

# Nov. 2020 Newsletter



## WE ARE FOUNTAIN



### Fountain Together Shows Out at “Fountain Fright Night”

The city of Fountain distributed over 2500 candy bags in the Fountain Fright Night drive-thru! The packs contained black oil and sunflower seeds to feed birds and to plant, courtesy of Fountain Together.

Thank you to the Gennetti Family, Mia, and her friend Jo for putting the packs together!

Fountain Together, People and Pollinators, and One Million Trees for Colorado websites were on the front of the flyer and a 50% off coupon from master natural and organic gardener Becky of Blue Planet Becky. Thank you for your support.

Chelsea Mansour provided a dynamite Fountain Together signboard custom made by her and designed by Nathaniel Stockwell.

Dylan Lockman brought his monster wagon named “hearse” to the event beautifully decorated with Mia Lehmann riding shotgun.

Fountain Together is looking for like-minded Fountain residents to join us to make a more communal and sustainable city.

### Fountain Together Supports Silver Key

In response to outreach for Thanksgiving day food items, Fountain Together gathered three Bountiful Bags and dropped them at Silver Key’s office. We appreciate our seniors and thank you to the kind donors at Fountain Together.



### Fountain Together Launches Pollinator Sanctuary Program

Sanctuary gardens are seeding now for growth next spring. The wildflower seeds work their way down the soil, abrading their protective skins during the winter, and sprout naturally when conditions are right next year. At least one pollinator garden is needed per neighborhood to allow an oasis of food and protection for our pollinators. Contact the group if you have an area available and would be able to sprinkle with water every few weeks, if we do not get snow.



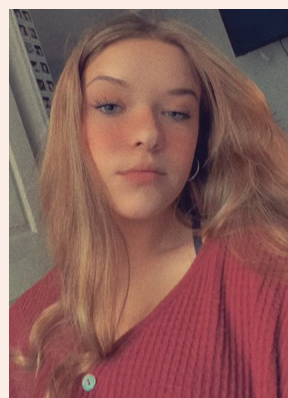


## Meet the Members



### Chelsea - Electric Cowgirl

Electric Cowgirl was established in 2016 and is owned and operated by Chelsea Mansour in Fountain, Colorado. We offer state of the art technologies to improve the health of horses, humans, and canines. Services include Pulsed Electromagnetic Field Therapy (PEMF), Extracorporeal Shockwave Therapy (ESWT), and Whole body vibration therapy with our Theraplate.



This is Mia! She is a founding member of Fountain Together. Junior at Sand Creek High School, Colorado Springs. Heavily involved in Fountain Fright Night and Creek Week!

### Chelsea - Electric Cowgirl (cont.)

#### Shockwave

The PiezoWave 2 is a revolution for the industry. Animals often relax during ESWT sessions and appear to enjoy the process. The PiezoWave 2 eliminates the need for sedation in animals. ESWT is not radial shockwave. Radial shockwaves project intense pressure waves at the surface of the skin. Effectiveness declines as the waves travel deeper. ESWT delivers shockwaves at the exact place and depth intended. This provides an effective, comfortable delivery of treatment.

#### PEMF

The PER 2000 creates a strong but brief electromagnetic field. As these brief pulses pass through the body, they collide with damaged cells. Each pulse provides energy by exciting electrons inside the cells. This re-charges the batteries of low powered cells, and allows them to regain function. Cells begin the process of self-repair, and pain signals stop transmitting.

#### Theraplate

The patented TheraPlate is proven to counter the effects of chronic inflammation conditions, speed healing, reduce pain, and aid in the prevention of injury. The TheraPlate is easy to use, proven effective, portable and very affordable. Introducing horses to the TheraPlate is so simple. Horses quickly express that they are enjoying the relaxing and beneficial daily sessions on the TheraPlate.

Electric Cowgirl travels to community members and their animals from Denver to Pueblo.

Thanks for being on the team, Chelsea!