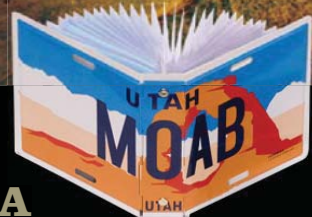


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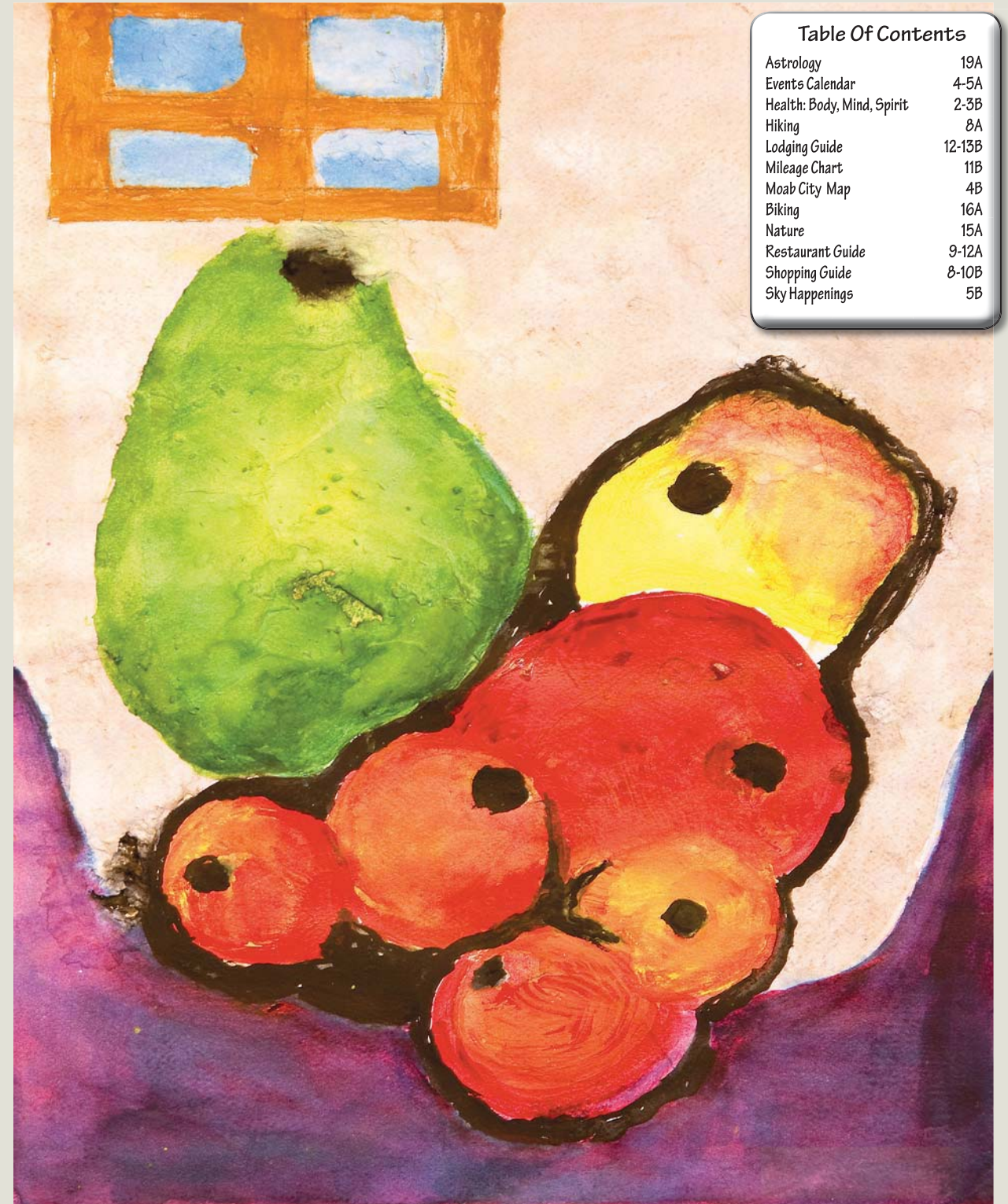
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# MOAB HAPPENINGS

Volume 21 Number 5

FREE COPY

AUGUST 2009



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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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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00	Native Spirit	<b>DEMOCRACY NOW</b>							7:00
8:00									8:00
9:00	Jah Morning Reggae	<b>MOAB Morning Blend</b>					Blue Plate Special (blues/rock)		9:00
10:00									10:00
11:00									11:00
Noon									Noon
1:00	Grass is Greener (Bluegrass)	The Big Baboo (50s & 60s oldies)	radiommm... (can't define it)	Horizon Line	Random Toonage	The Trading Post (call-in Buy/Sell)		1:00	
2:00	2:00								
3:00	Amarillo Hwy (Hillbilly)	Radio Mundial (world music)	<b>WORLD MUSIC</b>		Red Rock 'n Blues (Blues)	1-2-3 (funky world soul)		3:00	
4:00								4:00	
5:00								5:00	
6:00	West of Broadway (musicals/showtunes) (Classical 4th Sunday)	<b>DEMOCRACY NOW</b>					Fire on the Mountain		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		8:00	
9:00								9:00	
10:00	Mel's Diner (Rainbow Room)	The Sound Lair (Experimental Dance)	<b>MOAB After Hours</b>		Teenage Wasteland	Altered State		10:00	
11:00								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:**

<span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: white;"></span> Talk Shows	<span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #fff9c4;"></span> Easy Mix - Jazz	<span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #e2efda;"></span> Blue Grass - Country - Folk
<span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #fce4d6;"></span> Eclectic/World	<span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #e2efda;"></span> Rock - Blues	<span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #fce4d6;"></span> Heavy - Hard

# SOARING HAPPENINGS

## Defying Gravity

In the year 1783, the Mongolfier brothers began experimenting with balloons. Their father unknowingly helped by supplying the material from his paper mill. Their balloons flew across the countryside of rural France, invoking the imagination and curiosity of onlookers. Questioning the ability for man to leave the earth, the brothers sent three passengers on the maiden voyage. One duck, goose and sheep! After their successful flight and landing, the Mongolfiers brought their idea to 400,000 citizens of Paris, France. Mankind's first flight was celebrated in a hot air balloon 120 years before the Wright brothers!

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there is a sense of tranquility and solitude.

Similar to the great rivers, wind flows around and through the landscape shaping the world we see. However, the air is not contained by the canyon walls and ultimately mother nature is the acting air traffic controller. Existing weather patterns decide where you fly and how quickly you arrive. Currents and eddies are created as air flows across the landscape. Windspeed

may increase in narrow canyons only to fade away in the open plains. Climbing in altitude can be like stepping into a different river. The air currents may move in perpendicular directions or reverse course altogether. Each day is a new adventure, as no flight is like the other.

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and Canyonlands National Park. The pilot and winds navigate to your own personal destination, your mind and camera alive with images that will last a lifetime.



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# MOAB AREA EVENTS CALENDAR

## August 2009



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- Eco-Education
- Historical Info

Watch Channel 21 in your Motel room, RV Park or Condo

Volunteer for your favorite special event

- 1 Four Corners Shootout, San Juan County Fair at BullHollow Raceway....see pages 18A & 4B
- 1 Humane Society of Moab Valley Fundraiser at Center Cafe, see info on page 14A
- 1 Moab Farmers' Market, Swanny City Park, 100 West and Park Drive, held each Saturday morning from 8 am - 12 noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee. Event sponsored by Youth Garden Project. For info contact Gayle Weyher 259-0242
- 1-2 3-N-1 Couples Golf Tournament, Moab Golf Course
- 1-8 San Juan County Fair, Monticello see article on page 18A
- 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.
- 6 Moab Reads - "One Book, One Community" Kick-off Party Grand County Public Library. Everyone is invited! Free copies of "Angle of Repose" by Wallace Stegner will be distributed. At 7 pm Historian Will Bagley presents a lecture - Wallace Stegner's Legacy of Red Rock and Eloquence" Call 435-259-1111 for more info.
- 7-8 Relay for Life, Grand County High School Track see article on page 7A & 1B
- 8 Women's Red Rock Music Festival, Torrey, Utah [www.redrockwomensfest.com](http://www.redrockwomensfest.com)
- 8 Moab Farmers' Market, Swanny City Park, 100 West and Park Drive, held each Saturday morning from 8 am - 12 noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee. Event sponsored by Youth Garden Project.
- 8 BackCountry Horsemen Clinic, Spanish Trail Arena for more info call 435-259-7239
- 15 Moab Farmers' Market, Swanny City Park, 100 West and Park Drive, held each Saturday morning from 8 am - 12 noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee. Grand County Public Library presents story time at 10:30 am. Event sponsored by Youth Garden Project.
- 20 Thursday Night Movie Night at the Library Film - "Into the Wild". 7:00 pm. This event is FREE. Everyone is invited. Children under 17 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.
- 21-23 Off-Road Rendezvous, Gateway Canyons Resort, CO Experience Colorado's new off-road trails [www.gatewaycanyons.com](http://www.gatewaycanyons.com) Event info 970-931-2458
- 21-23 Novice & AQHA Open Horse Show, OSTA
- 21-22 Food, Wine & Art Festival, Mesa Verde Country Cortez, Colorado see ad on page 18A [www.mesaverdecountry.com/tourism/festivals/winefest](http://www.mesaverdecountry.com/tourism/festivals/winefest)
- 22 Bull Hollow Raceway Series, Monticello see pages 4B and 18A
- 22 Moab Farmers' Market, Swanny City Park, 100 West and Park Drive, held each Saturday morning from 8 am - 12 noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee. Event sponsored by Youth Garden Project.
- 29-30 National Hare Scrambles - WeBe Racing BullHollow Raceway, see pages 18A & 4B
- 29 "Taste the Garden" with Confluence at Farmers' Market Come and "Taste the Garden" celebrating "Eating the West" with Confluence. Moab Farmers' Market sponsored by the Youth Garden Project at Swanny City Park 100 West and Park Drive, 8 am to Noon. Fresh local food, arts and crafts, backed goods, community information, local musicians, hot coffee. Call 259-2326 for information.

### September 2009

- 3-15 Moab Music Festival....see article page 6A & ad page 15A
- 5-7 Labor Day Red Rock 4 Wheeler Campout
- 12 Moab Art Walk
- 18-20 Moab Century Tour....see article on page 5A & ad p.17A
- 18-22 Annual Tribal Sands Belly Dance
- 24-27 Skydive Moab Festival



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**DEADLINE for September Events Calendar: AUGUST 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

## Conquering "the Big Nasty" at the Moab Century Tour

A section of the La Sal Loop road is nicknamed "the Big Nasty" by road cyclists due to its 3000 feet elevation gain in seven miles. The road is challenging enough but this particular section is something for your cycling resume. This is one man's experience of that ride.

A true optimist, Dale Aggen, has conquered hurdles that some would find crippling yet he has come out with an unmatched energy and true love of life. Aggen was recently diagnosed with non-Hodgkin's Lymphoma. As a husband, a former USCF licensed cyclist and self-employed carpenter, the diagnosis was a punch in the gut. To gain some sense of control over the long road ahead, Aggen signed up for the Moab Century Tour (100 mile road cycling event) with **Team In Training**- a program that prepares athletes for long-distance events.

The day of the ride in September of 2008, Aggen was on a mission. He



was so focused and so fast, he didn't realize he had defeated the rides infamous "Big Nasty" until he approached a fellow rider at the top of the section called "Stairway to Heaven" who chuckled and informed Aggen that the summit of the "Big Nasty" was well behind them. It was at that moment that Aggen realized he was going to finish.

Aggen will return to the Moab Century Tour in September to support his fellow team members who are raising money to find a cure for people like himself who are trying to get over their "Big Nasty".

Cyclists can choose rolling or climbing routes and mileage varying from 35 to 100 miles. Funds raised by **Team In Training** benefit the **Leukemia & Lymphoma Society**. Proceeds from the event benefit the Moab Cancer Treatment Center. [www.skinnytirevents.com](http://www.skinnytirevents.com).

## 2009 Events

- 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 18-20 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

## Moab Reads – A Community Wide Book Club

Thursday, August 6th from 6:30 p.m.-8:00 p.m. the Grand County Public Library will host a kick-off party for the Moab Reads program featuring guest speaker, Utah historian Will Bagley. Moab Reads is a community wide book club sponsored by the Library and the Confluence Literary Festival. The program has also received funding from the Utah Humanities Council and the Moab Arts Council. The 2009 Moab Reads selection is *Angle of Repose* by Wallace Stegner.

Community wide book club programs, sometimes known as "One Book, One City" or "Community Wide Reads," have been implemented in cities, counties, and communities across the world. This is the second year for the Moab Reads program and the goal of the program is to bring individuals in the community together for a shared reading experience in order to increase their enjoyment of reading and build a greater sense of community through discussion and the sharing of thoughts and ideas.

At the kick-off party on August 6th, the library has 150 copies of *Angle of Repose* to give away, and historian Will Bagley's lecture will start at 7:00 p.m.. Mr. Bagley's lecture is titled "Wallace Stegner's Legacy of Red Rock

and Eloquence," and will provide the audience with information about this year's Moab Reads author. The 150 copies of *Angle of Repose* were purchased with funding from the Utah Humanities Council, an independent non-profit agency that promotes understanding of diverse traditions, values, and ideas through informed public discussion. Refreshments will be provided and everyone will have an opportunity to pick up a copy of the Moab Reads program/discussion guide and learn more about the Confluence Literary Festival from Festival Coordinator, Laurie Collins.

The library also has multiple copies of *Angle of Repose* available for check-out. Program participants will have the months of August, September and part of October to read *Angle of Repose*. Community book discussions will be held at the main library on October 8th and at the Castle Valley library branch on October 9th. Additional Moab Reads events are also schedule during the month of September. Please visit the library's website at [www.moablibrary.org](http://www.moablibrary.org) for a complete Moab Reads schedule or call the library at 435-259-1111 with any questions.

go to [www.moabhappenings.com](http://www.moabhappenings.com) for more event information all year



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**Moab's Ancient Past Tour**  
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**Arches National Park Tours**  
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Sunset 4:30pm-9:00pm  
Enjoy cool mornings or the "magic light" just before sunset.

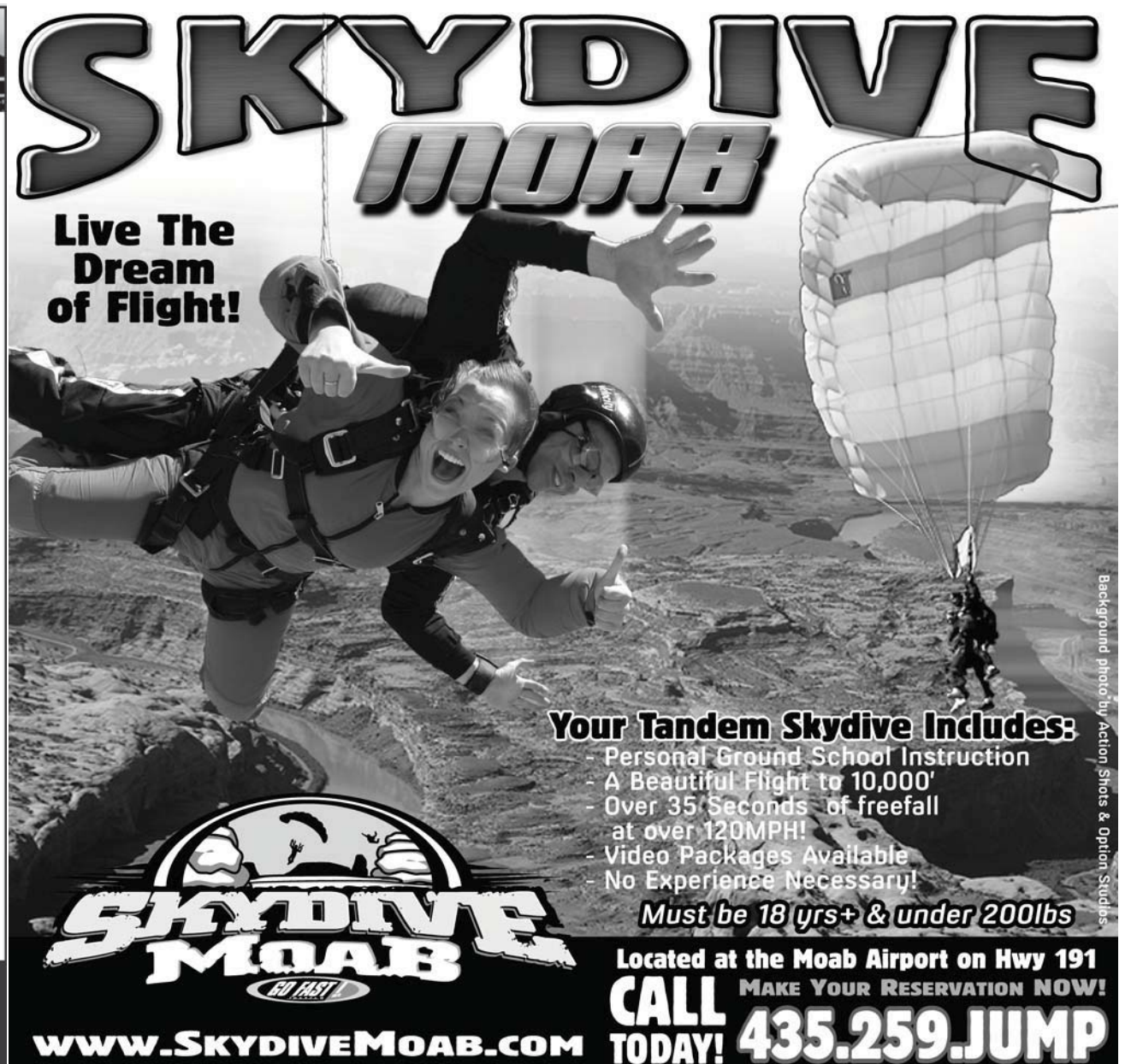
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# MUSIC HAPPENINGS

## Moab Music Festival Presents A Whirlwind Tour

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Cuban Jazz, exciting chamber music including quintets, a sextet and an octet, and Scandinavian traditional melodies echo off the canyon walls in sunset concerts along the Colorado River; intimate Musical Walks on some of the country's best hiking trails reward hikers with stunning concerts performed by world class musicians — this is truly music in concert with the landscape and all a part of the 17th annual Moab Music Festival, September 3 through September 14, 2009. The 17th Festival is topped off by an exciting trip for the adventuresome music lover: a four day raft trip downriver to Lake Powell, enjoying concerts and scenic hikes along the way.

According to co-founder and Music Director Michael Barrett, "We have shortened the Festival this year and it will be a jam packed musical experience that rivals the splendor of our surroundings. Everyone who loves music of any kind will find something to savor at our 17th Festival." Barrett also noted that, "In recognition of the difficult economic times, we are offering several discount packages to patrons this year." (Please see our web site for details, [www.moabmusicfest.org](http://www.moabmusicfest.org))

### Grotto Concerts

Imagine taking a 40-minute boat trip down the winding Colorado River, a slight breeze in the air and stunning views of canyon walls embracing the river. You step off the boat, traverse a short path, and emerge into the middle of a cavernous red rock grotto. Hailed by the New York Times as "nature's own concert hall," this sonically perfect and visually breathtaking space is home to the Moab Music Festival's signature event, the Grotto Concert.

Three benefit Grotto Concerts offer unique musical programs. On Thursday, September 3, settle into one of the Festival's camp chairs or perch on the red rocks to hear Dvorák's Op. 77 String Quintet, and Schubert's lively and delightful Trout Quintet, particularly appropriate for a River concert. On Thursday, September 10, selections include chamber music by Mozart and Luigi Boccherini along with some astounding solo piano virtuosity. The third Grotto concert, on Monday, September 14, is also the first stop on the Festival's four day Musical Raft Trip through Cataract Canyon and features Bach's glorious Brandenburg Concerto # 6 as well as other chamber music and, a first at these concerts, some traditional music. At these concerts, Michael Barrett and violist and Festival Artistic Director Leslie Tomkins will be joined by musicians who will be staying in Moab for the entire Festival: violinists LP How, Ayano Ninomiya and Arnaud Sussman (winner of the 2009 Avery Fisher Career Grant), cellist Tanya Tomkins and pianist Jorge-Luis Prats.

### Week One: French Hors D' Oeuvres Before a Cuban Feast September 3 through September 7

The Festival Opening Night on Friday, September 4 is an exuberant "Vive La France!" — an evening of French chamber music, at historic Star Hall. The program includes music by Francis Poulenc, Camille Saint-Saëns, James Sellars and Ernest Chausson. Music Director Michael Barrett strikes a contemporary note at the piano performing Eric Satie's Sports et divertissements, the French master's brilliant thumbnail sketches — verbal and musical — of various outdoor sports and amusements. The performance will be enlivened by the choreography of Boulder performance artist Michelle Ellsworth, who dances with actor and narrator, Steven Goldstein.



Labor Day Weekend takes the Festival to Red Cliffs Adventure Lodge for a two-night Fiesta Cubana in the Festival Tent on the banks of the Colorado River beside the vineyards of Castle Creek Winery. Two concerts explore the colorful and sophisticated traditions of Cuban jazz and classical music through the prodigious fingers of two unique virtuosos of the Cuban piano: the third-generation keyboard jazz master Chuchito Valdés and the breathtaking Jorge-Luis Prats.

On Saturday, September 5, Chuchito and his Quartet — which includes his brother, drummer Emilio — bring their unique style to the Festival Tent at Red Cliffs Lodge, reinvigorating age-old Cuban musical forms, transforming cha-cha-cha and mambo standards into the most sophisticated, high-energy jazz improvisations.

Jorge-Luis Prats, a titan of Cuban classical music, appears at Red Cliffs on Sunday, September 6, as well as throughout the two week Festival. Once called an "Old Fashioned Romantic", Prats has built an acclaimed career performing throughout the world, though rarely in the United States. His performance at Red Cliffs will offer a distinctive presentation of Cuban classical piano compositions. He also joins Festival musicians in Spanish composer Joaquin Turina's Piano Quartet.

Wrap up Labor Day weekend at the Festival's Free Family Picnic Concert at Old City Park. To accompany your picnic and a relaxed time on the lawn, Michael Barrett has programmed selections ranging from a "smoking" piano solo from Jorge-Luis Prats to traditional selections performed by Festival favorites: fiddler Paul Woodiel, guitarist Steve Gibb, and flutist and bagpiper Christopher Layer, to excerpts from two Romantic chamber music pieces: Schubert's beloved Trout Quintet and Dvorak's String Quintet, Op. 77.

### Week Two: Major Strings and Traditional Things September 9 through September 14

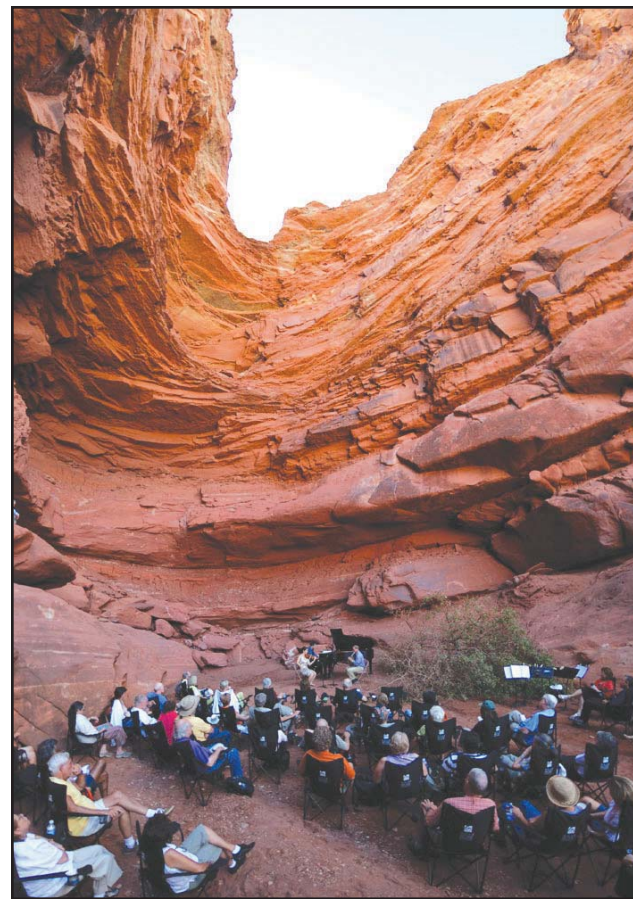
The second week of the 17th Festival kicks off on Wednesday, September 9 with a Ranch Concert. Take a leisurely drive up Utah Scenic Byway Highway 128 to a private ranch nestled at the confluence of the Colorado and Dolores Rivers. After hors d'oeuvres and a glass of wine, concert-goers will watch the sun set from the Festival Tent as Paul Woodiel, Steve Gibb, and Christopher Layer perform a lively program of their soon to be released CD. The concert is a benefit for the Festival's Artist-in-Residence and School Assembly programs.

On Friday, September 11 the Festival moves to the Pavilion at Sorrel River Ranch Resort and Spa to celebrate the 200th birthday of one of classical music's most celebrated composers, Felix Mendelssohn. Here the Zivian-Tomkins Duo (pianist Eric Zivian and cellist Tanya Tomkins) offers one of Mendelssohn's delightful cello sonatas, and the Pavilion roof will rise when all of the Festival's string players join together to perform his monumental String Octet. In addition, Jorge-Luis Prats will collaborate with Festival musicians in Mikhail Glinka's rarely heard Grand Sextet for Piano and Strings — often called a mini piano concerto.

The Festival's traditional music component is once again in the hands of the deliciously witty Paul Woodiel who brings the glistening, austere landscapes of wintry Scandinavia to the crisp, fall evenings of Sorrel River Ranch, as he presents the toasty warm and rich traditions of Scandinavian instrumental music on Saturday, September 12. Woodiel's silvery Norwegian Hardanger fiddle and Sandra Wong's haunting Swedish nyckelharpa are joined by Christopher Layer and Steve Gibb for an evening of music you can't "a fjord" to miss.



Neal Herbert photo



### Intimate Benefit Events

In addition to the Grotto Concerts, the Moab Music Festival presents several intimate Benefit Events to support our School Assembly and Community Artist-in-Residence Programs. Among these, the House Benefit Event on Sunday, September 13 at an elegant private home outside of Moab offers an evening of fine food, good wine and friendly company and features pieces by Beethoven and York Bowen, including Bowen's Op 41 Fantasia for 4 violas, performed by Michael Barrett and Festival strings performers, as well as Eric Zivian, piano.

Be sure to buy your tickets early for the Festival's two Musical Walk Benefit Events. For the past two years these hugely popular concerts have sold out, and this year will be no exception. On Sunday, September 6 and Sunday, September 13, patrons will be shuttled to secret locations where after a short hike they will arrive in a natural concert hall.

Sunday, September 6 will feature the extraordinarily talented Festival violinists performing Mozart's Duo for violin and viola K. 423, Bartok's Duets for Two Violins and one of Charles de Bériot's Op. 57 Duo Concertantes. On September 13, the Musical Walk will take a traditional turn as Paul Woodiel and Christopher Layer perform after a very special walk through the red rock scenery.

### Musical Raft Trip through Cataract Canyon

Leave your cell phone, laptop and Facebook status behind to embark on the 2009 Festival Musical Raft Trip, a 4 day, 3-night custom Colorado River adventure featuring intimate concerts performed by world class musicians in unforgettable river settings. Extend the experience of music in concert with the landscape beginning with the launch of the Musical Raft Trip on September 14, which includes that afternoon's exhilarating Grotto Concert.

The raft trip continues down the Colorado River through pristine and ethereal canyons under the late summer blue sky. Paul Woodiel and Christopher Layer, as well as a classical player or two, all join this trip and help to create the stirring soundtrack for this memorable experience by performing two additional concerts during the trip. A local naturalist also joins the expedition to lead a series of short, scenic hikes, as well as to provide insight into the history and spectacular geology of Canyon Country. A thrilling run through the whitewater rapids of Cataract Canyon and a once-in-a-lifetime scenic flight back to Moab from Hite Marina on Lake Powell conclude the 2009 Musical Raft Trip.

This trip, as well as the Musical Walks, are suitable for most people in general good health with a minimum level of fitness and agility. No outdoor experience is necessary.

For more information about the Festival or to purchase tickets for the 17th Moab Music Festival, please visit [www.moabmusicfest.org](http://www.moabmusicfest.org) or telephone the Box Office at (435) 259-7003. You may also visit the Festival Office at 58 East 300 South, Moab, UT 84532.

# NON PROFIT HAPPENINGS

## Moab's Relay for Life to be held Aug. 7-8 at GCHS

By Jeff Richards

Moab's fourth annual Relay for Life will take place starting Friday evening, Aug. 7 and last until the next morning. The all-night community event, which raises money for the American Cancer Society, will once again be held on the football field and track of Grand County High School, 608 South 400 East, Moab.

The event will kick off with preliminary festivities, food, and games between 5 and 8 p.m. on Friday, Aug. 7, said Moab Relay for Life chairman Shon Walter. Although admission is free, donations are encouraged, since the relay is primarily a fund-raising event.

"It's a community event, and everybody is invited to attend," said Walter. "You don't have to walk laps around the track. We just want people to come out and enjoy the ceremonies and be part of the Relay for Life experience."

"One in three people will be diagnosed with cancer during their lifetime," Walter added, citing statistics from the American Cancer Society. Walter added that the three-fold mission of Relay for Life is to "celebrate the lives of those who have battled cancer, remember loved ones lost, and fight back against a disease that takes too much."

Between 8 and 8:30 p.m., Moab's event will officially kick off with an opening ceremony, which will include the lighting of a caldron with a torch and a "Survivors' Lap" around the track. Local cancer

survivors who desire to participate should call Walter at 259-5626 or Tara Richardson at 259-1500 beforehand. Participating survivors will be fed appetizers and light refreshments beginning at 7:30, prior to the opening ceremony, and will also receive a free T-shirt.

Other special ceremonies planned for Friday night include a "Fight Back" ceremony between 9 and 9:30, followed by a "Luminaria Ceremony" and a "Ceremony of Hope" between 10 and 10:30.

"Each of the ceremonies throughout the night has its own special purpose to highlight

of this year's Relay for Life. Once again, local merchants will decorate their store windows and display fliers, signs and banners in support of the event.

"We appreciate the ongoing support of local businesses

that help make Relay for Life a success," said Walter, adding that additional sponsors are still needed to donate products or to host a vendor booth, or both.

As of late July, there were 15 teams registered for

Moab's 2009 event, and more are invited to join, Walter added. Alternatively, people can join an existing team or they can support the event without joining a team.

Volunteers are also being sought to help with the setting up and taking down of the event, which will conclude with a "Sunrise Ceremony" and breakfast between 6 and 7:30 Saturday morning, followed by the closing ceremony between 7:30 and 8 a.m.

"The relay lasts all night to illustrate the fact that cancer never sleeps," Walter said, adding that many of the team participants will pitch tents on the field and take turns walking around the track for the duration of the 12-hour event.

Last year's Relay for Life in Moab netted approximately \$33,000 for the American Cancer Society. Organizers hope to top that amount this year, which also marks the beginning of the 25th year that the American Cancer Society has conducted Relay for Life. Over 3.5 million people nationwide participated in Relay for Life last year. For more information about Moab's event, enter "Moab, Utah" at the web page [www.relayforlife.org/relay/findevent](http://www.relayforlife.org/relay/findevent), then click "Event Website."



the importance of fighting cancer," said Walter.

Entertainment acts will also take the stage at various times during the evening and into the early hours of the morning, Walter said, adding that several time slots are still available. "We'll probably just play recorded music after about 1 a.m., with the volume turned lower, of course," he said. "But we'd love to have people willing to share their talents on stage." Anyone interested in performing during the event should contact either Walter or Richardson.

Moab City has officially proclaimed Aug. 3-8 as "Paint the Town Purple Week," in recognition

# 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 (Marcia 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 - <a href="http://www.moab-solutions.org">www.moab-solutions.org</a> - (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 (Murine 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).....	<a href="http://www.wabisabimoab.org">www.wabisabimoab.org</a> - 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

## Squaw Springs Trail – Back To The Mountains

by Marcia Hafner

It doesn't take long for the blistering desert heat to wear me down and my soul begs for relief. Fortunately it's no secret that relief is less than an hour's drive away. That's all the time it takes to migrate 6,000 feet up to the La Sal Mountains - a gain in elevation that makes all the difference in the world, and every summer I'm back once again to enjoy cool, refreshing hikes on our nearby mountain trails.

For thousands of years Native Americans made this seasonal upward migration. That influence is reflected in the naming of Tomasaki Peak and Mount Waas after two Ute leaders, a designation made by members of the Hayden survey crew in 1875. Tradition suggests that the translation of "Tukunikivatz" means place where the sun sets last – an appropriate term for one of the more prominent peaks in the La Sals.

Twenty-five to thirty million years ago, intrusive molten magma cooled into igneous rock. Then the overlying, less-resistant sandstone eroded away and resulted in the formation of the La Sal Mountains - a range that is 25 miles long (north-south) and 15 miles wide (east-west). The La Sals are the second highest range in Utah. With fourteen peaks (some of them unnamed) over 12,000 feet, they are divided into three distinct groups - north, middle and south. Mount Peale, the highest peak at 12,721 feet, was named after Albert Charles Peale, a geologist on the Hayden Survey team. There are two passes: La Sal Pass (10,125 feet) and Geyser Pass (10,500 feet). La Sal Pass divides the south group from the middle and Geyser Pass is between the middle and north. If you're asking, Where's the geyser?! It's useful to know that there isn't one. The pass is named after Al Geyser, an early cattleman.

I am fond of hiking the well-used and well-marked Squaw Springs Trail. Since it has a minimal increase in elevation, it is not a lung buster as it weaves in and out of a patchwork quilt of oaks, aspens and with short stretches of riparian conifer forest. During most of the hike Spanish Valley, Moab Valley, Brumley Ridge and the Henry Mountains on the far distant western horizon steadily pop in and out of view. The farther I go, the better the long distance vistas. At one spot you can actually pick out the well-known Moab landmarks such as Behind the Rocks, Hidden

Valley, the Potash Mine, and Spanish Trail Arena.

The trail begins on the Geyser Pass Road and ends approximately four miles later at the La Sal Pass Road. Traveling there via the La Sal Pass Road requires a high clearance four-wheel drive vehicle while the Geyser Pass Road is graded gravel. So make it easy on yourself and your vehicle and take the Geyser Pass Road.

To get to that trailhead from Moab go south on Highway 191 for approximately eight miles. Then turn left at the Ken's Lake -



La Sal Loop Road sign followed by a right at the dead-end, which becomes the La Sal Loop Road. After a big elevation gain, there will be a sign to turn right on to the Geyser Pass Road. Drive 3.1 more miles to the trailhead, which begins at the hairpin on the right side of the road.

Along much of the trail abundant snowberry plants hang heavy with tiny bell-shaped creamy white blossoms. Early in the fall their snow-white berries are edible, but they taste like Ivory soap! In the shaded, moist areas I am delighted to find huge collections of the exquisite blue columbine swaying in a slow breeze-tossed dance. To me these delicate, uniquely designed flowers of varying shades of blue and creamy white are symbolic of the higher elevations. Commonly found growing in moist soils with lots of shade, it's no mystery as to why the blue columbine, which is in the buttercup family, was chosen to be the state flower of Colorado.

Not far into the walk, there's a dry crossing over a sweet little stream that is accompanied by the charming gurgle of a small waterfall. Just before dropping into the Brumley Creek drainage,

you come to a grazing allotment fence with a sign "Please Close the Gate." I eliminate that hassle by squeezing through the opening at the bottom for I know all too well these gates often require the strength of Hercules to open and close. The roar of

Brumley Creek, which was named after the owner of a sawmill in Gold Basin, can be heard long before I get to it. The stream crossing requires either rock hopping or a careful walk over a log - I found the log-walk worked the best. Beware of stinging nettles, a tall plant with saw-tooth edged leaves that when touched, do sting because the stinging hairs, when disturbed, secrete formic acid.

As I wander through the deep dark forest of conifers towards Dorry Creek, named for the pioneer sheepherder Dorry Crouse, the damp, cool air is filled with the delightful scent of pine. At the crossing I swing left and cross the two logs over the stagnant creek bed. Then to avoid muddy feet, I tiptoe gingerly over piles of logs that have been strategically placed over a messy bog.

Climbing out of that drainage, the views change and South Mountain, Mount Tukunikivatz, Tuk No and the Abajo Mountains, a range on the southwestern horizon, come into sight. Shortly after that, I drop down to Squaw Springs, a treasured, romantic stop reminiscent of times gone by where the corral and roofless cabin still stand with a rusted bed frame languishing inside the dwelling. Pieces of metal and remnants of the cast iron stove are scattered on the ground completing the portrayal of a forgotten, serene way of life.

Directly below the corral a stream gently trickles out of the spring and starts its journey through the lush green meadow beyond the cabin – a perfect pasture for an old timer's livestock. The air vibrates with the sound of locust. A tiny warbling vireo sings his loud song. Ravens pass each other on their highway of pale blue sky having discussions known only to ravens. It is so cool and soothing I can't resist a long break. So I stretch out in the luxurious shade of the whispering aspens pondering the lost history of where I am until finally I get my ass in gear for the final short stretch to the junction with the La Sal Pass Road.

To make the most of everything the Squaw Springs Trail has to offer, plan on a full day so you can enjoy an unrushed sojourn into the refreshing summertime high of the La Sal Mountains.



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## 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 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."

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# RESTAURANT GUIDE



# RESTAURANT

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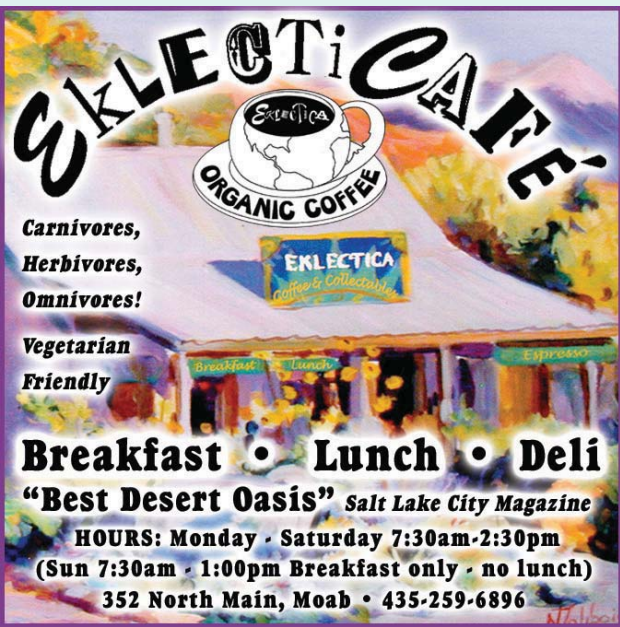
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Dinner  
Live Western Show & Cowboy supper. Gunfights, games, saloon, gift shop. Fun evening activity for all ages. 4 miles North of Arches National Park entrance on Hwy 191. Beer Available. Call for information about private parties & special events.

**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

**Cowboy Grill at Red Cliffs Resort**  
16 Miles up Highway 128 259-2002  
Breakfast Buffet • Lunch • Dinner  
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.

**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.

**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 specialities 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.

*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



**RED CLIFFS LODGE COWBOY GRILL**

- Breakfast Buffet
- BBQ Lunch
- Riverfront Patio Dining

Sunday Brunch \$12.95

16 Miles east of Moab on Scenic Highway 128  
259-2002

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



# GUIDE

**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 daily 11am-8:30pm. See ya' all at Milt's.

**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  
FAST, FRIENDLY & AFFORDABLE Drive-Thru Coffee & Espresso. We serve up lattes, mochas, cappuccinos, breves, chai, hot & iced teas, iced & blended drinks, Italian sodas, and more. Featuring Ghiradelli chocolate sauces, including white and dark chocolate. We use fairly traded coffee from a small quality roaster. Iced & Blended Drinks. Iced Green Tea.

**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

**Pasta Jay's**  
4 South Main 259-2900

**The Peace Tree Juice Cafe**  
20 South Main 259-8503  
Breakfast • Lunch  
Moab's ONLY Fresh Wheatgrass, Fruit and Vegetable Juice Cafe! Healthy, fresh breakfast entrees. Egg wraps, sprouted wheat bagels. Finest wrap sandwiches, salads & secret recipe hummus. Delicious smoothies. Organic coffee & espresso. No microwaves. "Healing Ourselves and Healing the Earth."

**Pizza Hut**  
265 South Main 259-6345  
Lunch • Dinner OPEN EVERY DAY  
Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up or delivery when available.

**Red Rock Bakery & Net Cafe**  
74 S. Main Street 259-5941  
Breakfast • Lunch  
OPEN EVERY DAY. 7am - 4pm Mon - Sat and 7am - 3pm Sunday Serving freshly baked bagels, muffins, scones and cinnamon rolls. Fresh Moab Coffee (FMC). Best Sandwich in Moab. Moab's original high speed Internet Access. Fine photography by Chris Conrad.

**The Rio Sports Bar & Grill**  
1 block west of Main on Center 259-6666  
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

**Singha: Authentic Thai Cuisine**  
92 East Center 259-0039  
Lunch • Dinner  
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.

**Slickrock Cafe**  
5 North Main 259-8004  
Lunch • Dinner  
Open daily 11 a.m. - Close  
Steaks, Seafood, New & Improved Lunch & Dinner Menu, Atrium Seating, Appetizers, Gourmet Burgers, Sandwiches, Salads and Freshly Grilled Entrees. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License.

**Smitty's Golden Steak**  
540 South Main 259-4848  
Breakfast • Lunch • Dinner  
Next to Big Horn Lodge. Open 6am-9 pm 7 days a week, featuring steaks, prime rib, hamburgers, full breakfast menu. Prompt coffee shop service.

**Sorrel River Grill**  
17 Miles Northeast on Scenic Hwy 128 259-4642

**SUBWAY Sandwich Shop**  
299 South Main 259-SUBS  
Breakfast • Lunch • Dinner  
Open 8am everyday  
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.

**Szechuan Restaurant**  
125 North Main 259-8984

**Teriyaki Stix**  
396 South Main 259-2656  
Lunch • Dinner  
Wide selection of rice or noodle bowls with grilled teriyaki chicken, hot & spicy chicken, beef, kalua pork, fresh steamed veggies, pot stickers & more. Drive thru, take-out & call in orders welcome. Open 7 days a week. Located across from City Market, Next to Hogi-Yogi.

**TexMex Cocina**  
812 South Main, Suite B 259-9922

**Village Market**  
702 South Main 259-3111

**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**  
96 South Main Street 259-6555  
Breakfast • Lunch • Dinner • Family Dining  
We have it all, from our all new sunrise breakfast served 6:30 am to 11 am Thurs thru Mondays to our hand cut steaks. We offer an extensive menu that include the best burgers in Moab, deli sandwiches, pastas, salads, seafood and our all U can eat pizza buffet and salad bar. Dine inside or out on our all-weather patio and covered porch. For those 21 and over, visit Zax watering hole. Watch your favorite sporting event on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Featuring a full liquor license. Open 6:30 am to close Thurs thru Monday. 11:30 am to close Tue - Wed. Locally owned and operated.

**Restaurant & Brew Pub**

**Eddie McStiff's**  
State Liquor Licensee Nightly Dinner SPECIALS  
Center & Main • Moab  
435-259-BEER (2337)  
FREE WIRELESS INTERNET!  
Meet Me At McStiff's!  
Moab's Oldest Legal Brew Pub  
OPEN EVERYDAY FOR LUNCH AT 11:30 a.m.  
AND FOR DINNER AT 4:30 p.m.  
Pizza Delivery to Main Street Hotels

Located inside Walker's Convenience Store

**Buy one six inch sub and a medium drink and get one six inch sub FREE.**

Expires Sept. 15, 2009

Coupon valid at your Moab Subway

299 South Main • 259-SUBS

**SLICKROCK CAFE**

Lunch & Dinner Menu  
Open daily 11:00 am - Close

Atrium Seating, Full Service Liquor License  
Appetizers, Gourmet Burgers,  
Sandwiches, Salads, Steaks  
Seafood  
Freshly Grilled Entrees  
Kids Menu, Daily Specials

Slicker than ever - Food with 'tude -  
All that is missing is YOU!!

CORNER OF CENTER & MAIN  
(435) 259-8004 • www.slickrockcafe.com

**EAST COAST STYLE PIZZA, FRESHLY MADE TO ORDER**

**NEW YORK-STYLE CHEESECAKE**

**HOMEMADE CANNOLIS & DESSERTS**

**FRESH SOUPS, SALADS & BREADS**

LOCALLY OWNED & LOCALLY SOURCED WHENEVER POSSIBLE

702 SOUTH MAIN ST. **PARADOX PIZZA**  
435-259-9999

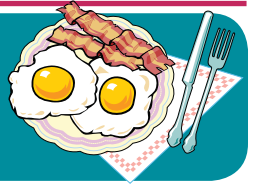
TRY OUR ONLINE ORDERING AT [WWW.PARADOXPIZZA.COM](http://WWW.PARADOXPIZZA.COM)

**Secluded Patio Dining**  
1393 North Highway 191  
435-259-5201

**BUCK'S GRILL HOUSE**  
www.bucksgrillhouse.com



# RESTAURANT GUIDE




**New Breakfast Burritos!**

**BACON AVOCADO BURRITO**  
\$4.99



Very Double Berry  
Juicy Fusion Favorite

**DON'T FORGET!**  
Kids Eat Free Tuesday and Saturday  
4pm - 10pm

989 North Hwy 191  
**OPEN 24 HOURS**



**BROKEN OAR RESTAURANT**

400 NORTH 53 WEST • 435-259-3127  
OPEN MONDAY - SATURDAY AT 5:00

- STEAKS
- SEAFOOD
- SALADS & WRAPS
- BURGERS & RIBS
- BEER & WINE

HOME OF THE SWEET POTATO FRIES  
WWW.ADRIFT.NET/BROKENOAR.HTML

Croissant Sandwiches • Fresh Salads  
Fresh Juices • Wrap Sandwiches  
Smoothies • Shakes • Ice Cream



Organic Espresso Drinks • Wheatgrass

8:00am to 6:30pm  
20 South Main Street • 259-8503  
Take Out Orders Welcome  
www.peacetreecafe.com



Steaks  
Sandwiches  
Seafood  
Pizza  
Pasta  
Salads

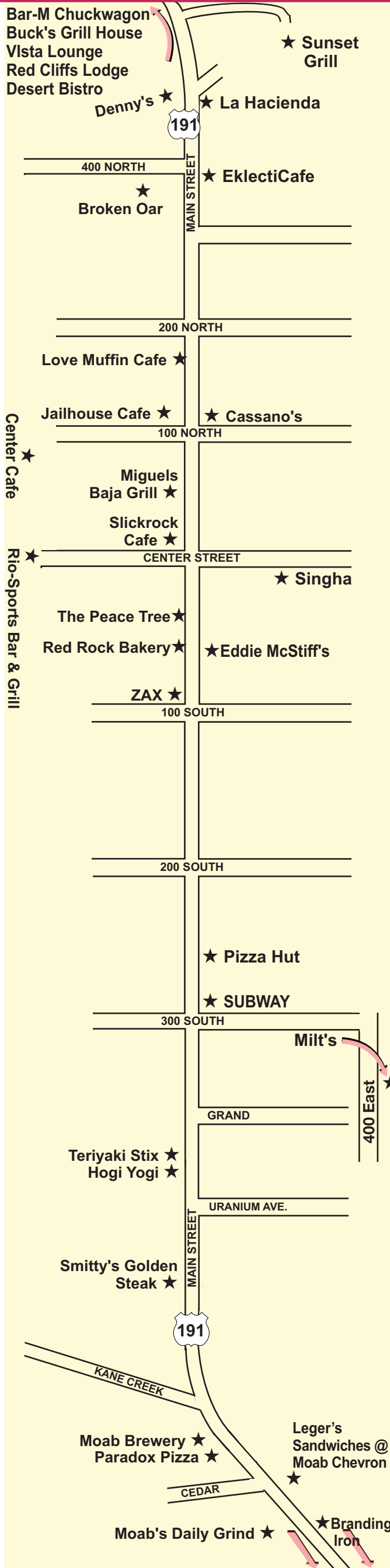
Family Dining  
Open for Breakfast 6:30 - 11am  
Thurs - Monday  
Sports Bar

- ALL YOU CAN EAT PIZZA BUFFET, SOUP & SALAD BAR •
- APPETIZERS •
- BURGERS & SANDWICHES •
- PASTA •
- STEAKS •
- SEAFOOD •
- SALADS •

Full Service Liquor in Restaurant

**GREAT OUTDOOR PATIO • LARGE GROUPS WELCOME**  
COME QUENCH YOUR THIRST AT THE WATERING HOLE  
@ Corner of 100 South and Main  
Moab, Utah 84532 USA  
435-259-6555  
Check Out Our Wet Spot Laundromat

Open 6:30am - close Thurs - Mon & 11:30am - close Tues - Wed




**"Dining with a Million Dollar View"**

Steaks • Pastas  
Prime Rib  
Fresh Seafood



Patio • Catering  
Family Dining

**259-7146**  
Open Nightly at 5:00 pm - Closed Sundays



Moab's New Italian Restaurant  
in the old Poplar Place

Great Choice for Take Out and Catering

16" large cheese pizza 9.99 all day every day!

**Traditional Italian Food**

- Bruschetta
- Shrimp Scampi
- Crab Stuffed Mushrooms
- Chicken Penne Gorgonzola
- Antipasto
- Seafood Portofino

Patio Seating - Red Rock Views

**Cassanos**  
Italian Restaurant  
11 East 1 North  
259-6018

Open daily 3:00-close State Liquor License

Established 1954



LOCATED AT 400 EAST AND MILLCREEK DRIVE  
ON THE WAY TO THE SLICKROCK TRAIL.

FEATURING LOCALLY PROCESSED  
100% GROUND BURGERS, CLASSIC  
DINER SANDWICHES, BIG CITY RED  
DOGS, REFRESHING SHAKES AND  
MALTS, FRESH LIME, BEVERAGES, AND  
MORE!

OPEN DAILY 11:00 AM - 8:30 PM  
STOP AND EAT OR CALL FOR PICK-UP:  
435-259-7424

www.moabsandwiches.com

**NOW OPEN!**



**SANDWICHES**  
Made to order • Call in Orders  
6 a.m. - 3 p.m.  
259-2212

LOCATED INSIDE THE MOAB CHEVRON  
817 South Main Street



**Chevron**  
FOOD COURT & DELI

Coupon at www.moabsandwiches.com/coupon.html



# RESTAURANT GUIDE

# MOAB WINERY HAPPENINGS

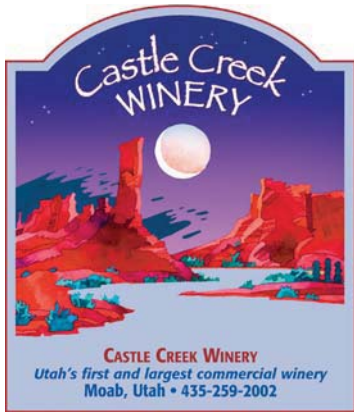
## A Unique "Taste of Moab"!

Castle Creek Winery is nestled high on the banks of the Colorado River 15 miles north-east of Moab. Adding a decidedly civilized tone to the wild, wild West, in 2002 the Red Cliffs Lodge established its own winery, and now produces over 15,000 gallons of wine. It is Utah's first and largest commercial winery.

In the 1970's the Four Corners Regional Economic Development Commission along with the University of Arizona did some test plantings of wine grapes in the Moab area. The results were positive. Hot days, cool nights and sandy soil produced wine grapes of unique, exceptional quality. The late summer sun encourages good sugar content and high acid levels necessary to produce well-balanced high quality wine. The dry climate discourages problems with bunch rot and fungus that plague other wine growing regions. Southeastern Utah is in many ways similar to the Eastern Mediterranean where the wild grapes that became our classic European wine grape varieties originated.

Moab is the perfect climate for growing excellent grapes, suitable for producing Syrah, Merlot, Cabernet Sauvignon, Chenin Blanc and Chardonnay. Using such locally grown grapes, our winery has produced over 30 award-winning wines for your enjoyment and all of the wine is bottled and labeled by hand!

Castle Creek Winery has earned four awards from the first two competitions they've entered. At the Finger Lakes International Competition, in Rochester, New York, the winery earned a silver medal for its 2003 Outlaw Red, a bronze medal for its 2005 Chardonnay, and a bronze for its 2005 Cabernet Sauvignon. Then, at the Pacific Rim International Wine Competition in San Bernardino, California, Castle Creek's 2005 Merlot took a bronze medal.



In 2009 at the Finger Lakes International Competition, in Rochester, New York, Castle Creek took a silver medal for Chardonnay, Bronze for Cabernet and Bronze for Outlaw Red. Also in 2009 Castle Creek was honored with the "Best of State" award by the State of Utah which recognizes excellence in the field of production and manufacturing.

Well made wine doesn't just happen over night. Some people may fantasize at the art of wine making, but a wine maker knows that it takes many hours of cleaning, filtering, calculating, bottling, labeling, and diligent care to get one bottle of award winning wine. While winemaking is an art, it doesn't always have instant gratification. Many hours are spent learning how to make a fine wine using the full potential of the fruit. Most of the time things go well but since wine is constantly changing, occasionally things can happen to wine that are beyond a winemaker's control and can make winemaking a very challenging and exciting process.



Castle Creek Winery uses the latest state-of-the-art equipment. Elaborate stainless steel tanks set on sleek concrete floors, giant presses, pumps, and filtering equipment is what you will find inside the huge 8,000 sq ft winery facility. The building is rustic on the outside, but the inside is a very modern winery laboratory. The wine is monitored daily and the building is kept at a constant temperature to keep the wine stable. This may seem like an easy thing to do with high tech equipment, but with thousands of gallons of wine in production and Moab's extreme temperatures a winemaker is never at ease. Wine must be monitored and tested every day.

In addition to making wine, Castle Creek Winery planted a vineyard in the spring of 2006. With over 10,000 plants a vintner is always busy. By growing his own fruit a winemaker can assure that the plants are given the best opportunity to produce the finest quality fruit. While much care and attention is given to each plant there are always factors outside of the vintner's control that can affect each year's crops. It is no mistake when a fine quality wine is made. From the moment buds begin to unfold, to the time that wine is poured into a glass the wine is tended and encouraged with knowledge, dedication, hard work, and good timing.

Winemaking may sound like risky business but be assured that the payoffs are great. The satisfaction of a well rounded wine after

two years of hard work and devotion is an amazing accomplishment, and even better you get to drink the wine! And after one year's batch is bottled and on the shelf, the whole process begins again.

Wine is a complex product that takes dedication, good equipment, a clean facility, and most of all a diligent knowledgeable winemaker. Castle Creek Winery has all of these and therefore produces world class wines in the rugged desert of Moab, UT. Don't take our word for it, come out and visit us and see our wine in the making and discover the flavors at our wine tasting room.

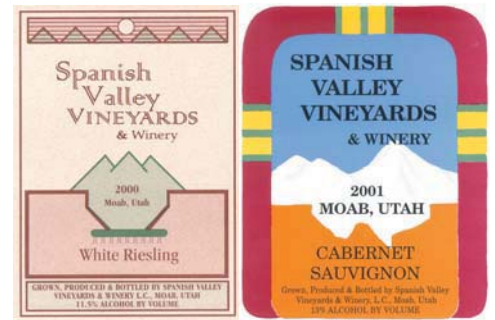
Castle Creek Winery sells wine and gifts from 10:00 am to 7:00 pm daily. We offer complimentary wine tasting from 12:00 am to 7:00 pm daily. The tasting room is located in the top of the winery building on the same grounds as Red Cliffs Lodge.



### Spanish Valley Vineyards & Winery

Moab is also home to Spanish Valley Vineyards & Winery, where they are currently producing wines from locally grown grapes. They are located at 4710 Zimmerman Lane (6 miles South on Hwy 191 from stoplight near McDonald's; turn left on Stocks Drive - 2nd left past Spanish Trail Arena; drive two blocks, turn right onto Zimmerman Lane).

Open Monday-Saturday 12:00 noon to 7:00 pm (Closed Sundays and Holidays.) They can be reached at 435-259-8134 and spanishvalleyvineyards@yahoo.com.



Spanish Valley Vineyards

## 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)
- Half Day trips \$41/Adults & \$31/Youth (age 17 and under)

In Moab Call: **259-7515**

or

Out of State: **1 (800) 231-2769**

**625 Riversands Rd. • Moab / www.worldwideriver.com**

*Bring this ad in for a  
10% discount  
on your next trip!*

# PET HAPPENINGS

## Leash Pulling and Aggression

by Jessica Turquette of Moab BARKery

Often pulling and excitement can turn into bad doggie manners and even aggression. There are many methods available to deal with this, and often working with a professional can make the process go much quicker. What can you do to help your best friend enjoy their walks a little more now? Relearn the walk first in a two step process. Step one get a new leash if you are using a retractable leash, and step two enforce some new and basic rules.

Most dogs pull because it's effective. We as humans want to get on with the walk too, so even though the dog is not doing what we want, we comply and get dragged. Many people use retractable leashes because they don't want to be dragged anymore, although this type of leash is good for well behaved dogs, it's a bad solution for pullers and aggressive dogs. The shorter the leash the better, 4 ft. max will help your dog stay close. Use the lowest amount of control for your dog. If they are a little nervous, a standard leash and collar is fine. If they are a little more wild or aggressive use an Easy Walk harness that leads them from the front, or a Halti/Gentle Leader that leads them from the mouth (they can still use their mouth and pant when they are hot).

not have the opportunity to live with other adult dogs and learn good canine social behavior. This can result in an inappropriate response to other dogs a on leash (excitement first, then frustration that can lead to aggression).

Here's a scenario you may be familiar with: You see another dog walking on the leash, your dog starts to pull, their tail is wagging and they are whining or even barking. You pull the leash tight (because you are already being pulled towards the other dog). Your dog starts to dig in and they get more frantic with their hackles raised. The other owner stops short and you say "he/she is friendly, really!" You're correct, but your dog is frustrated and neither you nor the other owner is sure at this point. Do you let them meet; is he/she really friendly? The problem is the behavior is unfriendly in appearance and can turn into real violence, because your dog is frustrated, they are essentially throwing a tantrum like a 3 year old that wants candy. They want to meet that other dog, but never learned canine good manners.

In a society of dogs, a puppy or new dog would learn to approach another dog slowly, and calmly. They would meet nose to nose, sniff a time or two at the mouth and start the well known circle introduction. Each sniffing the other's butt, all the while moving in a circle like a dance. If you can stop the process of excitement at the very beginning and ask your dog to face towards you and away from the other dog, you can help them calm down.

High reward treats work great for getting their attention. Be patient and calm, and if the situation allows it, let the dogs meet after they are calmed down. This can take a few minutes and in the real world can be hard to do. Whenever you get the opportunity, like with a friend's or neighbor's dog, practice! Eventually your dogs can meet and do the traditional sniff and circle. Just remember to help your dog out and circle with the dogs so their leashes don't get tangled.

Dogs naturally want to travel on a walk at least once a day, so you will be feeding their instincts (which can help keep them from eating the couch), and getting some fresh air. They get to meet friends like dogs should, and you can have a nice relaxing walk with your buddy! Hang in there and remember if you're stuck or need advice, consult a local trainer. Professional help is always a great way past road blocks.



Do not allow pulling (no real force needed, just patience). Here's how: When you start the walk and they start to pull, stop and move a step or two back and call them while patting your leg. When they respond and move towards you give a treat or affection (which ever is more valuable to the dog). When you have their full attention, start the walk again. Repeat as soon as they start pulling, and especially if something has too much of their attention. In the beginning this can be cumbersome, but your dog is smart and if YOU ARE CONSISTENT, the behavior will get better.

We reinforce bad behavior because we are frustrated at the length of the process and even fall prey to what is technically termed an "extinction behavior burst." That means the behavior gets worse before it gets better or goes away completely. We either get discouraged by the extinction burst or we get bored and give up, but don't! It will be worth while when you are addressing any potential aggression in the future. Most information, in the kindest way possible tells the dog owner that consistency is the key to better behavior. I compare this part of the advice to that of a nutritionist saying more fruits and more vegetables for a healthier you, yet we still eat that meat sandwich. It's good advice but it doesn't sink in! We like quick results, but if you stay calm (firm if necessary, but calm at all times) and consistent your walks will become something to look forward too!

How did it get this way? Well, most dogs that live with people came to their homes as puppies. They did

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The Humane Society of Moab Valley is a public, non-profit 501(c)3 and all donations are tax-deductible.

### Humane Society of Moab Valley August Events

**August 1 Dog & Puppy Adoption Day**  
9am - 11 am at City Market Come meet your new best friend. Pictures & information in Advertiser & at www.moabpets.org

**August 1 Dog Days of Summer BBQ and Silent Auction** 4:30-9. See ad above.

**August 8 Cat & Kitten Adoption Day**  
11am - 1 pm at the Moab BARKery Kittens of all shapes, sizes and colors.

**August 15 Dog & Puppy Adoption Day**  
9am - 11 am at City Market Come meet your new best friend. Pictures & information in Advertiser & at www.moabpets.org

**August 22 Cat & Kitten Adoption Day**  
11am - 1 pm at the Moab BARKery There's still time to adopt a lovable lap warmer. Pictures & information in Advertiser & at www.moabpets.org

**August 22 Dog Wash** 10 am - 3 pm  
Humane Society Fundraiser held at the City Shelter. \$10 to wash your own dog in the raised tub, \$25 if we wash for you.

**August 29 Dog & Puppy Adoption Day**  
9am - 11 am at City Market Come meet your new best friend. Pictures & information in Advertiser & at www.moabpets.org

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# NATURE HAPPENINGS

## Summer Black Bears

by Damian Fagan

I walk through a gnarled and stunted grove of Gambel's oaks near the Fisher Mesa trail on the north flank of the La Sal Mountains. The afternoon is "brilliant," from the British vernacular meaning "spectacular." Schools of massive cumulus clouds swarm high overhead, their presence a reminder of the August weatherman's daily mantra, "chance of afternoon showers."

On the ridge above me immense ponderosa pines indicate a transition from this scraggy forest to one comprised of towering trees. But the oak woodland holds my attention as I am drawn to the evidence of an animal's passage. The "pumpkin patch" of orange-barked ponders will have to wait; I'm too consumed with the bonanza of bear scat all around me.



The scat is dark, almost purplish and in sufficient quantity for me to guess that the bears like to hang out in this grove. There are bits of acorn shells and what I presume to be the seeds of serviceberry embedded in the coiled piles like fossils in limestone. I take a stick and poke at the dried and brittle samples hoping to find some other telltale features of this bear's diet, like butterfly wings or beetle shells or belt buckles.

El oso negro or black bears are a common species here in the La Sals. They inhabit all of the mountain drainages and have a stable population that rebounds from hunting pressure. That the bears barely get a moments rest during the season – seems like there is always some type of hunting or pursuit season upon them – it isn't until they go into a deep sleep, known as torpor, that the bears get a well-deserved break. Not true hibernators, bears may emerge from their dens to forage and fatten up during the winter.

When they are out, a black bear's gait may be referred to as "deceptively clumsy" and that's a good description. Whereas they seem too big and awkward to move quickly, insert an image of a National Football League linebacker in your mind. Speed, strength and agility, these are all shared features between Chicago Bears and American black bears.

Standing 2 to 3 feet tall at the shoulder and stretching maybe 5 feet nose to tail, these bruins may weigh up to 450 pounds or more. And when you hear one crashing the forest to avoid hikers or dogs, their passage registers on a Richter scale.

Though these large animals seem like they could haul down a small elk, their preference for eating berries and bugs creates a different image than one of a massive carnivore. Their "see food" diet consists of a smorgasbord of ants, acorns, berries, grasses, birds, eggs, amphibians, bugs, fish, small mammals, and human food scraps. Carrion may comprise about 10% of their diet.

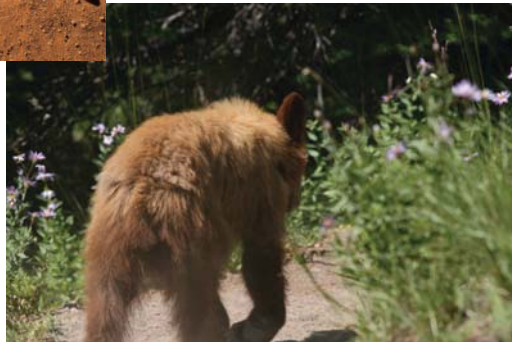
Garbage or human food scraps are not good for bears, and they will tear into garbage cans, tents, cabins, and automobiles looking for food. One study done in Yosemite National Park indicated that black bears "profiled" certain cars and pickups for their "smash and grab" antics. That and they figured out on which models they could pop the doors open by jumping on the roof.

Although I don't encounter a bear during this particular visit, I have seen them in the La Sals and Abajos on many occasions. When I worked at Arches National Park as a ranger, we sometimes had reports of a bear at Delicate Arch or of them swimming across the Colorado River. These were rare and infrequent sightings, yet some bears crossed Interstate 70 and open desert to disperse from the Book Cliffs to the La Sals, even going from the La Sals to Breckenridge, Colorado. On more than one trip into the Needles District of Canyonlands National Park, I've seen bear tracks in some of the canyons. They were probably bears from Elk Ridge or the Abajos going walkabout.

If I had encountered a bear on this trip, my first priority would be to slow down and access the situation. Many times the bear will retreat or evaporate into the forest faster than I can think. Other times we both get

a good look at one another. The bear may stand on its hind legs to get a better perspective or give a "woof" or "grunt" to see what I'll do. I've never been charged, although I'd stand my ground and shout if the bear got too close. I would also take a look around to see if I was between a sow and her cubs, then rectify that situation without a lot of commotion. In other words, I'd enjoy the moment.

Though I always feel lucky when I do encounter a bear in the woods, I'm sure el oso can "bearly" stand the intrusion.



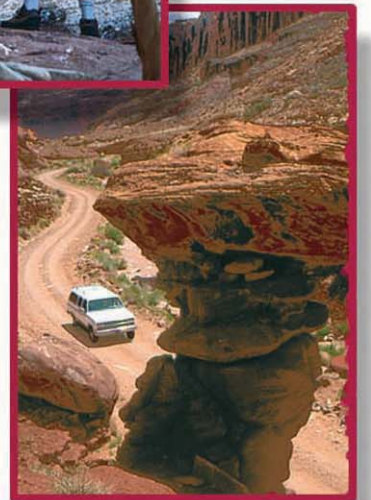
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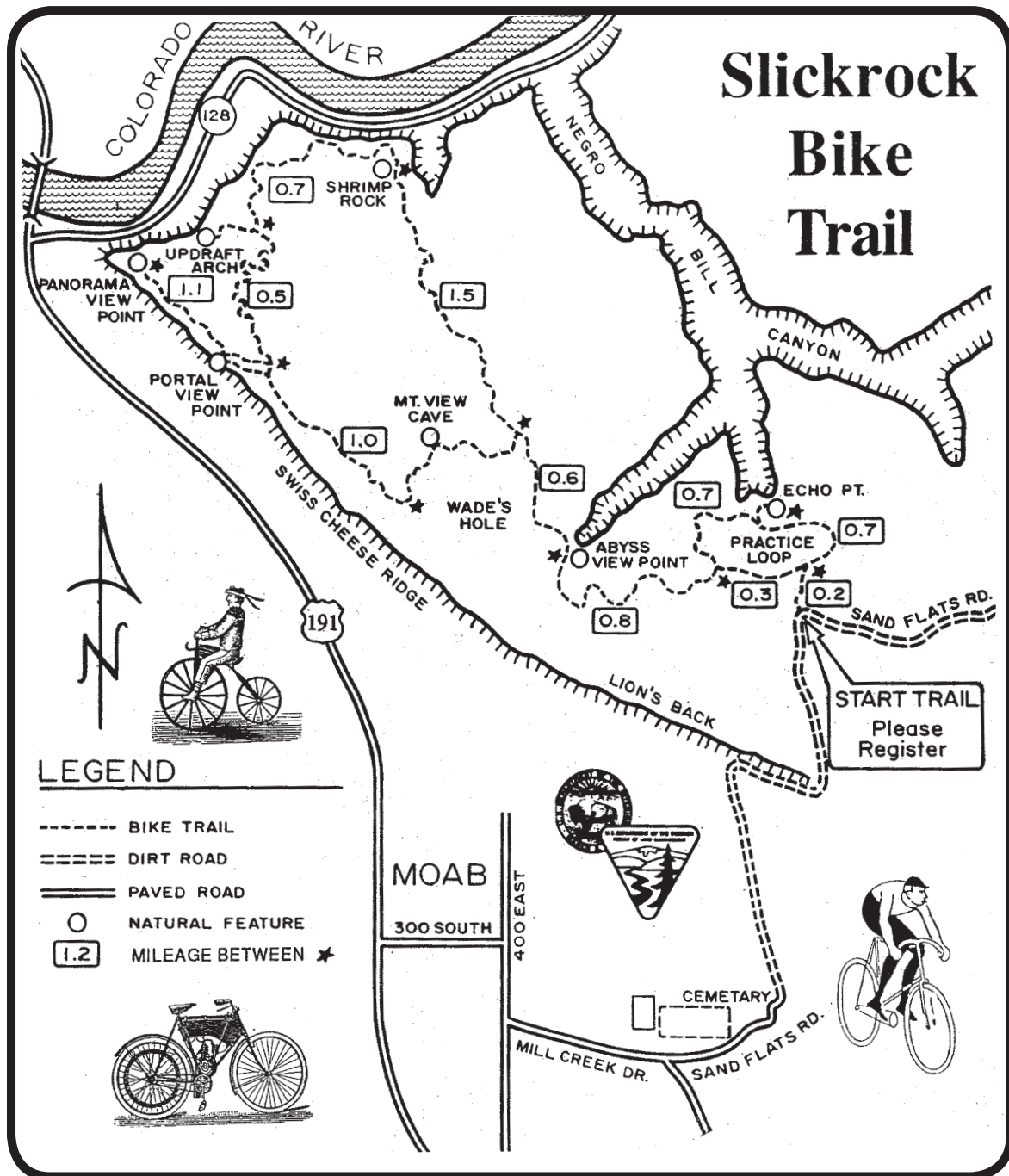
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# MOUNTAIN BIKING



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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:*

• **MOAB CENTURY TOUR, SEPT 18-20, 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 and see article on page 5A.

• **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 1-2, 2010  
The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the anti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates. That said, as any serious cyclist knows, there is also satisfaction with not only completing an epic ride but with comparing your times with other riders afterward.

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# TRAIL HAPPENINGS

## “On the Trail of Harold Provonsha”

By Max Forgensi

Years before the Manti-La Sal National Forest’s current push to sign and maintain all of these trails, a gentleman named Harold Provonsha roamed the region tending to sheep. Born in 1924, Harold started tending sheep, by himself, at the age of 11 and he continued until 1943. Harold’s mother, Isabelle, would take him supplies on the mountain. His parents kept him out of school during the fall and spring to work in the mountains. Isabelle would take his homework to him every week, and return the assignments to his teachers as he completed them. Harold would write notes on Aspen trees with his name and date, an almost daily occurrence in the early forties, so that his mother would know where he was. When she brought supplies, Harold would run straight for the panniers and find the canned milk. Hundreds of inscriptions remain from Hell Canyon through La Sal Pass to Pole Canyon in what was once known as the “Moore’s Range.” During the early years of WWII, Harold’s dad obtained a deferral for him from the draft, but when he turned 19, Harold thought he needed to serve his country. He went to the draft board and enlisted in the Navy. An excerpt from an Aspenglyph before he enlisted and after he was in the Navy reads as follows:

5:20 PM  
Mount Way Home  
August  
Friday 13, 1943  
Harold  
Provonsha  
La Sal  
Utah  
SEPT 17, '44  
To Harold



I'll carve your name on this tree  
As you did in '43  
For your away on account of war  
I will carve for you in 44  
MOTHER

The Provonsha family has had a long history in this part of the La Sal's. Harold's grandfather had the 1st lumber mill on the La Sal's. Harold staked prospects near Hell Canyon where his daughter, Anne Oates, worked as a young woman. The Provonsha family also owned the Pack Creek ranch for a spell.

These trails are part of the Manti-La Sal National Forest which contain mountain peaks (12,000 foot

### South Mountain Trail

The South Mountain Trail is the longest non-motorized trail in the La Sal Mountain Range. Starting on the La Sal Pass road across from the Squaw Springs trail, the South Mountain Trail (#029) winds its way for over 10 miles and circumnavigates South Mountain and ends on the east side of the La Sal Pass road below Beaver Lake. The South Mountain Trail intersects the Hell Canyon Trail (039), Pack Creek Trail (041), Pack Creek/South Mountain Trail (075), Pole Canyon Trail (035) and the Doe Canyon Trail (100). It is the southern end of the Trans-La Sal Trail, which starts in Bachelor Basin. Overall, there are over 20 miles of trails for hikers, horseback riders and mountain bikers to enjoy.

Getting there: Drive south from Moab to the La Sal Mountain Loop Road. Leave the Loop Road by turning right at the Pack Creek Road that will take you to the described trails via the La Sal Pass Road. You may also approach South Mountain from the east via the town of La Sal.

Available at the Moab Information Center and elsewhere:

1. National Geographic Manti La Sal Trails Illustrated Map.
2. Manti La Sal National Forest-Moab and Monticello Ranger District map.
3. La Sal Mountain Trail Guide. (A pamphlet with a trail schematic)

elevation), canyons, and forests. These vistas add climatic and scenic contrast to the red-rock landscape surrounding Moab. The area around the South Mountain Trail system is not for the faint of heart. Steep, remote and rugged, one should be prepared for anything. The Hell Canyon Trail itself drops 2400' in less than 2 miles. Hiking the South Mountain Trail from the east, a person would gain and lose close to 3000' vertical feet. In 2008, the Forest Service's trail crew and the Canyon Country Youth Corps (CCYC) started to resurrect the trail system, and they continue this work in 2009. There are still sections that are not completed. The views are very unique. Above Pack Creek and in Bear Park, you can see from the Pack Creek Ranch all the way to the Atlas tailings pile.

When you have a chance to explore this relatively unknown area in your backyard mountains, take the time to enjoy the stillness in the aspen glades. The aged

Aspenglyphs are telling a story, of a time that has almost been forgotten.



At the old drift fence in Hell canyon.



### Lend a Hand Trail

**JOIN** the local trail groups, Trail Mix and Moab Trails Alliance in the responsible development and maintenance of non-motorized trails.

**VOLUNTEER:** “Adopt-A-Trail” - Individuals, businesses or groups may sign up to “Adopt” their favorite trail by volunteering to do light upkeep. Contact Sandy Freethey 259-0253. Trail building, maintenance and restoration - No special skills required. Contact David Olsen 259-5129.

**ATTEND** a meeting: Trail Mix meets the 2nd Tues of the month at 182 N. 500 W. 12-2:00.

**DONATE:** We have many worthy trail projects that can use your funding. Contact Kim Schappert at 435-260-8197 to donate to the non-profit group, Moab Trails Alliance.


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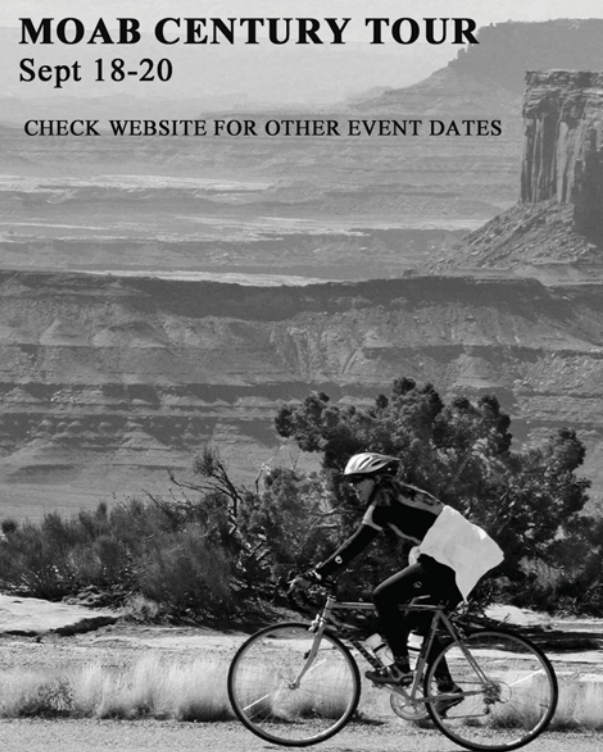
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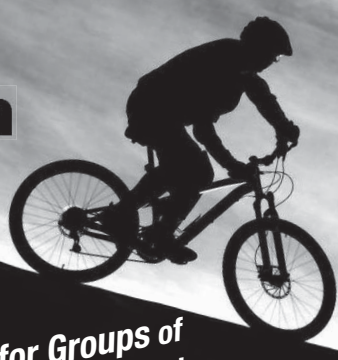
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The Moab Adventure

# IN AND AROUND MOAB

## San Juan County Fair, July 31 – August 8, 2009

The annual San Juan County Fair will start Friday, July 31, and continue through Saturday, August 8, 2009, in Monticello. This year's theme is "End of Summer Fun that's Second to None" and is a week of fun-filled events ranging from a motocross race to mud volleyball, and much more!

The festivities will begin Friday, July 31, with a Pink Day for Breast Cancer Awareness. *The King & I* will be at Monticello High School's Auditorium, and later on the Blue Mountain Round Up Rodeo will take place at the San Juan County Fairgrounds.

Continuing the Pink Day theme, a 5k Fun Run and 2k Walk will start off the day on Saturday, August 1. The race will be at Lloyd's Lake and is sponsored by Mussleman Plumbing. Other events on Saturday include a motocross race at Bull Hollow Raceway and a horse show.

The Little Miss and Mr. Wrangler contest will be Tuesday evening followed by the Miss San Juan Pageant. Thursday is filled with events for everyone. The day begins with the Jr. Livestock shows and children's fair. Games for children will be ongoing throughout the day, with inflatables and a rock wall for climbing as well. The evening will end with a live concert by Country music's very own Emerson Drive opened by Charlie Jenkins.

Friday and Saturday will be days packed with fun activities including a comedy magic show, locals

rodeo, family movie night, money dig for the kids, and more! The Jr. Livestock sale begins at 1:00 p.m. on Saturday following the Buyer's Barbeque, and the Blue Mountain Youth Rodeo will wrap up the fair Saturday night.

Bring the entire family and be sure to check out everything the San Juan County Fair has to offer! If you have any questions regarding events, exhibits, etc., contact Anna Thayn at (435) 459-1826. Be sure to mention you read about the San Juan County Fair in the Moab Happenings!



Bull Hollow Raceway's home is Monticello, Utah! This incredible Motocross track was built in 2002 by Dirtwurx; Bull Hollow will soon be starting their 7th full year of Motocross racing!!

Bull Hollow hosts both Motorcycles and ATV races. Bull Hollow Raceway has created their own series (Bull Hollow Race Series - BHRS) that we have been running now for 5 years!! This series will include 4 races this year and an end-of-the-year banquet!

Bull Hollow Raceway is located 5 miles south of Monticello, UT. Highway 191 and Highway 491 intersect in Monticello. I-70 is the nearest interstate. The closest airport is located in Cortez, Colorado.

There are concessions available at the track every race day. Concessions are provided by K&A Chuckwagon (another family owned and operated business). They also have a restaurant in Monticello.

### SCHEDULE OF EVENTS

#### Friday, July 31

- PINK Day at the fair for Breast Cancer Awareness
- 7 pm *The King and I* (MHS auditorium)
- 8 pm Blue Mountain Round-up Rodeo

#### Saturday, August 1

- 7 am 5K PINK Day Fun Run/2K Walk (Lloyd's Lake)
- Noon Four Corner's Shoot-Out (Bull Hollow)
- 10 am Open Horse Show
- 7 pm *The King and I* (MHS auditorium)
- 8 pm Blue Mountain Round-up Rodeo

#### Thursday, August 6

- 9 am Exhibits open
- 10 am Mini Livestock Show
- 11 am Children's Fair
- 1 pm Junior Livestock Showmanship Classes
- 7:30 pm Emerson Drive live in concert

#### Friday, August 7

- 9 am Market Livestock Shows
- Noon Children's Fair
- 6 pm Comedy Magic Show with Dan Paulus
- 7 pm Local Fun Rodeo

#### Saturday, August 8

- 7 am Lion's Club FREE Breakfast
- 9 am Exhibits open
- Children's Fair
- 11 am Junior Livestock Buyer/Seller Barbeque
- Kid's Money Dig
- 1 pm Junior Livestock Auction
- Mini Livestock Auction
- 6 pm Comedy Magic Show with Dan Paulus
- 8 pm Blue Mountain Youth Rodeo

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# ASTROLOGY HAPPENINGS

## Your Monthly Horoscope - August 2009

By Rob Wells

July 23 - Aug. 24



**Leo:** You are center stage this month with the Sun in your sign. Not much going on during the lazy first week of August. You could meet with frustrating forces on the 10th though, but just for a day. You'll be put to the test with your partner on the 17th as you defend each other. It has a happy ending. Avoid accidents on the 18th. After the 22nd the Sun moves into your money house and you must avoid talking about cash on the job to stop a war from breaking out. You'll have until the 23rd to set things right should you slip.

Aug. 24 - Sept. 22



**Virgo:** You may be feeling a little low on the energy scale this first week, so relax and recharge. Keep your temper under control on the 10th. You start to feel better from the 13th and after as the life force returns to you. Break an old habit or start a new diet on the 17th. Avoid accidents in the office on the 18th. After the 22nd the Sun moves into your 1st house of Self and you're back on your game. Guard what you say very carefully on the 23rd or you will be defending yourself until the 26th.

Sep. 23 - Oct. 23



**Libra:** The Sun and Mercury occupy your 11th house of Hopes and Wishes as you dream and plan your future for the next year. The first week of the month is perfect for this activity. Avoid frustrations of the 10th. It's only for the day. Gallant acts of romance come your way on the 17th. Avoid accidents on the job on the 18th.

After the 22nd, the Sun moves into your 12th house of Behind the Scenes and you'll feel more like kicking back for a while to recharge yourself. Verbal disputes started with your lover or child could take three days to resolve starting on the 23rd.

Oct. 24 - Nov. 22



**Scorpio:** Your career is highlighted during August. Use the 3rd for presentations with impact. Life just flows along until the 10th when frustrating energies could catch you up a little for the day. Business negotiations go swimmingly on the 17th.

Your lover or your child could test your insurance by way of an accident on the 18th. The Sun moves into your 11th house of Dreams and Wishes on the 22nd but you have things to contend with should you speak too quickly or out of turn on the 23rd. You'll have until the 26th to get it sorted out.

Nov. 23 - Dec. 21



**Sagittarius:** You could spend wonderful times socializing with your church group this month. Or taking that long vacation you've been thinking about. Either way, slow down on the 10th when the Universe seems to be in low gear. You can display true gallantry on the 17th with whatever comes your way. Be some ones Knight In Shining Armor on the 17th. On the 18th though, avoid accidents in the home. After the 22nd, the Sun moves into your house of careers and you get to take a few bows for your work this year. Avoid discussing your financial situation with ANYONE on the 23rd, or you'll be answering the hard questions until the 26th.

Dec. 22 - Jan. 20



**Capricorn:** Carefully reviewing the checkbook and the personal accounts seems like the activity for the first week of the month. If you can, take the day off on the 10th. It's going to be one of those days when nothing goes right. If you did your homework during the first week you get to save someone financially on the

17th. Careful while driving on the 18th, not everyone is as good a driver as you are. After the 22nd, the Sun moves into your 9th house and you'll be drawn to your church or social groups for fun. Don't discuss your salary with anyone on the 23rd or you could be in hot water until the 26th.

Jan. 21 - Feb. 18



**Aquarius:** Your partners have your full attention this month. Spend as much time as possible with them during the first week. A money crunch thwarts your creative ambitions on the 10th, but only for the day. You'll be riding a white horse as you come to the aid of your partner on the 17th.

Don't take risks on the 18th. After the 22nd the Sun moves into your Joint Assets house and you're back to working on

the checkbook for a month. A verbal confrontation of the 23rd could take three days to resolve. Be careful as it could come from your lover, or your child. It could cost more than you would normally be willing to pay.

Feb. 19 - Mar. 20



**Pisces:** Everyone's job is important to them and it's good to know your limits. You could learn where yours are for the third week of the month, so be advised to slow down and pay attention. Don't force issues on the 10th, you'll lose. Opening your home to someone on the 17th could win you sainthood. After the 22nd, the Sun moves into our house of partnerships and if you're married it may be time for a 2nd honeymoon. On the 23rd what you say could start a major dispute that you may have trouble containing until the 26th. My advice is, if you feel it must be said then say it, but try to buffer it to control the damages.

Mar. 21 - Apr. 20



**Aries:** This month is magical for you. As slow as the world is turning you are at your peak creatively. Romance abounds and you are far from bored. Avoid running errands for the boss on the 10th. The aid you offer someone on the 17th goes a long way to making you look like a savior. Driving on the 18th is especially hazardous, so heads up. After the 22nd, the Sun moves into your house of Health and you may feel like starting a workout routine to get in shape. Don't fly off the handle on the 23rd with what you say. You could be wrong and it's going to take you days to repair the damage.

Apr. 21 - May 21



**Taurus:** What a Norman Rockwell, Coca-cola, barbeque quiet summer heat August have you got going this year. Going no further than the front porch is all you'll need this month. A creative project could cost you more than you'd like on the 10th, so wait a week, things will change. An Idea of yours at the office saves the day on the 17th. After the 22nd the Sun moves into your romance house and your love life kicks up a couple of notches. Someone in your church group could be looking for a scrap. Avoid this person or be prepared for a real storm lasting until the 26th over all of it.

May 22 - June 21



**Gemini:** Errands here, errands there. Emails, phone calls, text messages. It's the kind of information exchange you really love. All month long. You might overload by the 10th and wind up in bed for the day, so slow down a bit. You could be tapped for a rescue mission on the 17th and you're gonna look sooo good because of it. After the 22nd the Sun moves into your house of Home and you'll be looking at those 'end of the season' gardening chores. Avoid discussing your finances with a lover or a child on the 23rd. It could go ballistic and take three days to mellow out.

June 22 - July 22



**Cancer:** Personal finances are center stage this month and given the current market, things shouldn't look too badly for you. You'll have all month to quietly add to the coffers with little bits here and there that do add up. Ignore the discouraging word that comes your way on the 10th. What do they know? A small, behind the scenes loan to someone on the 17th is a godsend to the receiver. You could get sainted. After the 22nd, the Sun moves into your house of All Around the Town. You'll be busy with messages and errands for the coming thirty days. Offering a criticism at the wrong time on the 23rd could really be a bad thing, as it's going to take three days to fix it. Choose your words wisely.



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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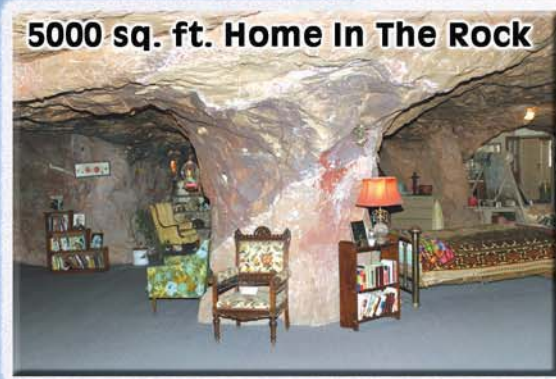
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WAHOO!!! GUNFIGHTS



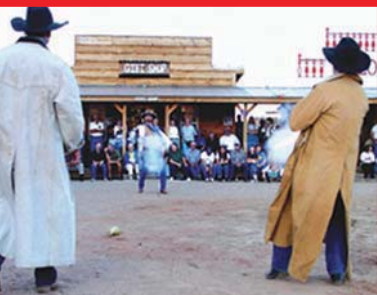
WESTERN SHOW



CHUCKWAGON DINNERS



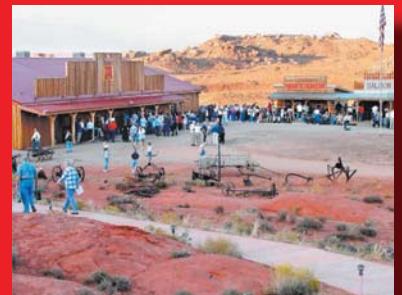
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MOAB, UTAH



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Ticket price includes 3 hours of fun, food, and music

Adults \$26.95 + tax  
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### BAR-M MENU

Sliced Roast Beef or Barbecue Chicken  
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Bar-M Baked Pinto Beans  
Buttermilk Biscuits  
Cinnamon Applesauce  
Spice Cake  
Barbecue Sauce  
Sour Cream, Butter & Honey  
Cowboy Coffee, Lemonade, Iced Tea  
(Vegetarian meal available - with advance notice)  
*Feast on our hearty, delicious Cowboy Supper served up trail style on metal plates! Sip lemonade, iced tea and coffee from a tin cup. Beer, soda pop, & sarsaparilla available at the saloon!*



Re-live the days of the American Cowboy!

Enjoy the authentic Cowboy Supper, Gunfight Show and the Music & Comedy of the "Bar-M Wranglers". Our Western Village includes Boot Hill Cemetery, Gift Shop, Saloon (serving beer, soda pop & sarsaparilla), games & photo area.

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### OPEN (days shown)

AUGUST 2009

S	M	T	W	T	F	S
						1
•	•	•	5	6	7	8
•	10	•	12	13	14	15
•	•	•	•	20	21	22
•	•	•	•	27	28	29
•	•					

### DON'T MISS IT!

Grounds open at 6:30 p.m.  
Gunfight starts at 7:00 p.m.  
Supper served at 7:30 Sharp!  
Western Music Show follows supper.  
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# MOAB HAPPENINGS

ENTERTAINMENT  
NIGHT LIFE

Volume 21 Number 5

FREE

Section B

August 2009

On Friday August 7th...Don't miss The American Cancer Society's signature event...



Family fun begins at 5 PM at the Grand County High School Track and Field

A true community event! Fun for the entire family! Come hungry! All kinds of food, entertainment, and prizes! This may be one of the most meaningful events of your lifetime! It's about our community coming together to fight back against cancer. You can help get rid of cancer, and have a whole lot of fun at the same time!

### Opening Ceremony at 8 PM

Relay begins with the Survivors Lap and Care Givers Lap

### Fight Back Ceremony at 9 PM

Learn how you can make a difference, and fight back against a disease that takes far too much.

### Ceremony Of Hope at 10 PM

A very special Luminaria ceremony, where we can remember our loved ones that have lost their battle to cancer, and celebrate our loved ones that have survived cancer. We encourage all cancer survivors to participate in the survivors lap!

Please meet at the survivor's tent at 7:30 PM. We have a FREE purple survivor's t-shirt for all cancer survivors. We need your support, so we can show everyone that you can BEAT cancer.

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- Cookies

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**LUNCH MENU** 11:30–3:00 pm

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# HEALTHY HAPPENINGS

## Grand County Hospice – Service when it's most needed

### Grand County Hospice

Grand County Hospice provides comprehensive, compassionate care for patients facing a terminal illness. Our hospice providers visit patient homes with the goal of helping patients maintain the highest quality of life possible. Hospice care is available for anyone desiring additional care and support in the final stage of their life.



*We're here for you when you need us most.*

719 West 400 North Moab, UT • 435 259-7191  
A division of Allen Memorial Hospital

Facing end-of-life challenges and dealing with terminal illness can be a very confusing and unsettling time for an individual, their family, and their friends. Hospice is a program designed to provide specialty care to individuals who have been diagnosed with a terminal illness or nearing the end of life as with advanced age. Hospice provides comfort and support to patients and their families. The goal of hospice care is to improve the quality of one's life and to maintain the dignity of the individual during the end-of-life phase and to assist the family in caring for their loved one during this difficult period. Care is provided through a team approach of specially trained professionals, which includes physicians, nurses, social workers, certified nurse's aides, clergy, and volunteers. Hospice care is, however, ultimately directed by the patient and their families.

Grand County Hospice is here to provide compassionate care and service as a patient and family advocate in their time of need. Grand County Hospice was started with a tremendous capacity to love and a vision of service to our community. This was the first Medicare certified hospice in Grand County, and merged with the All-Volunteer Hospice of Grand County at its inception. Grand County Hospice has been providing end-of-life care to residents of Spanish Valley, Castle Valley, and LaSal since its inception in 1998. It is locally owned and operated by Moab Valley



contacted the greater the assistance and peace of mind the family will achieve.

Some Hospice Facts:

- Hospice is not a place; it is a service, which cares for patients with a life expectancy of 6 months or less.
- If necessary, Hospice can be provided for more than 6 months
- Your own family physician can continue to be in charge of your care
- Hospice is a team of specially trained individuals who work together to provide medical care, and services
  - Hospice is a non-profit organization paid for by Medicare/Medicaid and most major insurances companies, HMO's and PPO's, or through charitable contributions.
  - Hospice offers bereavement and counseling services to families before and after the death of their loved one.
  - If a patient's condition improves or they choose to discontinue hospice, the service may be discontinued at any time with no loss of regular Medicare/Medicaid coverage
  - Early election of Hospice when end-of-life is imminent is important for receiving optimum benefits hospice has to offer.
  - Spiritual guidance is offered through the Hospice Clergy, or the patients designated clergy of choice. Spiritual guidance may be accepted or declined all together.
  - Hospice is for any condition which is life-limiting, not just cancer.
- Hospice is not euthanasia.
- Hospice involvement does not require stopping treatments for conditions unrelated to the life-limiting condition

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Health Care, Inc. the not-for-profit community board that operates Allen Memorial Hospital.

The full benefit of hospice is not just provided in the final hours but over the final weeks or months of a person's life. The earlier in the end-of-life phase that hospice is

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## Awaken Salon - Look Good & Feel Good

Awaken Salon, at 55 East 100 South in Moab, is a lovely place. Erin Vail is the new owner and has

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Do you have a little princess at home and need to find a new idea for a party? Give Erin a call, at 435-259-7971 to book a princess party package. It includes dressing up in tiaras and boas, updos, fresh fruit facials,

and having the girls nails done. Every girl at the party will get a vision of herself as the princess she truly is.



Come by to say hi or book an appointment today. We would love to see you.

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# HEALTHY HAPPENINGS

## Our Gem in the Desert

Whether you're here vacationing or lucky enough to make Moab your home, you've just stumbled upon a gem in the desert ...

Six years ago I did. I'd just moved to Moab having worked with some of the top Pilates instructors in New England, when I heard about Christine Lanier, a well respected yoga and Pilates instructor living in Castle Valley.

Back then it was a two hour commute from my house to hers, but I know "world class" when I see it, so I made the drive.

Now, Christine, my gem in the desert, has a jewel of a studio - ABSolute Pilates - right in the middle of town.

And at 60 years of age I'm in the best physical condition of my life! My arms and legs are muscled, toned and cut, my core and back strong - something important for anyone at any age. And Pilates helps keep those couple of extra pounds from being a couple of dozen.

I work out with women in their 20's, 30's and 40's all of us having a wonderful time together, because Christine who's not only a multifaceted trainer also has a great attitude - which makes our work spirited, fun and inspiring.

Christine's expertise originated in years of training with some of the world's top Pilates Masters. And with her ongoing studies in the latest fitness techniques, she continually updates her work. She adds to and changes classes so that even if you take the same one, you're never bored but always challenged.

Providing something for everyone as well as for every pocketbook, Christine offers a great range of programs - from standard Pilates to yoga, circuit training, balls and bands, trampolines and more.

### What is Pilates?

The Pilates Method is a form of exercise developed by Joseph H Pilates in the 1920's. It is a low impact body of work designed to enhance balance, strength and flexibility, improve alignment and posture, build concentration and coordination, and synchronize body and mind. There are several types of apparatus or equipment such as The Reformer and The Chair and exercise can also be performed on a mat. ABSolute Pilates offers individually tailored fitness programs in private sessions and dynamic group instruction in equipment classes and floor classes.

A combination of privates and classes is recommended to deliver dramatic results for a sculpted balanced body with a high degree of abdominal strength. Pilates can help with general physical conditioning, correcting structural alignment problems, and preventing injuries for a strong and supple body.



### ABSOLUTE PILATES CLASSES AND SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00		Private		Int. Reformer	
11:00		Balls n Bands		Private	Jump n Pump
12:00		Power Chair	Power Hour	Jump-Board	Essentials
1:00	BOSU	Jump-Board	Int. Reformer	Sculpt/Stretch	Int. Reformer
2:00	Power Chair	50/50 Circuit	Basic Chair		
3:00	Private		50/50 Circuit		
4:00	Int Reformer		Private		

by E.J. Gore



What I find most remarkable is that Christine knows every body she works with so well, remembers each of our particular physical challenges and goals and incorporates this into whatever we're doing.

Last week after class I chatted with a woman visiting from Chicago who'd seen the Absolute Pilates sign and dropped in. After hiking Arches, she'd hoped for a good stretch but had no idea she'd get such a great class, at such a low price. What really "blew her mind," she said, was Christine herself. She couldn't "believe there's such an amazing trainer, with this kind of energy! Here in middle of the desert."

"Yep," I said proudly, "she just sparkles, doesn't she?" Our Gem in the Desert.

E. J. Gore is a professional life coach and writer.



www.ejgore.com

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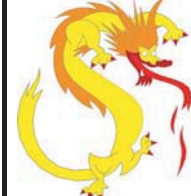
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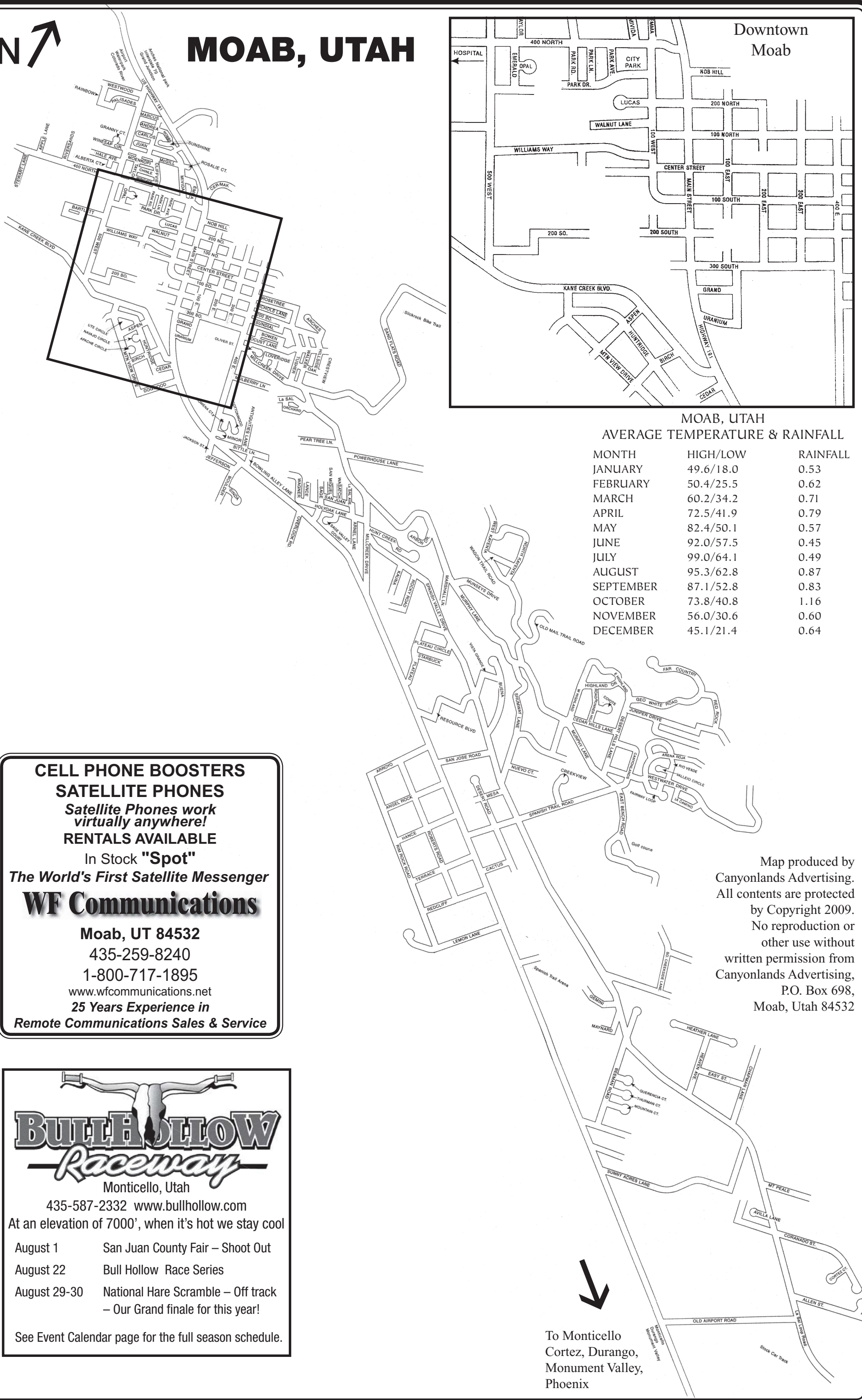
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# MOAB, UTAH



### 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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August 1	San Juan County Fair – Shoot Out
August 22	Bull Hollow Race Series
August 29-30	National Hare Scramble – Off track – Our Grand finale for this year!

See Event Calendar page for the full season schedule.

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To Monticello  
 Cortez, Durango,  
 Monument Valley,  
 Phoenix



# SKY HAPPENINGS

## The Sky for August 2009

By Faylene Roth

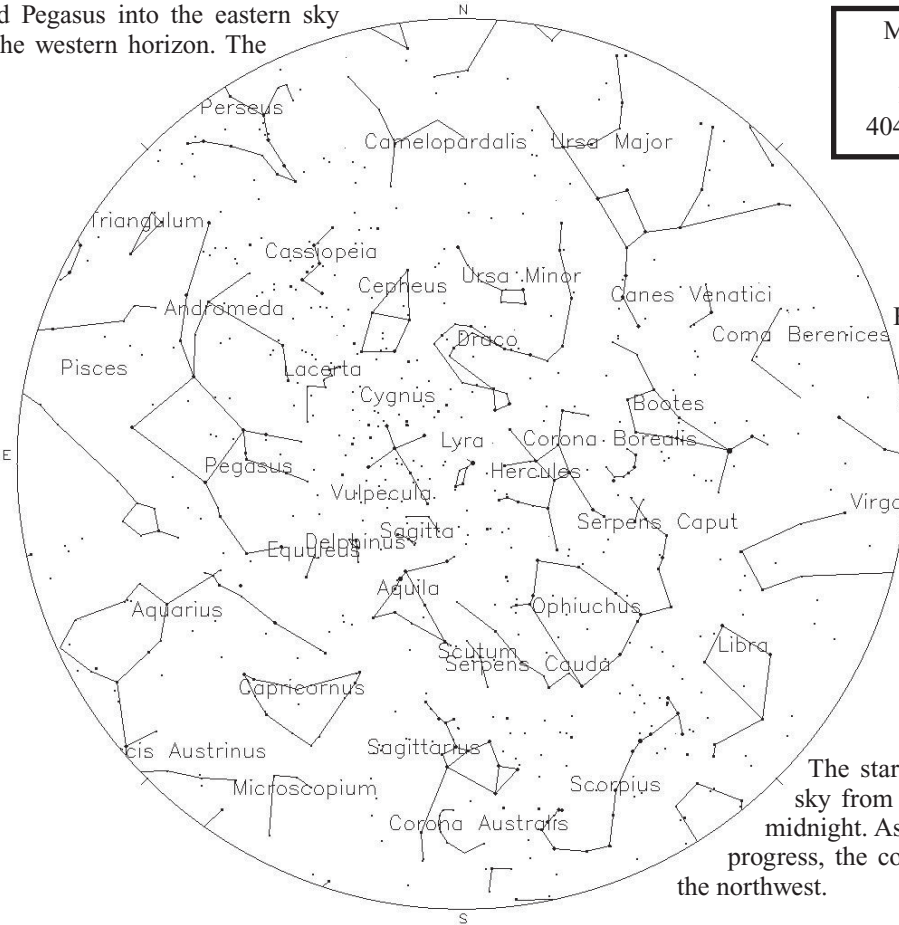
### AUGUST SUNRISE AND SUNSET TIMES

DATE	SUNRISE	SUNSET
1	6:20am	8:28pm
2	6:21am	8:27pm
3	6:22am	8:26pm
4	6:23am	8:25pm
5	6:24am	8:24pm
6	6:25am	8:23pm
7	6:25am	8:22pm
8	6:26am	8:21pm
9	6:27am	8:19pm
10	6:28am	8:18pm
11	6:29am	8:17pm
12	6:30am	8:16pm
13	6:31am	8:14pm
14	6:32am	8:13pm
15	6:33am	8:12pm
16	6:34am	8:11pm
17	6:34am	8:09pm
18	6:35am	8:08pm
19	6:36am	8:07pm
20	6:37am	8:05pm
21	6:38am	8:04pm
22	6:39am	8:02pm
23	6:40am	8:01pm
24	6:41am	8:00pm
25	6:42am	7:58pm
26	6:42am	7:57pm
27	6:43am	7:55pm
28	6:44am	7:54pm
29	6:45am	7:52pm
30	6:46am	7:51pm
31	6:47am	7:49pm

Andromeda follows Cassiopeia and Pegasus into the eastern sky as Bootes and Scorpius hover on the western horizon. The Summer Triangle is overhead.

### MAJOR CONSTELLATIONS OF AUGUST

- |  |  |
|--|--|
| <b>Overhead</b><br>Aquila<br>Cygnus<br>Hercules<br>Lyra                        | <b>Eastward</b><br>Andromeda<br>Aquarius<br>Pegasus<br>Perseus         |
| <b>Northward</b><br>Cassiopeia<br>Cepheus<br>Draco<br>Ursa Major<br>Ursa Minor | <b>Southward</b><br>Capricornus<br>Ophiucus<br>Sagittarius<br>Scorpius |
|  | <b>Westward</b><br>Bootes<br>Corona Borealis<br>Libra<br>Virgo         |



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

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.

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

- Mercury** - August 22 Mercury reaches greatest elongation, 27 degrees east of the sun. Observers need a high vantage point to view Mercury low on the horizon. Cues for sighting Mercury are a thin crescent moon and the yellow orb of Saturn to the south. Binoculars or telescope would be useful. (Magnitude 0)
- Jupiter** - This month Jupiter dominates the evening sky. August 14 it reaches opposition from the sun, the point in its orbit that is on the side of the earth away from the sun, and its closest approach to Earth. Jupiter shines brighter this month than it will for the next year. It rises soon after sunset with Capricornus and remains visible until it sets in the morning twilight. Find it low in the southern sky. (Magnitude -2.7)
- Mars** - Look for a tiny red disk rising in the northeastern sky between 2:00am and 3:00am with Taurus. August 29 Mars appears one degree south of the Beehive Cluster, a fuzzy cloud visible with the unaided eye in Taurus. (Magnitude +1)
- Saturn** - By August 10 the rings of Saturn present an edge-on orientation to Earth which renders them invisible. This presentation occurs on a 14-15 year cycle. It provides a good opportunity to view Saturn's moons with a telescope. By month's end Saturn is too low on the horizon to be visible. (Magnitude +1.3)
- Venus** - Look for Venus in the northeastern sky after 4:00am. Venus is in its crescent phase with 35 percent of its face reflecting light towards Earth. August 17 a thin crescent moon rises just ahead of Venus. Castor and Pollux, twin stars of Gemini, perch above them. (Magnitude -3.9)

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.

### DAYLENGTH

The period from sunrise to sunset decreases by 66 minutes during August. Civil twilight provides 30 minutes of strong daylight after sunset. Shapes and color fade from the landscape during the next 30-40 minutes of nautical twilight. Astronomical twilight continues another half hour as the last rays of the sun recede from the sky. The reverse progression occurs at dawn. Actual time of sunrise and sunset may vary depending upon the surrounding landscape.

### MOON HAPPENINGS

August begins with a waxing gibbous moon high in the evening sky. August 5 a full moon rises at 8:16pm. August 6 the moon and Jupiter rise together over the LaSals soon after 9:00pm. The last quarter moon occurs August 13. After midnight the moon rises with the Pleiades and over the next few hours occludes it from view. August 16 the waning crescent moon and Mars rise together after 2:00am, followed a few hours later by Venus. August 18, a thin crescent moon rises in the morning twilight with Venus. A new moon occurs August 20. August 22 a slim waxing crescent moon reappears on the western horizon with Mercury and Saturn. August 23 the crescent moon appears at twilight a little higher in the southwestern sky with Spica (Virgo). The first quarter moon occurs August 27. Later that night a gibbous moon occults Antares (Scorpius) in the southern sky.

### METEOR EVENTS

During the first few weeks of August watch the radiants of Aquarius and Capricornus for activity from the Southern Delta Aquarid Meteor Shower and the Capricornid Meteor Shower. Aquarius and Capricornus will be high in the southern sky after midnight, but bright moonlight dampens viewing conditions. Earth passes through the Perseid Meteor Shower during the first three weeks of August. Despite a waning gibbous moon, the Perseids may still provide viewers with up to 20-30 visible meteors per hour. The night and early morning hours of August 12-13 mark the peak of this event. Its radiant, Perseus, rises in the northeastern sky below Cassiopeia. Best viewing is from the end of astronomical twilight until the moon rises around midnight and again before morning twilight.

After midnight August 20 watch the vicinity of Cygnus for smoky meteor trails from the Kappa Cygnid Meteor Showers. The Southern Delta Aquarids resurge with a second peak August 21-23. A new moon offers excellent viewing conditions. The month ends with the Andromedid Meteor Showers. Andromeda will be overhead after midnight. Best viewing is August 31 after 2:00am.

### TRACKING THE MOON

The full moon on August 5 rises in the southeastern sky and sets in the southwestern sky the following morning. Notice over the next two weeks that the waning moon appears farther north on the horizon each day both when it rises and when it sets. By August 20 the new moon darkens the sky for a few days. When the waxing crescent moon reappears in the evening sky, it will have moved southward. Over the next two weeks notice that each night the moon sets a little farther south on the horizon. The north-south movement of the moon each month mimics the seasonal pathway of the sun across the sky. The sun takes one year to traverse its pathway, whereas the moon progresses through its cycle every month. To predict how high in the sky the moon will be later in the month, it's necessary to know when the moon was at its northernmost node or southernmost node. Over the following two weeks it moves towards the opposite node. The turning points are called lunar standstills.

Earth's equator is tilted 23.5 degrees from the plane of its orbit around the sun, which is known as the ecliptic. The plane of the moon's orbit around the earth is offset five degrees from the plane of the ecliptic. This variation produces an 18.61 year cycle of high-low moon, or lunar standstills. At one extreme the moon rises five degrees north of the sun's position on the summer solstice, or 28.5 degrees north of the equator. Two weeks later it rises five degrees south of the sun's position on the winter solstice, or 28.5 degrees south of the equator. Over the next 9.3 years the extremes of the moon's position north or south of the equator shrinks to five degrees less than the 23.5 degree tilt of the earth's equator to the ecliptic. At mid-cycle the north-south range of the moon in the sky would be only 18.5 degrees north or south of the equator. During the next half of the cycle the north-south extremes of the moon's pathway start to widen again. The last maximum lunar standstill occurred in 2006. Over the next six years the northernmost and southernmost positions of the moon each month will become less extreme.

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.

Primary Sources: USGS; U.S. Naval Observatory; Your Sky at <http://www.fourmilab.ch/yoursky/>

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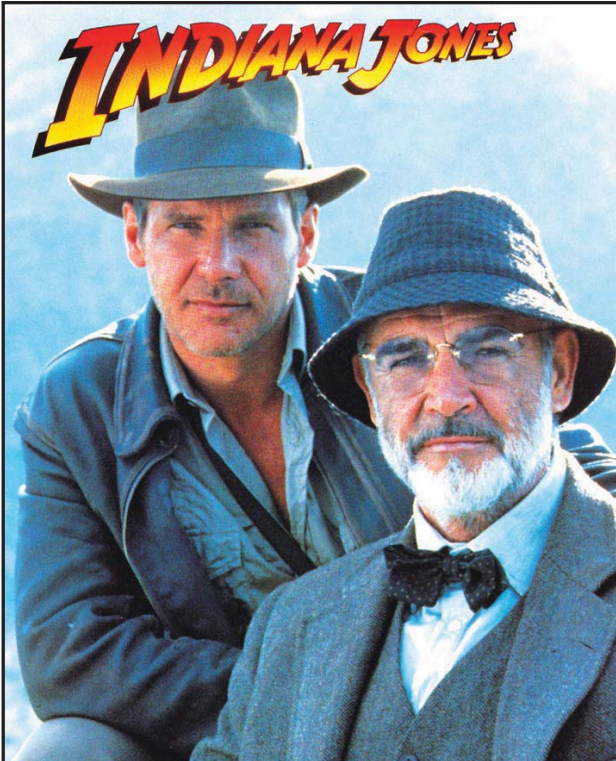
# MUSEUM HAPPENINGS

## 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

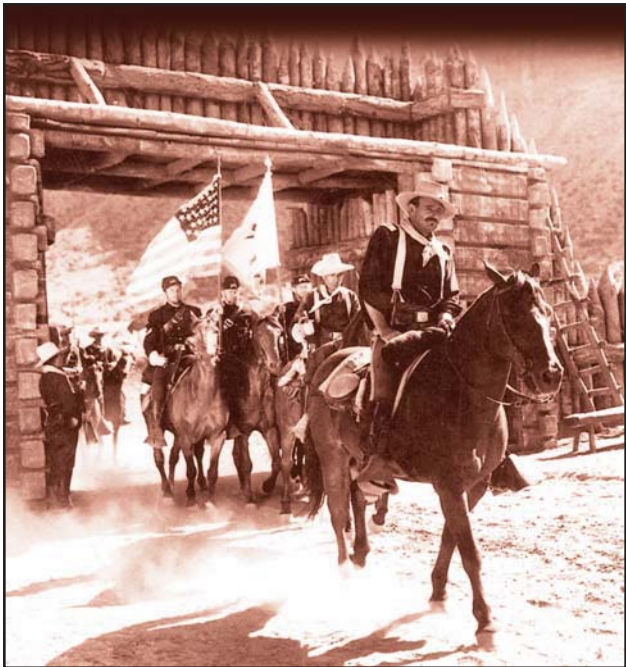


the museum are production photographs, movie posters, autographed scripts, props from the many pictures filmed in the area, and displays about the western ranching heritage. For information, call Red Cliffs Lodge at 259-2002.

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.



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

## 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 Taylor's, 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 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.



"Melissa" oil on canvas – Page Holland

"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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# GALLERY HAPPENINGS

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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 3 artists whom we are delighted to represent in our gallery.

### Vicki Acoba

Nothing can be said better than what the Artist said herself.

“I create ceramic teapots from porcelain. I throw and pull a series so shapes on the potter’s wheel. At the appropriate time, I trim the thrown objects, wrap them individually in plastic to retain the moisture. In my studio, I select and work on one thrown object at a time. I sit and look at the shape, add the appropriate spout and then decide on the surface decoration. I use a variety of methods to change the surface. I carve directly on the body of the teapot, or I apply bits and pieces of clay that I have textured or pieces of found objects that have texture to their surfaces. I might apply coils to the surface. I change the surface in order to get changes in the glazes that I use. The surface distortions cause the glazes to break differently,

reflect light in unusual manners or cause running patterns. In some instances, I leave the surfaces untouched and let the glazes create a beautiful teapot by themselves. Sometimes I layer the glazes to create unique patterns. The handles and lids are as varied as the thrown bodies of the teapots.



I never reproduce an exact duplicate of any teapot. This also means I don’t make sets of anything. I don’t have that discipline in me.

I love what I do. I do it to please me. And I have found that there are people outside of my circle who also like what I do. It pleased me to see smiles

on faces as they approach my display. They may not buy a teapot, but they have smiled and to me, that’s what it is all about.”

### Kristine Groll

Kristine was raised in Cache Valley, Utah. After some art education



and exploration of different media for years, she give herself to watercolors. She developed her own impressionistic style.

She said: “When I paint I aim for the essence of design and not for photographic report. It take courage to not paint things as they actually are. Since childhood we all been

taught to draw things as they appear. So, it was difficult to make the transition from drawing to painting the essence of something... your own unique interpretation

of the subject. I love watercolors!” She has won awards in different shows and presented her works at exhibitions of the Utah Watercolor Society.

### Edwin Hymas and Diana Lea

As a trained observer and teacher Edwin Hymas feels that creating is what we are here for, and just can’t stop. Whether it is wood, clay, plaster or metal these ideas keep taking form.

Born up north in Tremonton, Utah, in 1948, Ed has been working in clay since 1972, and was a two dimensional artist before that for several years. His work is known throughout Utah and the Western U.S. He resides in North Ogden with his artist wife Diana Lea.

Diana began her pottery career in 1977 in Boulder, Colorado. As her work evolved from stoneware to majolica she moved to Park City Utah where she met Ed in 1994.

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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 appreciate 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.

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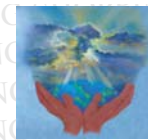


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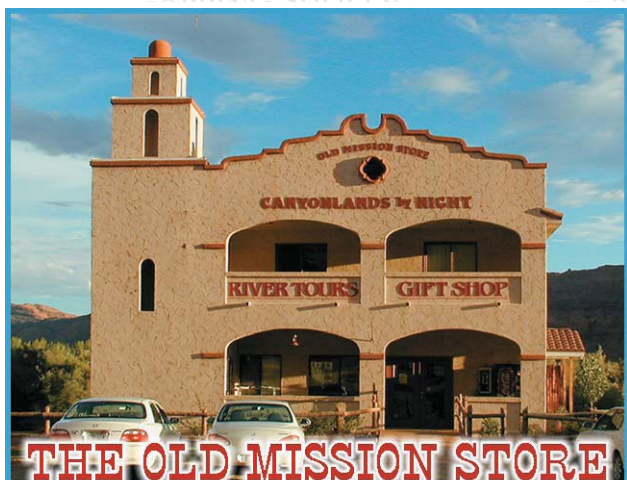
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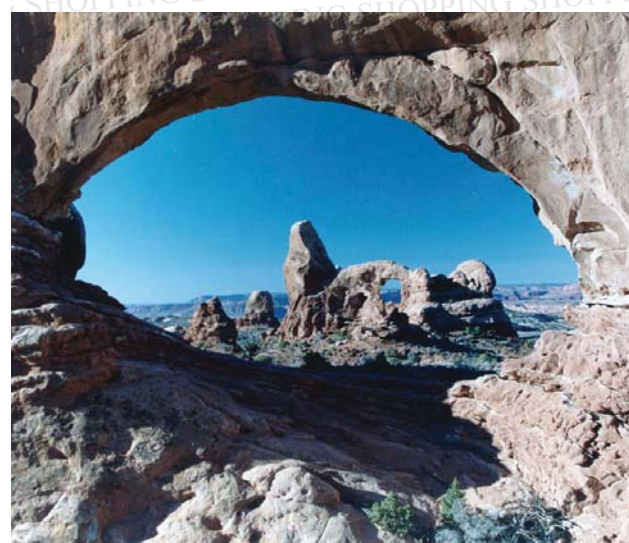
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# SHOPPING GUIDE

## SHOPPING GUIDE MAP

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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).

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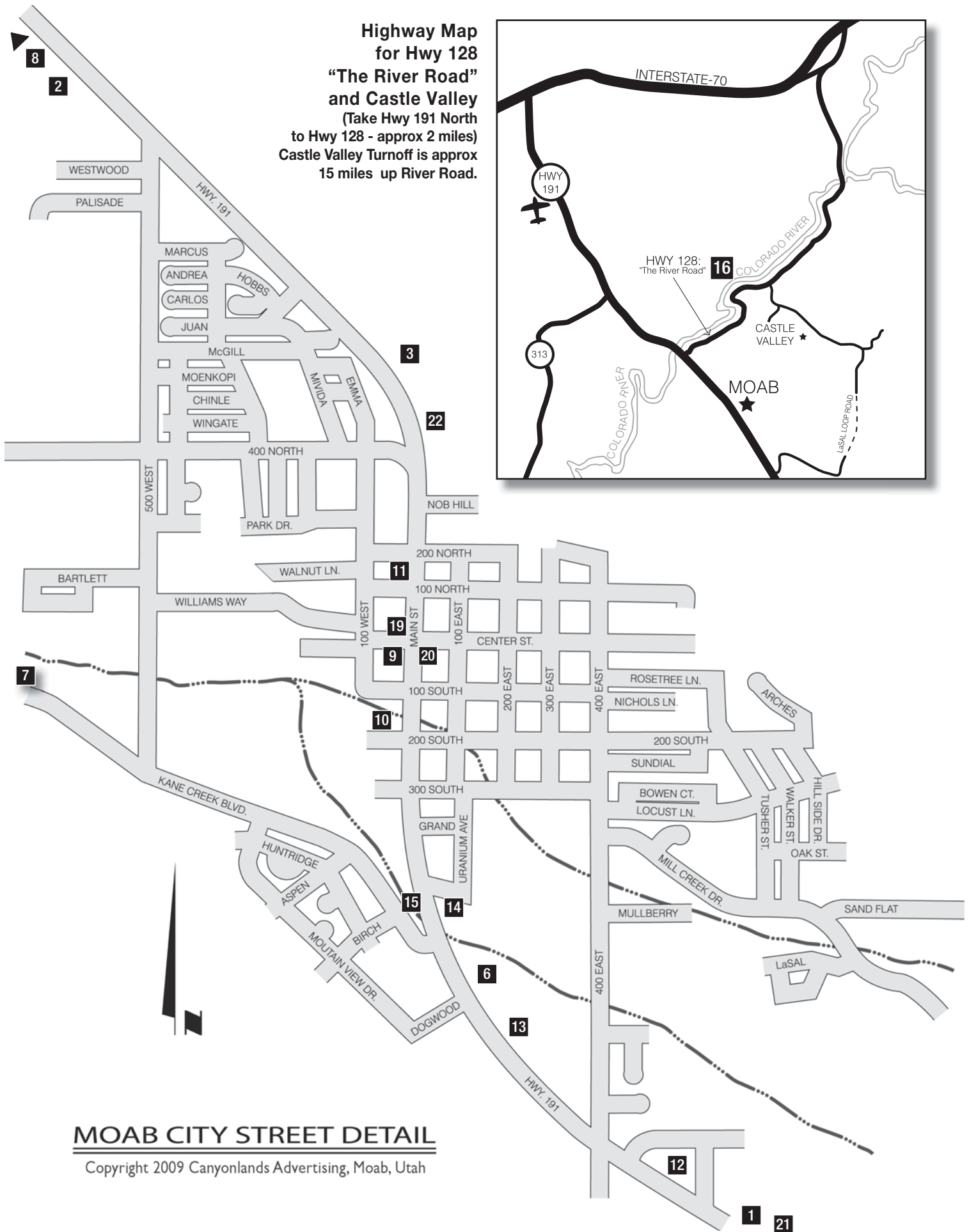
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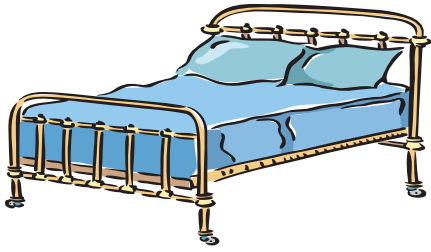
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20.	Moab Lodging	435-259-5125	www.moabutahlodging.com
21.	Rodeway Inn & Suites	435-587-2489	www.rodewayinn.com
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# SCENIC ROAD HAPPENINGS

## Beating the Summer Heat on the La Sal Loop Road

By Rob Cassingham

Moab is surrounded by stunning red rock panoramas, sheer cliffs and deep canyons. There are an entire vacation's worth of sights, hikes and bikes within an hour of the Moab city limits. Getting out of your car to experience our red rock wilderness during the blazing heat of summer can be a daunting proposition, however. Fortunately, there is a cool respite close at hand for those that seek it- The La Sal Loop road, just a few short miles southeast of Moab, climbs high into the mountains. It affords panoramic vistas, forested slopes, cool inviting lakes, small laughing brooks and streams, and temperatures thirty degrees cooler than the sweltering desert below.

The road is paved and is fine for motorcycles, but riders need to know that there are occasional patches of gravel and should adjust their speed accordingly.

The total distance is 62 miles round trip, not counting side trips.

The La Sal mountains are a small range, measuring only 15 miles long and 4 or 5 miles wide. Despite this, they are the second tallest in Utah, with twelve peaks over 12,000 feet (3657 meters) in elevation. They were formed approximately 24 million years ago when stocks of molten rock would find a weak spot and

bulge upwards, until the molten rock would encounter a thick sedimentary layer. The lava would then spread until it found another weak seam, and again bulge upwards. This process was repeated many times, but there was so many thick geologic layers that the molten rock never reached the surface. Essentially, the La Sals (and several other ranges in the region, such as the Abajo mountains west of Monticello) are failed volcanoes. They built and built, lifting and deforming the geologic layers above, yet never erupted into a volcano. The lava eventually cooled and solidified. When the ice ages arrived, glaciers scoured away the nearly 5,000 feet of still-remaining geologic formations from the peaks of the La Sals, exposing the igneous cores. The highest elevations of the mountains are composed of shattered and scattered grey rubble composed of this igneous rock.

The La Sal mountains are home to black bear, mountain lions, bobcats, coyotes, and dozens of other species. Lower elevations have abundant Juniper and Piñon pine, while higher elevations are crowded with stands of Aspens, Ponderosa pine, Douglas Fir and Engelmann Spruce.

Before starting your trip to the mountains, it would be wise to get some water, food and a map, as no services are available after you leave Moab. There are several vault toilets, however.

To access the La Sal Loop road, start at the intersection of Main and Center Streets in downtown Moab and reset your tripmeter, or note your mileage.

Mile 0 Main and Center Streets, Moab. Continue south on Main Street (US Highway 191).

Mile 7.8 Just beyond milepost 118 is Old Airport Road. Turn left here.

Mile 8.3 Old Airport Road ends at a 'T' intersection with Spanish Valley Drive. Turn right.

Mile 9.8 RESET YOUR TRIP METER TO 0. You are to continue heading straight at this intersection. For all practical purposes, Spanish Valley Drive becomes the La Sal Loop Road at this intersection.

Ken's Lake lies .3 miles to the east at this intersection. It offers a refreshing reservoir, hiking, restrooms, a campground, and a beautiful man-made waterfall ("Faux Falls").

Mile 3.4 The road to the right leads to the Pack Creek campground.

As the road climbs to higher elevations, Piñon and Juniper become more prevalent; as the road climbs even higher the trees get taller.

Mile 10 The road to the right leads to Geysir Pass, nearly 11,000 feet elevation.

Mile 10.2 A vault toilet is on the left.

Mile 11.4 The road to Oowah Lake is to the left. Oowah (pronounced Ooh Aah) and Warner Lake are beautiful little lakes surrounded by a dense grove of aspens, firs and spruce trees. The dirt road to Oowah is 3.0 miles one way, and is passable in



dry conditions to passenger cars. It can have some sections of mild washboard.

There is a toilet at the Oowah Lake campground, elevation 8,800'.

Mile 12.7 This graveled road (approx. 5.5 miles long) travels to the Warner Lake Campground. Warner Lake is similar to Oowah, but with



mountain peaks looming nearby. Restrooms are available at this campground. Warner Lake is at 9,200' elevation.

Mile 15 The road to the Sand Flats Recreation Area (which is also an alternative route back to Moab) is to the left. This highly scenic dirt road will be detailed in a future issue of Moab Happenings.

Over the next several miles, visitors will enjoy the spectacular panorama looking down into Castle Valley.

Mile 19.0 To the left is the road leading to the Pinhook Battlefield. Listed on the National Register of Historic Places, Pinhook Draw was the scene of an 1881 ambush of a posse that had been chasing a mixed band of Utes, Paiutes and Navajos. Eight members of the posse were killed in the clash, and two Moab boys that had been tending cattle in the area were also killed when they wandered over to investigate the sounds of battle. Three more posse members were seriously injured. The number of Indians killed in the battle varies from two to eighteen, depending on the source.

Mile 23.7 The La Sal Loop Road ends at this intersection. To return to Moab, turn left and follow Castle Valley road to Utah Highway 128. As you drive this road, you will see the famous Castleton Tower (sometimes called Castle Rock) and the Priest and Nuns spires. These famous landmarks have been in many western movies.

There are no services in Castle Valley.

When you reach Utah Highway 128, turn left and follow highway 128 ('The River Road') back 15.5 miles alongside the Colorado River to the intersection of US Highway 191. There are many beaches, campgrounds and rest rooms along this stretch of highway.

When you reach Highway 191, a left turn will take you back to Moab.

We hope you have enjoyed this driving guide. There are many more amazing roads in the Moab area to enjoy, and we hope that you will want to visit all of them! The Moab Happenings will detail one of these canyon country gems every month, so look for the Sand Flats Road in next month's issue.



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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.

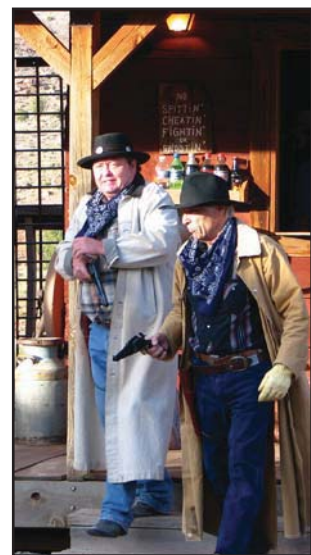
Valerie and Alan met and married in Nashville, Tennessee. Valerie was a recording artist on MCA Records with the music/comedy trio "Ethel & the Shameless Hussies." Originally from Illinois, Alan was a singer/song writer and once toured with the internationally famous group "Up With People." In 1992, 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 call for schedule. There is year-round availability for special events. The Bar-M operates rain or shine to serve you and your family, group, banquet or party in a big, beautiful, climate-



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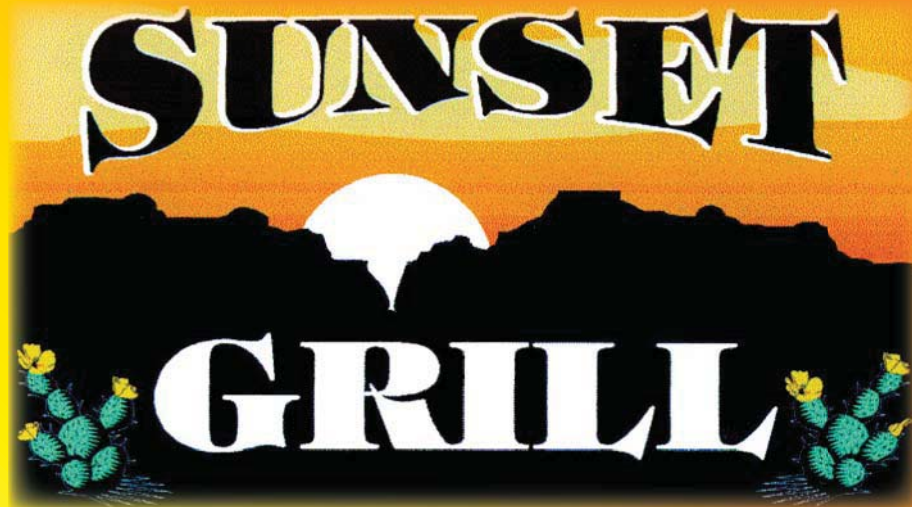
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