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# MOAB HAPPENINGS JULY 2009

Volume 21 Number 4

FREE COPY

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 Bull Hollow Raceway  
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# MOAB HAPPENINGS

## MOAB HAPPENINGS®

"Moab Happenings" is published by Canyonlands Advertising Inc. of Moab, Utah and is provided free throughout the Moab area as a visitor information guide.

Articles and photos of area tourist attractions or local historic sites are welcome and may be used at the editor's discretion.

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# FOURTH OF JULY HAPPENINGS

"Enjoy The Crunch" is the theme for this year's 4th of July Celebration in Swanny City Park! In these times of economic "Crunch" you are invited to "Enjoy the Crunch" at our annual 4th of July celebration sponsored by the Moab Area Chamber of Commerce. Come "crunch" on juicy watermelon during our FREE watermelon eating contest, fresh popcorn and many other "crunchy" treats! We have opened up to vendors this year which gives them another opportunity to showcase their items here in Moab. We have community bands, dancers and cheer groups who will be performing throughout the afternoon of the 4th. The dunk tank will be there as a fund-raiser for GCHS Football. Come dunk your favorite local celebrity and help the football team raise some much needed funding at the same time! We will also have the bounce house as a vendor this year! With these and several Chamber sponsored FREE game booths such as balloon darts, ring toss, bean bag throw and fish pond, it promises to be lots of fun!



The opening of this year's 4th of July festivities at Swanny City Park will be the annual parade, lead by "Old Glory". Boy Scout Troop #803 will do the honor of bringing the parade to the park and posting the colors on the pavilion. Everyone is invited to participate in the parade. The parade will start at Jimbo's Market at 400 North and 500 West and ends at Turner Lumber. This is a short walk designed so everyone can join us. You are welcome to walk, ride a bike, motorcycle, unicycle, dog-sled, float, or drive a decorated vehicle of any kind. We especially invite our school children to decorate their bicycles, scooters, skateboards, or whatever and feel the spirit of patriotism that builds as the parade starts and heads up 400 north to the festivities at the park. All organizations, clubs, and businesses are welcome. The



In these times of Economic crunch,  
you are invited to

## ENJOY THE "CRUNCH"

At the Annual  
4th of July Celebration

The opening of this year's Fourth of July festivities at Swanny City Park will be at the annual parade!

**CRUNCH ON**  
Juicy watermelon  
Fresh Popcorn  
and many other  
"CRUNCHY" treats!

**FIREWORKS  
AT DARK**

The parade will start at Jimbo's Market and end at Turner Lumber. This is a short walk designed so everyone can join us. You are welcome to walk or to ride a bike, motorcycle, unicycle, dog sled, float, or decorated vehicle of any kind.

The parade will start promptly at 4:30, and we ask everyone to be at the starting point no later than 4:00.

The end of the parade announces the beginning of the festivities.

## LIVE ENTERTAINMENT

**LIVE MUSIC,  
FOOD &  
GAMES FOR KIDS**

**Bounce House  
Dunk Tank**

**This parade is a family affair, so all entries must be respectful. The parade committee reserves the right to ban any entry from participating. Those with special needs or requests for the parade (such as bands and horse groups) should contact Jim Thuesen at 260-1710 or jimthuesen@frontiernet.net.**

**To volunteer to help with park activities, contact the Chamber of Commerce at 259-7814.**



parade will start promptly at 4:30 and we ask everyone to be at the starting point no later than 4:00.

There is no entry fee, and singles, families and small groups do not need to sign up in advance. However, large

groups or specialized Groups (Such as bands, horse groups or groups needing to play music) or those with special requests should contact Jim Thuesen at 260-1710 or jimthuesen@frontiernet.net.

The end of the parade at Swanny City Park announces the beginning of the festivities. The Star Spangled Banner will be sung by Zhailaa Rei, accompanied by her husband, Denis Zwang. Mayor Dave will give the Welcome Address and Moab's own Valley Voices are slated to sing a patriotic tribute. DJ, Dirk Phillips, will keep the activities moving. It will all have the feel of an old-time country

festival. As night falls be ready for the fantastic fireworks display sponsored by Grand County and the City of Moab. A big thank you goes out to our volunteer fire department who put this show on every year!



# MOAB AREA EVENTS CALENDAR

## July 2009



Behind Family Fun Center 259-4583  
McDonald's Moab, UT

- Go Carts
- Laser Tag
- Arcade
- Mini Golf
- Air Hockey
- Bumper Boats
- Carnival Swing
- Air Slide
- Kiddie Playground

Mon and Thurs 4:30pm - 8:30pm  
Fri 4:30pm - 10:00pm  
Sat 12:00pm - 10:00pm  
Call for Private Party

### MOAB FARMER'S MARKET

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Swanny City Park (10 West and Park Drive)  
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- Raft
- Eat
- Bike
- Stay
- Hike
- Shop
- Eco-Education
- Historical Info

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Volunteer for your favorite special event

2 Opening Reception "Desert Horses" Art Show, Mother/Daughter Art Show at Edge of the Cedars Museum in Blanding, Utah. Page and Sunnie Holland will be displaying their artwork at the Edge of the Cedars Museum in Blanding Utah. Their paintings are representations of their relationship with the horses that they ride in the Southeastern Utah desert around Moab. Having lived in Moab their entire life, Page and Sunnie have spent much time exploring the canyons with their horses. Images of the horses themselves, as well as landscapes that they fell in love with while riding, will be on display at the Museum. Exhibit open from July 1 through January 31, 2010. See article on page 6B.

2 Thursday Night Movie Night at the Library Film - Seven pounds. 7:00 pm. This event is FREE. Everyone is invited. Children under 13 must be accompanied by a parent or guardian. For more info visit the Grand County Public Library at 257 E. Center Street or call 259-1111.

2 "Who Are We?", Improv, 8 PM, Frankie D's Who Are We?, an acclletic Improv troupe from Southeastern Utah, will be at Frankie D's for a special one night performance. Who Are We? will use audience suggestions to create outrageous skits and scenarios. Come find out who Who Are We? is and maybe you can suggest who they will be as well.

4 INDEPENDENCE DAY  
4 Moab Farmer's Market, Swanny City Park Celebrate Independence Day at Farmers' Market from 8 am to noon. Fresh local food, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. For information contact Gayle Weyher 435-259-0242. Moab Farmers' Market sponsored by the Youth Garden Project.

4 Patriots on Parade, 4:30 PM, Swanny City Park Come enter the parade in your best patriotic garb. Ride a bike, walk, or decorate a float or vehicle. Children are especially invited to decorate their bikes, trikes, skateboards, or whatever and join the fun. There is no registration required, so just show up, it's a short parade, so almost anyone can participate. It starts at 400 N & 500 W and ends at Turner Lumber. Meet no later than 4:00 pm. Don't forget that it's July and you'll need to carry water!

4 Moab 4th of July Celebration - Swanny City Park "Enjoy the Crunch" Good food to "crunch" (see how fast you can "crunch" down watermelon at the watermelon eating contest) and good times to forget the economic "crunch" (ring toss, darts, fish pond and dunk tank). "Crunch-time" begins with a community parade followed by an afternoon filled with cultural performances, games, prizes and vendors. Fireworks at dusk. Swanny City Park (400 N 100 W) - 4:30pm-8:30pm - For info call 435-259-7814. see article on page 3A

4-5 3 Person Scramble Golf Tournament, Call Moab Golf Course for entry info, 435-259-6488

5 "Moab Night Lights" Outdoor Screening Series This American Gothic, pre-show entertainment begins at 8:30 pm on the Museum of Moab Lawn (corner of 100 E & Center St). See article on page 6B

7-10 Geo Whiz Summer Base Camp for Kids by Canyonlands Field Institute. 3 nights/4days. Camp is for kids entering grades 4th through 7th in the fall. Hiking, learning, river trip and Fun! are included. Cost \$100 per child. Partial scholarships available. Call 435-259-7750 for more info. See ad on page 5A.

11 Moab Farmer's Market, Swanny City Park Every Saturday from 8 am - 12 noon. Fresh local food, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. For information contact Gayle Weyher 435-259-0242. Moab Farmers' Market sponsored by the Youth Garden Project.

11 Bull Hollow Race Series, Bull Hollow Raceway, Monticello, see article on page 4B.

12 "Moab Night Lights" Outdoor Screening Series Animated Shorts from Slamdance Film Festival, pre-show entertainment begins at 8:30 pm on the Museum of Moab Lawn (corner of 100 E & Center St). See article on page 6B

15 Hand-drum workshop, Edge of the Cedars Drums are one of the most ancient of musical instruments, the staccato sound sometimes compared to a heartbeat. Learn about traditional music and working with hide. Make your own 12" hand-drum using elk hide and cedar wood in the one-day workshop. Each Participant will complete a beautiful, 12"x3" single-head hand-drum. The hand-drum can be a lasting work of art as well as a unique musical instrument. Preregistration required.

16 "Utah History Through Native Eyes - EOC Learning about the Noochev (Ute People)", Blanding Edge of the Cedars State Park/Museum presents Northern Ute film maker, Larry Cesspooch at 6:30 pm in a Public Square presentation sponsored by the Utah Humanities Council. Cesspooch will highlight three historic periods in Ute History. This program is free and all are welcome! Call 435-678-2238 for more info. The Edge of the Cedars State Park Museum is located at 660 West 400 North in Blanding, Utah. The museum is open 9:00 am - 5:00 pm Monday through Saturday and closed on Sundays.



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call 435-259-8431 for rates.

**DEADLINE for August Events Calendar: JULY 20, 2009**  
Listings in the *Moab Happenings* Events Calendar are **FREE!!**  
Do you know of an event for the Happenings calendar??  
Call (435) 259-8431 or fax us at (435) 259-2418  
e-mail: [info@moabhappenings.com](mailto:info@moabhappenings.com)

# MORE MOAB AREA EVENTS

## July 2009 *cont'd*

- 17-18 Capitol Reef Classic Stage Race, Torrey, Utah (see article and ad on page 18A)
- 18 Moab Farmer's Market, Swanny City Park  
Every Saturday from 8 am - 12 noon. Grand County Public Library presents story time at 10:30 AM. Fresh local food, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. For info, Gayle Weyher 435-259-0242. Farmers' Market sponsored by the Youth Garden Project.
- 18 Zetroc Music Fest, Cortez Colorado (see ad on page 18A)
- 19 "Moab Night Lights" Outdoor Screening Series  
The Films of Bill Brown (philosophical personal journeys), pre-show entertainment begins at 8:30 pm on the Museum of Moab Lawn (corner of 100 E & Center St). See article on page 6B
- 24 UTAH STATE HOLIDAY.....PIONEER DAY
- 24 Annual Ice Cream Social, Dan O' Laurie Museum of Moab  
see article on page 6B
- 24-25 Bicknell International Film Festival, Bicknell Utah www.thebiff.org
- 25 La Sal Mountain Summer Fiesta, R. Carlos Nakai & Keola Beamer  
In Concert at Mt. Peale Resort in Old La Sal. Begins at Noon until it is over.  
For ticket info see ad on page 1B.
- 25 FARM DAY at Moab Farmer's Market, Swanny City Park, 8 am - 12 noon  
Fresh local food, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. Contact Gayle Weyher 435-259-0242. Moab Farmers' Market sponsored by the Youth Garden Project. A celebration of Farming with farm animals and tractors including YGP's chicken tractor.
- 26 "Moab Night Lights" Outdoor Screening Series  
16mm educational films from the Southwest; pre-show entertainment begins at 8:30 pm on the Museum of Moab Lawn (corner of 100 E & Center St). See article on page 6B



## 2009 Events

- July 4 Moab Independence Day Celebration
- July 11 Bull Hollow Race Series
- July 24 Utah State Holiday - Pioneer Day
- July 31-Aug 8 San Juan County Fair
- August 1 Shoot Out at Bull Hollow Raceway
- August 7 Relay for Life
- August 22 Bull Hollow Race Series
- August 29-30 National Hare Scrambles  
WeBeRacing at BullHollow Raceway
- Sept. 3-19 Moab Music Festival
- Sept 18-21 Tribal Sands Belly Dance Festival
- Sept 18 Wild & Scenic Environmental  
Film Festival
- Sept 19-20 Moab Century Tour
- Sept 23-27 Skydive Moab Festival
- Sept. 24-27 Moab Fall Quarter Horse Show
- October 8-10 Gem & Mineral Show
- October 10-11 24 Hours of Moab
- October 17 Castle Valley Gourd Festival
- October 18 The Other Half
- Oct 20-25 Confluence, A Celebration  
of Reading and Writing in Moab
- Oct 30 - Nov 1 4th Annual Moab Ho-Down  
Mtn. Bike Festival
- October 31 Pumpkin Chuckin Festival
- November 6-8 Moab Folk Festival
- November 13-14 Get Reel Film Festival
- December 5-6 Winter Sun Festival

## August 2009

- 1-2 XRRA Rock Racing, Cortez, Colorado, (see ad on page 14B)
- 1 Four Corners Shootout, San Juan County Fair at BullHollow Raceway
- 1 Humane Society of Moab Valley Fundraiser at Center Cafe
- 1 Moab Farmers' Market, Swanny City Park, 8 am - 12 noon
- 1-2 3-N-1 Couples Golf Tournament, Moab Golf Course
- 4-7 Geo Whiz Summer Base Camp for Kids by Canyonlands Field Institute.  
3 nights/4days. Camp is for kids entering grades 4th through 7th in the fall. Hiking, learning, river trip and Fun!  
Cost \$100 per child. Partial scholarships available. Call 435-259-7750 for more info. See ad on page 5A.
- 5 Kids Pottery Day, Edge of the Cedars Museum/Park, Blanding
- 7 Relay for Life, Grand County High School Track
- 8 Women's Red Rock Music Festival, Torrey, Utah www.redrockwomensfest.com
- 8 Moab Farmers' Market, Swanny City Park, 8 am - 12 noon
- 21-23 Off-Road Rendezvous, Gateway Canyons Resort, Colorado  
Experience Colorado's new off-road trails www.gatewaycanyons.com Event info 970-931-2458
- 22 Bull Hollow Raceway Series, Monticello
- 29-30 National Hare Scrambles - WeBe Racing, BullHollow Raceway

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for more event information all year



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**Moab's Ancient Past Tour**  
8:30am-1:00pm. Visit local petroglyph sites and learn about the region's early inhabitants.

**Arches National Park Tours**  
Morning 8:30am-1:00pm  
Sunset 4:30pm-9:00pm  
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# ENTERTAINMENT HAPPENINGS

## Live Western Show & Cowboy Supper

Re-live the Days of the American Cowboy with the Bar-M Chuckwagon's Live Western Show & Cowboy Supper.

Want a perfect evening after a perfect Moab day that includes a great supper and more rib-tickling fun than you've had in a long time? Look no more! Step back in time to when the west was really wild and re-live the days of the "American Cowboy" at the Bar-M Chuckwagon. More than a great meal, the Bar-M Chuckwagon is a great experience for folks of all types and ages.



Set in an "old west" town, the Bar-M is Moab's own unique western dinner theater. A full evening of memorable activities awaits you at the Bar-M including, games, gunfights, a delicious Cowboy Supper and a live western stage show featuring the music and comedy of the "Bar-M Wranglers."

Just 7 miles north of Moab on Highway 191 you'll see the covered wagon with a BAR-M on it. Pick up your tickets at "Doc's Medicine Wagon" in the parking area, and then head down the trail to the "Bar-M town." Don't forget to pay your "respects" at Boot Hill along the way. The ticket booth and grounds open at 6:30 PM. Be sure to arrive early enough to belly up to the Saloon for a cold one, pitch a game of horse shoes, rope the steer or browse through the gift shop full of western souvenirs and more.



The always-entertaining gunfight re-enactment begins around 7:00 so be sure to have your camera ready! After the smoke clears, everyone enters the large dining hall to get ready for the Cowboy Supper. The decor includes a dusty saddle or two and many other western memorabilia. The mouth watering Cowboy supper begins at 7:30 sharp and is served trail style with metal plates and cups. You'll have a choice between sliced roast beef in barbecue sauce or barbecue chicken, baked pinto beans, baked potato, cinnamon applesauce, buttermilk biscuits and spice cake, with cowboy coffee, lemonade and iced tea to drink. And there's seconds too! A vegetarian meal is also available with advance notice.

Right after dinner, the "Bar-M Wranglers" take the stage for an hour to entertain you with ranch-style comedy and old cowboy songs like "Cool Water" and "Ghost Riders In The Sky." The "Bar-M Wranglers" are a professional 4-piece band that has recorded two CD's. The "Wranglers" are David Steward, Clay Maxam, and Alan and Valerie Brown.

Originally from New Jersey, Singer, songwriter and instrumentalist Dave Steward adds hot guitar pickin', solid bass playing and vocals for the "Bar-M Wranglers" and has lived in Moab for 23 years. He also does vocal arrangements for the group. Dave has been a guitarist most of his life and enjoys playing many styles of music including jazz,



classical, and rock as well as cowboy music. Dave has a CD of original music called "Wild West Heart" and also a CD of classic cowboy songs called "Call of the Canyon."

Clay Maxam hails from the Northwestern United States and now resides in Moab with his wife Judy. Clay Shines on the intricate pedal steel guitar and also plays Dobro in the Bar-M show. He is an integral part of the Bar-M operation and is featured nightly in the shootout.

The other members of the "Bar-M Wranglers" are your hosts and owners of the Bar-M Chuckwagon, Alan Brown and Valerie Hunt Brown. Valerie and Alan both sing, yodel and play several musical instruments. You'll discover over the course of the evening that their passion for the business and their terrific musical talents are a magic combination that helps make the Bar-M so much fun.

Valerie and Alan met and married in Nashville, Tennessee. Valerie was a recording artist on MCA Records with the music/comedy trio "Ethel & the Shameless Hussies." Originally from Illinois, Alan was a singer/song writer and once toured with the internationally famous group "Up With People." In 1992, Alan and Valerie moved from Nashville to Moab and bought the Bar-M Chuckwagon. They chose Valerie's home state of Utah to raise their two sons, Wyatt and Garrett, and continue their life's work as entertainers.

The Bar-M Chuckwagon's season runs April through mid October. Dates and times vary with the season, please



beautiful, climate-controlled, indoor facility. Large groups are always welcome.

Admission price includes dinner, live western show, games, gunfights, and gratuity: \$26.95 for adults, children four to twelve years old are half price and kids three and under is free. Make sure to call ahead for reservations so you don't miss out on all the fun! Call 259-BAR-M (2276) to make your reservations today and tell them you read about the Bar-M in the "Moab Happenings."



# MOAB FOLK FESTIVAL

## NOVEMBER 6-8, 2009

**FEATURING:**

- ◆ The Peter Rowan Bluegrass Band
- ◆ Eliza Gilkyson with Special Guest Nina Gerber
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- ◆ The Burns Sisters
- ◆ Jimmy LaFave
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- ◆ Corinne West ◆ Blame Sally
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**Moab Folk Camp**  
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www.MoabFolkFestival.com

# NON-PROFIT HAPPENINGS

## Changes for Higher Education in Grand County

Changes are forthcoming to the Utah State University Moab Center. Sam Sturman, the Associate Director for Moab, has been approved as an adjunct assistant professor in the Recreation Resource Management Program. Sam will continue his advising and student support duties with USU Moab. He will teach face-to-face and interactive broadcast courses for Regional Campuses and Distance Education. This new teaching assignment will add greatly to the development of a budding program in Recreation Resource Management at the Moab Center.

A second major development is the USU Moab Education Center will have its first full-time faculty position starting in the fall semester of 2010. As a result of community efforts to identify and articulate local higher education needs, Utah State University has committed funds to the Moab Education Center to support a full-time faculty member in the discipline of Recreation Resource Management. The creation of this new position at the Moab Center represents a deepened commitment on the part of USU to support community driven efforts to expand higher education offerings. Recreation Resource Management was identified by the Moab "Higher Education Action Team" as a high priority that blends well with the unique nature of the Moab area. The new faculty member will be responsible for teaching courses that are part of the Recreation Resource Management degree, conduct relevant research in Southeast Utah, collaborate with natural resource agencies, and serve as a resource to the local community. It is anticipated that the new faculty member will begin duties in the fall semester of 2010.

Dr. Sturman stated, "This is a great step for the future of higher education in Moab/Grand County. These changes to the Moab Center happened in part from the support of the community. If we are to ever have a university campus in our community, it will require continued USU and community partnerships. I am optimistic that we can serve both local students and become a destination campus. We still have many challenges ahead of us. Our goal for the fall semester of 2010 is to recruit 25 new students to the Recreation Resource Management Degree. We have to address the issues of student housing, strengthening our

local educational foundation, and advertising our program to the world."

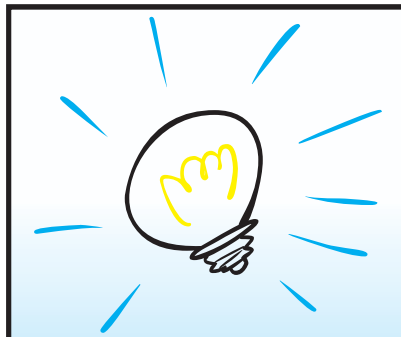
If you are interested in helping with any of the identified projects please contact Sam Sturman at 259-7432 and be sure to mention you read about it in Moab Happenings.



Sam Sturman

### Giving Credit Where Due...

In the June Historic Happenings article written by Vicki Barker, entitled "Demise of the Drive-in", ViviAnn Rose graciously provided the photograph of the Grand-Vue Drive-In. The staff at Moab Happenings apologizes for our oversight in not mentioning this contribution in the article.



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# MOAB CLUBS & ORGANIZATIONS

For a community to prosper and grow, its residents have to be **INVOLVED**. If you would like to participate in any club or organization **PLEASE CALL THEM**. Many of these groups are always looking for a helping hand or two.

AARP, Chapter 1539 .....	259-6396	Moab Country Club (Rob Jones).....	259-6488
Alcoholics Anonymous/Alanon .....	259-7556	Moab Duplicate Bridge Club - .....	Audrey McDougald: 259-5771 or Bob Erikson: 259-2724
Alpha Rho Sorority (Bobbie Long).....	259-6758	Moab Friends For Wheelin' (Jeff Stevens) .....	259-6119
American Legion Post (Bill Smith).....	259-3470	Moab Half Marathon (Ranna Bieschke) .....	259-4525
Arches Adult Education (Trish Hedin) .....	259-2293	Moab Horse Racing Association (Chuck Henderson) .....	259-4111
Arches New Hope Pregnancy Center (Debbie Nelson).....	259-LIFE (5433)	Moab Horse Show Association (Tosha Audenried).....	260-9252
BEACON (Stephanie Dahlstrom) .....	260-1143	Moab Lodging Association (Britnie Ellis).....	259-6171
Boy Scouts of America (Kent Dalton) .....	259-6521	Moab Music Festival (Andrew Yarosh).....	259-7003
Canyonlands Field Institute (Karla Vander Zanden) .....	259-7750	Moab Poets & Writers (Marcy Hafner) .....	259-6197
Canyonlands Film Society (Becky Thomas) .....	259-2286	Moab Points & Pebbles Club (Jerry Hansen).....	259-3393
Canyonlands Rodeo Club (Kent Green).....	259-7089	Moab Quarter Horse Assoc. (Kathy Wilson).....	259-8240
Canyonlands Wildlife Federation (Dave Bierschied) .....	259-8217	Moab Rod Benders (Jim Mattingly).....	259-5858
Center for Water Advocacy (Harold Shepherd).....	259-5640	Moab Ropers Club (Terry Lance).....	259-9972
Daughters of Utah Pioneers (Inalyn Meador).....	259-5225	Moab Sportsmen's Club (Frank Darcey).....	259-2222
Deadhorse Motorcycle Club (Terry Flynn).....	259-3878	Moab Taiko (Stephanie Dahlstrom) .....	259-2264
Delicate Stitchers Quilt Guild (Shauna Dickerson) .....	259-0906	Moab Teen Center-Club Red .....	259-9991
Elks Lodge #2021 (Dan Stott) .....	259-7334	Moab Trails Alliance (Kimberly Schappert) .....	260-8197
Fallen Arches Square Dancers (Bob & Flora Erickson) .....	259-2724	Moab Valley Multicultural Center (Carrie Alexander or Leticia Bentley).....	259-5444
Friends of Indian Creek (Emma Medara) .....	259-3586	Mutual UFO Network (Elaine Douglass).....	259-5967
Friends Of the Grand County Library (Adrea Lund).....	259-1111	Order of the Eastern Star (Fran Townsend).....	259-6469
Grand County Public Library.....	259-5421	Parent Teacher Association (Tiffany Saunders).....	259-5830
Girl Scouts of The U.S.A. (Cynthia Williams) .....	259-6683	Plateau Restoration/Conservation Adventures (Tamsin McCormick) .....	259-7733
Grand Area Mentoring (Dan McNeil) .....	260-9645	Red Rock 4-Wheelers (Ber Knight).....	259-7625
Grand County 4-H (Marion Holyoak).....	259-7558	Retired Senior Volunteer Program RSVP (Jody Ellis) .....	259-1302
Grand County Extension (Michael Johnson).....	259-7558	Rotary Club (Kyle Bailey).....	259-6879
Grand County Food Bank .....	259-6456	Seekhaven Crisis Center (Jaylyn Hawks).....	259-2229
Grand County Hospice (Tracey Harris).....	259-7191	Senior Center (Verleen Striblen).....	259-6623
Grand County Prevent Child Abuse .....	260-1039	Sierra Club (Mike Stringham).....	259-8579
Humane Society of Moab Valley .....	Animal Services 259-4862 Administration 259-4089	Solutions - www.moab-solutions.org - (Sara Melnicoff).....	259-0910
Ladies Golf Club (Chris Corwin).....	259-5344	Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
League of Women Voters (Cynthia Smith).....	259-5306	Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
Lion's Club (Tom Warren).....	259-7834	Southern Utah Wilderness Alliance (Liz Thomas).....	259-5440
Moab Aglow Lighthouse Fellowship (Maurine Gray).....	259-5514	Toastmasters International (Al Boyd).....	259-5767
Moab Arts Council (Bruce Hucko) .....	259-4176	Trail Mix Committee (Sandy Freethey).....	259-0253
Moab Arts Festival (Theresa King) .....	259-2742	Valley Voices (Marian Eason).....	259-6447
Moab Arts & Recreation Center (Bailey Rogers).....	259-6272	Veterans of Foreign Wars (Fred Every).....	259-5428
Moab Bird Club (Nick Eason).....	259-6447	WabiSabi (Jeff Cohen).....	www.wabisabimoab.org - 259-3313
Moab Chamber of Commerce .....	259-7814	Word Watchers (Nancy Kurtz).....	259-0734
Moab City Recreation (John Geiger).....	259-2255	Youth Garden Project (Jen Sadoff).....	259-BEAN (2326)
Moab Community Theater (Kaki Hunter).....	259-8378		

**VISITING ROTARIANS: Join us for Lunch every Monday 12 noon at La Hacienda Restaurant**

**VISITING ELKS: The Moab B.P.O.E. 2021 invites you up to the lodge Wed, Thurs, & Fri evenings. Up hill behind La Hacienda on North Main Street**

# HIKING HAPPENINGS

## Moonflower Canyon – Summer Time Delight

*by Marcia Hafner*

During our “hot as hell” summer season it can be very hard to keep your cool, especially when you are feeling antsy for a hike. But in order to avoid a meltdown you have to hit the trail extremely early - like the crack of dawn. If rousing yourself up out of bed with the roosters has no appeal, don't despair. There are some cool spots close to town and the tree-lined trail in Moonflower Canyon, which offers refreshing shade all day long, is particularly appealing at this time of year.

The namesake for this canyon is the sacred datura, a perennial plant related to tobacco and more commonly known as moonflower because it is a night bloomer. It is in the twilight of the day that a dramatic transformation occurs. That's when the cigar-like petals open up into the white Cinderella beauty of a large trumpet-shaped flower. Under the cloak of darkness, its sweetly scented fragrance pours forth into the invigorating night air to attract the sphinx moth and other nocturnal pollinators. In clear weather, the opening of this handsome flower happens at dusk and withers away a few hours after sunrise, but on dark cloudy days, it has a tendency to open earlier and linger longer the next morning.

Also known as jimsonweed, sacred datura contains toxic alkaloids as a protection against herbivores. Various Native American tribes harvested the large hallucinogenic leaves and used them in their rites of passage and religious ceremonies to induce visions, and there is speculation that these practices were probably performed in Moonflower Canyon. Among the Chumash, at the age of eight, a boy was given a preparation of “momoy” to drink as a spiritual challenge to help him develop the well being required in a man. This narcotic substance was also used to tell the future, especially when gambling.

To access the shaded refuge that exists within Moonflower Canyon from the center of town, go south on Main Street to the fast food corner of McDonald's and Burger King. Then turn right at the light on to Kane Creek Boulevard and proceed three miles to the parking

area on the left side of the road.

At the mouth of the canyon the Bureau of Land Management has set up eight rustic “walk-in” campsites and these appealing spots are well worth the extra effort. There is no drinking water or trash containers, but pit toilet facilities are available near the parking area.

The Moonflower Canyon petroglyphs, located at the beginning of the canyon, represent the Archaic and Formative periods of time, when Native Americans recorded their visions, clan symbols and current events into the sandstone walls. The Archaic refers to the nomadic hunters and gatherers who regularly passed through our region 8,000 to 9,000 years ago. The Formative came about 1300 to 2000 years ago when the practice of farming made the establishment of permanent villages possible. The large triangular figure wearing a

headdress in this outdoor gallery represents the Barrier Canyon style. Also depicted on the panel are deer, bighorn sheep and a number of abstract elements. To the left of the panel inhabitants from a long time ago constructed a ladder by jamming logs into a crack of the rock wall. Historically they climbed this precarious route to gain access to higher mesas within the area.

It is just half a mile walk on a gentle, sandy trail to the end of this box canyon. Beware of the poison ivy that grows unneringly close to the edge of the walkway. This expansive sheer-walled canyon is within the boundaries of Behind the Rocks Wilderness Study Area, and as you move deeper into the canyon, noises from the busy road fade away. The thickness and variety of vegetation throughout the canyon bottom that includes willows, grasses, milkweed, rabbitbrush, Gambel's oak and cottonwood trees makes me feel as though I'm walking through a botanical garden. The cottonwoods, especially at the

beginning of the canyon, have a huge girth. All this lushness is an oasis for birds that makes for great bird watching opportunities. During my afternoon stroll I either saw or heard Say's phoebe, yellow-breasted chat, white-throated swift, raven, mourning dove, spotted towhee, violet-green swallow, canyon wren, robin, house finch, and ash-throated flycatcher.

In the spring wildflowers such as Indian paintbrush and scarlet gilia grow in happy profusion along the wash of the intermittent stream. Late spring and early summer red pentstemon, Prince's plume, globemallow, yellow sweet clover, and golden asters have their big fling.

A small alcove near campsite six harbors a hanging garden where the steady drip of water promotes the growth of the cave primrose. The appearance of this pinkish-purple flower with a bright yellow center coincides with the Easter season; consequently it is sometimes referred to as the “Easter flower.” After the primrose have passed their prime, the Eastwood monkey-flowers take over with their own brilliant dash of scarlet blooms.

The trail abruptly ends at a vertical pour-off where a small spring-fed pond is the perfect spot on an overly toasty day – an idyllic place to wile away a lazy summer afternoon, where aquatic insects such as water skimmers, boatman and beetles are fascinating to watch as they go through the daily routine of their watery world. Tiny pale blue flowers relish the moisture in the damp areas along the stream that trickles out of the pond. The towering cliff walls throw off deep solid shade, encasing me in moist shadows that feel like an outdoor evaporative cooler. The pond, bordered with huge boulders on one side and grasses on the opposite bank, presents a sharp contrast of green vegetation against deep brown sandstone walls – the ying and yang of warm versus cool, dry versus damp on an almost perfectly motionless day. No one else is here, and I relish the soothing tranquility as a mourning cloak butterfly makes its back and forth fluttery flight, while the locusts crank out their whiny tune.

In Moonflower Canyon I have found what I've been longing for – blessed relief from the blazing heat. So if you are looking for a cool outdoor respite on a hot summer day that is close to town, this canyon is for you - the cool refreshment just might entice you to linger much longer than you planned.



## Best Rafting Value in Town!

### WORLD WIDE RIVER EXPEDITIONS

Come join us for an exciting rafting adventure!

- Free use of two-man inflatable kayaks (with trip purchase - based on availability)
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In Moab Call: **259-7515**  
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# RESTAURANT GUIDE





**Moab's ONLY ON-SITE Microbrewery & Restaurant**

State Liquor Licensee  
Orders To Go  
Beer To Go  
PATIO SEATING  
KIDS MENU

**SEAFOOD • SANDWICHES • STEAKS • SALADS  
BURGERS • VEGETARIAN FOODS • DAILY SPECIALS**

**LUNCH & DINNER 7 DAYS - OPEN 11:30 AM  
686 South Main • 259-6333  
(McDonald's is next to us)**

## How To Get A Drink... ...In Moab, Utah.

Utah has a well-earned reputation as a challenging state in which to get any form of alcoholic drink. Moab is even more interesting because of having two legal wineries and one microbrewery.

Moab has two local wineries; Castle Creek Winery, located at the Red Cliffs Resort, 15 miles from Moab on Scenic Highway 128 (The River Road) – see ad on page 2A, Spanish Valley Vineyards, located just off Highway 191, South of Moab about 6 miles on Zimmerman Lane. Both wineries have on-site tasting rooms and wine available for sale. Utah State Liquor Stores also sell many local wines. If you would like to try some of these award winning vintages, look for restaurants serving these wines.

The Moab Brewery, Moab's only microbrewery, offers a variety of locally brewed beers at their own location, as well as being available at other restaurants in town. Many flavors are on sale at retail stores in Moab as well in the Salt Lake City area. If you enjoy these locally produced products, be sure to ask for a list of locations where you may purchase them when you return home.

The Utah State Liquor Store is the only location to purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at 55 West 200 South and is open from Monday through Saturday (11:00 a.m. to 7:00 p.m. - November 1st to May 1st and from 11:00 am to 9:00 pm - May 1st to November 1st.) They are closed on Sundays and Holidays. Beer (3.2% alcohol content) for take-out can be purchased at food stores and convenience stores for off-premise consumption only.

On-premise (you can drink it here) is available at various licensed locations, including taverns, golf courses, bowling alleys, and restaurants that have the required beer license. Restaurants may be licensed to serve mixed drinks and wine by the glass, provided that they have a liquor license and offer food service. Last but not least, Utah law forbids open containers in or about any motor vehicle. A blood alcohol level of 0.08% (0.05% if you have a child in the car with you) is the maximum allowable under Utah Code to be declared "driving under the influence."



## Smitty's GOLDEN STEAK

**540 South Main • Moab, Utah • (435) 259-4848**  
*Next to BigHorn Lodge. Open 7 days a week, featuring steaks, prime rib, hamburgers, and a full breakfast menu. Prompt coffee shop service.*

State Liquor Licensee  
**MOAB'S FINEST FAMILY DINING**  
COMPLETE CATERING SERVICES AVAILABLE.



**Buy One 6" Sandwich, Chips & Two Regular Drinks...and get 2nd 6" Sandwich FREE with this coupon!**

(2nd sandwich of equal or lesser value)  
Offer good with coupon at Moab Location Only - Across from City Market

**Buy any Teriyaki Stix Entree and Two Regular Drinks & get a 2nd Entree FREE!**

(2nd entree of equal or lesser value)  
Offer good with coupon at Moab Location Only - across from City Market

**396 So. Main • Open Everyday • 259-2656**  
*One Coupon per Customer per Day*



**Teriyaki Stix™**  
Japanese Grill

Open Everyday 7am-4pm Mon-Sat 7am-3pm Sun



**RED ROCK BAKERY and CAFE**

A Quality Scratch Bakery with fast, friendly service.  
Internet Café • Dine-in or Take-Out  
Now Serving Organic Fresh Moab Coffee  
74 South Main • Moab, UT 84532 • 435-259-5941

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101 NORTH MAIN STREET

**BREAKFAST ONLY**  
*because that's what we do best.*  
This is our 16th year at it!  
Open 7am to 12Noon  
*"Good Enough for a Last Meal"*

breakfast.lunch.espresso.bakery  
local, organic seasonal ingredients



Closed July 13<sup>th</sup> - 30<sup>th</sup>  
7:30 - 2:00 daily 139 n. main street  
435-259-6833 lovemuffincafe.com



## Sports Bar & Grill

*Affordable Drinks & Food!*  
**Fully Stocked Bar**  
Serving Beer, Liquor and Wine  
Largest Liquor Selection in Moab!

**Weekly Bar Specials**  
**COLDEST BEER IN TOWN!**

**Karaoke** - Come in and Strut your Stuff!  
Starting at 9:00pm

1 Block West of Main on Center Street  
VISITORS WELCOME  
Must be 21 years or older

**259-6666 • OPEN EVERYDAY at 3pm**



## The Branding Iron

**STEAKHOUSE, BBQ & GRILL**

**DINNER AT 5PM**  
7 DAYS A WEEK

Featuring:  
**Prime Rib**  
**BBQ Baby Backs**  
**Broiled Steaks**

FULL SERVICE LIQUOR LICENSE

**2971 So. Hwy 191 • 259-6275**  
*3 miles south of Moab • NOW OPEN!*



## Singha

*Authentic Thai Cuisine*

**Lunch: Monday - Saturday 11:00 - 3:00 p.m.**  
**Dinner: Monday - Sunday 5:00 - 10:00 p.m.**

**Now Serving Beer, Wine & Saki**

**Open 7 Days a Week**

92 E.Center Street  
Moab, Utah 84532  
Tel: 435-259-0039  
Fax: 435-259-0005



# RESTAURANT GUIDE




**RESTAURANT**

**Celebrating 28 Years!**  
*Spicing your Life since 1981*



**LA HACIENDA**  
**RESTAURANT**  
*Mexican American*

OPEN DAILY AT 11 AM • SERVING LUNCH AND DINNER  
DAILY SPECIALS • VEGETARIAN FRIENDLY

574 NORTH MAIN • MOAB, UTAH • 435-259-6319  
State Liquor Licensee

Eat Well, Have Fun and Welcome to

Tapas Menu  
4 pm - 6 pm



Dinner  
5:30 pm - Close

*Specially prepared*

A Place to Celebrate Life with great food and friends in a beautiful and relaxed atmosphere!

5 Years Best Restaurant in Southern Utah  
6 Years Zagat Award of Excellence

Secluded Courtyard for Outdoor Dining

Fresh Seafood • Black Angus Beef • Free Range Chicken  
Innovative Vegetarian Fare • Locally Grown Organic Produce

Chefs/Owners: Paul and Zee McCarroll

60 North 100 West Moab, Utah      Open 7 Days  
For Reservations: 259-4295  
State Liquor Licensee



**EklectiCafe**

Carnivores, Herbivores, Omnivores! Vegetarian Friendly

**Breakfast • Lunch • Deli**

"Best Desert Oasis" Salt Lake City Magazine

HOURS: Monday - Saturday 7:30am-2:30pm  
(Sun 7:30am - 1:00pm Breakfast only - no lunch)  
352 North Main, Moab • 435-259-6896

*Your Home Town*



**Pizza Hut**

**265 South Main, Moab**  
**Open Daily • 259-6345**

Sunday - Thursday 11 am - 10:00 pm  
Friday/Saturday 11:00 am - 11:00 pm  
Pick-Up or Delivery Available

**Bar M Chuckwagon**  
7000 North Highway 191 259-BAR-M(2276)  
Dinner  
Live Western Show & Cowboy supper. Gunfights, games, saloon, gift shop. Fun evening activity for all ages. 4 miles North of Arches National Park entrance on Hwy 191. Beer Available. Call for information about private parties & special events.

**Branding Iron Bar & Grill**  
2971 South Highway 191 259-6275  
Dinner at 5pm  
Western style family restaurant. Home of the Moab Super Burger. New Specials, Great Food. Prime Rib every night. Open 7 days a week. Full Service Liquor License.

**Broken Oar**  
53 West 400 North 259-3127  
Dinner • Mon. - Sat. at 5:00 p.m.  
Come relax on our deck or by our stone fireplace. Our menu includes steaks, seafood, salads, wraps, burgers and ribs. Home of the sweet potato fries. Beer and Wine served.

**Buck's Grill House & Vista Lounge**  
1393 North Highway 191 259-5201  
Dinner  
Don't think you can find casual elegance in the desert? Think again. Buck's Grill House offers fine dining in a relaxed, yet elegant atmosphere with some of the best food in the West. For a special evening out, this is the place to share an exceptional meal with your favorite friends. You'll never be disappointed at Buck's Vista Lounge is a sophisticated adult environment offering cocktails along with dining.

**Burger King**  
606 South Main 259-2700

**Cassano's Italian Restaurant**  
11 East 100 North 259-6018  
Open daily 3:00 p.m. - Close  
Come in and join us for home made sauces and hand tossed pizzas and paninis. Moab's new traditional Italian restaurant is located in the old Poplar Place. Patio seating available so you can dine alfresco and bask in splendid red rock views. Great choice for take out and catering.

**Center Cafe**  
60 North 100 West 259-4295  
Open Daily at 4 pm. Dinner 5:30 to close.  
Tapas - Small Bites & Shared Plates 4:00-6:00 pm. A place to celebrate life with great food and friends in a beautiful and relaxed atmosphere! Paul & Zee McCarroll, chef/owners, prepare a seasonal menu of Grilled Meats, Fresh Fish, Pasta & Vegetarian Dishes, Fresh Breads and Exquisite Desserts.

**City Market**  
425 S. Main 259-5181

**Denny's**  
989 North Highway 191 259-8839  
Breakfast • Lunch • Dinner  
MOAB'S ONLY 24 HOUR RESTAURANT. Family dining at affordable prices. Over 100 menu items including Seniors menu, daily Special and Fit Fare for the health conscious. Ask about "Kids eat Free!" Take out menu available. Reservations for large parties and buses welcome. Great food and Great Service by Great People. EVERYTIME.

**Desert Bistro**  
1266 N Hwy 191 at Moab Springs Ranch 259-0756  
Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at our new location. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Beautiful patio for outdoor dining.  
Closed Mondays.

*Desert Bistro*



Casual Fine Dining  
Contemporary Southwestern Cuisine  
Located in the Historic Ranch House  
at Moab Springs Ranch  
OPEN FOR DINNER 5:30pm  
Closed Mondays  
1266 N Hwy 191 • 259-0756  
STATE LIQUOR LICENSEE

**Domino's**  
812 South Main 259-0101

**Eddie McStiff's Restaurant & Brew Pub**  
57 South Main Street 259-BEER  
Lunch • 11:30 a.m. Daily  
Dinner • 4:30 p.m. Nightly  
12 beers on tap, Brick Oven Organic Pizza, Southwestern, Pasta, Great Salads! Natural/Choice Aged Steaks, Burgers, Kids Menu, State Liquor Licensee, Pool Tables, Patio Dining, Discount for Seniors 65 and older. FREE WIRELESS INTERNET! Pizza Delivery to Main Street Hotels

**EklectiCafe**  
352 North Main Street 259-6896  
Breakfast • Lunch  
Mon. - Sat. 7:30 a.m. - 2:30 p.m.  
Sun. Breakfast 7:30 a.m. - 1:00 p.m.  
Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! Winner "BEST DESERT OASIS" Salt Lake Mag. August 2002!

**Fiesta Mexicana**  
202 South Main Street 259-4366

**Frankie D's Bar & Grill**  
44 West 200 North 259-2654

**The Good Place**  
350 S. 400 E. 259-4RAW

**Hogi - Yogi**  
396 South Main (next to Teriyaki Stix) 259-2656  
Lunch • Dinner Open Daily  
Sandwiches, Ice cream, Shakes, Frozen Yogurt & Smoothies. Over 15 great sandwiches. Low-fat icy, cold nutrient-packed line of real fruit smoothies. Try our new ice cream & cookie sandwiches made to order. Drive thru service. Call in & take-out orders welcome.

**Jailhouse Cafe**  
101 North Main Street 259-3900  
Breakfast  
Moab's Breakfast Place located in Grand County's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

**KaleidoScoops**  
331 North Main 259-3677

**La Hacienda**  
574 North Main 259-6319  
Lunch • Dinner - OPEN 11:00 am DAILY  
CELEBRATING 28 YEARS! Superior Mexican specialties with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor Licensee.

**Leger's Sandwiches**  
817 So Main (inside the Moab Chevron) 259-2212  
Deli Open 6am-3pm  
Leger's Sandwiches, a favorite since 1977, is now OPEN inside the Moab Chevron. Leger's has five locations in Utah. Our Sandwiches are made to order. Call in orders welcome.

**Love Muffin Café**  
139 North Main 259-6833  
Breakfast and Lunch  
Open everyday at 7:30am-2:00pm  
Fresh baked muffins and cupcakes every morning! Check out the vegan and gluten free selection. Breakfast burritos, Whole Wheat Waffles and more... Proud to use local and organic ingredients along with eco-friendly containers. Closed July 13<sup>th</sup> - 30<sup>th</sup>.

**McDonald's**  
640 South Main 259-8800

**Miguel's Baja Grill**  
51 North Main 259-6546  
Dinner  
Genuine Mexican Cuisine, traditional recipes and methods of Baja California and other states in Mexico. We pride ourselves on fresh food and prepare it as you order it. Great Margaritas and seafood dinners are our specialty. Proud to cook with zero trans fat.

**Milt's Stop & Eat**  
400 East and Millcreek Drive 259-7424  
Lunch • Dinner  
A true Moab icon since 1954. Featuring locally processed 100% ground chuck burgers, classic diner sandwiches, Big City red beef dogs, flavored shakes and malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. Open Tues.-Sat., 11am-8:30pm and Sunday 11:30am-5pm. Closed Monday. See ya' all at Milt's.

For more information about these restaurants pick up a "Moab Menu"



**Moab Brewery**  
686 South Main 259-6333  
Lunch • Dinner  
Open 11:30 AM DAILY. Whatever the season, whether you're hungry or thirsty, come in and enjoy the comfortable atmosphere. Food to go. Moab's only brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu. State Liquor Licensee.

**Moab's Daily Grind**  
1146 South Hwy 191 #B 259-1115  
Mon-Sun: 6am - 8pm  
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**Moab Diner & Ice Cream Shoppe**  
189 South Main 259-4006

**Pancake Haus**  
196 South Main (next to Ramada Inn) 259-7141

**Pantele's Desert Deli**  
98 East Center 259-0200

**Paradox Pizza**  
702 South Main St 259-9999  
Lunch • Dinner  
11am - 9pm  
At Paradox Pizza all of our salads, soups, pizzas and breads are handmade fresh daily. You will taste our commitment to quality with every bite. Order in person, online or over the phone. We offer dine in, take-out and delivery. Website is www.paradoxpizza.com

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**The Peace Tree Juice Cafe**  
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**Red Cliffs Resort & Restaurant**  
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RIVER FRONT TABLES inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make your reservations for weddings and private parties.

**Red Rock Bakery & Net Cafe**  
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**The Rio Sports Bar & Grill**  
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Sports Bar & Grill. Affordable drinks & food. Fully stocked bar, serving beer, liquor & wine. Nightly entertainment. Karaoke at 9pm. Live music on weekends. Visitors welcome, 21 years and older. OPEN EVERY DAY AT 3:00PM

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For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Singha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts.

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**SUBWAY Sandwich Shop**  
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NOW SERVING BREAKFAST UNTIL 11 AM! Create your own healthy sandwiches and salads. Five varieties of freshly baked bread. Load up your subs with lots of fresh veggies and one of SUBWAY'S special sauces. Located inside Walker's Convenience Store (corner of 300 South and Main)

**Sunset Grill**  
900 North Highway 191 259-7146  
Dinner  
Steaks, Seafood, Pasta. Fresh ingredients brought in daily. Children welcome. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. Open 5:00 daily. CLOSED SUNDAYS. State Liquor Licensee.

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**Teriyaki Stix**  
396 South Main 259-2656  
Lunch • Dinner  
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**TexMex Cocina**  
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**Village Market**  
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**Wake and Bake Cafe**  
59 S. Main #6, McStiff's Plaza 259-2420

**Wendy's**  
260 North Main 259-2595

**Wicked Brew Espresso Drive Thru**  
132 North Main 259-0021

**Zax**  
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# RESTAURANT GUIDE



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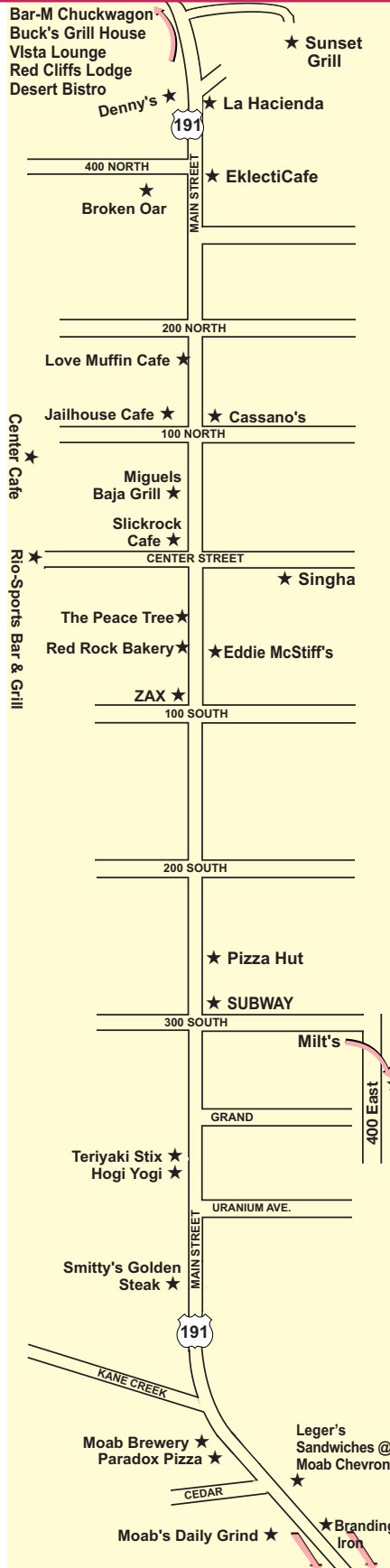
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# RESTAURANT GUIDE

# STAY AND SEE MOAB

## Movie & Western Memorabilia Museum at Red Cliffs Lodge

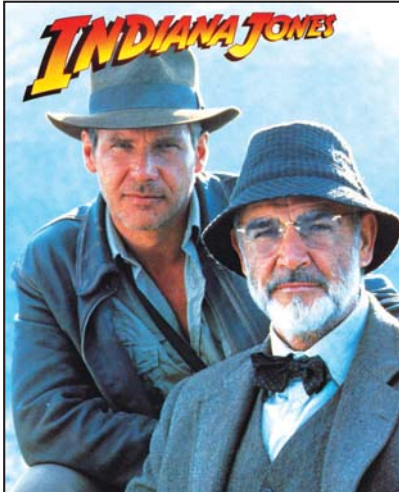
Red Cliffs Lodge, on the banks of the mighty Colorado river, is home for the Moab Museum of Film & Western Heritage. The lodge is built on the old George White Ranch, a key location for nine of the big westerns including *Rio Grande*, *Cheyenne Autumn*, *Ten Who Dared*, *The Comancheros*, and *Rio Conchos*.

The late George White was founder of the Moab to Monument Valley Film Commission, the longest ongoing film commission in the world.

In the museum one can learn more about film locations, how the sets are built, and how the filming process is managed on nature's own sound stage. On display in



John Wayne leads his troops into the fort at Red Cliffs Ranch, in the movie *Rio Grande*, directed by John Ford in 1950



the museum are production photographs, movie posters, autographed scripts, props from the many pictures filmed in the area, and displays about the western ranching heritage. For information, call Red Cliffs Lodge at 259-2002.

Through the magnificent landscapes of southeastern Utah, writers have been inspired and stories born here. Zane Grey, the famous western novelist, traveled through the area in 1912. His visit inspired him to write his book *Riders of the Purple Sage*. The book was made into a movie starring Ed Harris and Amy Madigan, and filmed on locations around Moab.

**A partial list of stars that have made movies in Moab**

John Wayne, Maureen O'Hara, Henry Fonda, Lee Marvin, Rock Hudson, Jimmy Stewart, Richard Boone, Anthony Quinn, Mickey Rooney, Shirley Temple, Kris Kristofferson, Billy Crystal, Robert Duvall, Gene Hackman, Bill Murray, Jack Palance, Susan Sarandon, Geena Davis, Ted Danson, Tom Cruise, and many more.

## Canyonlands Ballooning



As one of the pioneering companies for passenger balloon rides in the Moab/Canyonlands area, we are proud to offer you a unique and unforgettable balloon adventure. Imagine ascending to greet the sunrise as you drift among geologic wonders that were being created when dinosaurs roamed the earth. The fragile sandstone of Arches National Park and precarious rock towers drift past, each one defying gravity with you. Across the horizon, the 12,721 foot La Sal Mountains cast a long shadow upon the town of Moab and Canyonlands National Park. The pilot and the winds navigate to your own personal destination, your mind and camera alive with images that will last a lifetime.

See ad on page 5B or call 435-655-1389 for more information. Don't forget to mention you read about Canyonlands Ballooning in the Moab Happenings!



## RAFT TRIPS • 4WD TOURS • RIVER CRUISES

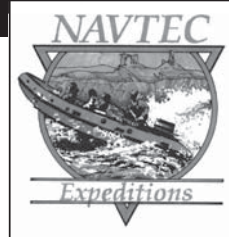


### Raft Trips on the Colorado River

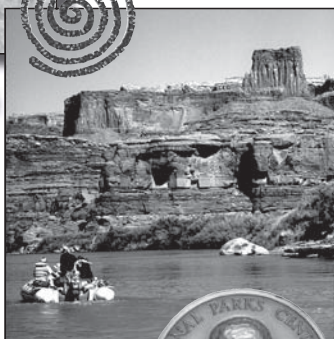
- **Westwater Canyon (Class III to IV)**  
Full Day w/ Lunch. Call for info (Oar & Paddle)
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Colorado River Raft Trips. Class II Family Fun
- **One Day Cataract Canyon Trips (Class V)**  
Call for current information (In high water its awesome)
- **Meander Canyon Wilderness Tour**  
(Tour #2), Calm Water Boat Tour to the edge of a Canyon Wilderness. The River on the Mellow Side.

### Three Generations in Canyonlands

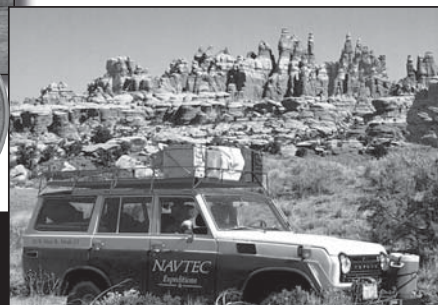
### 4WD Land Tours Canyonlands & Arches National Parks



- **Island in the Sky** (Half Day Trips at 8AM & 1PM)
- **Canyon Exploration in the Needles**  
(Full Day with lunch departing NAVTEC at 8AM)
- **Elephant Hill & Chesler in the Needles**  
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- **Combination Island in the Sky 4WD & Colorado River Boat Tour** (Full Day including Lunch departing NAVTEC at 8AM)



Commemorative Medallion featuring Doc J.W. Williams Celebrating the 100th Anniversary of the National Park Service (From 1872 to 1972)



**For Reservations Call 1-800-833-1278 or 259-7983 in Moab**  
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Open 7:30 AM until 7:30 PM • Free Campground & Motel Pick-Ups

# PET HAPPENINGS

## Nutrition 101: How To Read Your Dog's Food Label

by Kaye Davis of Moab BARKery

The topic of dog food is a heated one among dog owners. Some people believe that "dog food is dog food" and so they buy the cheapest brand available because, well, their dog is doing just fine, thank you! There are others that believe the most expensive brand is better because it costs more. Neither of these 'theories' is correct.

Saying "dog food is dog food" would be like saying fast food or TV dinners are equivalent to a meal at a 4 star restaurant. It is likely that the quality of ingredients at the 4 star restaurant dictate the price you pay, but that's not always the case either. So saying that the most expensive brand is the best just because it costs more is like saying that a \$10.00 hamburger and fries meal at a restaurant is more nutritious than a \$2.99 Happy Meal.

For an example to make our point the following is a list of ingredients from two different dog foods, one an expensive nationally sold brand and the other a grocery store brand; can you tell which is which? One costs almost twice what the other does. Can you tell the difference?

**Brand #1.** Chicken, Corn Meal, Ground Whole Grain Sorghum, Chicken By-Product Meal, Chicken Fat (Preserved with mixed tocopherols, a source of Vitamin E), Dried Beet Pulp (Sugar Removed), Natural Chicken Flavor, Fish Meal, Potassium Chloride, Dried Egg Product, Brewers Dried Yeast, Salt, Flax Meal, Calcium Carbonate, Sodium Hexametaphosphate, Fish Oil (Preserved with mixed Tocopherols, a source of Vitamin E), [vitamins & minerals].

**Brand #2.** Chicken (natural source of glucosamine), brewers rice, corn gluten meal, poultry by-product meal (natural source of glucosamine), whole grain corn, whole grain wheat, animal fat preserved with mixed-tocopherols (form of Vitamin E), non-fat yogurt, animal digest, calcium phosphate, salt, potassium chloride, caramel color, [vitamins & minerals].

You may not be able to tell which one is which but you should be able to see that the ingredients are very expensive than the other? Because you are paying for the name... lesser quality

- Good carbohydrates, such as brown rice, oatmeal, barley, millet, amaranth, and potatoes (not potato product) or sweet potatoes. These are considered good carbohydrates, because they do not have unwanted side effects (gas, shedding, hot spots "itching"). However, carbohydrates are really not needed by the dog, because dogs get their energy from meat protein & fat. These are in the food to help the dog feel full.

- Specifically named fat sources, preferably animal fats such as 'chicken fat.' Dogs are able to utilize animal fats better than vegetable oils, but sunflower, canola, and flaxseed oils (as long as your dog is not sensitive to them) are okay, too. Try to avoid foods that contain beef tallow, generic vegetable oil, unspecified "poultry fat" and mineral oil.

Ingredients to avoid when purchasing dog food and the reasons why...

- By-products are what are left over after the processing plants remove what meat is fit for human consumption. By-products can contain anything from chicken heads and feet, to cow hooves and horns, fur, feathers, blood, skin, bone, feces, and even dirt and sawdust from the floors of the meat processing plant.

- Corn in any form (ground yellow corn, corn meal and corn gluten meal) is a very, very cheap filler (soy and sorghum fall under this category as well) and it serves one primary purpose in dog food - to make the animal feel full. Dogs cannot digest corn and utilize the protein it contains, so it basically just passes right through the digestive system and you get the privilege of cleaning it up when it comes out the other end. Some dogs are also allergic to corn, so if you simply avoid any foods that contain any form of corn in their ingredients listing you'll be doing your dog and yourself a big favor.

- Wheat is really only an issue if your dog is allergic to it, but wheat also played a big part in the recent pet food recalls, so avoiding it altogether is a 'good idea.'

- Chemical preservatives such as BHA, BHT and propylene glycol make the food last longer than natural preservatives, but every single one of them has been proven to cause liver and kidney failure, cancer, or other life-threatening diseases in test animals.

- Meat meal is the worst, and it means there is no designation of animal used to make the food. This can include amphibians, reptiles, roadkill, zoo animals, and euthanized cats and dogs picked up by rendering plants. If the rendering plant the food maker uses is unethical, there is no end to what goes in the hopper. Most rendering plant hoppers can take thousands of pounds of "whatever" and grind it into an indistinguishable meat meal. Ewwwww.

So what should you feed your best friend? The key things to remember are that there is no one dog food out there that is perfect for every dog, and price doesn't always dictate quality or the true cost. There are many things to take into consideration when choosing the right food for your dog such as age, activity level, feed ratio and breed. The best thing you can do is educate yourself about dog food and decide for yourself what food will be best for your dog. Ask questions of your local dog food provider. They should be able to recommend some good choices for your dog.

**How much does my food cost?**  
Hint: it's not really the price of the bag!! Often cheaper costing food requires you to feed much more to your dog per day than quality foods. Example: If your current 30 lb. bag costs \$30 and you're supposed to feed 4 cups a day, a better quality food might be \$50 for a 30 lb. bag, but only requires you to feed 2 cups per day. The more "expensive" bag actually costs less based on quantity fed. Don't be fooled by the price tag!

**Humane Society of Moab Valley July Events**

**July 4** Come on down to Swanny City Park for the festivities and stop by the Humane Society booth. See what we're doing for Moab's homeless companion animals. Buy some treats for your pets, sign up for our newsletter, check the book for cats & dogs (and kittens & puppies) available for adoption. Pictures and info in the Ad-vertiser and www.moabpets.org.

**July 4** Dog & Puppy Adoptions, 10 am - 12 noon City Market  
Come meet your new best friend. Dog adoptions. Pictures & information in Advertiser & www.moabpets.org.

**July 11** Cat & Kitten Adoptions, 11am - 1 pm Moab BARKery  
There's still time to adopt a lovable lap warmer. Cat Adoptions. Pictures & info in Advertiser & www.moabpets.org.

**July 18** Dog & Puppy Adoptions, 10 am - 12 noon City Market  
Come meet your new best friend. Dog adoptions. Pictures & information in Advertiser & www.moabpets.org.

**July 25** Cat & Kitten Adoptions, 11am - 1 pm Moab BARKery  
There's still time to adopt a lovable lap warmer. Cat Adoptions. Pictures & info in Advertiser & www.moabpets.org.

**Humane Society of Moab Valley: 435-259-4862**

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**If you have a pet-related business and would like to advertise on this page call Theresa or Aaron at 259-8431.**



dog foods are often heavily advertised because people will buy a product they are more familiar with. The companies that advertise heavily can afford to do so because they use cheap, low quality ingredients in their foods.

There are hundreds of nutritious, quality dog foods available on the market today. The brands we know using high quality ingredients and are available locally include Canidae, Innova, California Natural, EVO, Healthwise, Wellness, Evangers, Solid Gold, Nutro, Wysong, and Organix just to name a few. These companies are not advertised like the lower quality brands because the people that purchase their products already know they are buying a better dog food and they use better quality (often human grade) ingredients in their food.

Here's how to find out if the price you are paying for your dog food equals quality of ingredients. The following is a list of ingredients to look for when purchasing dog food and the reasons why they are important...

- Specifically named meat protein sources, such as chicken, turkey, lamb, beef, etc. It can be listed just as the animal or meal, ex. Chicken or chicken meal. It should also be the FIRST INGREDIENT listed.

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# NATURE HAPPENINGS

## Summer Flutterbys

by Damian Fagan

The origin of the word “butterfly” has flapped and flitted its way into the sun-streaked halls of history and hidden beneath some dusty object. Speculative etymologists (word sleuths) believe the Old English name “butterfloege,” meaning either “colored like butter” or “one who raids the butter and milk,” pupated and emerged as “butterfly.” Although the name “flutterby” seems more appropriate, there is little support for this characteristic term being applied to these summertime wonders.

Scientifically called Lepidoptera, which translates better into either “winged scales” or “winged shingles,” so named after the tiny shinglelike scales that roof the wings, these are a group of insects that everyone seems to love. And somehow it seems fitting that to best view these winged wonders one should travel high up into a mountain meadow in summer.

In the nearby La Sals or Abajos, there are plenty of areas to search for butterflies. Look for fields of sneezeweed, balsamroot, yarrow and other July wildflowers in bloom, then hop out and prowl around. You'll be certain to see several of the large common butterflies



that haunt the meadows and ridgetops, as well as some of the smaller species like skippers and hairstreaks. Oh yes, you have to love their common names, as well.

Big and bold the Western tiger swallowtails are hard to miss. Brilliant yellow bodies with black streaks, their color pattern reminds one of the big cats on the African plains. Their long “tails” are projections of the hind wings, not separate attachments. The resemblance of these projections to those of the barn swallow has influenced their name. If a predator catches these butterflies from behind, the projections break off to allow the swallowtail to escape.



Another striking summer butterfly has large black wings with broad white bands. This is the Weidemeyer's admiral, so named for its inclusion in a group that includes royalty - monarchs and viceroys. Weidemeyer's occur in Southwest mountains along streams or rivers. They may



often be observed giving chase to other butterflies that enter their domain.

Adult admirals prefer tree sap, nectar of snowberry and rabbitbrush, and carrion. Although carrion seems like an odd choice for these aerial acrobats, certain minerals may be obtained from dead animals. Gives these idyllic creatures a bit of a dark side, wouldn't you say?

Another large dark butterfly is the mourning cloak. Instead of white bands on the wings, the mourning cloak has a tannish border along the outer edges of the hind and front wings. Though most butterflies have a one-season lifespan, the mourning cloak may overwinter as an adult. Its 11-month lifespan makes it a grandparent in the flutterby world.



There are a number of additional species that may be observed in the mountain meadows. There are fritillaries and crescents, whites and sulphurs, wood nymphs and painted ladies. Smaller blues and coppers may also be seen, as well as commas and tortoiseshells.

So if you go looking for summer butterflies, bring a pair of close-focusing binoculars, a butterfly identification book and, if you have one, a butterfly net to view any captures up close. Just be careful when looking at each one and remember to release them.

Of course, you'll also find the larval stages of these butterflies munching away on vegetation.

Though caterpillars are considered the ugly duckling phase of these winged beauties, their appearances can be just as interesting as the adult phase. Take note of the types of plants the caterpillars are feeding on as this may aid in identification later on.

Though the butterflies will take center stage next to the meadow wildflowers, also keep an eye out for sphinx moths sipping nectar from the flowers. Resembling small hummingbirds, these large moths have chunky bodies and long proboscis from which to sip the sweet nectar of the flowers. I'm sure your day will just “flutter by” as you enjoy these insect wonders of summer.



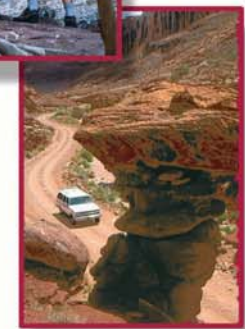
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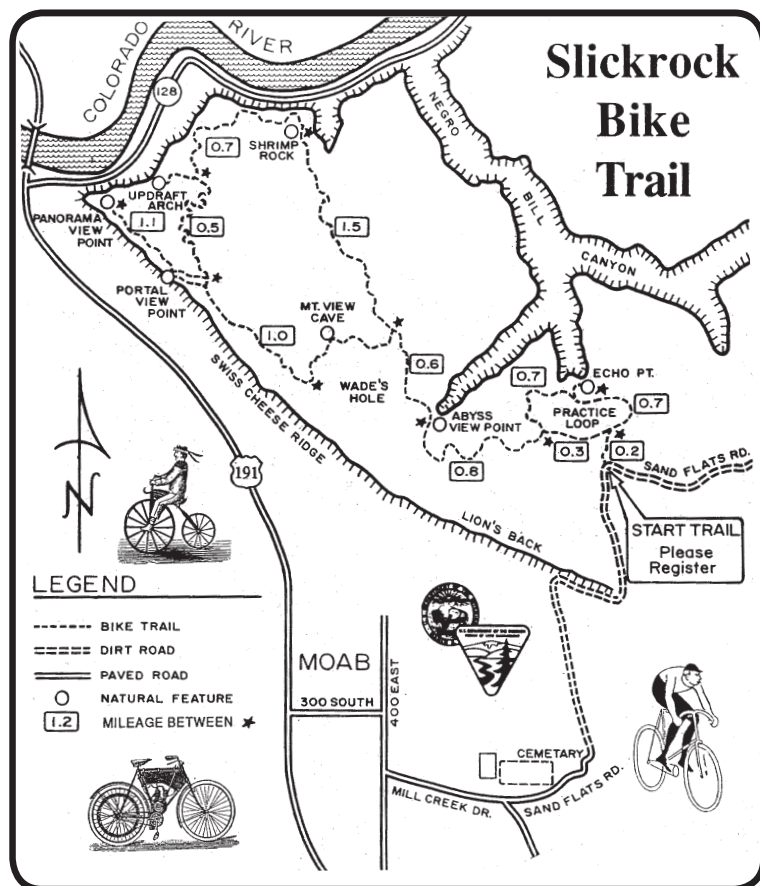
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# MOUNTAIN BIKING



## Mountain Biking Mecca

The canyon country around the Moab area offers some of the most unique and varied landscape on earth, from 13,000 foot peaks and high alpine meadows to high desert vistas above the sandstone canyons carved by the forces of the rivers. The harshness of the area provides an unparalleled group of back country trails to ride on.

Moab has become known worldwide as a mountain biking mecca. Varied terrain and spectacular scenery bring riders from all over the world to Moab to try the trails. One of the most famous and popular is the Slickrock trail. This trail is 12 miles of moderate-to-difficult riding on Navajo sandstone, located a few minutes from Moab.

There are many other trails and old jeep roads in the area which provide a complete variety of mountain biking challenges. Several companies in the area can provide rentals and information.

### The major annual bicycle events include:

- MOONSHADOWS IN MOAB, June 6-7, 2009**  
*An unforgettable sunset into moonlight experience*  
 Watch the full moon rise briskly above the La Sal Mountains; take in the sweet sage of the desert as you make your way to the Earth's edge overlooking the Colorado River two thousand feet below. Weekend filled with Time Trial completion, full moon evening ride to Dead Horse Point, "morning after" bike ride through Moab. Visit [www.skinnytirevents.com](http://www.skinnytirevents.com) or call 435.259.2598. See article on page 17A.
- MOAB CENTURY TOUR, SEPT 19, 2009** - This annual event is a weekend packed with road cycling benefiting the Lance Armstrong Foundation. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. 45, 65, and 100 mile route options on this fully supported road cycling tour. Visit [www.skinnytirefestival.com](http://www.skinnytirefestival.com) or call 435-259-2698
- 24 HOURS OF MOAB October 10 & 11, 2009** - an endurance team race which is growing in popularity with each year. The four-man teams ride a rugged course approximately 12 miles south of Moab called the Behind the Rocks area. Produced by Granny Gear Productions. a world-class event that draws teams from all over the world. There is a field limit of 450 teams plus solos and the race books up faster every year, so get your team entered early. Don't miss this incredible race!
- CHILE HO-DOWN October 2009** - Come join Chile Pepper Bike Shop for 3 days of a rockin' good time! Bring your fat tire bike and your dancin' shoes. Group shuttles, a townie tour, bike industry vendors with demos and swag, a big air contest, and a mountain bike race DH style. Oh, and we can't forget the Halloween costume party with lots of rock'n roll. Sound like fun? You bet, so don't miss it!!!
- NEW EVENT: GRAN FONDO** - May 2010

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# TRAIL HAPPENINGS

## Two Local Groups Working Behind the Scene for Trails

**“TRAIL MIX” - THE GRAND COUNTY TRAIL MIX COMMITTEE:** “Trail Mix” is not a breakfast food, but refers to the “mix” of agencies and private citizens who make up the group. Trail Mix represents a variety of trail users including; hikers, bikers, equestrians and skiers. The committee works with the Bureau of Land Management, Forest Service, State and National Parks, the County, City and private land owners to develop a connected network of non-motorized trails to serve locals and visitors. Trail Mix utilizes paid trail specialists and volunteers to build and assist with the maintenance of the trails in the County. Anyone can get involved and our trail network will only improve with more volunteers. You can help make a difference, and it's FUN! TRAIL MIX MEETINGS: Second Tuesday of every month at the Grand Center (182 N. 500 W.) Noon-2:00. Sandy Freethey Chair, David Olsen is Vice Chair. Everyone is welcome to attend.



**“MTA” - MOAB TRAILS ALLIANCE:** is a 501 (c) 3 non profit funded by Moab businesses and concerned citizens whose mission statement is “To promote responsible trail use through private and public partnerships with an emphasis on non-motorized trail networks.” MTA advocates for and writes grants to fund the creation of an alternative transportation system to serve Grand County's growing needs. All donations are tax deductible and may be sent to 210 East 300 South, Moab, Utah 84532. We have many worthy projects that can use your funding. For additional Information contact Kim Schappert at 435-260-8197.



**VOLUNTEER OPPORTUNITIES:**  
Trail Building - No special skills are needed. Contact Jeff Fink 259-8994, David Olsen 259-5129 or Jeff Van Horn 260-9953 to set up a time to help.

### TRAIL OF THE MONTH: Burro Pass to Warner Lake

Beat the heat and hike in the La Sal Mountains! The hiking trail is 4.2 miles one way to Warner Lake. Part of the trail is over 11,000' so hikers should bring clothing for all weather conditions including snow, hail, rain, and strong winds and be physically able to handle the altitude. As always, bring water, food and a map. The trail offers gorgeous views of, (and access to) Mams Peak and Mount Tomasaki. There are often waist high flowers along the trail and the Wet Fork of Mill Creek is beautiful as it meanders through Aspen groves. From Moab, drive south to access the La Sal Loop Road. Continue up the mountain road until you reach the Geyser Pass Road (FS 71) and then turn right. Drive 7.7 miles to the top of the pass and remain on FS 71 which turns left at a fork and drive 1.2 miles, then turn left again onto a spur road FS 240 and continue for six tenths of a mile on a high clearance road to the trailhead. The trail to Burro Pass starts at the register box and ends at Warner Lake with 700' of elevation gain making a nice one way hike, but you will need to shuttle a car to the Warner Lake Campground. As the hiking trail approaches Warner Lake stay right so that you don't end up at Oowah Lake. Guidebooks and maps are available on La Sal Mountain trails for additional details.

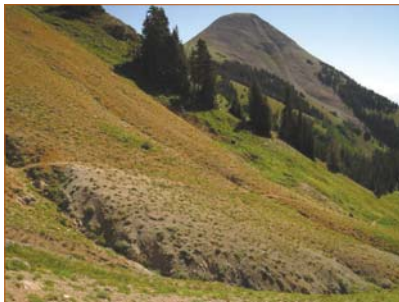


Marc Thomas photo

Maintenance and Restoration Projects include: shoveling, raking, sign installation, mowing, weeding, pruning, fencing and painting. Contact Sandy Freethey 259-0253 or David Olsen 259-5129.

**Adopt-A-Trail** - If you have a favorite trail that you ride or hike please consider volunteering to do light maintenance on the trail. For additional information call Sandy Freethey at 259-0253.

**Donate** - Do you have a small tractor that you would like to operate for the maintenance of our paved paths? Sand removal and sweeping needed. Don't have a tractor? Donate some money to the “Buy a Tractor Fund” See MTA above.



Marc Thomas photo

### TRAIL NEWS AND UPDATES

The Whole Enchilada Trail System is now complete. The Upper Porcupine Singletrack (UPS) section was re-routed to protect raptors and cultural resources before receiving approval by the Forest Service. The Whole Enchilada Trail starts at the Burro Pass Trailhead in the La Sal Mts. and continues for about 25 miles down to Hwy 128, (the River Road), linking the Burro Pass Trail with Hazzard County, UPS, LPS & Porcupine Rim Trails. Ride all or part of the trail and enjoy the great views of Castle Valley and the La Sal Mts.

Dead Horse State Park opens the new Intrepid Bike Trail System. The trails offer splendid views and varied riding terrain for beginners and intermediates. Bike trail loops range from one to nine miles. If you are not a biker the State Park also has some wonderful hiking trails to enjoy.

### BULLETIN AND WARNING

A word about illegal “user created” bike trails on Forest Service, BLM and National Park lands: Bikers who are caught riding on illegal trails may be fined! The use and promotion of illegal trails jeopardizes the Trail Mix Committee's ability to create new trails by working within the legal process set forth by the agencies. Get involved, work within the system. Stay on the Designated Trails!



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# AROUND MOAB HAPPENINGS

## The Capitol Reef Classic Stage Race

The Capitol Reef Classic Stage Race is an annual event that will challenge the most experienced racer and has also been designed to facilitate the transition from recreational cyclist to the world of competition. The location of this event takes place in one of Utah's best kept secrets of high desert/alpine terrain. Racers will enjoy moderate summer temperatures in this beautiful natural setting. Each event is designed to be exciting and challenging for each racers skill level.

The 2nd annual Capitol Reef Classic Stage Race will be held July 17th and 18th. This is a European style road bike stage race. It is held in the Torrey area of Wayne County, Utah. The participants race in 3 stages during the 2 days. On Friday morning they race an 8 mile 'Time Trial', and then a 'Circuit' race in the afternoon. Depending on the racers category, they will race either 1, 2, or 3 laps of the 17 mile circuit. The Saturday event will be a long road ride. Depending on the racer's category, there are 3 different distances, 81, 52, or 34 miles. The racers will travel through Teasdale, Torrey, Bicknell, Lyman, Fremont, and Loa, as well as traveling up the river road past Mill Meadow Reservoir and Fish Lake.

The expected number of racers for 2009 is approximately 300. The website ([www.capitolreefclassic.com](http://www.capitolreefclassic.com)) has taken the event nation wide. Last year there were racers from California, Colorado, Idaho, Nevada, Utah, Maryland and Pennsylvania.

The Capitol Reef Classic is a USA Cycling sanctioned event. It is also a UCA (Utah Cycling Association) point's series event. This makes the event more enticing, because the participants can earn points towards their improving their ranking.

The 1st annual CRC was given great reviews by its racers. One racer stated, "This race was very challenging and all around a VERY good time! The courses were anything but flat; I guess that's what you get when you are in the canyon lands of Utah. . . All around a very good event especially for a first year. I recommend this race to every type of racer. I know that the promoters are wanting it to be around for years to come, but I don't see how it could get any better they did that good of a job!!" Another racer commented, ". . . thanks for putting on a great race. It ran very smoothly and was well organized. The course was

great, the scenery was varied and spectacular, and the support was wonderful. . . The location is also great for racers with families because there are plenty of recreational opportunities in the immediate area for families while we are racing."

This year the CRC is awarding cash prizes and GC jerseys. The race is promoted by Scott and Tina Andersen. Tina grew up in Castle Valley, outside of Moab, and is the daughter of Pete and Patt Plastow. They are both participating in cycling, running, and triathlon events. They enjoy promoting a race that shares the area in which they train.



**CAPITOL REEF CLASSIC**  
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[www.capitolreefclassic.com](http://www.capitolreefclassic.com)  
area information at  
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held under USA Cycling permit # 2009-1521  
UCA point series event



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# ASTROLOGY HAPPENINGS

## Your Monthly Horoscope - July 2009

By Rob Wells

June 22 - July 22



**Cancer:** Happy Birthday Cancer. Be careful on the 1st when you could be lied to. Just say NO on the 6th to any drinking plans. From the 7th to the 21st life will be fast moving and fun. Try not to take on too much on the 11th, when your thinking is muddled. After the 21st, the Sun and mercury will be in your 2nd house of Cash and you focus will turn to matters of security. It's all good, so run with it for the next month.

July 23 - Aug. 24



**Leo:** Big plans don't always have the backing they need and the 1st of July will prove that to you. Avoid any drinking on the job on the 6th. Just Say NO. You have two weeks to get all the old wood into a stack. The only day that is troubling is the 11th when everybody's brain takes a vacation. After the 21st, the Sun is in your sign and you will be on the top of the heap. Be sure to shine some of your light on your partner during the next month.

Aug. 24 - Sept. 22



**Virgo:** Pleasant strangers could tell you pretty lies on the 1st, so beware. On the 6th, pay attention to your prescriptions and don't double medicate. From the 7th to the 21st you will probably feel like taking some time for yourself and it will be well spend and very enjoyable. Just watch the 11th when thinking is something nobody wants to do. After the 21st the Sun enters your 12th house and it's time for more R and R. Relax. Put your feet up and Smile. Summer just doesn't get any better than this.

Sept. 23 - Oct. 23



**Libra:** When things are looking rosy over money, someone could be telling you untruths about it on the 1st. Be Aware and careful. On the 6th a romantic encounter could go badly if alcohol is involved, so just say NO. From the 7th to the 21st you have every opportunity to do well at everything you try. That should keep you grinning. Take extra care on the 11th when everyone around is a little brain dead and careless. After the 21st the Sun lights up your Fun Sector and you are flying high. You can stay there for another month with very little effort.

Oct. 24 - Nov. 22



**Scorpio:** As the old saying goes, "Beware of Greeks bearing gifts" on the 1st. What looks good then, could turn sour quickly after that date. The 6th warns you not to mix common sense and alcohol. Common sense will loose. From the 7th to the 21st life is filled with surprises and good times. Just be careful on the 11th when no one seems to be thinking clearly and could get some negative results going. After the 21st, the Sun lights up your career and you bask in the limelight for the next month.

Nov. 23 - Dec. 21



**Sagittarius:** Don't make promises you can't keep on the 1st. It can happen in the heat of the moment with partners of all types. On the 6th decline any after work drinking. Just say NO and go home. From the 7th to the 21st you'll have enough energy to power a small city by yourself. Jump in and get things cleared away. Be mindful of accidents on the 11th when those around you don't have the gray matter

in gear. After the 21st, the Sun turns deep and philosophical and you may be drawn to the deeper more meaningful side of life. Your church or a special group of friends may call to you.

Dec. 22 - Jan. 20



**Capricorn:** Avoid rumors on the job on the 1st. And don't start any, either. On the 6th a romantic partner may want to party hard. Just say NO. You'll be doubly glad you did. From the 7th to the 21st life flows easily and you can get a lot accomplished during this time. Just watch out for others on the 11th when they apparently will be lacking a brain. After the 21st your focus changes to that of jointly held assets with your partner. It's time for an accounting and balancing of the checkbook.

Jan. 21 - Feb. 18



**Aquarius:** Don't let a romantic partner tell you sweet lies on the 1st. On the 6th pay attention to what you put in your mouth, especially drugs and alcohol. From the 7th to the 21st life is fast paced and productive. Just the way you like it. Heads-up on the 11th when thinking seems to be a lost art and people will be overly careless. After the 21st the Sun moves into you house of Partnerships and things warm-up there to meet the heat of summer. Good times are on the way for the next month.

Feb. 19 - Mar. 20



**Pisces:** Reveal nothing of your plans to anyone on the 1st. There are shenanigans afoot on that day. Also, avoid drugs and drink on the 6th. Just Say NO. You'll be very glad you did. From the 7th to the 21st personal activity is at a high peak. You have energy to spare to get yourself into a great place. Be ready to duck on the 11th as people around you seem to not be thinking. After the 21st, you'll be focused on your health and how to improve and enrich it. You are supported nicely by the heavens, so make some meaningful changes then.

Mar. 21 - Apr. 20



**Aries:** Gossip can get you into trouble on the 1st. Watch what you say very carefully. On the 6th avoid a party with a friend. It's not going to finish without some serious losses, so just say NO. From the 7th to the 21st all the planets are supporting anything you can think of to do. There's plenty of time and energy flowing your way, so get started. Be careful on the 11th, though. Those in your circle could be running on half mental power and that's a recipe for problems at your expense. After the 21st, life takes on a romantic air as the Sun moves into your 5th house of Love. It's going to be a fun ride for a month after starting on that date.

Apr. 21 - May 21



**Taurus:** Talk about a raise on the job on the 1st could be just that...Talk. Don't get our hopes up too high. On the 6th avoid the after work bar crowd. You'll be thankful you did. From the 7th to the 21st clear the decks of all that's holding you back or in your way. You'll be energized by all you accomplish. Be careful with messages on the 11th. If they seem muddled, they are. Get clear information before proceeding. After the 21st, you will find yourself drawn to your home and projects there will occupy your mind and your time for the next month.

May 22 - June 21



**Gemini:** Someone you admire could slip you and untruth on the 1st. Don't hold them to it, it's probably unintentional. On the 6th avoid drinking and over eating. You'll pay a dear price if you choose not to. From the 7th to the 21st life spins along at a clip you'll find to your liking. Getting things done will seem like child's play during this time. Just a caution on the 11th, when those around you could be a bit spacey and careless as this could cause an accident. After the 21st the hustle, bustle routine continues for another month with errands and messages occupying your time. It's a busy, busy, busy summer.



*Rob has been an Astrologer for over 30 years. A student of Carol Green and the Ray of Light School in SLC. Rob is a member of the American Federation of Astrologers. "Astrology is a tool for living. It can be used in every aspect of life. Let me help you with your choices in life." Prices start at \$25.00. Call for an appointment, 259-7116.*

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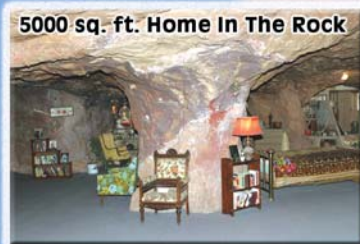


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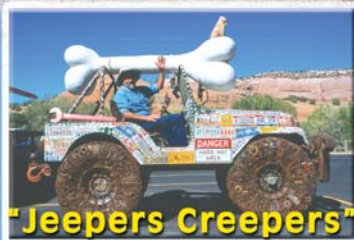
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•	•	•	15	16	17	18	
•	•	•	21	22	23	24	25
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# MOAB HAPPENINGS

ENTERTAINMENT  
NIGHT LIFE

Volume 21 Number 4

FREE

Section B

July 2009

## The La Sal Mountain Summer Fiesta

Saturday  
July 25, 2009

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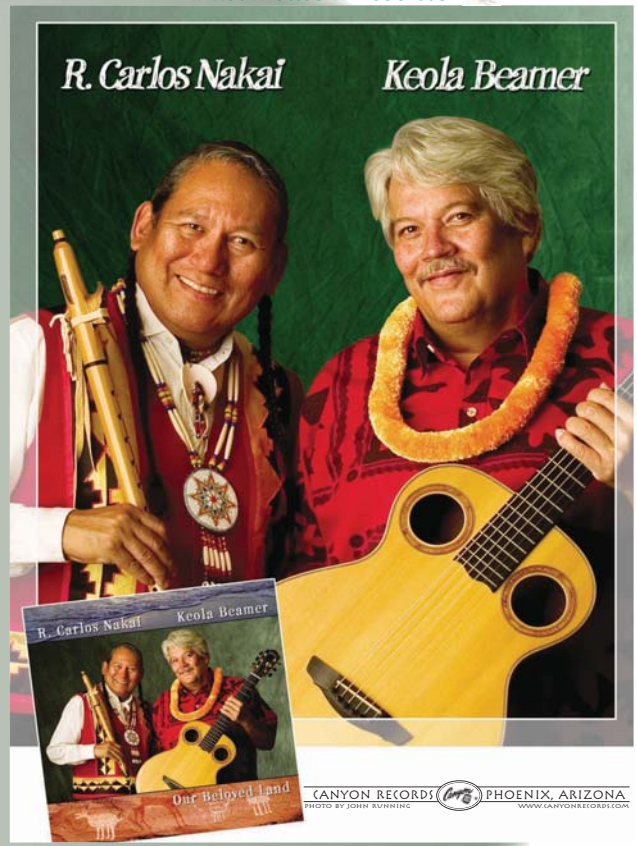
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# HEALTHY HAPPENINGS

## New Acupuncture Clinic in Moab

The first of its kind in the Four Corners area, Moab Acupuncture Clinic opened several months ago, providing a specialized form of alternative healing known as Classical Five Element Acupuncture. Acupuncture is one of the oldest healing modalities known to humankind. It originated in China over five thousand years ago. The benefits of Acupuncture are ancient and legendary. The World Health Organization recognizes acupuncture's ability to treat over 200 clinical disorders including: acute or chronic conditions along with disorders such as: respiratory, urogenital, Gastrointestinal, circulatory, allergies, migraines, neuralgia, back and joint pain, IBS, insomnia, chronic fatigue, arthritis, sciatica, fibromyalgia, osteoarthritis, skin conditions, menstrual problems (including PMS), infertility, carpal tunnel syndrome, Sciatica, in addition to a variety of chemical sensitivities and other difficult to treat conditions. Sociological issues and stress related disorders such as overeating, anxiety, stress, addictions, anger, grief, depression and non-specific symptoms.



hair. They are made of pre-sterilized, fine quality stainless steel. They are for single-use and are disposed of safely. Sensations vary among individuals, sometimes a person feels nothing at all, or perhaps a pinch or tingling sensation.

### Herbal Medicines:

The customized herbal formulas treat the whole person rather than the individual symptoms. Most over-the-counter pre-formulated patent herbal products can only address physical ailments.

The intake of mineral, vegetable or animal substances in prescribed dosages, are used to prompt a desirable biological process or alter a pathological one. Dried, powdered, or liquid forms of the herbs are used while always striving for safe effective doses.

### SHEN therapy

A precise, highly effective hands on emotional healing process, follows the laws of physics in applying the 'Qi-energy' to the body.

### Chi Nei Tsang

Chi Nei Tsang literally means "working the energy of the internal organs" is a holistic approach to the "healing touch" modality of old Taoist Chinese origin. It integrates the physical, mental, emotional and spiritual aspects of our being. CNT goes to the very origin of health problems, including psychosomatic responses.

### What is Classical Five Element Acupuncture?

Classical Five-Element Acupuncture is one of the safest, most comprehensive and far-reaching systems of healing in the world. This system of acupuncture asserts that every human being is born with or develops an imbalance in the natural functioning of one of the five elements (fire, metal, water, earth, wood), early in life. This imbalance becomes the root cause of illness at all levels. Each of the elements corresponds to: Seasons, climates and specific organs or functions (Heart, Lungs, Kidneys, Spleen, Liver, etc). "When an element is imbalanced, so must the organs and functions residing within it become imbalanced". Within a space of time, this primary imbalance will spread disharmony throughout the system and affect all other elements, as well as their corresponding organs and functions. Therefore, Classical Five-Element Acupuncture considers that any symptom can be the result of imbalance originating in any element, as they all are invariably connected and affected. Classical 5 Element Acupuncture is also used as a preventative medicine or in conjunction with other health modalities to strengthen the immune system and ease daily stress.

### I Ching Acupuncture (Balance Method):

I Ching acupuncture is based on the most fundamental principle of I Ching and Taoist philosophy: Balance. I Ching acupuncture is the most effective and efficient way to resolve disease or pain by its stimulating effect to move Qi and Blood, which eliminates stagnation and creates normal energy flow so that the condition is resolved. The focus of I-Ching Acupuncture is the balance of Yin and Yang. I-Ching Acupuncture is unique in its ability to shift polarities.

NADA Protocol / auricular acupuncture: NADA protocol, a well known form of acupuncture used all over the world. The ear is a micro system of the body, and by needling certain points in the ear, results can be felt throughout the physical body, as well as the mind.

### About the needles:

Acupuncture needles are not much thicker than a human

Flora Najafi L.Ac. Licensed Acupuncturist

Moab Acupuncture Clinic LLC

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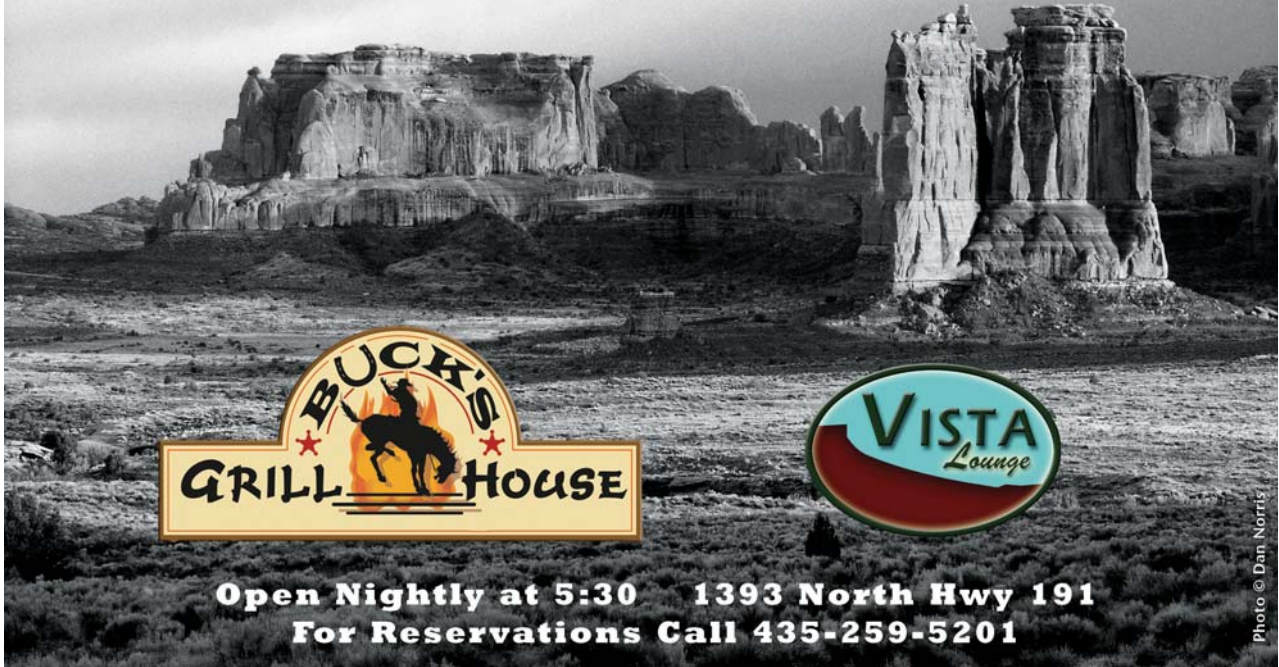
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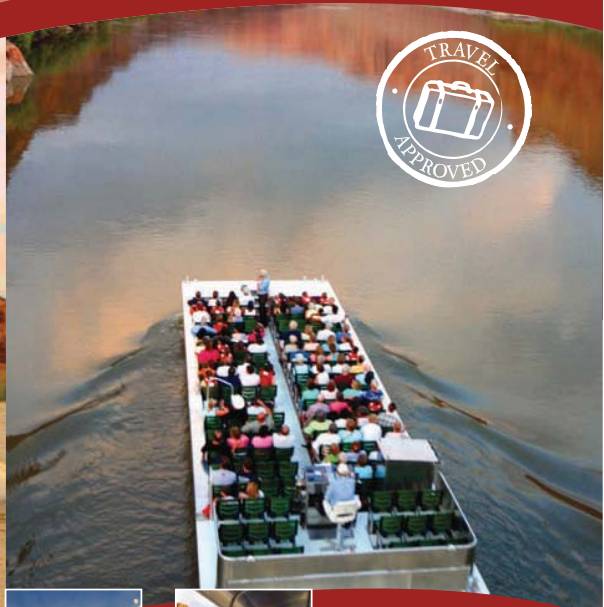
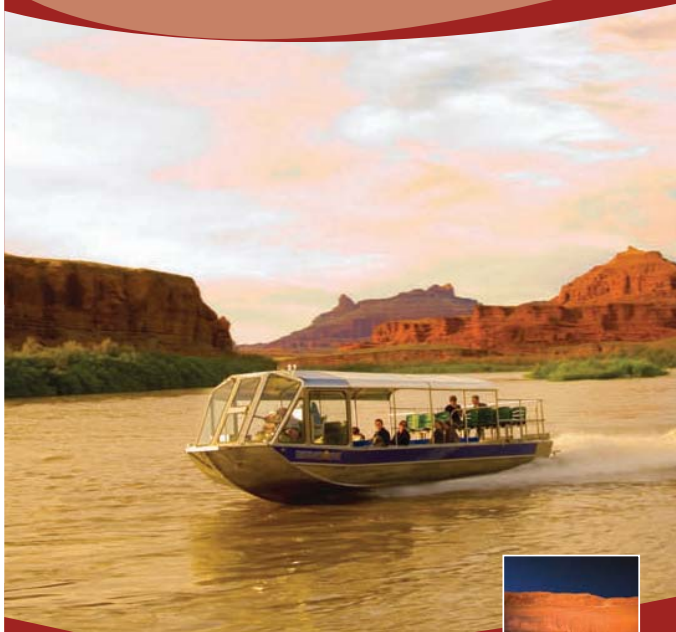
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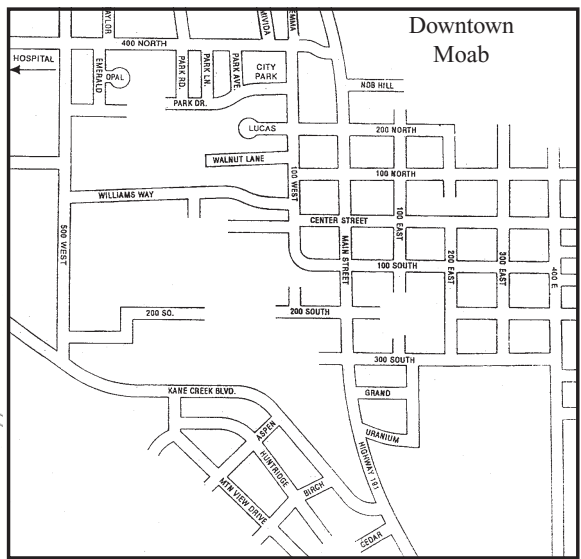
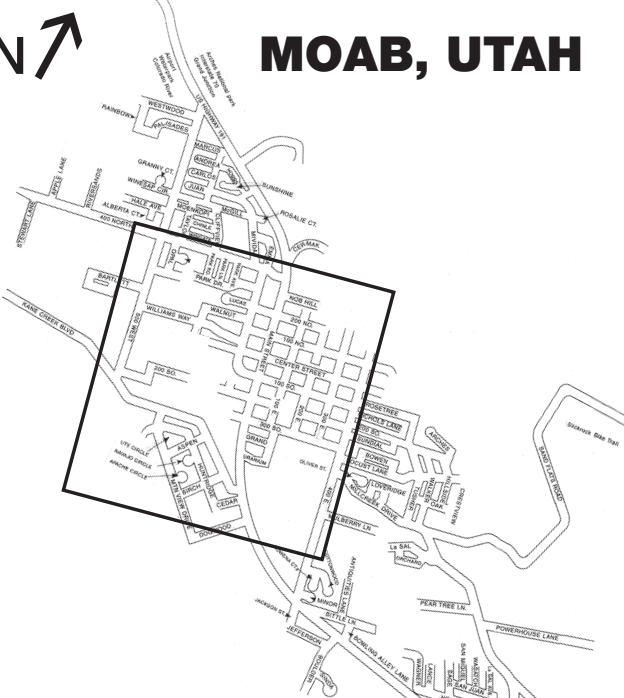
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# MOAB, UTAH



### MOAB, UTAH AVERAGE TEMPERATURE & RAINFALL

MONTH	HIGH/LOW	RAINFALL
JANUARY	49.6/18.0	0.53
FEBRUARY	50.4/25.5	0.62
MARCH	60.2/34.2	0.71
APRIL	72.5/41.9	0.79
MAY	82.4/50.1	0.57
JUNE	92.0/57.5	0.45
JULY	99.0/64.1	0.49
AUGUST	95.3/62.8	0.87
SEPTEMBER	87.1/52.8	0.83
OCTOBER	73.8/40.8	1.16
NOVEMBER	56.0/30.6	0.60
DECEMBER	45.1/21.4	0.64

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For more information contact Joe Barton at (435) 587-2332 or (435) 459-4337. Visit our website at www.bullhollow.com for a racing schedule and more information.



↓  
To Monticello  
Cortez, Durango,  
Monument Valley,  
Phoenix

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# SKY HAPPENINGS

## The Sky for July 2009

By Faylene Roth

Moab UT (at City Hall)  
38°34' N Latitude  
109°33' W Longitude  
4048 ft - 1234 m Elevation

The Summer Triangle dominates the eastern sky. Bright stars Deneb (Cygnus), Vega (Lyra), and Altair (Aquila) to the south mark its three points. Deneb and Altair are 1st magnitude stars. Vega, the brightest, is a 0 magnitude star.

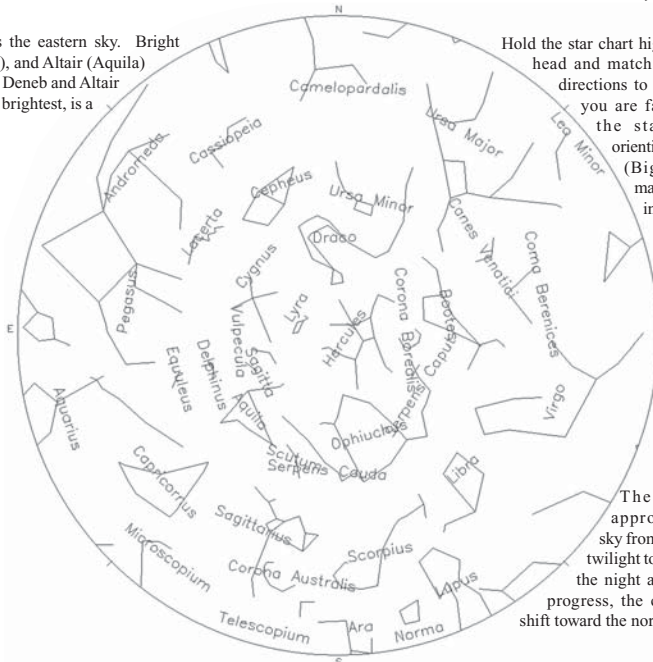
Hold the star chart high above your head and match the compass directions to the direction you are facing. Adjust the star chart by orienting Ursa Major (Big Dipper) to match its position in the sky.

### July 2009

DATE	SUNRISE	SUNSET
1	5:58am	8:46pm
2	5:58am	8:46pm
3	5:59am	8:46pm
4	5:59am	8:46pm
5	6:00am	8:46pm
6	6:00am	8:45pm
7	6:01am	8:45pm
8	6:02am	8:45pm
9	6:02am	8:44pm
10	6:03am	8:44pm
11	6:04am	8:44pm
12	6:04am	8:43pm
13	6:05am	8:43pm
14	6:06am	8:42pm
15	6:06am	8:42pm
16	6:07am	8:41pm
17	6:08am	8:41pm
18	6:09am	8:40pm
19	6:09am	8:39pm
20	6:10am	8:39pm
21	6:11am	8:38pm
22	6:12am	8:37pm
23	6:13am	8:36pm
24	6:13am	8:36pm
25	6:14am	8:35pm
26	6:15am	8:34pm
27	6:16am	8:33pm
28	6:17am	8:32pm
29	6:18am	8:31pm
30	6:18am	8:30pm
31	6:19am	8:29pm

### MAJOR CONSTELLATIONS OF JULY

- Overhead**  
Aquila  
Bootes  
Corona Borealis  
Cygnus  
Hercules  
Lyra
- Eastward**  
Aquarius  
Capricornus  
Pegasus
- Southward**  
Ophiucus  
Sagittarius  
Scorpius
- Northward**  
Cassiopeia  
Cepheus  
Draco  
Ursa Major  
Ursa Minor
- Westward**  
Libra  
Virgo



The star chart approximates the sky from astronomical twilight to midnight. As the night and the month progress, the constellations shift toward the northwest.

### VISIBLE PLANETS

- Jupiter** - The bright, white light of Jupiter is visible from dusk until dawn throughout July. It rises before midnight in the southeastern sky with Capricornus, and shines strongly in the southwestern sky at dawn. (Magnitude -2.6)
- Mars** - Look for the red-orange glow of Mars in the morning sky. It rises after 3:00am, preceding Venus in the eastern sky. Mars is in Taurus this month where it nearly matches the faint orange brightness of Aldebaran to its east. Each morning Mars advances higher in the sky distancing itself from Venus. (Magnitude +1.1)
- Saturn** - Look low in the western sky for Saturn's pale-yellow light at Leo's hind flank. Saturn sets in the western sky as Jupiter rises in the southeastern sky. By month's end, Saturn may be too low to observe without a high, clear vantage point. (Magnitude +1.3)
- Venus** - The brilliant yellow-white light of Venus appears in the eastern sky about the same time that astronomical twilight brightens the morning sky. Venus is in its gibbous phase with about 66% of its face lit by the sun. (Magnitude -4.4)

*Note: Apparent magnitude values range from -4 to +6 for most planets and visible stars. The lower the value the brighter the object. A decrease of 1.0 magnitude is 2.5 times brighter.*

*Note: Hold your hand at arm's length to measure apparent distances in the sky. Adjust for the size of your hand. The width of the little finger approximates 1.5 degrees. Middle, ring, and little finger touching represent about 5 degrees. The width of a fist is about 10 degrees. The hand stretched from thumb to little finger equals 20 degrees. The diameter of both the full moon and the sun spans only 0.5 degree.*

### DAYLENGTH

The period from sunrise to sunset decreases by 39 minutes during July. However, the progression of twilight provides nearly two extra hours of daylight each day. Astronomical twilight begins when the sun is eighteen degrees below the horizon. When the sun rises to twelve degrees below the horizon, about 45 minutes later, nautical twilight begins. Shapes and color become apparent. By the time civil twilight arrives, 35-40 minutes later, the sun provides adequate light for most any activity, even though it is still six degrees below the horizon. The reverse progression occurs at dusk.

### MOON HAPPENINGS

On July 4 a waxing gibbous moon appears high in the southern sky at twilight with Antares (Scorpius) to its right. A full moon rises on July 7 at 9:13pm. Actual time varies depending upon surrounding terrain. If the moon appears to darken after midnight, it is due to a penumbral lunar eclipse. Any object that casts a shadow creates a central dark shadow called the umbra and an outer half shadow called the penumbra. During a penumbral lunar eclipse, the moon is not in a direct line with the earth and sun. It is, however, close enough that, from earth, we see the moon through the earth's penumbral shadow. The eclipse begins at 12:37am (July 8) and ends at 2:39am. Greatest darkening occurs at 1:38am. On July 9 the waning gibbous moon rises before midnight with Jupiter to its left. Last quarter moon occurs July 15. On July 18 early risers will experience a clustering in the eastern sky of the Pleiades, Mars, and a waning crescent moon, with Venus above and to the left. New moon occurs July 21. At twilight on July 24 a thin crescent moon appears below Saturn low in the western sky. On July 27 the waxing moon appears in the southwestern sky near Spica (Virgo). First quarter moon occurs July 28. On the evening of July 30 the waxing gibbous moon again pairs with Antares (Scorpius), this time to its left and in the southwestern sky.

### METEOR EVENTS

The last week of July provides two good meteor showers. The Southern Delta Aquarid Meteor Shower stretches from July 18 to August 18 and could produce 10-20 meteors per hour. Best viewing will be July 28-29 after midnight when the moon has set. The radiant for this meteor shower is the constellation Aquarius which rises in the southeastern sky after midnight. Overlapping this meteor shower is the beginning of the Perseid Meteor Shower. The Perseids will not peak until August 12; but it is a strong meteor event, so look for early meteor activity. Its radiant, Perseus, rises about two hours after Aquarius. Look for meteors after July 23 in the northeastern sky. A third meteor shower, the Alpha Capricornids, peaks earlier in the month and will be compromised by a waning full moon rising in the eastern sky around midnight. Capricorn, its radiant, has a boomerang shape and will be almost due south after midnight.

### APHELION

On July 4 the earth reaches aphelion, the farthest point in its orbit from the sun. Earth's distance from the sun at aphelion is about 2.8 million miles farther than it is at perihelion, which is the nearest point to the sun in its orbit. The increase in distance is a reminder that the warm summer season is a result of the earth's tilted axis pointing toward the sun, not its distance from the sun. The reverse is true for the southern hemisphere. Aphelion occurs during its winter season, and perihelion occurs during its summer season.

### THE MILKY WAY GALAXY

Summer is the best time to enjoy the Milky Way. Trace it from north to south through Cassiopeia, Cygnus, and Aquila. Then look into the center of our galaxy as your eye follows the Milky Way to the southern horizon. The dense nebula of stars and star dust spreads across the southern sky through Sagittarius and Scorpius. The center of the Milky Way Galaxy lies in the center of Sagittarius about 26,000 light years away.






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# MUSEUM HAPPENINGS

## Edge of the Cedars

Page Holland, who along with daughter Sunnie is presenting the "Desert Horses" art exhibit starting July 2nd at the Edge of the Cedars Museum in Blanding. Page grew up with a first-hand knowledge of both horses and the wild Utah desert. She broke her first horse when she was eleven, using hay string to steer the young Appaloosa filly. Page and her three sisters were raised at the family service station in Crescent Junction, Utah (on I-70 north of Moab), a landmark for travelers for decades.

"The whole world literally passed by our doorstep", Page remembers. "Rock star busses to one-mule wagons. We had horses, motorcycles and endless desert to tramp around in. We were given a lot of freedom but we also had a lot of responsibility too."

Page's Southern Utah heritage runs deep. Ancestors from both sides of her family tree trekked to the Salt Lake Valley with Brigham Young, and her maternal side, the Taylors, were among the first white residents of the Moab Valley. Her father's side, the Wimmers, settled in the Green River area around 1900. Page's Grandfather Ed founded the station at Crescent Junction in the mid 40's and Ed's son, Pat and wife Gerrie raised four girls there. Horses were always part of their life. Their small herd of horses roamed freely in the desert, coming back on their own to water at the station. That is where Page's daughter, Sunnie, first remembers encountering horses as well.

"I loved seeing Grandpa's horses at Crescent when I was little" says Sunnie. "Now and then my parents would round them up and take them to Moab to ride. When I was small, my mother (Page) would wrap a towel around the saddle horn and tie me with a shirt around her waist to ride." Over the years, the family has continued to keep horses, and they have remained an important part of their lives. As Page, and later Sunnie, began painting, horses naturally became subjects.

Now mother and daughter have teamed up for an art exhibition called "Desert Horses", which opens July 2nd at the Edge of the Cedars Museum in Blanding. While they both paint with oils, their styles are quite different. Page's meticulously detailed landscapes, and warm scenes of western life are like a homegrown blend of Norman Rockwell, Charlie Russell and Thomas Moran. Sunnie's newest work has almost a Renaissance quality, with portraits of the horses themselves taking center stage on her canvases, surrounded by mysterious swirls of dust.

Page has been painting since she was a young girl, but remains essentially self-taught. Well-known for her landscapes, her work already graces many living rooms across the southwest. Sunnie studied art in college, but credits her mom with being her greatest teacher and inspiration. Both love to get outdoors. Riding, camping and exploring are just part of family life for them. They use their adventures, especially horseback ones, as food for their art.

"Even if I am painting a strict landscape," Page says, "It's likely by horseback that I was able to acquire the inspiration and reference shots."

Sunnie adds: "It's because of horses that I've been able to experience some of the most amazing places in the desert and the La Sal Mountains."

There's no doubt horses in the desert face different challenges than horses in easier country. In a land of little water and difficult terrain, desert horses perhaps become a bit more level-headed and sure-footed than, say, their brethren



"Melissa" oil on canvas –  
Page Holland

in green Kentucky pastures. Maybe it's the case for desert people as well. A kind of rugged Western sensibility underlies Page and Sunnie Holland's art. A close look at their paintings reveals a depth of character and empathy that could only come from being raised in this desert, in close consort with the majestic animals that brought their ancestors here seven generations ago. The work of these two extraordinarily talented women resonates with a genuine love and a unique vision of Utah's landscape, people, and horses.

"Desert Horses" will be on exhibit at the Edge of the Cedars Museum in Blanding, Utah from July 2nd-January 31st. There will be a reception with the artists on July 2nd from 6 to 8pm. Everyone is invited.

Edge of the Cedars Museum/State Park is located at 660 West 400 North in Blanding.



"Going home" oil on canvas – Sunnie Holland

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## Pioneer Day Ice Cream Social

Saturday July 24th the Museum of Moab will be holding its annual Ice Cream Social. The community and visitors are invited to join the Museum from 5pm to 7pm for an afternoon of ice cream, games, music, and fun.

Early Moab settlers celebrated Pioneer Day with a parade leading down Center Street and then on to Old City Park where they held a community picnic. Children and adults participated in games, races, and competitions. Many of them were pioneers themselves who had settled in Moab only years or decades before. They celebrated and remembered their struggles and triumphs in settling the West.

Moab has a long tradition of pioneers, from early river runners, mountain bikers, and climbers who braved the unknown, to teachers, business owners, miners, and ranchers who sought to make a living from the desert. Each of these people showed pioneer spirit pitting themselves against the elements, trials, and the frontier. Moab today is built on the efforts of these pioneers.

The Museum of Moab holds the Ice Cream Social as a way to celebrate Moab's history and say thank you the community for its support. We hope you'll join us this 24th of July and celebrate the Pioneers of Moab!

## "Moab Night Lights" Outdoor Screening Series

Remember going to the drive-in movie theater? Well, maybe not, because this little piece of Americana has been slowly slipping away. However, this summer Canyonlands Film Society presents a revival of outdoor screenings with MOAB NIGHT LIGHTS! Starting Mondays in June and continuing on Sundays during July and August, the 'Moab Night Lights' screening series will be presenting alternative cinema, that which seeks to define its own cinematic rules in the hopes of encouraging an engaging viewer experience. If you are bored with the mundane, cookie cutter Hollywood Blockbusters, come and enjoy some creative and inspiring moving image and audio work from all over the world... and We will be showing provocative documentaries, quirky and creative short animation programs, some

visiting filmmakers, as well as a plethora of new and old avant-garde cinematic works, which hopefully will challenge and inspire many new ways of thinking and discussion. The mission of this series is, above all, community interaction and engagement.

All movies are FREE to all movie lovers (donations much appreciated) and begin at sunset on the Museum of Moab lawn, corner of Center Street and 100 East.

Pre-show entertainment will begin around 8:30 and is provided by YOU! Until the sun sets (roughly 9 pm) there will be

an open mic/ talent show before the feature presentation! So, bring your book of poetry, your harmonica, your box full of magic tricks, any short films, and come out and show your stuff! We have an eccentric mix of unique individuals here, so let's show it!

Special thanks to Becky Thomas from Canyonlands Film Society, Kevin Kinker, Moab Solutions, and Grand County for use of the facility.

For more info, contact Mika Kiburz at mikeebler@gmail.com or 630.776.0383. To keep updated on the schedule check www.canyonfilm.com.

See you under the stars by the flicker of fantastic films at 'Moab Night Lights'!

Canyonlands Film Society presents...

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July 5- This American Gothic  
July 12- Animated shorts from Slamdance Film Festival  
July 19- The films of Bill Brown (philosophical personal journeys)  
July 26- 10mm educational films from the Southwest

# GALLERY HAPPENINGS

## “Enjoy the refreshing experience of original art”

We feature local, regional, and international artists. You will find here sculptures, beautiful pottery, glass, wood and metal works, most unique photographs and thought-provoking paintings, azurite crystal roses, hand spun wool & silk, light & color.

Moab is a small town located in the red rock desert of southwestern Utah. It is world - famous for its spectacular natural beauty and is one of the greatest places for hiking, biking, river trips and jeeping adventures. Nevertheless, in this beautiful surrounding there are many talented and devoted artists who live and work here, quietly interpreting the natural beauty around them into stunning works of contemporary art.

So, we are searching for the hidden and known talents in our region and beyond, so you, our visitors, will enjoy the refreshing experience of original art.

This month we would like to talk about 2 artists whom we are delighted to represent in our gallery.

### Doug Malmstrom

Doug Malmstrom was educated in Academy Of Art in San Francisco and studied Commercial Art in Salt Lake City. He worked as a Commercial Artist as an

**Illustrator**, Graphic Designer in Utah and after 12 years, he switched his artistic endeavors to painting, mixed media, painted ceramics, woodworking, and sculpting. “Art is a direct link between ourselves and our existence. The creativity of art in all its forms fulfills a wide spectrum of purpose and is an important element in our lives. It also defines us as a civilization. It is a measurement of sensitivity to our world. Our creative dreams shape our future and makes a statement about our



can watch her make your piece while you wait.

society. I create art to convey a feeling, mood and/or a message and hopefully create an enjoyable environment. Do we need art? Why do we need art? Would we be better off without it? Does it matter? It doesn't house us or clothe us or feed us. It makes our homes a better place to be. It makes us look better when we wear it. It feeds us spiritually and mentally. It reminds the soul, shocks the senses, soothes and nurtures the spirit. It stirs the mind, entertains and dazzles the eye. It pricks our imagination, strengthens our position, blocks the mundane and keeps us company. It is truly the “unnecessary necessity”.

“Eclectic Neo-Primitive” -various doctrines, methods and styles in a new and different form or manner closely approximating an early ancestral work marked by directness and naïveté. I like to evoke an organic feeling, mystical and real, symbolic and interpretive, recognizable but not necessarily obvious. Like a lost secret we have always known. Summoning up elements from a past subconscious to a new realization. A playfully reverent truth. It is my hope that the viewer sees this in my work and it speaks to them as well.”

### Kevin Frazier

Kevin Frazier was born in an artistic family. His mother was a painter. He experimented with various media from an early age. By the end of high school he already started taking pottery classes. Ever since he has been working with clay.

Kevin received his MFA and secondary teaching certificate from the University of Utah. Shortly after graduating he began teaching at Salt Lake Community College. Then he had the opportunity to set up and run the craft center at the college. He began teaching pottery, stained glass, lapidary, small metals and anything else someone wanted to try.

Most of his current work is raku. Raku is a low temperature firing technique that requires the pieces to be taken out of the kiln while they are still very hot. In most cases the glaze on the piece is still fluid. The fast rate of cooling, from the hot kiln to air temperature, causes the glaze to crackle. Post reduction, placing the hot piece in a combustible material, fills these crackles and any unglazed surface with black carbon.

Although he uses a stoneware clay body for his work, it never reaches vitrification temperature. This means that

raku is inherently more fragile than stoneware and should be handled with care.

“The majority of my work is non functional. Its purpose is to capture the imagination, to be both interesting and beautiful. I hope you enjoy the end result as much as I have enjoyed the process.”

As long as you are here in the gallery, check out the new and unique jewelry by Olga Martinova. Olga works at her jeweler's bench and greets her customers, who appreciates the opportunity to meet the artist and watch her work. She makes many custom jewelry upon request; you



can watch her make your piece while you wait.

She also spins wool and silk. Often you can see her spinning when you walk into the gallery. She will often give demonstrations to customers who have never seen this ancient art practiced in real life.

If you're passing through Moab, we'd like to invite you to take a few moments to stop in and enjoy the refreshing experience of original art!

We are located in the Eddie McStiff's Plaza, “when you see the big yellow cat above its rocky lair, you know you're in the right place!”

Cat's Lair Collection  
59 South Main St.  
Moab, UT 84532  
(435) 259-2458  
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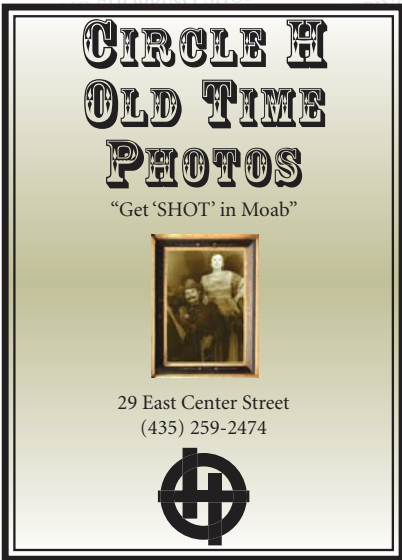
Visit our retail store and find everything for the outdoors: Guide books, Riverwear, Footwear, Repair Materials, Rafts and Kayaks, Spraydecks, Paddles, Helmets, Dry Bags, PFDs, First Aid Supplies, Sportswear and more! We offer River Trips, 4x4 Tours, Rock Art Tours, Boat Rentals, Kayak School, Boat Sales - whew! Stop by or visit us at www.canyonvoyages.com!




**CIRCLE H OLD TIME PHOTOS**  
29 East Center Street (435) 259-2474  
At Circle H Old Time Photos you can create a lasting memory of your trip to Moab. We put **you** back into the old west, as an infamous outlaw, a beautiful saloon girl, or a heroic lawman. Costumes fit over most street clothes. Photos are ready before you leave.



**Cat's Lair Collection**  
"A rare gift for a rare person"  
At McStiff's Plaza  
59 South Main St.  
259-2458  
Art gallery & unique gift shop featuring local, regional & international artists. You will find unique pottery, metal & wood work, paintings, sculptures, fused & blown glass jewelry, beads, hand spun wool & silk. We also have a special treat for jeep fans - silver jewelry "Dana 44".



**CIRCLE H OLD TIME PHOTOS**  
"Get 'SHOT' in Moab"  
  
29 East Center Street  
(435) 259-2474



**Desert Thread**  
Yarns, Fibers, Hooks,  
Needles, Felting Tools, Buttons,  
Patterns, Books, Classes,  
Locally Handcrafted Gifts  
& More!  
Open Mon - Sat 10 - 6  
90 East Center Street Square  
Moab, UT 84532  
435-259-8404



**DAVE'S CORNER MARKET**  
400 EAST & MILLCREEK DR. 259-6999

**4th East & Millcreek Dr. 259-6999**  
Dave's Corner Market has the largest selection of whole-bean coffee in Southeast Utah. We carry over 70 varieties of coffee. Whether you are hiking, biking or jeeping, stop by Dave's to stock up! We carry cold beverages, snacks, fruit, cigarettes, beer, ice, bread, ice cream, bottled water and more! Dave's friendly, old fashioned, neighborhood market is your last stop before the Slickrock Bike Trail!



**Desert Thread**  
90 East Center Street Square  
(Located behind Moab Information Center)  
435-259-8404

A luxurious oasis of rich colors and fibers for knitters, crocheters, spinners, weavers and felters. Featuring local farm-raised spinning fibers and yarns, accessories for every project, inspirational patterns and books, friendly atmosphere, helpful staff and a great selection of locally handmade gifts. Join us Wednesday evenings from 7-9pm for a stitching social and enjoy getting to know other fiber artists. Hours: Mon-Sat 10 am - 6 pm.



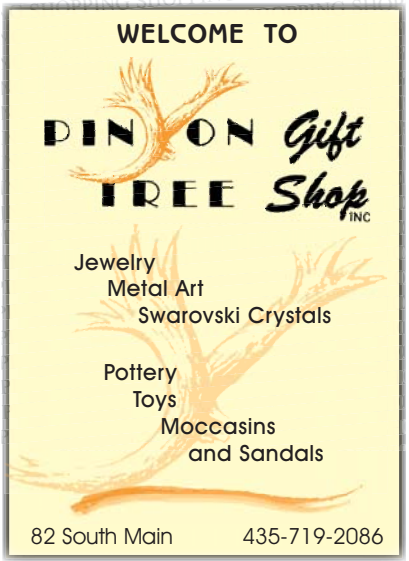
**Floral Expressions**  
26 West Center St. 435-259-7088

Visit our new location with an expanded inventory. Now in Moab - Scrapbooking supplies, candy store and a Christian bookstore all in one place. Karen and her staff still create floral arrangements for all occasions, including weddings and funerals. This full service floral shop has FTD services and beautiful gift baskets - ready made or made to order.



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Metal Art  
Swarovski Crystals  
Pottery  
Toys  
Moccasins  
and Sandals  
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**HOLE 'N THE ROCK**  
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435-686-2250

Visit Hole "N The Rock, a most unique home, carved out of a huge rock in Utah's Canyonlands Country. This historic 5,000 square foot home and unusual gift shop and trading post are open all year. Take a guided tour of the home, and appreciate the rich history within its walls.



**It's Sew Moab Quilting Shop**  
40 West Center St. 435-259-0739

Our shop is filled with fabrics that call to you, inspire and reward you. Come in and check out our great selection of fabrics to suit your style. Patterns, books, notions, gifts and classes to suit beginners and beyond. Chairs for husbands! Open Tues - Fri 10 - 6 Sat 10 - 4

**MOAB MAILING CENTER & CANYONLANDS COPY CENTER**  
Fax Service & Copying FedEx

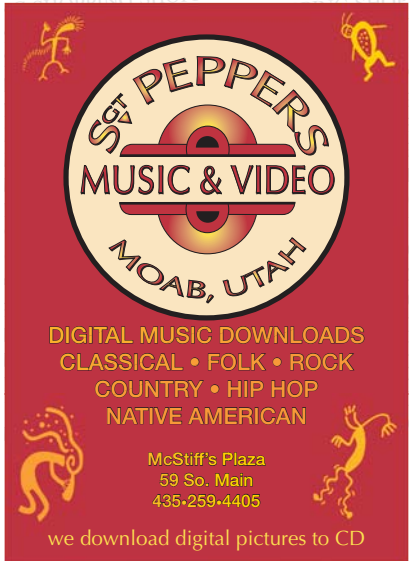
375 So. Main Street in front of City Market.  
259-8431

The Moab Mailing Center is an authorized shipping outlet for UPS and FedEx. Mailbox rentals - private & secure with mail forwarding service available. Shipping supplies, boxes, packaging materials, bubble wrap, & tape. Color copies, high volume copying, large selection of paper and card stock available. WE NOW OFFER FEDEX GROUND! 24 HOUR DROP BOX FOR FEDEX AND UPS ENVELOPES. Stop by Moab Mailing Center and we can help you out! Open Mon-Fri 8 am to 6pm, Sat 9am to 5pm



**DINON Gift TREE Shop INC.**

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Our friendly staff will show you our wide variety of ideas for gifts and home decor. We have awesome T-shirts including bamboo and organic fabrics. Come check out our fashion friendly moccasins and Stetson hats. Our sandals are #1 in comfort and value. We have a huge selection of metal art, local pottery and crystals. Toddler tees and toys also.



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# SHOPPING GUIDE




**Rave'N Image**  
59 South Main, #5  
**LOCATED IN**  
**McStiff's Plaza**  
259-4968


The Rave'N Image is a family-run clothing boutique with a whole lot of style and variety. In addition to our trendy (yet affordable) clothing, we also carry a wide selection of accessories including: embroidered bags, belts & buckles, leather cuffs & wallets, candles, bath & body products, flip flops, sunglasses, bathing suits, cards & journals, make-up, political stickers & T shirts, art prints & other gift items, the largest collection of Body Jewelry in Moab and a GORGEOUS ARRAY OF STERLING SILVER, GEMSTONE & FASHION JEWELRY!! We carry unique & conscientious lines like RISE UP, PACIFICA, PAPAYA, NEVES, ORIGIN, IDYLL & THE OUTFIT, as well as locally made artwork & jewelry AND Kama Sutra & Nag Champa products. Don't miss our 50% OFF CLEARANCE & USED racks when you come by the McStiffs Plaza to see what people are "Rave'N" about!! Open daily at 10 am.



**Sgt Peppers**  
**Music & Video**  
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435-259-4405

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**www.tunnelvisionmusic.com**  
135 North Main St  
259-3883 • Toll Free 1-800-850-1192

TunnelVision Music your one stop source for high-end boutique guitar effect pedals, rack processors, cables, pedal boards and accessories. No matter what style of guitar or bass player you are we have all the gear you need to shape your tone giving you that ultimate sound you've always dreamed of.

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We have moved to a new location across the street from the old location.  
**New address is 411 East Locust Lane**  
259-9114 • [www.wabisabimoab.org](http://www.wabisabimoab.org)

WabiSabi, a luxury thrift store in Moab, is not your typical thrift store. We feature only the best in used quality clothing, collectibles, sportswear, books & camping equip. WE HAVE WHAT YOU FORGOT TO PACK. WabiSabi supports local nonprofits & produces workshops that have a positive impact on our community. Open from 10am to 7pm. Visit our warehouse (across from the Gonzo Inn) for reduced price clothing, furniture, construction materials and housewares. Open 7 days a week 9 am - 6 pm.



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Open everyday 7:30am  
Walker Drug is not an ordinary pharmacy. With 17,000 sq. ft. of merchandise overflowing from the shelves, Walker Drug is more like a general store with personality. Bikers, runners, jeppers, campers, river rafters, photographers, young & old alike, will find an endless variety of merchandise. From bathing suits, hats, fishing tackle, knives, toys, housewares, shoes, spaghetti sauce to socks & underwear. Walker Drug has something for everyone.

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*We shape the places where we live in crucial ways every day. Each time we purchase goods or services from a particular shop or office, we are making choices about our community. For every dollar they bring in, locally owned, independent businesses give back a demonstrably higher public return to the community. They give back more in other ways as well--economically, culturally, aesthetically, socially, and environmentally--enriching these places we call home in the process. Hence our motto,*

*Buy close by, preserve community.*



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# SHOPPING GUIDE

## SHOPPING GUIDE MAP

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XM & Sirius Satellite Radio

Cellular Phones by Alltel

Cameras, Memory, Batteries, Printers, Cables, Ink, & Paper

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Sculptures Metal Work Wood Work  
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435-259-2458  
www.catslaircollection.com

## TunnelVision Music

TunnelVision Music is locally owned retail and online business, focusing on specialty guitar and bass guitar equipment since 2002. TunnelVision Music has been supplying guitarists with reliable and innovative musical equipment.

Starting from a small online shop and building up to a fully stocked retail location; TunnelVision Music has taken the world of musical equipment by storm. Offering competitive pricing and excellent customer service, many musicians all around the world choose TunnelVision Music for their gear needs.

TunnelVision Music is proud to offer a variety of guitars and basses, commercial and boutique guitar and bass effects pedals, amplifiers and accessories. TunnelVision Music is a premier supplier for effects pedals even for high profile musicians such as Brad Paisley, Jonny Lang, Jon Shafer (Ice-d Earth), Steve Stevens (Billy Idol) to many local groups like Stonefed, Mr. Purple, The Remnants and Sparkle Motion.

The stock of effects pedals available at TunnelVision Music is among the largest variety in the nation, ranging from the everyday effects well known to most guitarists, such as MXR, Boss and Ibanez, to the innovative and handcrafted boutique lines such as Barber Effects, HomeBrew, Toadworks, Red Witch, Mad Professor, Voodoo Lab, Zvex and Fulltone.

For local musicians, TunnelVision offers a variety of

instruments, ranging from entry level guitars and basses to high end professional instruments. TunnelVision is an official dealer for such high profile guitar manufacturers as Takamine, Washburn, Ibanez, G&L, Schecter.

TunnelVision Music offers a variety of strings, cases, guitar picks, stands and cleaning equipment for your prized instrument. If you are looking for something particular, we will be happy to place a special order for you.

For those looking for amplification, TunnelVision Music delivers the goods, offering both tube and modeling amplifiers from Line 6, Egnater, Bogner, Ibanez and Rocktron. From a small practice amp to a full stage setup, TunnelVision Music has the gear you are looking for.

Looking for a travel guitar to take hiking or to carry on the river? TunnelVision Music has a selection of basic guitars and Washburn travel guitars.

TunnelVision Music deals primarily in new equipment, and is an official dealer for a wide variety of high quality brands. Even the most basic entry level instruments sold at TunnelVision Music are selected for quality and performance, giving the customer the best value for their dollar.

TunnelVision Music also offers guitar lessons (by appointment only, there is a waiting list), instrument repair and restringing services.

Stop by TunnelVision Music today and see what we can do for you!

## Moab Farmer's Market

2009 Moab Farmers' Market brings more fresh food to the community. Chris Conrad from Sol Food Farms, Larry White from Creekside Organic Farm, Erik Secrist, Darin Menlove, and Inga Tlatova from Castle Valley Creamery, Alice Drogin from Exquisite Container Gardens, Jim and Layna Farnsworth from South Mesa Ranch, Skip Doty from Early Morning Orchard, and Youth Garden Project gardeners Josie Kovash and Rhonda Gotway.

Local Arts and Crafts will be represented by vendors Scott and Katy Anderson of Triassic Industries, Sam and Darlene Somerville of Sam's Crafts, Patrick Paul Rene Photography, Celeste Townsend, Meg Bigler of Cherry Creek Soaps, Megan Macomber of Turtlepaws, Barb Hards of B's Tees and What Nots, and Ocean DeGraw of Ocean in the Desert.

More special events are scheduled for this season. Watch the Moab Happenings Event Calendar for Teen Center hula hoops and skateboarding, Moab Taiko Drummers, Moab Dance Band, Phil Dirt, Grand County Public Library Story time, Yoga Sun Salutations, Wabi Sabi tie dye demonstration, and Confluence "Eating the West".

Thank you to our 2009 Sponsors: Youth Garden Project, Sarah Beth Coyote Foundation, Arches Book Company, Ye Ol' Geezer Meat Shop, Moonflower Market, Freenotes, Morning Glory Healing Arts, Sol Food Farms, Moab Happenings, KZMU and the Times Independent.

Artwork for the 2009 Farmers' Market Poster is by Dorothy Gramenstetter, winner of the contest held in March.

Call Gayle at 259-0242 to participate as a vendor, an informational booth, or a sponsor. Registration forms and Guidelines can be found at [www.youthgardenproject.org](http://www.youthgardenproject.org).

## MOAB FARMERS' MARKET

Farm Fresh Produce • Crafts • Baked Goods • Flowers  
May - Oct, Saturdays 8:00 - Noon Swanny City Park  
Sponsored by the Youth Garden Project



# MOAB AREA LODGING GUIDE



**3**

488 N. Main Moab, UT

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**2**



*The Lazy Lizard*

**1**

International (not just for youth) Hostel per person CHEAP (dorm style)


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Log Cabins: \$28 and up  
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HOT TUB • TV - VCR - MOVIES  
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Contact *The Lazy Lizard* for more info and reservations.

**4**

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**5**



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www.moabvalleyinn.com

**6**

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**7**



**Aarchway Inn**

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97 Large Luxury Rooms/Suites  
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coffee maker, HBO, ESPN

Secure Bike Storage • Exercise Room  
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Hot Breakfast • Free WiFi • Shuttle

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visit us at: www.aarchwayinn.com

**8**

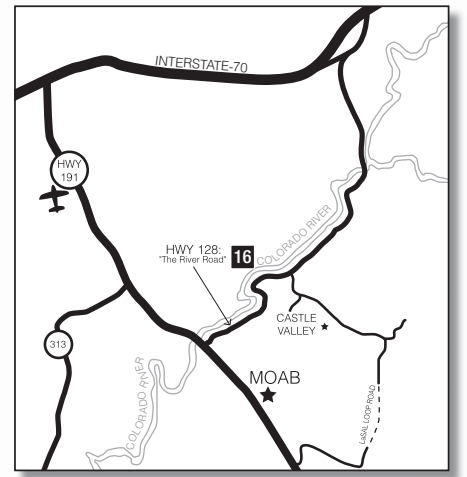
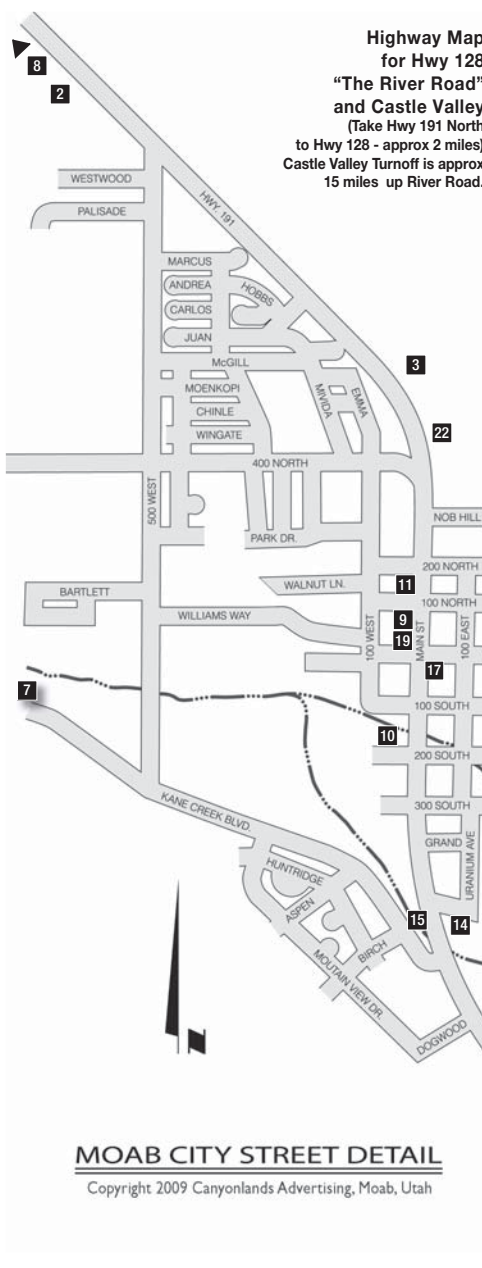


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- Exceptional Comfort, Convenience
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**9**

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- Continental Breakfast
- 100% Non-Smoking • Pet Friendly
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**10**



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Moab, Utah

- 41 Modern Rooms
- Heated Pool
- Continental Breakfast
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3 bed, 2 bath, full kitchen,  
W/D, private patio w/BBQ

Direct Reservations  
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Book Online  
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169 N. Main • Moab, Utah

**11**



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- 61 Rooms
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- Guest Laundry

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# MOAB AREA LODGING GUIDE



## Moab Area Condo Rentals

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 Monticello, Utah 84535  
 435-587-2489  
 www.rodewayinn.com

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- All rooms have a refrigerator & hair dryer
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- Suite rooms available
- Truck/Trailer parking available
- 24 hr. front desk help

Bring this ad in for 10% off.

**21**

**Days Inn**  
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 Moab, Utah 84532  
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- Full Continental Daybreak Breakfast with hot waffles and much more
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- Free local calls
- Free computer service in lobby • Free WiFi
- All rooms have a microwave, hairdryer, coffeemaker; most have refrigerators
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**22**

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**20**

Call 435-259-8431 to start advertising your business today!

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**Accommodations Unlimited**  
 of Moab

Specializing in well-appointed home and condominium rentals for all tastes and budgets. We offer the largest selection of accommodations in the Moab area. For more information and photos, visit our website at: [moabcondorentals.com](http://moabcondorentals.com) or call us at 866-YES-MOAB (937-6622) or 435-259-6575. Let us help you choose the perfect vacation rental for your next visit to Moab!

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### Key to Lodging Guide

1.	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
2.	Holiday Inn Express	435-259-1150	www.HIExpress.com/moabut
3.	Hampton Inn	435-259-3030	www.hampton.com
4.	YOUR BUSINESS HERE		
5.	YOUR BUSINESS HERE		
6.	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
7.	Adobe Abode	435-259-7716	www.adobeabodemoab.com
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9.	Canyonlands Best Western	435-259-2300	www.canyonlandsinn.com
10.	Gonzo Inn	435-259-2515	www.gonzoinn.com
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12.	Sleep Inn	435-259-4655	www.moab-utah/sleepinn
13.	La Quinta	435-259-8700	www.laquintamoab.com
14.	Red Stone Inn	435-259-3500	www.moabredstone.com
15.	Big Horn Lodge	435-259-6171	www.moabighorn.com
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**18**

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# MORE HAPPENINGS

## Flying for Food

Great Lakes Airlines Food Drive to Benefit the Grand Co. Food Bank in Moab

CHEYENNE, Wyo., June 29, 2009 Great Lakes Aviation, Ltd. (OTC Bulletin Board: GLUX.OB news) is helping in the battle to fight hunger with their Flying 4 Food campaign to benefit the Grand County Food Bank in Moab.

Did you know that 1 in 8 Americans are at risk for hunger? From children and seniors to the working poor, millions of Americans are either hungry or nearing hunger. Today many public food-assistance programs and private organizations strive to meet the nutritional needs of these vulnerable Americans. Great Lakes Airlines and the Grand County Food Bank are asking for your help.

Throughout the month of July, bring a non-perishable food item to the Great Lakes counter and you will be eligible to win one of 4 round trip tickets between Moab and Denver. Donate as much as you like, however only one entry per person / per week is permitted. Donations will be accepted Monday through Friday from 8 a.m. 4 p.m. at the Canyonlands Field Moab Airport, N. Hwy 191. Weekend hours are limited. Please contact Great Lakes Regional Sales Manager, Kassi Mohlenkamp at 307-432-7018 with any questions.

Great Lakes is providing scheduled passenger service at 66 airports in seventeen states with a fleet of Embraer EMB-120 Brasilias and Raytheon/Beech 1900D regional airliners. A current route map may be viewed at [http://www.flygreatlakes.com/route\\_map/route\\_map.htm](http://www.flygreatlakes.com/route_map/route_map.htm).

All scheduled flights are operated under the Great Lakes Airlines marketing identity in conjunction with code-share agreements with United Airlines and Frontier Airlines at their Denver, Phoenix, and Billings hubs. Code-share agreement with only United at their Kansas City and Ontario hubs; and only Frontier at their Albuquerque hub. The company also operates hubs in Milwaukee and St. Louis.

Additional information about Great Lakes Airlines is available at [www.flygreatlakes.com](http://www.flygreatlakes.com)

**Moab Happenings**  
on line at  
[www.moabhappenings.com](http://www.moabhappenings.com)  
in racks all over town!



**Pioneer Day** is an official Utah state holiday celebrated on July 24. It commemorates the entry of Brigham Young and the first group of Mormon Pioneers into the Salt Lake Valley on July 24, 1847, where the Latter-day Saints settled after being forced from Nauvoo, Illinois and other locations in the eastern United States. Parades, fireworks, rodeos, and other festivities help commemorate the event.

Pioneer Day is a state holiday in Utah so county offices (except emergency services), educational institutions, and most businesses are closed.



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New at Canyonlands Copy Center: Stone Design Collectible Magnets Interpretive Magnets feature rock art designs from around the Colorado Plateau.

### KZMU - Moab Community Radio 90.1 & 106.7 FM

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00								7:00	
8:00	Native Spirit	<b>DEMOCRACY NOW</b>							8:00
9:00									
10:00	Jah Morning Reggae	<b>MOAB Morning Blend</b>				Blue Plate Special (blues/rock)	Shine Time (Children)	10:00	
11:00		Moab Mamas (everything)	Classical Collusion	Tilted Park (acoustic/folk/pop)	Belle Jar/ Rainbow Plumage		Wayward Wind (folk/country/rock)	11:00	
Noon						The Trading Post (call-in Buy/Sell)		Noon	
1:00	Grass is Greener (Bluegrass)	The Big Baboo (50s & 60s oldies)	radiommm... (can't define it)	Horizon Line	Random Toonage		Ain't Live Grand? (live recordings)	1:00	
2:00						1-2-3 (funky world soul)		2:00	
3:00	Amarillo Hwy (Hillbilly)	Radio Mundial (world music)	Planet Picante (latin)	Odd Bins	Red Rock 'n Blues (Blues)		Belagaana Revue (fruit and nuts)	3:00	
4:00			<b>WORLD MUSIC</b>			Fire on the Mountain		4:00	
5:00		New Dimensions	Peeps Show/ Sound Thing	Gaelic Circle/ Wednesday Drive Time	MOAB Drive Time		Tween Time (pre-teen fun)	5:00	
6:00	West of Broadway (musicals/showtunes) (Classical 4th Sunday)	This Week in Moab (Interviews / Calendar)				Free Speech Friday Public Access	Big River / Ranch Exit (twang)	6:00	
7:00								7:00	
8:00	Kokopelli Coffeehouse (folk)	Big Swing Face (big band jazz) or The Dog Lady (jazz)	POLYPHONIC (Lounge goes dancing)	Thin Edge (jazz)	Rock Garden (rock)	Boom Boom Room	Main Street Cruise	8:00	
9:00								9:00	
10:00	Mel's Diner (Rainbow Room)	The Sound Lair (Experimental Dance)	<b>MOAB After Hours</b>			Altered State	Radio Free Moab (college rock)	10:00	
11:00			Conscious Party	Suburban Urge	Teenage Wasteland			11:00	
12:00	Seti Trancemissions		JIM HIGHTOWER NEWS - Everyday at Noon WORD OF THE DAY 8am - Noon - 6pm HUMANE SOCIETY - FRI. 10:00		Circle Drive (rock n roll)	Rhythm Quest (techno rhythm)	NED (classic rock)	12:00	

**KEY:** Talk Shows Easy Mix - Jazz Blue Grass - Country - Folk  
 Eclectic/World Rock - Blues Heavy - Hard

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