



## Teresa K. Howes

Veteran – Army/Army National Guard 1986-2007

Writer/Lifelong Learner/Listener/Presenter

**About the Art:** As a child Teresa learned quickly to connect with others: you gotta send mail to get mail living in rural Wyoming. Today she pens music lyrics, personal essay, vignettes, and biblio-memoir while using her photo imagery and words to explore emotion, nature, nostalgia, spirit, history, and a sense of place.

**About the Artist:** Teresa K. Howes is a writer, lifelong learner, listener, and presenter. She is an award-winning journalist, a third generation Soldier, and a Veteran of Operation Iraqi Freedom II. She's the first female in her family tree to retire from the armed services. Experiences such as the 1988 Yellowstone Forest Fires, Pulitzer Prize *Lonesome Dove* novelist Larry McMurtry, Pulitzer Prize photographer Taro Yamasaki, the 1997 Indonesian Forest Fires, Avian Influenza H1N1, Hurricane Katrina and Acoustic Electric Guitarist-Vocalist-Singer Songwriter Floyd Chris Howes share a commonality: Howes' writing and/or photographs. She treasures her Secretary of Agriculture Honor Award, U.S. Army Humanitarian Service Medal, and The Theodore Roosevelt Coin for Physical Fitness Excellence. Writing in the military and college sparked a civilian career with the U.S. Departments of Agriculture and the Interior. Strong writers and photographers fueled her craft. After returning from war, she learned how to write, read, and speak again when Multiple Sclerosis and Post Traumatic Stress decided to make a home in her central nervous system, brain, emotional, physical, spiritual, and mental health. Howes, her multi-talented husband, and three K9s live on Colorado's Northeast frontier in their 119-year-old home the Union Pacific Railroad built. The Howes' say, "God owns the house we simply care for it."

**Artist's Experience:** "It is truly about the love of others and to self that creativity prevails. My experiences with Uniting Us and The Heart J Center for Experiential Learning: Warriors Write, move me from a liminal space, transform, and live." Explore the Uniting US and Heart J Center/Sylvan Dale websites to learn more about Teresa, her artwork, and upcoming news about talented veteran artists.

