every Town has a Story...Newsletter by Mary Sutherland

### REVIEWS OF BURLINGTON WI HAUNTED AND SACRED SITE TOURS

#### THE JOURNAL TIMES

by Janine Anderson

Journal Times – Milwaukee, WI

[www.burlingtonnews.net/hauntedtours.html](http://www.burlingtonnews.net/hauntedtours.html)

Mary Sutherland, a Burlington resident and paranormal researcher, runs the weekend tours in a wooded park near Honey Creek. She said the woods are home to many spirits and that she has found portals and gateways into other spiritual realms there. "I've actually ran out of the woods a couple times myself," she said. "People feel the spirits touch them on their face, lift their hair, ride on their backs. It gets a little scary but people love it. It isn't demonic or anything like that. The spirits get excited that people are there. Some are pranksters, some want attention. They want to make their presence known."

"I've never had an encounter there with anything demonic. I would never, never take somebody anywhere I felt was like that. I believe too much in this stuff."

More people come on the tours around Halloween, she said, and while the people that come out this time of year may be more thrill-seeker than true believer, she's happy to have them around.

"People love the paranormal," she said. "That's why sci-fi is so popular. People love it. They love the idea that there's something out there besides what they see in their everyday life. I think we are all a little bit thrill seekers. That's our human nature." For the complete story go to [www.journaltimes.com](http://www.journaltimes.com)

Along the way she tells of past experiences in the places that the group is passing through and describes the feelings that people generally get when entities are nearby.

"Some people feel chills," she said. "Others get warm and many people feel pressure on their foreheads- where the third eye is located."

According to Mary, each person has a third eye directly between their two 'regular' eyes, raised slightly up on the forehead area. Isis, the Egyptian high priestess, is known for having possessed a seeable third eye.

Tour-takers, about 15, in all, began to say they were feeling phenomena in some of the hot spots through the trail as it led to the Manitou stones.

"Manitou or spirit stones were once common," wrote Herman E. Bender of the Mid-America Geographic Foundation, Inc. in 'Manitou Stones in Wisconsin' "The stones together with their physical setting were considered sacred."

"Early missionaries were ordered to destroy any Manitou stone formations", Mary said. "But a surprising number have survived."

"The Algonquin speaking people (e.g. Chippewa, Menominee, Potawatomi, Ottawa, Sauk and Fox and Miami) of North America's eastern woodlands had a name or word for 'presence' or supernatural power...(the stones) possess 'Manitou' " Bender wrote. "A certain quality remains as they still retain the power vested in them."

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At the stones, tour-takers sit on the ancient stones and meditate. There's a peaceful feeling about the area and everyone gets very quiet. According to Mary, "Feeling and seeing paranormal activity is up to the individual. It is the magic around us that most never see or experience. Many say they have to see before they believe, but reality is based on our belief structure - we have to believe in order to truly see."

After a time, some tour-takers said they felt more in touch with the feelings Mary earlier described. One man complains of a strong headache, a woman breaks out into a cold sweat and another says she's suddenly freezing.

Afterward, all gather back at BUFO and view the photographs taken by Mary throughout the evening. Bizarre double images, orbs, lights and streaks don most of them. Tour-takers reminisce about the feelings they were having as certain peculiar shots were taken. Over an hour is spent reliving the experience and discussing various paranormal subjects with the pro.

Overall, tour-takers agreed that the experience was worth a repeat performance and all asked were pleased with the evening events. For the pessimists, Mary holds no disregard or judgment.

"We each have a right to our own reality,"

(One Step Beyond interviewed Mary about her extraterrestrial visit she encountered while living in Arizona)

## DETECTING VORTICES

*"Even though a vortex is considered by science as a geophysical anomaly, indigenous peoples from all areas of the world knew of vortex energy and revered these locations as sacred sites. The ancients knew how to work with a vortex to achieve a better understanding of self and of spirit. They also knew that vortex energy held the potential to help heal mind, body and spirit."*

*"Somewhere in our history we have set these old traditions aside, feeling that we no longer needed them. We were wrong. Now, many of us are trying to find and reawaken the communicative harmony that naturally exists between human, Earth Energy and Creation. Vortex energy is only one of many Earth energy sources that may complete this trine." Shirley MacLaine*

### **How to Find a Vortex by Mary Sutherland**

1. Look to see how the bark of the tree is formed. When you see bark spiraling up a tree or even the tree itself spiraling, you are inside a vortex.
2. A near perfect circle will be apparent on the surface of the Earth created by a spinning vortex
3. Female vortex spin clockwise, everything is dull in color. Usually what grows will be Cedar and Oak Trees. The female vortex is not designed for beauty but for healing and discovery of self and spirituality.
4. Male vortex spin counter clock wise. Everything growing within these areas are bright and brilliant in color; such as what you would find in Hawaii. Experiencing these vortices, one feels its strength, its aggression and an exaggeration of emotions.

If you find a masculine vortex, words, sentences, thoughts and ideas might rise in you. If the essence of the vortex is feminine, you may experience a feeling of being open, yielding and connected.

More on vortices in upcoming newsletters  
[www.burlingtonnews.net/newsletters.html](http://www.burlingtonnews.net/newsletters.html)

## MORE LETTERS TO THE EDITOR



**Lynn B. sent this photo to me of an Alien Wood Sculpture** located not far from Burlington, Wisconsin. Thanks Lynn. I have wanted a photo of this alien dude for a long time! This little guy is located just to the east of Hwy 11 and 75  
<http://www.stitchshoppe.com/>

If you have unique photos you would like to share with us, we would love to post them in our newsletter. Send to [bsutherland@wi.rr.com](mailto:bsutherland@wi.rr.com)

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### Dear Mary Sutherland - Growing Back My Hair with Thought

I made a commitment to get closer to God four years ago. Later that year I was doing mantras with lots of spirit saying *"Every breath that I take I get closer and closer to God"*. Well my inner voice said, *"Slow down you're already here, look around."* It was magical! I was constantly putting myself in my mind, with all the wealth I wanted. Then my way showed up. *"Now that you see everything as energy - re-grow your hair"*. That was it, I knew with all of my being that it was me that caused my hair to fall out, so it is me (creator) that is going to bring it back...all with thought.

An effect of bring so much energy to my scalp was a light show between the crown of my skull and the center of my brain. I did get lost for a while and mis-created my life, forgetting it was me in control, not something outside of me. I choose now to focus solely on my message to re-grow my hair. I see locks of thick hair growing and resting on my shoulders.

This is a story that I hope will inspire people to dream of exactly what they want, put themselves there in their mind and know that the most joyous way will manifest perfectly for them. I hope that this is a story I can share with many people, as it is what I see, feel and know to do. It is my Calling - my Purpose.

Control my thoughts and I control my world. The hair is returning, it is law that it must. Just like it was law that it fell out, I focused on bald, so bald is what I got. Rico

**Congratulations Rico...You got it! Such a simple thing...but yet so powerful**  
**"We create our reality through our thoughts!" Mary Sutherland**

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### Ms. Sutherland, Underground Tunnels and Cave Systems

I recently heard the 3 hour conversation you had with Ron Pastore and Blue Otter. I am blown away. The picture is becoming clearer to me. I believe that it is very important to identify the cave systems that will act not only as safe havens from potential/probable surface cataclysms (i.e. flooding, super winds, nukes, pandemic, etc.) but also act as entrances to the underworld / Shambhala.

When I heard Ron talk about the light that developed around him and his fellow spelunkers I was amazed. Based on that information I now feel confident that one could survive without problem deep in the cave systems; that entering them increases one's own metaphysical ability. Time to time I have often thought about caves as a safe zone if cataclysm occurred on the surface but now I am certain. Bless you and all the work you are doing. Regards Adam

## Urban Legends – Every Town has a Story...Newsletter by Mary Sutherland

For those interested in underground tunnels go to my website at [www.burlingtonnews.net/tunnels.html](http://www.burlingtonnews.net/tunnels.html) and if you wish to listen to this 3 hour interview with Ron Pastore go to our restricted for members only website at [www.burlingtonnews.net/bufo/member](http://www.burlingtonnews.net/bufo/member)

If you are not a member please join at the following website  
[www.burlingtonnews.net/membership.html](http://www.burlingtonnews.net/membership.html)

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### Dear Mrs. Sutherland – The Blue People

As a student of anthropology some 30 years ago, I stumbled across reference to a former race of humanoids that were blue. Once, in addition to the four known races of mankind, there was a fifth race that dwelled on an unknown continent in the middle of the ocean between Asia and Europe (i.e., North America). This race, the most ancient of all, was called the Blue Moovians. They were very tall, about seven feet, and very thin, and had extremely large heads. They possessed all manners of powers of the mind: teleportation, telekinesis, ESP. One day, in response to a stimulus known only to them, they conveyed to regular humans that they had, through their powers of astral projection, located a planet more suitable to their needs in a far distant solar system or galaxy, and all at once they each and every one disappeared from the face of the earth and teleported themselves there, never to be seen or heard from again. This supposedly occurred about 60,000 BC. --Mark S. Miller

For those interested in the Blue People go to my website

[www.burlingtonnews.net/bluepeople.html](http://www.burlingtonnews.net/bluepeople.html)

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*The Hopi legend postulates there were two races, the children of the feather who came from the skies, and the children of the reptile who came from under the earth. The children of the reptile chased the Hopi Indians out of the earth; these evil under-grounders were also called two hearts*



## Urban Legends – Every Town has a Story...Newsletter by Mary Sutherland

Through my new series '*In Search of Urban Legends*' I will be producing not only the book series, but sharing my travels on you tube and creating newsletters for members of my groups.

Enjoy the ride while we follow our passions!

Join us in our study group at [www.facebook.com/groups/marysutherland](http://www.facebook.com/groups/marysutherland)

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