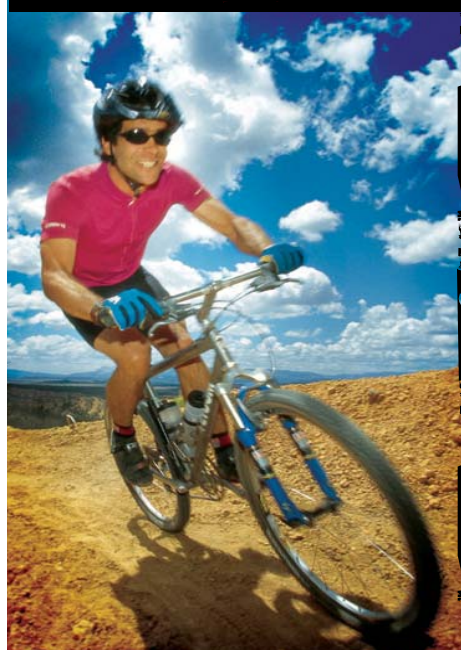


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MOAB HAPPENINGS

Volume 22 Number 3

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JUNE 2010

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Canyonlands PRCA Rodeo
June 3, 4, 5



Moonshadows in Moab
June 26, 27

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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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Advertising rates available upon request.

Publisher/Editor Theresa King
 Production, Graphic Design: Steve Budelier,
 Cliff Crutchfield, Megan Schafer & Theresa King
 Special Projects..... Rex Holman
 Circulation..... Susan Baffico, Jeff Barron
 Sales Gayle Weyher, Aaron Davies, Theresa King
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Canyonlands Advertising
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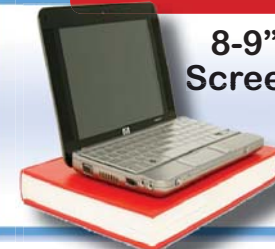


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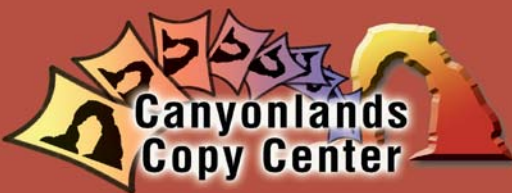


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PARK HAPPENINGS

Children's Activities at Dead Horse Point State Park

by Kim Clawson

If you are planning a visit to Dead Horse Point State Park with the family, check out some of our many activities for children! As you enter the visitor center, ask the ranger at the front desk for information about the junior ranger program. This program is geared towards children ages 6 to 12, but anyone is welcome to participate. Children ages 5-9 must complete at least three activities inside the



book while children ages 10-12 must complete at least six activities. Both age groups also must either pick up litter or attend a ranger-led program. These programs include a day program held at the main overlook or an evening program held at the visitor center. Activities inside the book include animal track matching, word scrambles, word searches and a landscape match to learn the difference between a mesa, butte, canyon and column.

There is a discovery zone for children inside visitor center museum. Many books about local wildlife or the environment are available, as are activity sheets, local rocks and fossils, animal fur and footprints, puzzles, games and beanbags. Park staff does ask that parents supervise their children while in the museum and during ranger-led programs.

For adventurous children, the park's new Intrepid Mountain Bike Trail System includes two short, family-friendly loops. The first loop, the Intrepid Loop, is a mile long and is rated as easy and beginner. The four-mile loop, the Great Pyramid Loop, is 4.2 miles long and is a little more challenging.

Dead Horse Point State Park has many hiking trails that are suitable for children. The nature trail near the visitor center is ¼ mile long and has an accompanying guide that



talks about the plants of the Colorado Plateau. There is a mile-long (round-trip) hike to a concentration of potholes just north of the visitor center. After a recent rainstorm, hike to these potholes to see fairy shrimp, tadpole shrimp, spadefoot toad tadpoles and more!

Ask at the visitor center for information about the park's geocache and that day's programming. Contact the park by calling (435) 259-2614 or by visiting the website at www.stateparks.utah.gov.

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MOAB AREA EVENTS CALENDAR



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Old Spanish Trail Arena

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June 2010

- May 28-June 6th.....Mesa Verde Country Indian Arts & Culture Festival 10th anniversary award winning festival held in Colorado. Juried Indian Art Market, Navajo Rug Auction, Special Archaeological Tours, Native American Dancers and Concert. More information: 800.530.2998 www.mesaverdecountry.com
- 3 Moab Information Lecture Series, 7 pm
Fremont Archeology with author Steven Simms and photographer Francois Gohier. Presenting information from their new book "Traces of Fremont - Society and Rock Art in Ancient Utah". Steven Simms will present a slide show of Francois' photos from the book set to original Native American flute music. The music rises and falls, and will be accompanied by live readings from the book." Steven R. Simms is a Professor of Anthropology at Utah State University, Logan, Utah. FREE to the public. Center and Main.
- 3-5 Canyonlands PRCA Rodeo, Spanish Trail Arena, 7:30 pm
Three nights of professional rodeo. Great family entertainment. Bullriding, Bareback, Team Roping, Mutton bustin', Rodeo clown and much more. See ad on page 7A and article on page 1B for ticket prices and locations.
- 4-5 Project Green River: An Art, Film and Music Festival
An opportunity to celebrate Green River while raising awareness about homelessness in rural Utah. Held on Broadway, all funds raised will go towards building houses for an impoverished residents of Green River, Utah. Event sponsored by AmeriCorps VISTA's of the Green River Community Center who partner with organizations like Habitat for Humanity and the USDA. Visit projectgreenriver.org or call 435-564-3330 for more info.
- 5 Moab Farmers' Market, Swanny City Park, 8 am - 12 noon
Sponsored by the Youth Garden Project at Swanny City Park, 100 West and Park Drive. Fresh local food, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. For information contact Gayle Weyher 259-0242.
- 5 Rodeo Parade, 10am, Main Street, Moab
- 5 High School Fundraiser, Hideout Golf Club, Monticello
Four person scramble, proceeds go to the Monticello and San Juan High School golf teams. www.hideoutgolf.com see ad on page 6A
- 9 Second Wednesday Book Club, Grand County Library, 6 pm
Laughing Boy by Oliver La Farge is June's book selection. All are welcome. Books provided by the Utah Humanities Council are available for checkout at the Library
- 10 Moab Garden Club, 7 pm
This is a new club just starting up in Moab. We will be meeting on the second Thursday each month at different locations. In June we will be touring a local garden and Sol Food Farms both within walking distance of each other. Everyone is welcome to join us. It is our purpose to share our knowledge, plants and seeds and just have fun. We ask anyone coming to bring any seeds or plants that you can share with others if you can. To get the locations and directions call Tricia Scott at 259-6342.
- 10 Moab Information Lecture Series, 7pm
Fire Ecology "Heather McLean"
FREE to the public. Center and Main.
- 10-12 Ute Mountain Round-up Rodeo, 7 pm, Cortez
Held at Montezuma County Fairgrounds, east of Cortez on Hwy 160. Dance at the Fairgrounds: Friday & Sat. nights. Parade Saturday night: Downtown Cortez at 6 pm. Carnival at the fairground: Wednesday thru Sunday. www.utemountainroundup.com see ad on page 6A
- 11-12 Rockwell Relay
Road cycling Race with teams of 4 cyclists riding from Swanny City Park in Moab in a relay race format, non-stop to St. George. For more info visit rockwellrelay.com or call 801-425-4535.
- 11-13 3rd Annual African Drum & Dance Retreat
All age & experience levels welcome! Open jam circle around fire. Moongazing with telescope & 3D vision goggles!
"Dance the Rim of the Canyon" with renowned instructor Deja Mitchell. register at blueemeraldalchemy.com . call 323.854.7288
- 12 Moab Art Walk, 6:00 - 9:00 pm
Stroll Moab's galleries, shops and cafes and view fine locally created Moab art. The Moab Art Walk includes featured artists and receptions. Most exhibits run for a month or more, so feel free to stop in anytime at participating locations! For more info, visit moabartwalk.com or call 435-259-3861. See map and article on page 8A.
- 12 Moab Farmers' Market, Swanny City Park, 8 am - 12 noon
Sponsored by the Youth Garden Project at Swanny City Park 100 West and Park Drive. Fresh local food, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. For information contact Gayle Weyher 259-0242.
- 12 Bull Hollow Race Series (Round 2), Monticello
www.bullhollow.com Call 435-459-4337 or 435-587-2332
- 12-13 Arch & Horsehead 2 Man Best Ball Golf Tournament
Two day event: Day One is a 2 man scramble in Monticello at the Hideout Golf Club. Day Two is a 2 man best ball at Moab Golf Club

For more info on events see www.moabhappenings.com

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Saturdays 8:30-1:00pm
Wet & Wild Creek Walk

Saturdays 4:30-9:00pm
Arches NP Sunset Tour

Sundays 8:30-1:00pm
Moab's Ancient Past

Transportation, snacks & park fees are included.
\$30-45/person per tour. \$20/youth for Wet & Wild Walk.



Call CFI to register:
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CFI is an outdoor education nonprofit organization.

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DEADLINE for July Events Calendar: JUNE 20, 2010

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

MORE MOAB AREA EVENTS

June 2010 events continued

- 13 Stargazing with Red Rock Astronomers, 9:15 pm
Join Red Rock Astronomers for an evening of stargazing and telescope viewing. Meet in the southwest corner of Old City Park below the bandstand and duck pond. Bring a chair or blanket for viewing. See Sky Happenings on page 17A of this issue for more information.
Sponsored by WabiSabi and all ages are welcome.
- 14 **FLAG DAY**
- 15-19 Young Explorers Base Camp, La Sal Mountains
For kids entering grades 7-9, 4 days and 3 nights camping in the mountains with last day rafting the Colorado River. Camping, river gear, meals provided. Scholarships available for regional kids. \$100/child. Call CFI for more details (435) 259-7750.
- 17 Moab Information Lecture Series, 7 pm
"Riparian Systems", The talk will be on riparian health and the role of tamarisk and the recently introduced Tamarisk Beetle. Speakers will be from the Tamarisk Coalition and Canyonlands Field Institute. FREE to the public. Center and Main.
- 18 Riparian Walk, Canyonlands Field Institute.
Part two of CFI's Talks and Walks. (see MIC Lecture on June 17th for talk). The walk will venture out into the riparian zone to identify native and non-native species and hopefully find some of the beetles. An expert from the Tamarisk Coalition and one of CFI Naturalist Guides will lead you on a half day informative walk in a riparian zone near Moab. Cost \$45/person. \$5 discount for CFI members. Call 435-259-7750 for more info. All proceeds go to youth summer programs.
- 18-19 Utah Sports Riders Assoc Desert, BullHollow Raceway
Monticello www.bullhollow.com Call 435-459-4337 or 435-587-2332
- 19 Moab Farmers' Market, Swanny City Park, 8 am - 12 noon
Sponsored by the Youth Garden Project at Swanny City Park 100 West and Park Drive. Fresh local food, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. Grand County Public Library presents story time at 10:30 am.
For Information contact Gayle Weyher 259-0242.
- 19 Father Son Scramble Golf Tournament, Green River State Park
- 20 **FATHER'S DAY**
- 24 Moab Information Lecture Series, 7 pm
Logan Hansen "Recent Changes in Global Climate Change"
FREE to the public. Center and Main.
- 24 Thursday Night Movie at the Library, 7 pm
Film - "Alice in Wonderland" starring Johnny Depp. Free event. Everyone is invited.
For more info visit the Grand County Public Library, 257 E. Center Street. or call 435- 259-1111
- 26 Moab Farmers' Market, Swanny City Park, 8 am - 12 noon
Sponsored by the Youth Garden Project at Swanny City Park 100 West and Park Drive. Fresh local food, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. For Information contact Gayle Weyher 259-0242.
- 26 Moonshadows in Moab, roadcycling event
A road cyclist's dream: An unforgettable sunset into moonlight experience. Register Now!
see article on page 15A of this issue. 435-259-3193 skinnytireevents.com
- 26 Raft for the Cure, Moab Adventure Center
Teaming up with Susan G. Komen for the Cure Salt Lake City to help raise money for the fight against breast cancer. Learn more at: raftforthecure.com.
After your rafting adventure, join everyone at the Moab Adventure Center for a BBQ Dinner, free LIVE concert and auction giveaways. For more call 866-904-1163 or 435-259-7019.
- 26-27 No Limits MX, BullHollow Raceway, Monticello
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June 12 Bull Hollow Race Series (Round 2)
June 18-19 USRA Desert (Utah Sports Riders Assn)
June 26-27 No Limits MX

See Event Calendar page for the full season schedule.



July 2010

- 1 Moab Information Lecture Series, 7 pm
Renee Jack "International Firefighting" FREE to the public.
Center and Main.
- 3-4 American Vintage Dirt Riders Assoc. AVDRA,
BullHollow Raceway, Monticello
www.bullhollow.com
Call 435-459-4337
or 435-587-2332
- 4 **INDEPENDENCE DAY**
- 5 Travis Hugentobler
Memorial Race,
BullHollow Raceway, Monticello
www.bullhollow.com
Call 435-459-4337
or 435-587-2332
- 8 WabiSabi Nonprofit Network
Partner's Picnic, 12 noon.
Held at Rotary Park.
Nonprofit organizations are invited to join. Bring with you another nonprofit with whom you partner, especially if they have never been to a nonprofit network event!
Lunch will be provided by one of WabiSabi's partners - Youth Garden Project
- 15 Moab Information Lecture Series, 7 pm
CFI Naturalists "Children and Water, Watersheds and Aquatic Critters"
FREE to the public. Center and Main.
- 17-18 Hideout Couples Amateur Golf Tournament, Monticello
- 24 **UTAH STATE HOLIDAY, PIONEER DAY**
- 26 Full Moon Hike at Dead Horse Point State Park
Join park staff for a mile-long sunset/moonrise hike.
Meet at the Neck parking area, about a mile south of the visitor center at 8:00 pm for this hour-long program.
- 31 BullHollow Race Series (Round 3), Monticello
www.bullhollow.com Call 435-459-4337 or 435-587-2332



2010-2011 Events

- June 3-5 Canyonlands PRCA Rodeo
June 6 Free fishing day for everyone in Utah
June 12 Moab Art Walk
June 26 Moonshadows in Moab
July 4 Independence Day Celebration
August 6-7 Relay for Life
September 2-13 Moab Music Festival
September 4-6 Labor Day Red Rock 4 Wheelers Campout
September 5 Moab Studio Tour
September 11 Moab Art Walk
September 17-19 Moab Century Tour
September 22-24 Skydive Festival
September 23-26 Moab Fall Quarter Horse Show
October 1-7 Moab Plein Air Festival
October 7-10 Gem & Mineral Show
October 7-10 Moab Outerbike Demo Event
October 9 Moab Art Walk
October 9-10 24 Hours of Moab
October 17 The Other Half Marathon
October 21-24 Confluence: Celebration of Reading & Writing
October 29-31 Annual Chile Ho-Down Bike Festival
October 30 Annual Pumpkin Chuckin' Festival
November 5-7 Moab Folk Festival
November 13 Moab Art Walk
December 4 Electric Light Parade
December 4 Winter Sun 10k
December 5 Moab Studio Tour
December 11 Moab Art Walk
- February 26, 2011 WabiSabi Fashion Show

NATURE HAPPENINGS

The World of Woodpeckers

by Damian Fagan

From the streets of Moab to the spruce-fir forests cloaking the slopes of the La Sals, there lives a diverse and wild world of woodpeckers.

One familiar woodpecker of the urban landscape is the brightly-colored Northern flicker. Just because the



bird does not bear a “woodpecker” name doesn’t exclude it from this group of hard-headed, chisel-beaked arboreal pounders. Members of the Picidae Family (woodpeckers or picids) are small to medium-sized insectivorous birds that bear stiff tail feathers and specialized skulls and tongues. More on that in a moment.

Flickers, given their name for their habit of quickly striking with their bill, are perhaps the best known and least liked member of the picids. At times, flickers attempt to excavate nest cavities in house siding, even pounding through stucco to gain entry to the hollow space between the studs. Never mind insulation packs that space; the flickers soon discard this material to make room for their nest site. Although there are ways to deter flickers from destroying one’s siding, remember that these birds are not malicious, just in search of a spot to lay their eggs.



Once known as red-shafted flickers,

after the coloration of their tail feather shafts, these birds produce a constant and rapid drumming sound to announce their territorial designs. Though the birds tend to use dead trees for this purpose, siding or metal electrical boxes mounted high on light poles are suitable substitutes.

The drumming pattern, at times, helps to identify the different species in the forest. Both downy and hairy woodpeckers also have a rapid, but shorter and softer drumming sequence. The Williamson’s sapsucker, another member of this picid group, has a drumming sequence that starts out strong, and then fades into a series of random hits, almost like it was forgetting what the bird was up to.

Whereas drumming and calls are used for territorial and breeding purposes, woodpeckers also use their stout bills to either drill holes in tree bark or pry off flakes of bark in search of insects. Some, like the pileated and hairy woodpeckers, hammer holes into trees as they forage for insects. Like the other woodpeckers, these two rely on their long, finely-barbed tongues to snare even deeply embedded insects.



To make room for the length of the tongue, sometimes four times as long as the bill, woodpeckers have special cavities in their skulls into which the tongue retracts. When in use, the sticky-tipped tongue unfurls like a butterfly’s proboscis and laps up either insect or sap.

Both red-naped and Williamson’s sapsuckers occur in the Moab area, but these creatures do not suck sap as their names lead one to believe. Drilling parallel rows of holes into live trees, these sapsuckers lick up the oozing sap or consume insects trapped in the sticky sap. Both will also consume berries.

This goes to show that woodpeckers may occur in a similar habitat, but specialize in their food preference. Like the flickers. Often viewed perched on the ground, these birds consume ants in large amounts. Then there is the acorn woodpecker, named for its habit of caching acorns into shallow holes drilled into a tree. This caching habit, sometimes done communally, may result in thousands of acorns jammed into one tree.

There is also the Lewis’s woodpecker, named for Meriwether Lewis who first collected this species during his historical expedition to the Pacific Ocean. Brilliantly colored with a pinkish belly and greenish back, these woodpeckers tend to catch insects on the wing, similar to a flycatcher. From a perch, these birds swoop after flying insects or hunt for berries and pine nuts. Like the acorn woodpecker, the Lewis’ will cache food for future use.

In addition to the above species, there are three-toed members of the family: the American three-toed and the black-backed woodpeckers. Both occur in the La Sals and have a habit of prying off large chunks of bark to get at the wood-boring insects below. Lacking a fourth toe, these woodpeckers are appropriately named.

So whether walking the Mill Creek Parkway in town or the Miner’s Basin trail in the La Sals, keep an eye, and an ear, open for the hammer-heads of the forest – the woodpeckers.



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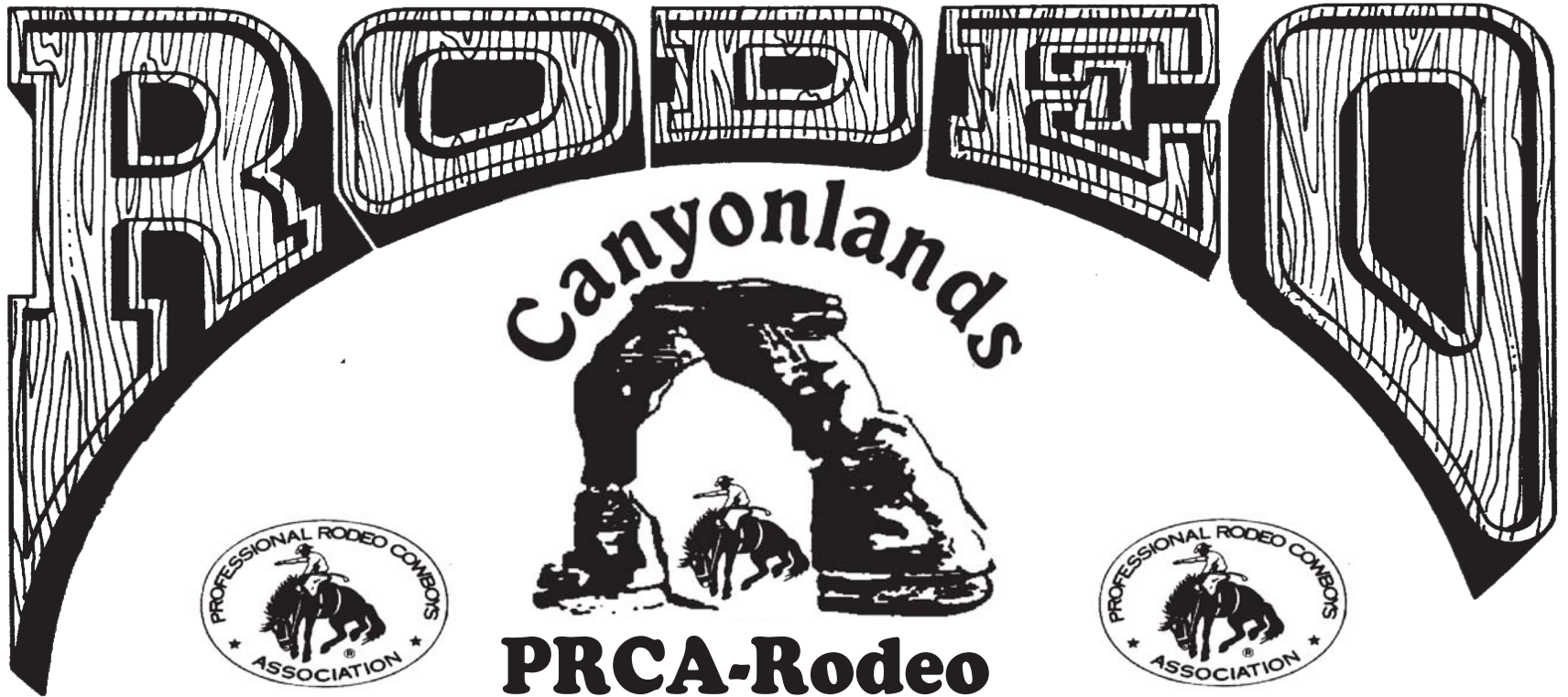
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Intermountain Farmers Association (IFA)
www.utemountainroundup.org

Check out these other Rodeo events:
Dance at the Fairgrounds: Friday and Saturday Nights
Parade Saturday Night: Downtown Cortez at 6:00PM
Carnival at the Fairgrounds: Wednesday – Sunday

June 10th – 12th 2010

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JUNE 3, 4, 5, 2010



7:30 P.M. NIGHTLY • MOAB, UTAH

INDOORS at the Old Spanish Trail Arena

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AT THE DOOR

**Adults \$12 • Children \$7
Family \$35**

SPECIAL EVENTS



Randee Munns Clown Act

Kids Only

Mutton Bustin' Each Night

Browns Amusements Carnival

**\$1.00 a ticket
\$25.00 UNLIMITED**
One day only **ride Wristband**
Carnival open all 3 days!
all rides take 3-4 tickets
kids & adults



Rodeo Parade - Saturday, June 5 at 10 a.m.

Thursday Night Be
"TOUGH ENOUGH TO WEAR PINK"
and be eligible for a special prize



For a donation YOU COULD WIN
a Side by Side UTV,
a Bike or Black Powder Rifle

COWBOY SPONSOR

RED CLIFFS ADVENTURE LODGE

GOLD & SILVER BUCKLE SPONSORS

The Truth About Tobacco



WHITE RANCH



BowTie Beverage

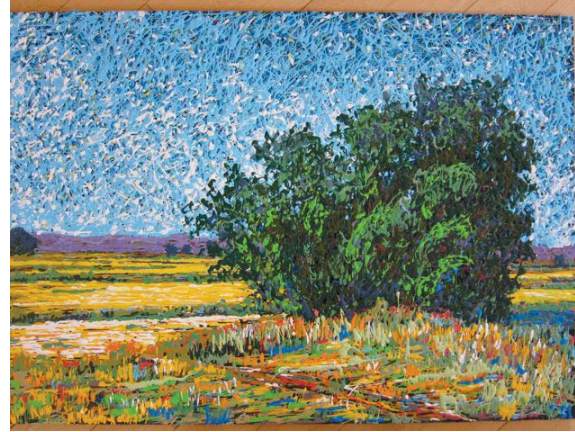


ART WALK HAPPENINGS

Moab Art Walk, Saturday June, 12th from 6pm to 9pm



Overlook Gallery
Group Show
The Overlook celebrates the beginning of summer with a display of plein air landscapes and studio paintings by Cody DeLong, Chris Kolupski, Carolyn Dailey, Rick Wheeler and Louise Seiler.
83 E. Center
435-259-3861
www.moabarts.com
overlookgallery@yahoo.com



Back of Beyond Books/Arches Book Company -Nick Rees

Nick Rees is a self-taught painter who grew up in rural Utah. He has studied, traveled and painted extensively focusing on oil and acrylic landscapes. This current show is a collection of studio abstracts and recent plein aire landscapes. "I hope through my paintings to capture and re-convey the awe and beauty all around us."
83/89 N. Main Street
435-259-0782
www.backofbeyondbooks.com
andy@backofbeyondbooks.com



The Western Image
Page Holland

The Western Image features oil paintings by Page Holland and Sunnie Holland. Come visit us at our new location at 39 N. Main Moab, UT
435-259-3006
www.moabartists.com
shane@deetercustomsaddlery.com



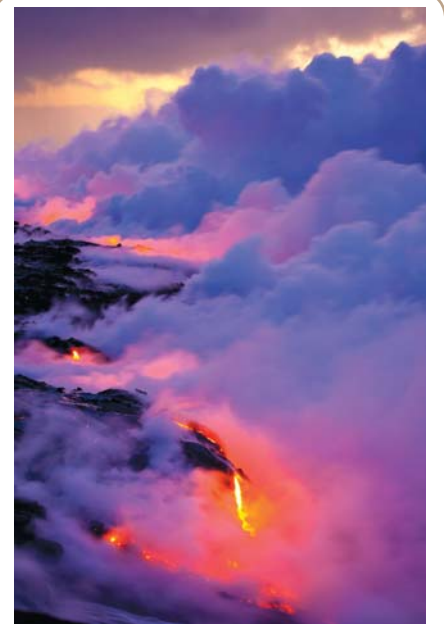
Framed Image
Fine Art Gallery

John DePuy
Presenting the hallucinatory desert landscapes of John DePuy. Still painting daily at the age of 82, John was associated with the "Taos Moderns" in the late 1950s. He was also best friends and a kindred spirit of the writer Edward Abbey.
59 E Center Street Moab, Utah
434-259-4446
www.framedimagemoab.com
info@framedimagemoab.com



Moonflower Market
George Dille

I have been in and out of Moab for fifty years. I love the scenery! You don't need to be a photographer to take beautiful scenery pictures- just point and shoot! My desire, however, is to photograph something unusual.
39 E 100 N Moab, Utah
435-269-5712
moonflowermarket@frontiernet.net



Tom Till Gallery

The Tom Till Gallery is featuring new metal prints. More archival than any photographic process, these prints seem to glow with an inner flame. One print of lava in Hawaii will keep you warm on these cold spring nights.
61 North Main Street Moab, UT
84532
435-259-9808
www.tomtill.com



1 MOONFLOWER MARKET
39 E 100 N

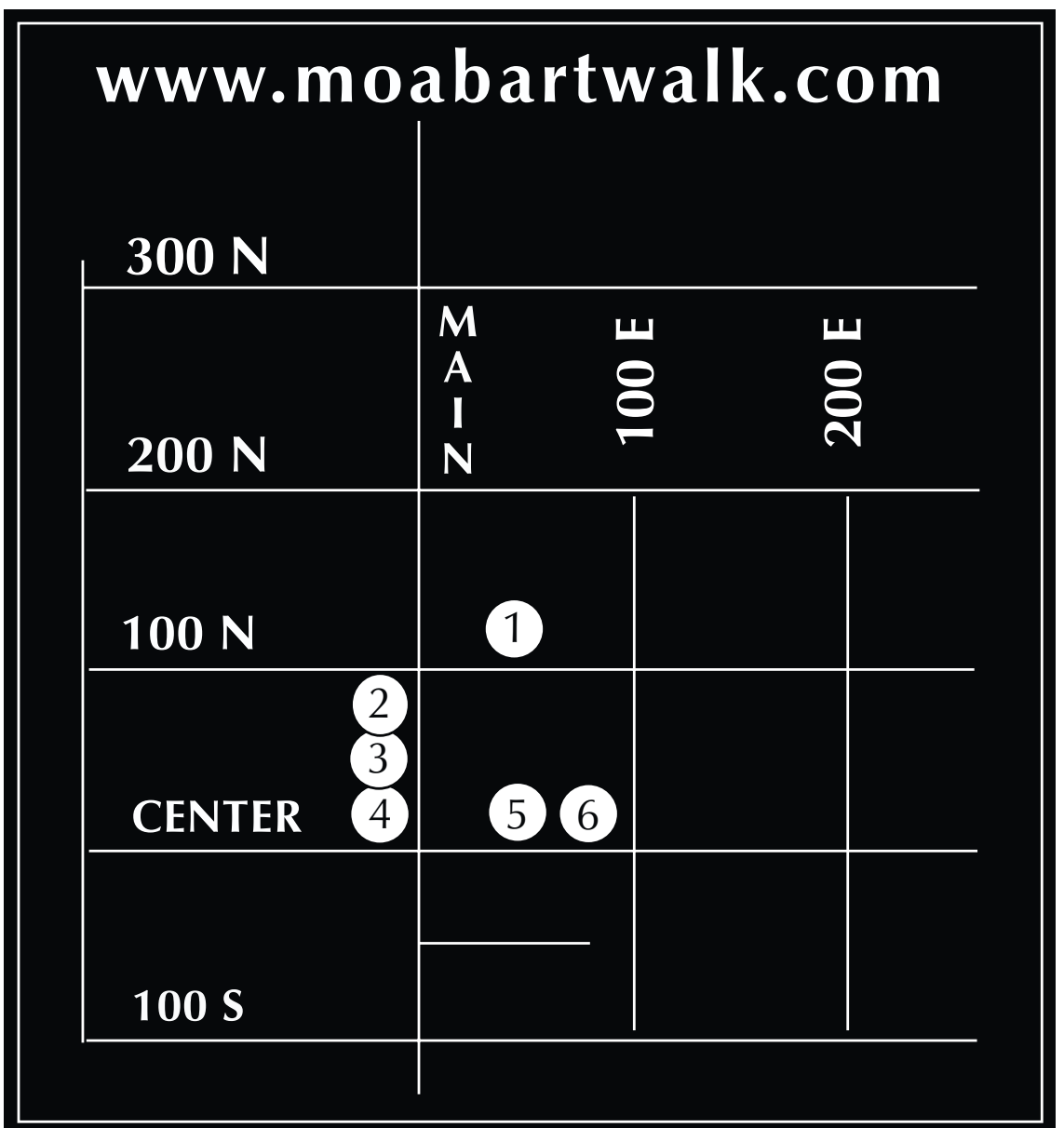
2 ARCHES BOOK CO. & BACK OF BEYOND
83-89 N MAIN ST

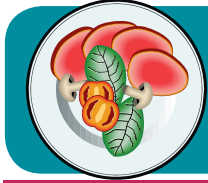
3 TOM TILL GALLERY
61 N MAIN ST

4 THE WESTERN IMAGE
39 N MAIN ST

5 FRAMED IMAGE FINE ART GALLERY
59 E CENTER ST

6 OVERLOOK GALLERY
83 E CENTER ST





RESTAURANT GUIDE




Moab's ONLY ON-SITE Microbrewery & Restaurant
 State Liquor Licensee
Orders To Go Beer To Go
 PATIO SEATING
 KIDS MENU

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

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

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

Recent changes to Utah Liquor Laws have made it less confusing and easier to get an alcoholic drink. Private Clubs are a thing of the past. You can now go to a restaurant or a tavern (and without ordering food or buying a club membership) and order a drink.

Some restrictions may still apply as to where you can sit in a particular establishment when consuming alcohol. For example, Zax has an adult atmosphere in the Watering Hole where you can order a cocktail and watch your favorite sporting event on their 13 tvs, with or without ordering food. This locally owned full-service restaurant serves their entire menu in both the Watering Hole and restaurant. However, if you sit in the family dining restaurant, you need to order food to consume an alcoholic beverage.

Moab has two local wineries and two microbreweries. Eddie McStiff's Restaurant & Brew Pub, is Moab's Oldest and Original Brewery. They have 12 beers on tap and a hassle free bar where you can get a glass of wine or a cocktail or beer without ordering food or joining a club.

The Moab Brewery, Moab's only on-site microbrewery, offers a variety of locally brewed beers in their tavern, 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.

Castle Creek Winery is located at Red Cliffs Lodge, 15 miles from Moab on Scenic Highway 128 (The River Road). Spanish Valley Vineyards is 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 Moab wines.

If you enjoy any of these locally produced products, be sure to ask for a list of locations where you may purchase them when you return home.

Also new this year, two lounges have emerged. Vista Lounge at Buck's Grill and the Ghost Bar at Jeffrey's Steakhouse. Both locations have an upscale casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

The Utah State Liquor Store is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at 55 West 200 South and is open from Monday through Saturday (11:00 am to 9:00 pm - May 1st to November 1st and from 11:00 a.m. to 7:00 p.m. - November 1st to May 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 beer (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.

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."



Sports Bar & Grill

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

Nightly Entertainment

COLDEST BEER IN TOWN!
The Locals Bar
 1 Block West of Main on Center Street
 259-6666 • www.theriomoab.com
OPEN EVERYDAY at 3PM

VISITORS WELCOME! Must be 21 years or older



• Taste It •
 • Love It •
 • Crave It •

Buy One 6" Sandwich, Chips & Two Regular Drinks...and get 2nd 6" Sandwich FREE with this coupon!
 (2nd sandwich of equal or lesser value)
 Offer good with coupon at Moab Location Only - Across from City Market

Buy any Teriyaki Stix Entree and Two Regular Drinks & get a 2nd Entree FREE!
 (2nd entree of equal or lesser value)
 Offer good with coupon at Moab Location Only - across from City Market

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




Espresso Coffee Gelato
 Smoothies Cold Drinks Chocolate

Coffee Roasters

Offering In-House Fresh Roasted Coffee and Locally Made Gelato
 open 7 days a week 7:30am - 10:00pm
 90 N. Main St., Moab, UT
 259-2728



Singha
 Authentic Thai Cuisine

Lunch: Monday - Saturday 11:00 - 3:00 p.m.
 Dinner: Monday - Sunday 5:00 - 9:30 p.m.

Now Serving Beer, Wine & Saki

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



BRANDING IRON
 STEAKHOUSE, BBQ & GRILL

DINNER AT 5PM
 7 DAYS A WEEK

Featuring:
Prime Rib
BBQ Baby Backs
Broiled Steaks

FULL SERVICE LIQUOR LICENSE

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

JAILHOUSE CAFE

101 NORTH MAIN STREET

Moab's Breakfast Place

Now Serving Espresso!
 Open 7 am to 12 Noon

"Good Enough for a Last Meal"

Authentic Mexican Food

Fiesta Mexicana

Tony and His Staff Welcome You
 Patio Seating
 Large Parties Welcome
 Childrens Menu Available
 Nice Atmosphere

Daily Lunch Specials \$5.95

"Fiesta Margarita"
 Best Margaritas -Made from Scratch with Fresh Squeezed Limes and 100% Blue Agave Tequila

Best Mexican Food in Town
 202 So. Main St. Moab, Utah 259-4366

Your Home Town



Pizza Hut

265 South Main, Moab
 Open Daily • 259-6345
 Sunday - Thursday 11 am - 10:00 pm
 Friday/Saturday 11:00 am - 11:00 pm
 Pick-Up or Delivery Available



RESTAURANT GUIDE





RESTAURANT



Celebrating 29 Years!
Spicing your Life since 1981



LA HACIENDA RESTAURANT
Mexican American

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


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



RED CLIFFS LODGE COWBOY GRILL

- Buffet Breakfast
- BBQ Lunch
- Riverfront Patio Dining

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



EklectiCafe
ORGANIC COFFEE

Carnivores,
Herbivores,
Omnivores!
Vegetarian
Friendly

Breakfast • Lunch
"Best Desert Oasis" Salt Lake City Magazine
HOURS
7 Days A Week 7:00am-2:30pm
352 North Main, Moab • 435-259-6896



PARADOX PIZZA
MOAB UTAH

EAST COAST STYLE, STRAIGHT FROM MOAB
WE DELIVER

EAST COAST STYLE PIZZA FRESHLY MADE TO ORDER
SLICES! HOMEMADE SOUPS, BREADS & DESSERTS
702 SOUTH MAIN ST. 435-259-9999
TRY OUR ONLINE ORDERING AT WWW.PARADOXPIZZA.COM

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

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

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.

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. State Liquor License

Cowboy Grill at Red Cliffs Resort
16 Miles up Highway 128 259-2002
Lunch • Dinner
Breakfast Buffet 6:30 - 9:30 Sat & Sun only
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.

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 62 and older. FREE WIRELESS INTERNET! Pizza Delivery to Main Street Hotels.

EklectiCafe
352 North Main Street 259-6896
Breakfast • Lunch
Open 7 days a week 7:00 a.m. - 2:30 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!



Desert Bistro

Casual Fine Dining
Contemporary Southwestern Cuisine
Located in the Historic Ranch House
at Moab Springs Ranch

1266 N Hwy 191 • 259-0756
STATE LIQUOR LICENSEE

Fiesta Mexicana
202 South Main Street 259-4366
Sun - Thur 11am - 10pm, Fri & Sat 11 am - 11pm
Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Large groups are welcome. Children's menu. Patio Seating. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$5.95. Full bar.

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. Now Serving Espresso!

Jeffrey's Steakhouse
218 North 100 West 435-259-3588
Open at 5:00pm
Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American Kobe Beef. Tucked away upstairs is the Ghost Bar. State Liquor License. www.jeffreyssteakhouse.com

La Hacienda
574 North Main 259-6319
Lunch • Dinner - Open daily 11:00 a.m.
CELEBRATING 29 YEARS! Superior Mexican specialties with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor Licensee.

Leger's Sandwiches
817 So Main (inside the Moab Chevron) 259-2212
Deli Open 6 a.m. - 8 p.m.
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 7:00am-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.

Mi Ranchito Mexicano
812 South Main Street, Suite B 259-0550
Breakfast • Lunch • Dinner
Open daily 7 a.m. - 10 p.m.
Come join our family owned restaurant for great authentic Mexican food. We use our own recipes to make fresh salsa, tamales, and chorizo, just like my mother's cooking at home. Our full breakfast selection includes burritos, huevos rancheros, and omelettes. We also have menu items from a quick lunch to a full dinner. Special requests available. Call ahead for quick lunch pick-up.

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.



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

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

For more information about these restaurants pick up a "Moab



Milt's Stop & Eat

400 East and Millcreek Drive 259-7424
Lunch • Dinner
Open Tue - Sun 11am - 8:30pm Closed Mondays.
A true Moab icon since 1954. Featuring 100% ground chuck burgers, classic diner sandwiches, all beef hot dogs, flavored shakes and malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. See ya' all at Milt's. [Daily Specials](#)
Website is [www.miltstopandeat.com](#)

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 Coffee Roasters

90 N. Main St. 259-2728
7 days a week 7:30am - 10:00pm
On site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Pro baristas serve carefully prepared lattes, smoothies, Italian sodas, and locally made gelato. Open early and late for after dinner cappuccino and desert. Indoor and outdoor seating. Taste the fresh roasted difference!

Moab's Daily Grind

1146 South Hwy 191 #B 259-1115
Mon-Sun: 6 a.m. - 2 p.m.
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.

Paradox Pizza

702 South Main St 259-9999
Lunch • Dinner
Fri-Sat: 11 a.m. - 10 p.m. Sun-Thu: 11 a.m. - 9 p.m.
At Paradox Pizza, everything is made in house, from our pizza dough to the New York Cheesecake. Join us for a slice and a beer after your day in the desert, or have dinner delivered to you. Voted Best Moab Pizza by Salt Lake City Weekly. Dine in, take-out or delivery. Family friendly. Order online at [www.paradoxpizza.com](#).

Pizza Hut

265 South Main 259-6345
Lunch • Dinner
Fri-Sat: 11 a.m. - 11 p.m. Sun-Thu: 11 a.m. - 10 p.m.
Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up or delivery available. **OPEN EVERY DAY**

Red Rock Bakery & Net Cafe

74 S. Main Street 259-5941
Breakfast • Lunch
7am-4pm Mon-Sat and 7am-3pm Sunday 'til March 15 then 7am-5pm 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. **OPEN EVERY DAY**.

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. 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
Lunch: Mon-Sat 11a.m.-3 p.m.
Dinner: Mon-Sun 5 p.m.-9:30 p.m.
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. Now serving beer, wine and saki.

Slickrock Cafe

5 North Main 259-8004
Lunch • Dinner
Open daily 11:00 a.m. - close
Steaks, New & Improved Lunch & Dinner Menu, Atrium Seating, Appetizers, Gourmet Burgers, Sandwiches, Salads and Freshly Grilled Entrees. Ice cold beer. 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
Open 6am-9 pm 7 days a week
Next to Big Horn Lodge. Featuring steaks, prime rib, hamburgers, full breakfast menu. Prompt coffee shop service.

SUBWAY Sandwich Shop

299 South Main 259-SUBS
Breakfast • Lunch • Dinner
Open 8 a.m. 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, Prime Rib. 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.

Teriyaki Stix

396 South Main, Next to Hogi-Yogi 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. 640 South Main 259-8800

Wake and Bake Cafe

702 South Main 259-3111

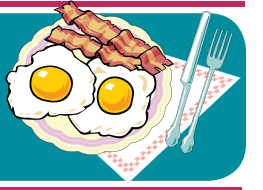
Zax

96 South Main Street 259-6555
Breakfast • Lunch • Dinner • Family Dining
We have it all, from our all new sunrise breakfast, served every day 6:30 am to 11:30 am, to our hand cut steaks. We offer an extensive menu that includes 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 Dining Club. 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 7 days a week. Locally owned and operated.

Menu Guide" And tell them you found them in "Moab Happenings"



RESTAURANT GUIDE



Denny's
Sweet & Tangy BBQ Chicken

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

989 North Hwy 191
OPEN 24 HOURS

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

LOVE MUFFIN cafe

7:00 - 2:00 daily 139 n. main street
435.259.6833 lovemuffinCafe.com

Smitty's GOLDEN STEAK

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

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

Bring this ad in for **BREAKFAST SPECIAL**
Buy one Breakfast Burrito and get one for FREE
Mon - Fri 7am - 10am

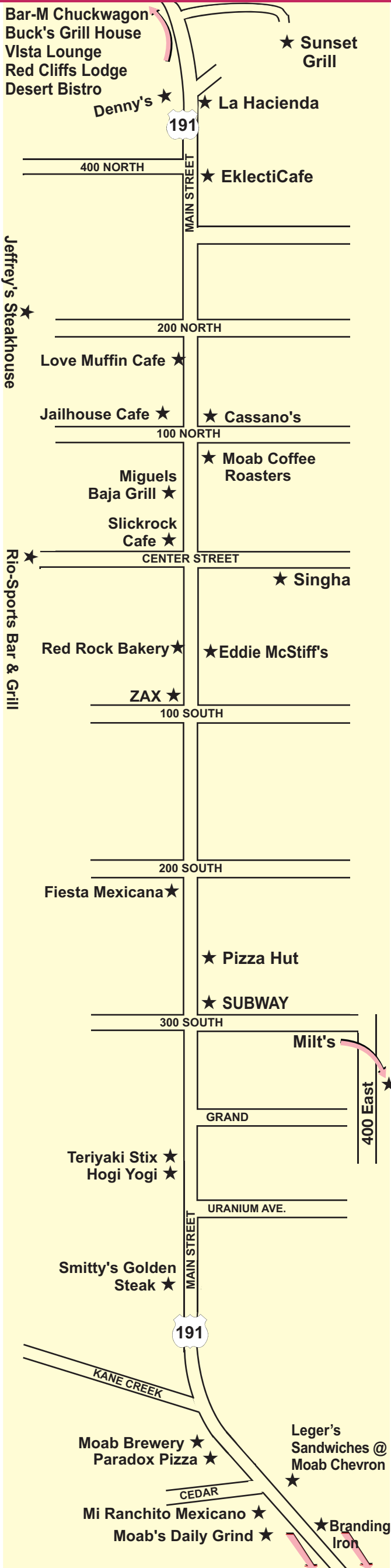
- Breakfast till 11am
- Lunch
- Dinner

Mi Ranchito
Mexicano

Delivery Available

Come try our Grande Burrito!
(14 inch tortilla)
Call ahead for quick lunch pick-up

Open 7 days 7am - 10pm
812 South Main St., Suite B 259-0550
"Mi Madres Authentic Mexican Cooking"



SUNSET GRILL

"Dining with a Million Dollar View"

Steaks • Pastas
Prime Rib
Fresh Seafood

259-7146

Patio • Catering
Family Dining

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, Lasagna, Crab Stuffed Mushrooms, Chicken Penne Gorgonzola, Antipasto, Chicken Parmesan

Patio Seating - Red Rock Views

Cassanos
Italian Restaurant
11 East 1 North
259-6018

Open daily 3:00 pm - close State Liquor License

Established 1954

Milt's Stop & Eat

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

FEATURING
FRESH GROUND CHUCK HAMBURGERS,
ALL NATURAL BUFFALO BURGERS,
CLASSIC DINER SANDWICHES,
REFRESHING SHAKES AND MALTS

OPEN TUE - SUN 11 AM TILL 8:30PM CLOSED MONDAYS

WWW.MILTSTOPANDEAT.COM
STOP AND EAT OR CALL FOR PICK-UP:
435-259-7424

www.moabsandwiches.com

NOW OPEN!

Leger's SANDWICHES
Made to order • Call in Orders
6 a.m. - 8 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

COWBOY HAPPENINGS

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

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

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

Just 7 miles north of Moab on Highway 191 you'll see the covered wagon with a BAR-M on it. Pick up your tickets at "Doc's Medicine Wagon" in the parking area, and then head down the trail to the "Bar-M town." The ticket booth and grounds open at 6:30 PM. Be sure to arrive early enough to belly up to the Saloon for a cold one, pitch a game of horse shoes, rope the steer or browse through the gift shop full of western souvenirs and more.

The always-entertaining gunfight re-enactment begins around 7:00 so be sure to have your camera ready! After the smoke clears, everyone enters the large dining hall to get ready for the Cowboy Supper. The decor includes a dusty saddle or two and many other western memorabilia. The mouth watering Cowboy supper begins at 7:30 sharp and is served trail style with metal plates and cups. You'll



have a choice between sliced roast beef in barbecue sauce or barbecue chicken, baked pinto beans, baked potato, cinnamon applesauce, buttermilk biscuits and spice cake, with cowboy coffee, lemonade and iced tea to drink. 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."

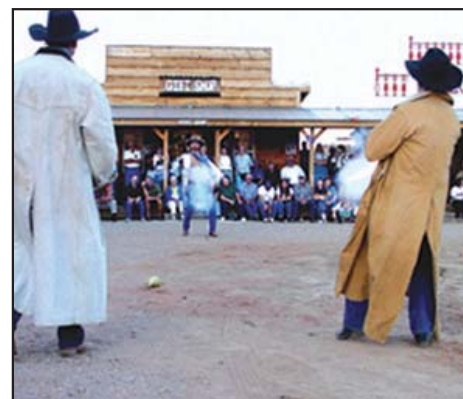
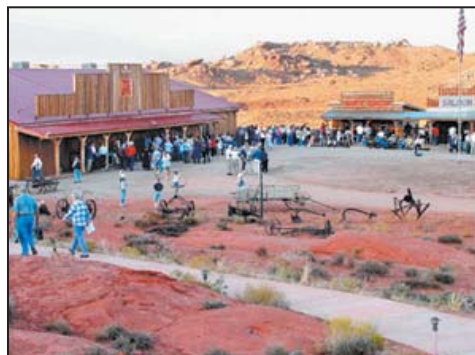
Clay Maxam hails from the Northwestern United States and now resides in Moab with his wife Judy. Clay Shines on the intricate pedal steel guitar and also plays Dobro in the Bar-M show. He is an integral part of the Bar-M operation and is featured nightly in the shootout.

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.

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

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



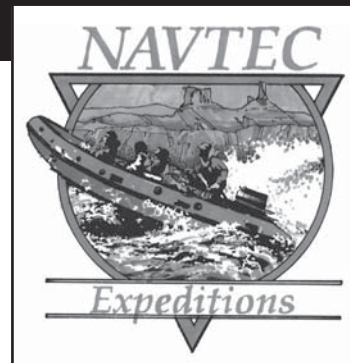
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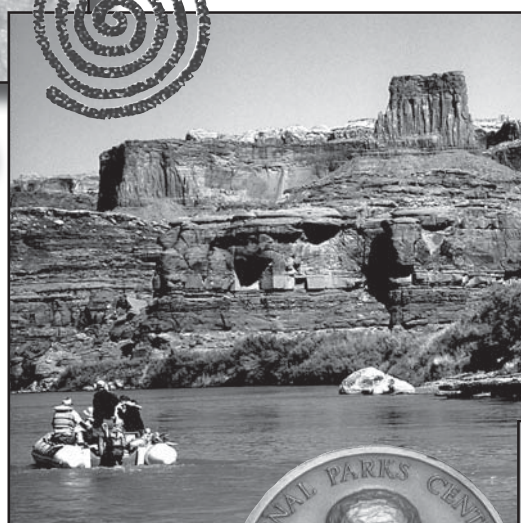
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Call for current information (In high water its awesome)
- **Meander Canyon Wilderness Tour**
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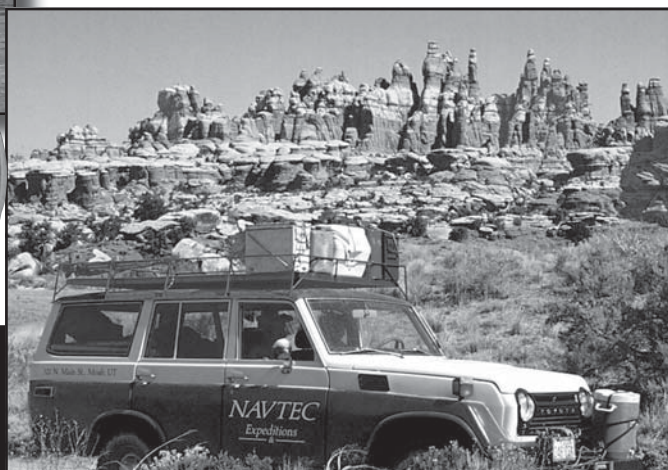
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(Full Day including Lunch departing NAVTEC at 8AM)
- **Combination Island in the Sky 4WD & Colorado River Boat Tour** (Full Day including Lunch departing NAVTEC at 8AM)



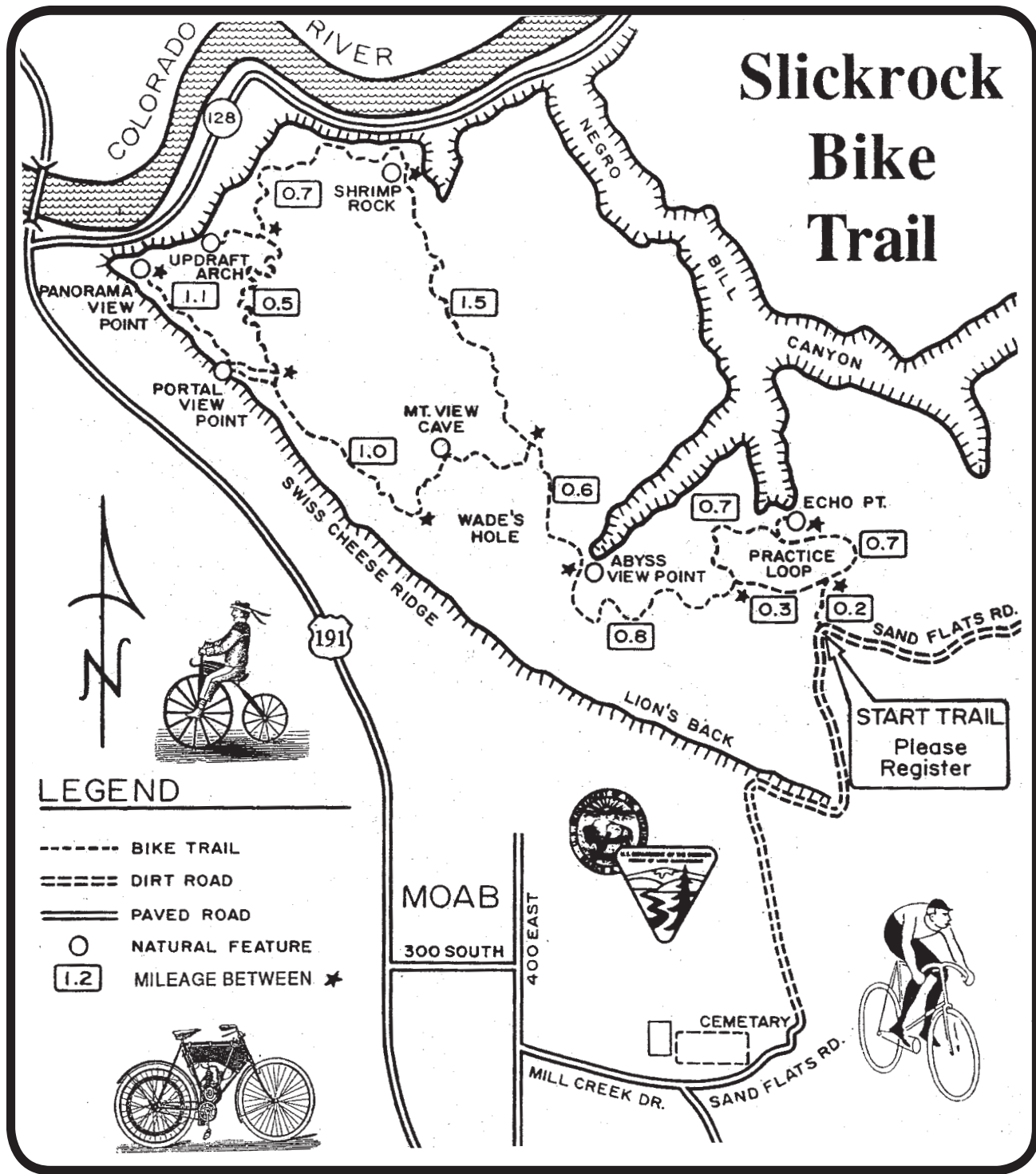
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MOUNTAIN BIKING



Moab has become known worldwide as a mountain biking mecca. The canyon country around Moab 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. 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.

Mountain Biking Mecca

• **MOONSHADOWS IN MOAB June 26, 2010** - Enjoy this fully supported 44 mile ride by the light of the full moon. As you gain 2700 feet in climbing elevation the full moon rises casting a silvery glow throughout the vastness of Canyonlands National Park. Arrive at Dead Horse Point State Park for a light dinner at the Moonshadows Café. Drink in the ambiance at the most unique AID/food station you may ever visit. Enjoy a thrilling return to the Start/Finish area and tailgate with friends as you bask in the moonlight or head back into town for post-event revelry at Frankie D's Saloon. For more information contact (435) 259-2698 or visit www.skinnytireevents.com.

• **MOAB CENTURY TOUR September 17-19, 2010** - This annual event is a weekend packed with road cycling benefiting the Moab Cancer Treatment and Resource Center and other cancer survivorship Programs. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. Rolling and Climbing Routes ranging from 42 to 100 miles on this fully supported road cycling tour. Visit www.skinnytireevents.com or 435.259.2698.

• **24 HOURS OF MOAB October 9 & 10, 2010** - 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 29, 30, 31, 2010** - 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!!!

• **SKINNY TIRE FESTIVAL March 11-14, 2011** - Three rides of the Skinny Tire Festival highlight Moab's different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient puebloans petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through this grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit www.SkinnyTireEvents.com.

• **NEW EVENT: GRAN FONDO early May, 2011** - The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-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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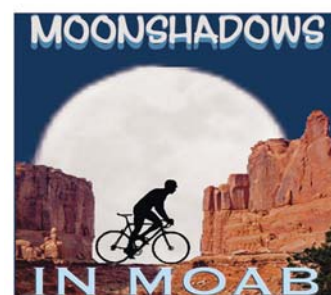
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MORE BIKE HAPPENINGS

Moonshadows in Moab: An Unforgettable Sunset into Moonlight Experience

The Moab region is world renowned for spectacular red rock formations and breathtaking views. It has become difficult to open up any travel or sports magazine without seeing some reference to this one-of-a-kind geographic wonderland. Roughly one and a half million tourists travel worldwide to reach what has become an outdoor recreationalist's paradise. While most tourists enjoy the wonders of the incredible national parks, few venture further to Dead Horse Point State Park. This region has not only been compared to the grandeur of the Grand Canyon, it has actually been used to imitate the Grand Canyon in multiple movies, most notably the end scene in *Thelma and Louise*.

Another seldom enjoyed aspect to the Moab region is the beauty of this landscape under a summer evening's full moon. The amazing rock formations take on a ghost-like quality, dancing in the dark to their own mystical music. Shadows cast upon the desert create another visual paradise and open the imagination to an unfamiliar, yet inviting world. Those adventurous enough to venture out into the light of the full moon are never disappointed, leaving them with magical, reflective moments that last a lifetime.

A special treat for road cyclists has been the establishment of the Moab Skinny Tire Events. A multiple day festival in the spring (Moab Skinny Tire Festival) and

at midnight. Starting at sunset, this 44-mile ride climbs 1700 feet as it wanders through the canyon country. As the sky turns from the beautiful red glow of sunset into the blue twilight, riders are greeted with echoes of coyote howls and the inspiring scent of sage. The silvery moonlight grows larger and bright as participants make their way to the edge of the earth at the overlook at Dead Horse Point State Park. Here the views deep into the canyon below dance in the silvery moonlight as riders peer down at the mighty Colorado River over 2,000 feet



a 100 mile ride with an extremely challenging climb in the fall (Moab Century Tour) opens and closes the road cycling season with ideal weather conditions and incredible routes through what has become the 'new landscape in road cycling'. The most special treat quite possibly for any road cyclists is the newest event; Moonshadows in Moab, June 26-27, 2010.

Unlike other full moon bike rides, this event offers participants with a true ride, not just a lap around town

below. Participants catch their breath from the ride, and then lose it again from the breathtaking views. A light dinner is served at the AID station aptly called "The Moonshadows Café", possibly the most unique AID station you'll ever visit, located at the very edge of the canyon.

Cyclists are encouraged to arrive at the top, grab their gear from the sag vehicles and take a short stroll to the Overlook, enjoying the view of the full moon rising. After riders are done eating and relaxing, the beautiful descent awaits them. The ride back is just fast enough to add an additional thrill without working the brakes too hard. By the time participants make it back to their vehicles roughly around ten, they are inspired, excited and while they may be ready to get off their bikes, they surely are not ready to call it a night.

The short drive back to Moab allows time to relax from the ride, and get ready for a little post-event revelry at Frankie D's Desert Saloon for a bit of music and socializing. Riders can enjoy sharing stories in the large outdoor patio

area covered in twinkling lights, or they can dance to their hearts content to the music playing inside. The next morning has a recovery ride ideally starting at ten to provide sleep in and breakfast time.

While all events in Moab are truly special in their own right, Moonshadows in Moab is a must-do for all road cyclists. Registrations are encouraged early. For more information please see SkinnyTireEvents.com or at [Facebook.com/MoabSkinnyTireEvents](https://www.facebook.com/MoabSkinnyTireEvents) to become our friend and participate in our incredible promotions like the giveaway of a new Fezzari road bike frame this past spring.

Moab has gained national credibility in the road cycling industry as well as made fans out of cycling icons like Bob Roll, Chris Carmichael, Ron Kiefel and Marty Jemison. There's no better way to see for yourself why road riding here is so spectacular than to participate in a fully supported Moab Skinny Tire Event. We hope to see you soon!



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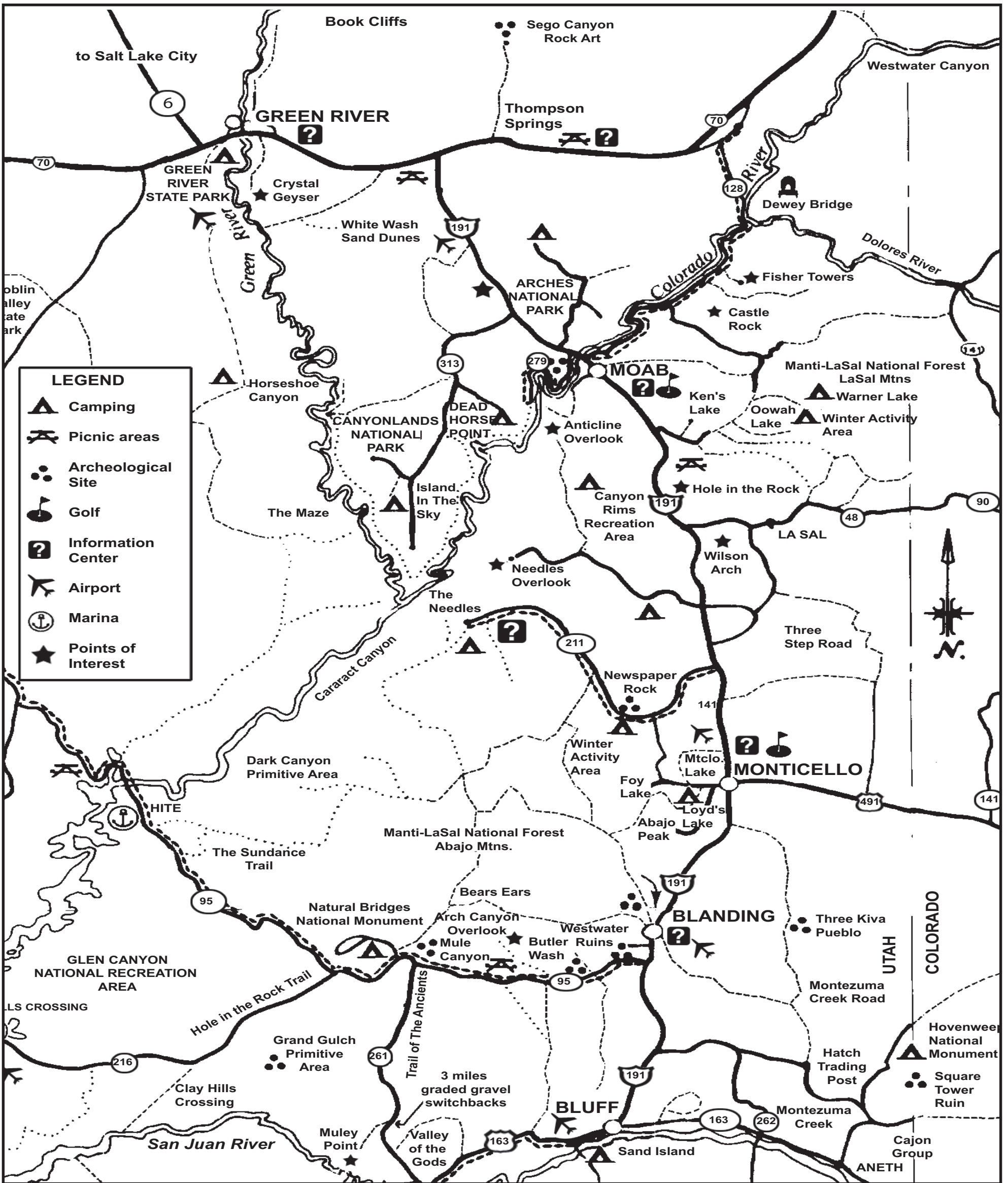
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SKY HAPPENINGS

The Sky for June 2010

By Faylene Roth

JUNE SUNRISE AND SUNSET TIMES

DATE	SUNRISE	SUNSET
1	5:56am	8:37pm
2	5:55am	8:37pm
3	5:55am	8:38pm
4	5:55am	8:39pm
5	5:54am	8:39pm
6	5:54am	8:40pm
7	5:54am	8:41pm
8	5:54am	8:41pm
9	5:54am	8:42pm
10	5:54am	8:42pm
11	5:53am	8:43pm
12	5:53am	8:43pm
13	5:53am	8:43pm
14	5:53am	8:44pm
15	5:53am	8:44pm
16	5:53am	8:45pm
17	5:54am	8:45pm
18	5:54am	8:45pm
19	5:54am	8:46pm
20	5:54am	8:46pm
21	5:54am	8:46pm
22	5:54am	8:46pm
23	5:55am	8:46pm
24	5:55am	8:46pm
25	5:55am	8:47pm
26	5:56am	8:47pm
27	5:56am	8:47pm
28	5:56am	8:47pm
29	5:57am	8:47pm
30	5:57am	8:47pm

Vega, Deneb, and Altair form the Summer Triangle in the eastern sky. These bright stars belong to the constellations Lyra, Cygnus, and Aquila. The Triangle is an asterism, a group of stars from one or more constellations that form a pattern.

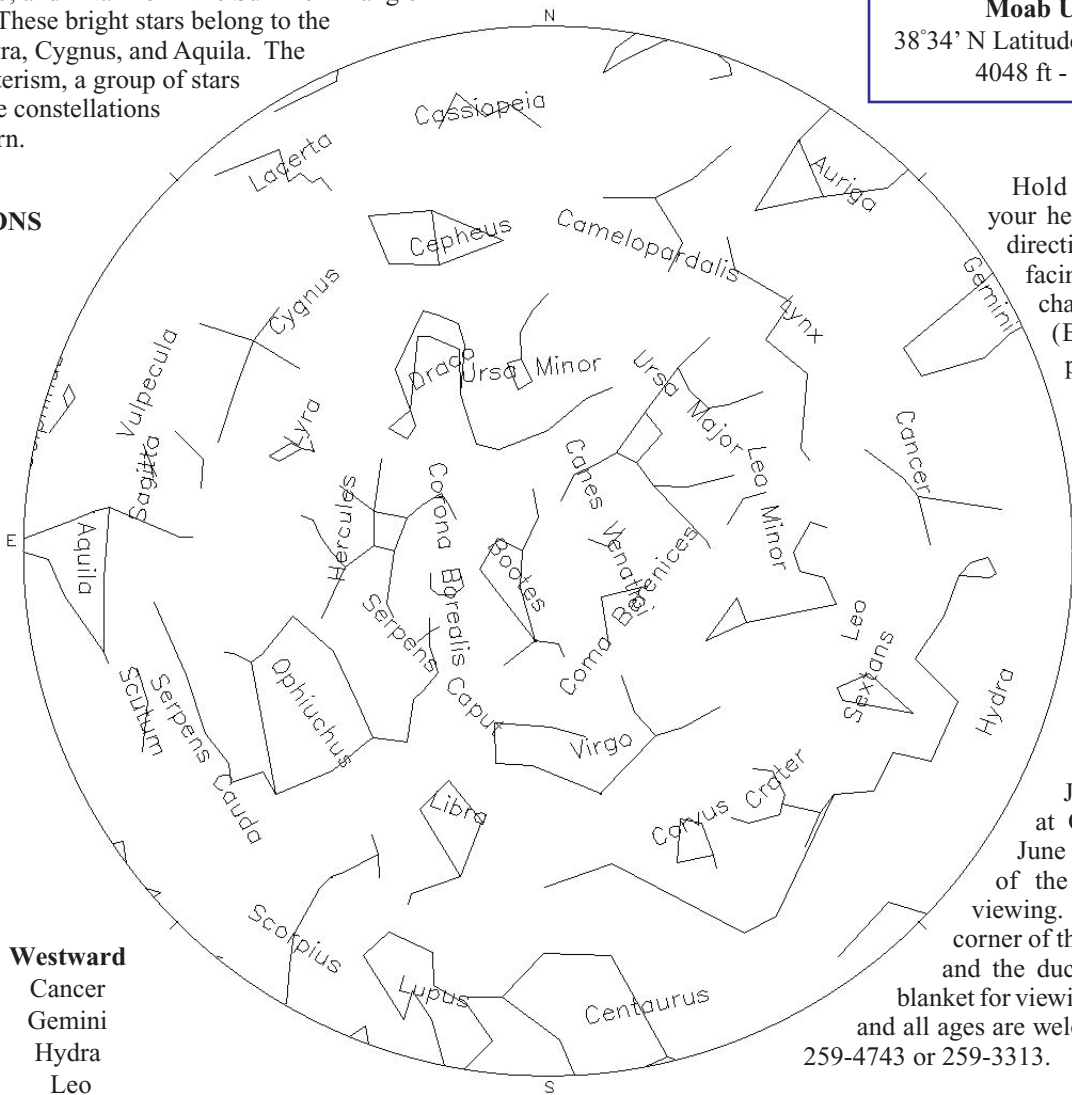
MAJOR CONSTELLATIONS OF JUNE

Overhead
 Bootes
 Corona Borealis
 Hercules
 Ophiucus
 Virgo

Northward
 Cassiopeia
 Cepheus
 Draco
 Ursa Major
 Ursa Minor

Eastward
 Aquila
 Cygnus
 Lyra

Southward
 Corvus
 Libra
 Scorpius



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

LOCAL STAR COUNT
 Join Red Rock Astronomers at Old City Park on Sunday, June 13, at 9:15pm for a tour of the night sky and telescope viewing. Meet at the southwest corner of the park below the bandstand and the duck pond. Bring a chair or blanket for viewing. Sponsored by WabiSabi and all ages are welcome. For information call 259-4743 or 259-3313.

DAYLENGTH

Earliest sunrises for the year occur June 11-16. Latest sunsets are delayed until June 25-30. June 21 provides the

longest period of daylight for the year--14hours, 52minutes from sunrise to sunset on the summer solstice. Twilight contributes even more light to the long, summer days. During the summer months both morning and evening twilight linger much longer than the rest of the year. Notice that darkness does not overtake the western sky until after 10:30pm. That's nearly two hours of fading light after sunset. The long summer twilight begins to shorten by the end of June, but it will be mid-August before the skies darken before 10:00pm. (The time of sunrise and sunset assumes a flat horizon. Actual time may vary depending upon the landscape.)

VISIBLE PLANETS

- Jupiter** - The brilliant orb rising in the eastern sky during the middle of the night is Jupiter. It is high in the sky by early morning twilight. Jupiter is in Pisces, but the constellation is too faint to see in the morning twilight. (Magnitude -2.4)
- Mars** - Track Mars as it moves rapidly from west to east through Leo. On June 5/6 find it in the western sky less than one degree east of Regulus, the bright star below the mane of Leo. On June 7/8 look for it directly above Regulus. By month's end Mars has moved halfway through Leo. Its red orb contrasts sharply with the yellow disk of Saturn to the east. Mars sets soon after midnight. (Magnitude +1.2)
- Saturn** - The bright yellow orb west of Spica (Virgo) is Saturn. Saturn's position is fairly stationary in relationship with Virgo because of its distance from earth. This contrasts with the rapid west-to-east movement of Mars as it approaches Saturn's position in the sky. (Magnitude +0.5)
- Venus** - The brilliant light cast by Venus is due to its dense atmosphere and its proximity to earth. It appears higher in the western sky each evening until mid-month when it reaches its highest declination (angle above the horizon) for the current year. On June 11 Venus forms a line with Pollux and Castor (twin stars of Gemini). Over the next few days Venus climbs to a position above the twin stars. On June 14 a thin crescent moon appears below Venus with Pollux and Castor to the north. (Magnitude -4.0)

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.

MOON HAPPENINGS

June begins with a waning third quarter moon rising after midnight. A new moon occurs June 12. The waxing crescent moon reappears low in the western sky on the evening of June 14 (See Venus). The moon appears farther east each evening because it rises from 30-70 minutes later each day. On June 18 the first quarter moon is high in the sky at dusk with Mars and Regulus (Leo) to the west and Saturn above. On June 20 the moon appears near Spica (Virgo). On June 23 look for it low in the southern sky about three degrees from Antares (Scorpius). A full moon rises June 26 soon after nautical twilight begins. (The time of moonrise and moonset assumes a flat horizon. Actual time may vary depending upon the landscape.)

SUMMER SOLSTICE

The sun's position in the sky continues to progress northward until 5:28am MDT on June 21. That date and time marks the summer solstice. Those in Todos Santos at the tip of Baja, in Mazatlan on the west coast of Mexico, and in Havana, Cuba, will see the sun overhead at noon on this day. These locations sit very near the Tropic of Cancer at 23.5 degrees North latitude. The angle of the earth's tilt is 23.5 degrees which places the Tropic of Cancer directly under the sun's rays at the summer solstice.

As the earth rounds the elliptical end of its orbit, its motion in space begins to parallel the apparent path of the sun across the sky (the ecliptic). The result is little change in the times of sunrise and sunset during June. Earth's rotation explains why earliest sunrise and latest sunset do not occur on the solstice when the longest period of daylight occurs. The earth rotates on its axis towards the east which is the same direction it travels in its orbit around the sun. In a 24-hour day from sunrise to sunrise our line of longitude will arrive at the same point in space a little ahead of schedule. The result is earlier sunrises and sunsets before the solstice. After the solstice, the effect of earth's eastward rotation produces later sunrises and sunsets. As the sun's path across the sky drifts back towards the equator, the length of daylight shortens and the effect of later sunsets is no longer noticeable.

Another effect of the summer solstice is an extension of twilight to nearly two hours before sunrise and two hours after sunset. The northern hemisphere reaches its maximum tilt towards the sun at this time. As a result, the more northern latitudes receive longer periods of daylight as the circumference of the earth decreases towards the North Pole.

METEOR EVENTS

The Arietid Meteor Shower peaks on the night of June 7. The Arietids produce long, slow-moving trails which sometimes burst into fireballs. Fireballs are brilliant meteors that penetrate deep into the atmosphere. The constellation Aries is the radiant for this event. During June 10-21 watch for the Lyrid Meteor Shower radiating from the region of Lyra. It peaks June 15/16. The best time to view meteors is between midnight and 4:00am when the radiant constellation is overhead and when the moon does not interfere. The moon will not rise until after 3:00am on June 7 and sets before midnight on June 15.

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/>

To find out when the space shuttle and International Space Station are visible from your location, go to: <http://spaceflight.nasa.gov/realdata/sightings/index.html> and click on Sighting Opportunities.

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HISTORIC HAPPENINGS

Twins No Longer Born In Moab Are Still “Native”

by Vicki Barker

June is the month of twins -- referred by the Zodiac as the month of Gemini. And according to astrologists, more twins are born in the month of June than any other month. But not in Moab.

Recent announcements of family gatherings to celebrate the 80th birthday(s) of two sets of twins in Moab piqued the interest of this writer, herself a twin born in Moab -- to try to get a handle on how many twins can be counted as having been born in this area back to the first set born in 1897.

Unfortunately, institutional records of twin or multiple births in Moab and Grand County are slightly misleading since 1996, because the local hospital started sending expectant mothers carrying twins (or more) off to other hospitals for the births, for fear of complications that Moab's delivery room lacked the equipment to deal with.

But essentially, even if you were not actually born in Moab with a twin in the past 14 years, you are still considered a native if your mother lived here. Cynthia Robison, research assistant at the Utah Department of Vital Statistics, said a Moab child's birth certificate will state the birth as Moab, for statistical purposes, even if the actual delivery was elsewhere.

"The birth certificate is more concerned with occurrence," Robison said. "The first part is the birth record - who's the mother, the father and the other part is statistical. It would say (the birthplace) is where the mother resided, in what city and county."

She said the most recent statistics for Grand County show four babies delivered in the multiple-birth category in 2008,

or 1.6 per thousand population. Robison cautioned that the figures are derived from a district-wide population of 11,401 -- including Carbon, Emery, Grand and San Juan counties in the Southeastern Utah Health District.

Being a twin born during the Uranium Boom in Moab, it seemed to me in retrospect that there were lots of twins born back then. Off the top of my head, and with a



First-born twins of Moab Valley, Thomson twins Henry Robert (left) and James Holyoak (right), in 1897.



One of Moab's first-born twins, James Holyoak Thomson later had twins with his wife Ellen in 1930 in Canada -- Marie Thomson (right) and LaRee Thomson Anderson, who now live together in Moab and celebrated their 80th birthday in May.

little nudging of memory from others, I remember Ila and Ella Stewart in particular, because my twins sister ViviAnn and I often played with those two other little blondies.

Around our age there were also the Downard twin girls, the Costanza boys, the Holyoak boys, and eventually the Monniere twin girls, who were move-ins. Recently, I've been reminded of the Montoya twin girls, born here in 1984. Two other sets of twins have been born into the Swasey/Beeman lineage, in the '80s and in 2003; and school employees remember the birth of twins to Jamie Carter in the 2004-05 year, when she went to Salina for the delivery.

Obviously, without a formal poll and research on 100 years of births in Grand County, figures on twins born in Moab since James and Henry Thomson in 1897 must be mostly calculated guesswork and lots of phone calls. The ladies at the high school say there is a writer doing research on twins who may eventually pin down the numbers.

A current count of twins attending local schools helps shed some light on how many multiple-births may have been occurring over the past 14 years since deliveries were discontinued at the local hospital, though the count may not reflect if the twins are considered native-born or emigrant.

There were nine sets of twins attending school the past year at Grand County High School, according to records reviewed by counselor Peggy Nissan and secretary Libby Vaccaro. One set of twins graduated in May.

At Red Rock Elementary, there is a set of twins heading into third grade next year; another

set (who moved here with their family) will be in second grade; and a third set entering kindergarten. High school Principal Steve Hren and his wife Deb are new parents to 4-month-old twins, and two other sets of twins were born to local residents on the same day last October: twin boys to Jenna Woodbury and her husband Brian Lugers; and twin boys to Jeremy and Tara Marshall.

Jill Dastrup recently added another set to the twin population. The Woodburys say they know of an employee



Twins Larry "Little Beef" Stocks (left) and Lee "Big Beef" Stocks (right) in cowboy hats and coveralls, celebrated their 80th birthday in Moab in April.

with the U.S. Bureau of Land Management who also just had twins.

Connie Wilson, nurse manager of labor deliveries at Allen Memorial Hospital, is looking forward to the new hospital being completed with the necessary pediatric devices to address potential complications and allow local multiple-births. Wilson said the hospital stopped doing deliveries in 1994, then started again in 1995, but only handling low-risk births. The hospital dealt with one scheduled C-section delivery in 1996 that was a surprise, she said, and since then evaluates multiple-birth pregnancies for potential problems and sends the mothers to other hospitals in time to avoid surprises and enhance chances of successful deliveries.

For example, risk of complications sent local resident Brandy Lillibridge-Dalton to Grand Junction, Colo., for delivery of her twins in 2002. Their mother said her identical twins Jonathan and Joel ran the risk of strangulation during birth because the umbilical cord had twisted around their necks.

Two sets of twins from the past recently celebrated their 80th birthdays in Moab: Lee and Larry Stocks; and Laree (Anderson) and Marie Thomson, whose father James Holyoak Thomson was one of that very first set born in Moab. James Thomson eventually left Moab and in 1930 saw the arrival of his twin daughters, LaRee and Marie, in Cardston, Alberta, Canada. Both ladies moved to Moab and now reside together here.

LaRee Thomson-Anderson, who unfortunately lost a set of triplets during delivery in 1956 in Denver, says that both sides of her family have produced a lot of twins since the first ones in 1897. There have been 16 sets of twin boys born on her mother's side alone. Her mother's sister had two sets of identical twin boys, that same aunt's oldest son had two sets of identical boys, LaRee and Marie's uncle on their mother's side also brought identical twin boys into the family, one of whom later had identical twin boys with his wife.

While twins might seem overwhelming at first, 80-year-old twin Lee Stocks recalls what his mother once told him, which echoes what my own mother Dixie Barker-Barksdale has told me:

My mother always said, "It's easier to raise twins than a single baby, because they entertain each other."



The June-born author Vicki Barker and her twin sister, ViviAnn (Rose), at age 21 months, were a front-page photo feature in the Moab Times-Independent issue in March 1956, enroute to an Easter parade (Vicki is on the left). From the Barker Family Collection



In 1948, five sets of twins attending Moab's high school posed for the camera (left to right): Larry and Gary Day, Joe and Jerry Stocks, Connie and Bonnie Stocks, Richard and Robert Downard, and Larry and Lee Stocks. Soon after came twins Alene and Alan Stocks.

ASTROLOGY HAPPENINGS

Your Monthly Horoscope - June 2010

By Rob Wells

May 22 - June 21 Gemini: Happy Birthday, Twins! Mercury rules your sign and the happenings this month. Watch what you say and believe nothing on the 4th, 8th, 9th, 11th, and the 24th through the 30th. Big days for romance and money are the 8th, 12th to the 14th. You could make a new friend on the 10th. After the 21st, the stars are not happy. Your best bet is to keep quiet and lay low until the end of the month.

June 22 - July 22 Cancer: Low energy this month leaves you dragging around. Watch your money on the 4th, 8th, 9th, and the 11th. Don't listen to anything said on the 9th and the 11th. You could turn someone's head at the office on the 14th. After the 21st make no bold statements and accept none at face value. Avoid confrontations even if you know you are right. This guarded theme lasts through the end of the month.

July 23 - Aug. 24 Leo: Rumors are running rampant in the office this month. Tempers are spring loaded to misfire and there could be blood. Care what you say on the 4th and the 8th around the water cooler. Bad vibes spread quickly on the 9th and 11th. You could turn someone's head at a church picnic on the 14th. After the 21st your friends create a minefield you'll have to navigate through until the end of the month. Be ready for all out warfare.

Aug. 24 - Sept. 22 Virgo: You could ruffle some feathers with your opinion on the 4th and the 8th. This month it's a good idea to keep these things to yourself, again on the 9th and the 11th. A new friend could come your way on the 14th and the sparks of romance could run very high. Present a bright idea to the boss on the 10th. After the 21st keep career moves quiet and stay in the background at the office. It could turn into a war zone with battle lines that move hourly. This lasts through the end of the month.

Sept. 23 - Oct. 23 Libra: Normally a month that highlights church activities, it is not a good idea to take the dogma for a walk on the 4th, 8th, 9th, or 11th. Keep it to yourself to avoid conflicts. If you're single a surprise proposal could come your way on the 10th

or 14th, if married, your spouse could see a new side to you. After the 21st the office turns into a soap opera and it lasts until the end of the month. Be above the squabbles and refuse to get involved.

Oct. 24 - Nov. 22 Scorpio: Commitments made to you may be stretched and tested on the 4th, 8th, 9th, and 11th. Don't listen to or endure any poor me stories from those who first gave their promise to you. Make them honor it. A financial windfall could come your way on the 10th. An out of the blue, backroom romance could start on the 14th. Best move it out of the workplace fast. After the 21st take no promise at face value and make sure you get it in writing to protect yourself. The energies in play through the end of the month are not in your favor.

Nov. 23 - Dec. 21 Sagittarius: Communications could come to you that are less than honest this month. Avoid gossip and rumors in the workplace. Should you have a health issue, get a second opinion on the 4th, 8th, 9th and 11th. An out of the blue romantic encounter could have you dancing on the 14th. Great news may find you on the 10th regarding a property matter. Keep the information on the QT. After the 21st romantic matters become unstable as cross communications muddy the waters. Keep your distance, as claims made may be less than honest.

Dec. 22 - Jan. 20 Capricorn: Employment matters do not run smoothly this month. If you feel something is untrue, you may be right. Highlight the 4th, 8th, 9th, and 11th as days to raise the shields. A new visitor in your home could leave with your heart on the 14th. News about your home finds you on the 10th that could have you smiling. After the 21st, ranklings in the workplace have you on edge through the end of the month. Lay low and stay out of the fracas.

Jan. 21 - Feb. 18 Aquarius: Normally a romantic month for you, it could all be marred by someone's inability to be honest. Bold statements require bold proof this month. Red Letter days to watch are the 4th, 8th, 9th, and 11th. Adorations from a co-worker could come your way on the 14th, but it would be wise to move romantic teasing out of the backroom to avoid gossip. After the 21st, a romantic interest could turn

up the heat in a desperate attempt to capture your heart. It's an all out assault to win you and it could wear thin over the last ten days of the month.

Feb. 19 - Mar. 20 Pisces: Best to think before you speak on the 4th and the 8th. This month it's a good idea to keep these things to your self, again on the 9th and the 11th. A new romance or a new hobby interest could come your way on the 14th. Brighten your abode with something new on the 10th. After the 21st, keeping peace with family members could be an around the clock effort. Digging a hole to take a stand isn't very smart. This trend lasts through the end of the month.

Aries: This month it's a good idea to only promise what can be delivered. Accept only the same from others. Emphasis is placed on the 4th, 8th, 9th, and 11th, when negotiations could be touchy. Romance finds you on the 14th and it's a five-alarm fire. Be careful, though. After the 21st, you may be pressed to the wall on performing on promises you've made, on a daily basis. Patience and clear communication keep you out of hot water the last ten days of the month.

Taurus: You could find yourself scuffling over money matters on the 4th, 8th, 9th, and 11th. Commitments must be honored on both sides, so make sure you are above board in your dealings. A surprise communication could come your way on the 14th that looks exactly like a love letter. After the 21st the money issues resurface with a vengeance and you'll have your hands full getting others to perform on the last ten days of the month. Keep talking to maintain open lines and solve the problems.



Rob has been an Astrologer for over 30 years. A student of Carol Green and the Ray of Light School in Salt Lake City, 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."

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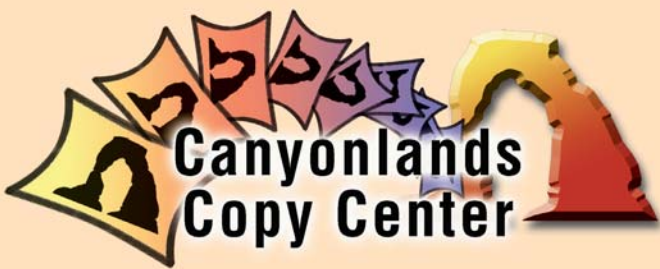
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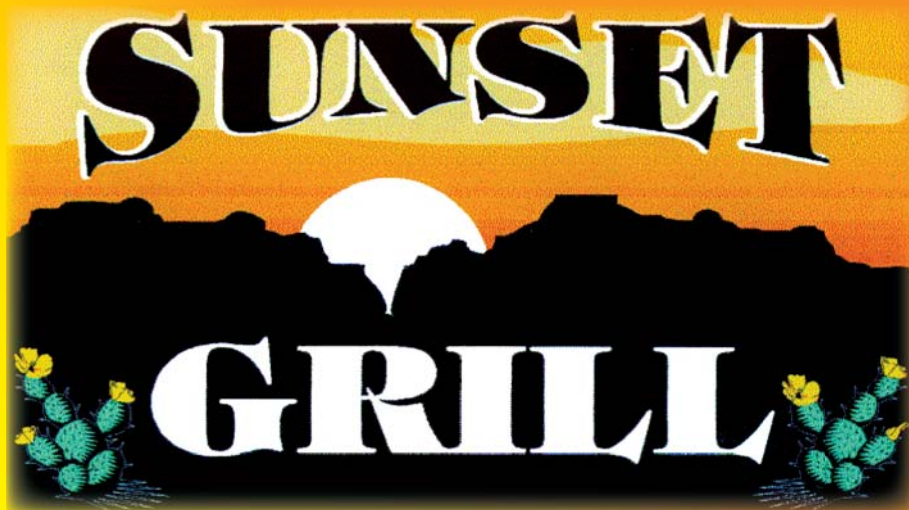


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SHOPPING
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MOAB HAPPENINGS

ENTERTAINMENT
NIGHT LIFE

Volume 22 Number 3

Section B

June 2010

Canyonlands PRCA Rodeo...June 3 - 5, 2010

Howdy All! Ride on up to the Old Spanish Trail Indoor Arena (3641 S. Highway 191) June 3, 4, and 5 from 7:30- 10:00 p.m. for some real rodeo fun! The Canyonlands PRCA Rodeo has been a Moab tradition for many years. It's great all around fun for Moabites and tourists alike. Young or old, we guarantee a heck of a good time! Come and see a real live professional Rodeo with Bull Riders, Barrel Racers, Tie-down and Team Roping, Saddle Bronc Riding, Mutton' Bustin', and new this year -a Greased Pig Patch, Clowns, and more. Thursday night, be "TOUGH ENOUGH TO WEAR PINK" and be eligible for many special door prizes. Join us Saturday the 5th at 10:00 A.M. for the rodeo parade down Main Street.

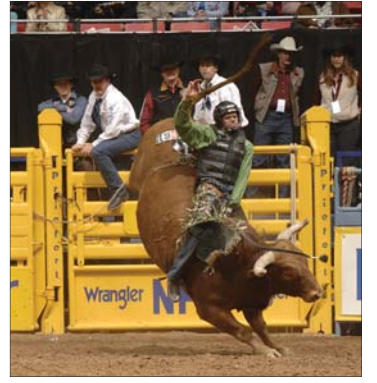
Our Cowboy sponsor this year is Red Cliff's Adventure Lodge. Our Gold Buckle sponsors are: Zax, Archway Inn, Steve White for Sheriff, Super 8 Motel, White Ranch, Energy Solutions, & Sleep Inn/Comfort Suites. Our Silver Buckle sponsors are: Bowtie Beverage, Swire Coca-Cola, and The Truth About Tobacco. Our TOUGH ENOUGH TO WEAR PINK sponsors are: City Market, Lauren Kennedy, Dollar General Manager.

Again this year we are proud to feature Randee Munns as our Rodeo Clown. Randy has been in the business for 30 years and is sure to make the audience, and perhaps even a bull or two, laugh!

A new and exciting addition to this years Rodeo is a Carnival-offering rides for all ages! Ticket cost is \$1 each or \$25 for unlimited one day wristband.

We are also proud to have Miss Rodeo Utah, Chris Andrea Wade, with us on Thursday & Friday nights.

Tickets are available at the following outlets: Big Horn Lodge, City Market, Moab Information Center, Canyonlands Copy Center, Red Cliffs Lodge, Red Stone Inn, T-Shirt Shop, Walker Drug, and Western Image. Family Pass \$35 (2 adults-4 kids under 12), Adult \$10 (\$12 at the door), Children \$6 (\$7 at the door), Seniors over 62 \$10.00.





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CONVENTION HAPPENINGS

Red Cliffs Lodge to Host Veterinarians

By Jewel Punzalan Allen

Red Cliffs Lodge will host the third biennial Canyonlands Veterinary Conference June 17 to 19. One hundred fifty three veterinarians from 20 U.S. states and Canada will learn techniques in ophthalmology and spinal surgery as well as treating horse lameness and cancer while enjoying red rock country. Veterinary technicians will also have their own training on June 19. The conference is organized by the Utah Veterinary Medical Association. The Lodge, located on Scenic Highway 128, has been the event location since the conference's inception in 2006.

In their off time, conference attendees plan to go sightseeing, rock crawling, whitewater rafting, and maybe even horseback riding. On June 17, the Brunson Brothers will entertain the veterinarians and their families at the Family Night BBQ. The four trumpet-playing brothers and their backing musicians harmonize to a wide variety of genres. They were Liberace's opening act. They also performed several times on the Tonight Show.

Drew Allen, Salt Lake City veterinarian and past UVMA president said the main draw for most participants in the combination of quality continuing education plus family-friendly recreation. "Biking and river running seem to be the favorites. Everyone also seems to enjoy the

Family Night BBQ and Awards Ceremony."

"Red Cliffs Lodge has been about the ideal setting," he added. "The meeting room accommodations are great and you can't beat the views. The management and staff has also been wonderful to work with. The only complaints we get are the people who do not reserve their rooms at Red Cliffs soon enough and have to stay in town."

Lou Gostlin, office manager of Moab's very own Dog and Cat Clinic, will help show off Moab to spouses and families. Lou moved with her veterinarian-husband from Columbus, Ohio, to Moab 12 years ago and has never looked back.

"After visiting 49 states," Lou said, "I've decided Moab is the best place to live in, what with the hiking, biking and very nice people." The couple go whitewater rafting every chance they get.

Lou, an avid quilter, will also share her hobby during the conference. On June 18, the UVMA Auxiliary luncheon will feature local quilters, the Delicate Stitchers, at a trunk quilt show.



Red Cliffs Lodge – Red Cliffs Lodge will host 153 veterinarians from 20 U.S. States and Canada (Photo credit: Red Cliffs Lodge)



Moab Downtown Tour – The UVMA Auxiliary takes a tour of downtown Moab in 2008. (Photo credit: Jewel Punzalan Allen)



Drew & Sabrina hike – Salt Lake veterinarian Drew Allen and his daughter Sabrina hike through Arches National Park in 2008.



Glen Esplin – Salt Lake veterinarian Glen Esplin enjoy a round of golf at the Beagle Scramble in 2008.

MILEAGES TO MOAB

Distances used on this chart are based on main numbered routes from point to point. Shorter distances may be available using different routes.

MILEAGE CHART

	Albuquerque, N.M.	Arches	Blanding, Utah	Bluff, Utah	Bryce Canyon N.P.	Canyonlands N.P.	Canyonlands Needles	Canyon Rims	Capitol Reef N.P.	Cortez, Colorado	Dead Horse Point	Denver, Colorado	Durango, Colorado	Gooseheads	Grand Canyon N. Rim	Grand Canyon S. Rim	Grand Junction, CO	Green River, Utah	Hovenweep	Lake Powell Halls Csg.	Lake Powell Hite	Las Vegas, Nevada	Los Angeles, CA	Mesa Verde N.P.	Mexican Hat, Utah	Moab, Utah	Monticello, Utah	Monument Valley	Natural Bridges	Newspaper Rock	Page, Arizona	Phoenix, Arizona	Price, Utah	Salt Lake City, Utah	Zion National Park
Albuquerque, New Mexico	367	329	355	608	398	359	353	487	249	396	444	218	389	535	407	430	415	291	419	416	587	805	278	382	362	307	324	376	335	456	449	548	730	575	
Arches National Park	367	81	107	361	31	62	80	244	119	29	356	165	142	499	325	110	49	116	171	168	447	722	149	134	5	60	159	129	58	285	480	110	230	404	
Blanding, Utah	329	81	26	279	113	58	74	158	83	111	446	130	56	322	242	196	130	45	90	87	358	630	99	52	74	22	77	47	47	199	393	192	321	322	
Bluff, Utah	355	107	26		301	139	84	100	180	82	137	477	152	30	296	220	222	152	35	110	107	332	604	125	26	103	48	51	65	74	173	367	214	343	296
Bryce Canyon National Park	608	361	279	301		310	347	353	100	361	418	553	406	331	219	159	308	221	320	282	192	205	477	390	323	356	301	277	232	327	151	378	280	324	86
Canyonlands National Park	398	31	113	139	310		109	86	275	151	2	377	196	169	435	359	142	80	158	203	200	478	750	180	165	36	91	190	150	89	316	506	142	362	435
Canyonlands N.P. Needles	359	62	58	84	347	109		70	230	106	107	434	151	114	380	314	188	126	113	148	145	524	746	135	120	73	46	145	115	20	271	451	188	308	390
Canyon Rims Rec. Area	353	80	74	100	353	86	70		236	112	84	411	157	130	396	320	165	103	119	164	161	501	773	141	126	50	52	151	121	50	277	467	165	285	396
Capitol Reef National Park	487	244	158	180	100	275	230	236		244	273	422	289	209	319	259	177	75	199	161	71	336	608	273	202	239	184	227	111	209	353	509	134	257	217
Cortez, Colorado	249	119	83	82	361	151	106	112	244		149	421	45	139	405	324	204	158	47	172	169	566	838	29	128	105	60	159	129	85	285	475	220	359	404
Dead Horse Point	396	29	111	137	418	2	107	84	273	149		375	194	167	433	367	127	78	156	201	198	392	664	178	163	34	89	188	148	87	314	504	140	260	433
Denver, Colorado	444	356	446	477	553	377	434	411	422	421	375		339	462	750	681	246	346	468	536	533	758	1031	550	490	361	416	519	493	414	638	826	408	512	764
Durango, Colorado	218	165	130	152	406	196	151	157	289	45	194	339		183	450	337	170	271	92	220	217	575	847	54	143	160	105	168	174	130	294	520	333	404	413
Gooseheads	389	142	56	30	331	169	114	130	209	139	167	462	183		266	261	252	186	65	138	135	439	711	168	8	101	78	32	92	188	158	348	248	377	277
Grand Canyon North Rim	535	499	322	296	219	435	380	396	319	405	433	750	450	266		214	505	404	277	404	401	237	509	434	270	396	344	236	361	370	123	347	466	413	127
Grand Canyon South Rim	407	325	242	220	159	359	314	320	259	324	367	681	337	261	214		417	372	255	324	321	283	555	357	194	320	268	169	287	263	139	217	434	583	297
Grand Junction, Colorado	430	110	196	222	308	142	188	165	177	204	127	246	170	252	505	417		101	241	286	283	510	782	233	247	115	170	248	243	168	395	590	163	285	493
Green River, Utah	415	49	130	152	221	80	126	103	75	158	78	346	271	186	404	372	101		175	220	217	398	664	197	184	53	108	203	177	106	329	519	62	182	241
Hovenweep	291	116	45	35	320	158	113	119	199	47	156	468	92	65	277	255	241	175		127	124	491	763	76	61	122	67	86	84	92	210	402	237	366	331
Lake Powell Halls Crossing	419	171	90	110	282	203	148	164	161	172	201	536	220	138	404	324	286	220	127		90	562	838	201	134	164	112	155	43	137	281	471	171	411	400
Lake Powell Hite Marina	416	168	87	107	192	200	145	161	71	169	198	533	217	135	401	321	283	217	124	90		559	831	198	131	161	109	152	40	134	278	468	96	408	397
Las Vegas, Nevada	587	447	358	332	205	478	524	501	336	566	392	758	575	439	237	283	510	398	491	562	559		272	595	432	451	506	307	525	512	281	287	460	419	121
Los Angeles, California	805	722	630	604	477	750	796	773	608	838	664	1031	847	711	509	555	782	664	763	838	831	272		867	704	717	779	579	797	784	553	376	602	691	393
Mesa Verde N.P. Colorado	278	149	99	125	390	180	135	141	273	29	178	550	54	168	434	357	233	197	76	201	198	595	867		163	144	89	188	158	115	314	504	259	388	433
Mexican Hat, Utah	382	134	52	26	323	165	120	126	202	128	163	490	143	8	270	194	247	184	61	134	131	432	704	163		129	74	25	91	99	151	341	240	373	270
Moab, Utah	362	5	74	103	356	36	73	50	239	115	34	361	160	101	396	320	115	53	122	164	161	451	717	144	129		54	151	120	53	280	475	115	235	294
Monticello, Utah	307	60	22	48	301	91	46	52	184	60	89	416	105	78	344	268	170	108	67	112	109	506	779	89	74	54		99	72	28	225	415	168	299	344
Monument Valley	324	159	73	51	277	190	145	151	227	159	188	519	168	32	236	169	248	203	86	155	152	307	579	188	25	151	99		118	125	126	316	265	394	245
Natural Bridges Natl Monument	376	129	47	65	232	150	115	121	111	129	148	493	174	92	361	287	243	177	84	43	40	525	797	158	91	120	72	118		94	244	432	136	368	363
Newspaper Rock	335	58	47	74	327	89	20	50	209	85	87	414	130	188	370	263	168	106	92	137	134	512	784	115	99	53	28	125	94		231	440	168	334	370
Page, Arizona	456	285	199	173	151	316	271	277	353	285	314	638	294	158	123	139	395	329	210	281	278	281	553	314	151	289	225	126	244	231		272	391	420	119
Phoenix, Arizona	449	480	393	367	378	506	451	467	509	475	504	826	520	348	347	217	590	519	402	471	468	287	376	504	341	475	415	316	432	440	272		663	645	382
Price, Utah	548																																		

TRAIL HAPPENINGS

The Whole Enchilada -A wild tasty ride!

by Tom Dillon and Ruth Dillon

This is a group of classic, technical trails connected together for more than 26 miles dropping 7,000 feet from the La Sal Mountains to the Colorado River at Highway 128 (with plenty of climbs in between totaling 2,000 feet). All in all, The Whole Enchilada is a delicious, spicy blend of varied ingredients that make up a wildly tasty ride.

Burro Pass is "The Jalapeno" of this ride. It'll burn your lungs on the 700 foot, 20% grade climb from the trailhead to the pass, then burn coming out as you descend 1400 feet through loose rocks and roots with steep, tight switchbacks, eventually cooling off to sweet riding through tall fir, up through aspens, then alongside Mill Creek (with 5 crossings) to Warner Lake.



Hazzard County is "The Green Sauce". It's spread over the top and spicy enough to make you scream out "Yee-Haw!" After a short climb, the trail opens up to a fast three-mile run with a number of optional opportunities for getting some air, down betwixt the cows and oaks where the trail becomes tighter and twistier as it carries you in and out of aspen groves. This section is a favorite that leaves a good taste in your mouth and 1000 feet lower.



Upper Porcupine Singletrack (UPS) (via a short connecting stretch of the Kokopelli jeep road through burnt trees) is "The Smooth Creamy Cheese Sauce" consisting of a melt-in-your-saddle blend of winding singletrack with rolling slickrock among the pinions. There are, of course, a number of tech sections to remind you that this meal ain't for the kiddies.



Lower Porcupine Singletrack (LPS) makes up "The Beans" of the meal. It causes fits of pressure and puckering as you make your way through the sometimes sandy, foliage-lined canals which can suddenly open up and put you on the edge of a cliff or the opening of The Notch. There are numerous places to test your skills, courage, sanity and helmet.



Porcupine Rim is most certainly "The Meat" of this more-than-filling ride at about 11 miles and 3000 feet descent to the river. You have a nice selection of meats. Beef: Advanced riders with a side of downhill bikes wrapped in armor with a large dose of chile to boot. Pork: Those of us running our cross country gear hoping that we end the ride with some, but not too much, hot sauce dripping from our knees and elbows. Chicken: Intermediate riders who are smart enough to get off their bikes on the truly scary parts even though they feel like a chicken. And Vegetarian: Beginners talked into riding a trail and finding the experience, other than the views, largely indigestible.



The trail is peppered with loose rocks atop slickrock on the jeep road, with mouthwatering drops, short hot, steppy climbs and places to drop off a cliff (on our last ride we saw someone fall off their bike and tumble within about six feet of the edge of a sheer cliff). Something for anyone to sink their teeth into.

Additional "Must" Ingredients:

The Trail Mix staff and volunteers are "The Chef" who cut, blend and cook the ingredients into a delicious ride.

Shuttle Operators (check with local bike shops) are "The Servers" who keep you from having to do all the work of shuttling yourself. If you shuttle yourself, add a couple of hours to get back to the trailhead to pick up your car and get back.

Tour Operators are "The Tortilla" which wraps all the yummy ingredients together to make "The Whole Enchilada" a much more satisfying meal, by making sure parts of your enchilada don't fall out into your lap.

So, savor the flavor--you've just eaten The Whole Enchilada! Or maybe just some of it, saving the rest for later, because sometimes you just can't do it all at once.

For bail-out (spur trail) options along The Whole Enchilada, visit UtahMountainBiking.com.

TRAIL MIX serves as an advisory Committee to the County Council on non motorized trail issues. Trail Mix develops and maintains trails for a "mix" of non motorized users including hikers, bikers, equestrians and skiers. The "mix" includes all the federal land managers, county, city, and private interests. Everyone is welcome to attend our meetings held the 2nd Tues. of each month at the Grand Center 182 N. 500 W. from noon - 2pm. We have volunteer opportunities for everyone.



Notice: Watch for two "trail adjustments" that have been proposed by Trail Mix, and are being reviewed by the BLM. The areas of change are near "The Notch". Change is good.

About the Authors: Tom Dillon is currently serving as the Biking Representative and the Web Master on the Trail Mix Committee. Ruth Dillon is the Trail Mix secretary. Ruth and Tom both love biking and hiking, and share a wry and delicious sense of humor.

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SHOPPING GUIDE MAP

Map details include:
- Highway 191 running north-south.
- Main Street running east-west.
- Center Street running east-west.
- Grand Street running east-west.
- Uranium Ave. running east-west.
- Kane Creek and Cedar streets running east-west.
- 400 North, 200 North, 100 North, 100 South, 200 South, 300 South streets running north-south.
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HIKING HAPPENINGS

Between The Fins – An Uncrowded Walk

by Marcy Hafner



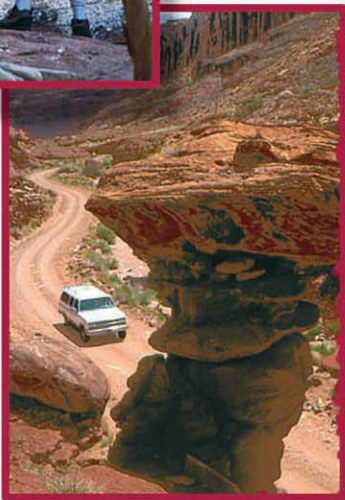
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We refer to it as the “Cross Over Canyon” because it crosses over from Kane Creek Canyon through a series of elongated fins to an overlook of Pritchett Canyon. With its hidden alcoves and crannies, this charming lush canyon always casts a magical spell, especially in the spring when there is a bounty of wildflowers. It’s a regularly used trail and yet, to my knowledge, no official name has been given to it.

Base jumpers travel on this trail between the fins for their ascent of Tombstone Dome where they make their jump, a feat I have witnessed several times. So before you start your walk, look up. If you see someone on the dome above the road an extreme event just might happen. Watching a person in freefall does make my heart rate go up a bit. That loud snap, sounding like the firing of a shotgun when the parachute snaps open, commands instant respect. Landings usually happen on the road, but some



even manage to zoom in next to a parked car.

To get to this trail, go south on Main Street and turn right at McDonald’s on to Kane Creek Blvd., where the pavement will end in approximately six miles. Then continue on the well-maintained dirt road for another half mile to the parking area for the Amasa Back trailhead, which appears on the right. The trail starts directly across from the parking area and is marked with a “Hiking Trail Only” sign. There is another unsigned short trail to the left that goes to some petroglyphs, which are well worth taking the time to look at.

I would rate this trail as moderately difficult. It’s easy at first as it follows the streambed, but the walking gets serious when the strenuous climb out of the canyon bottom begins. Don’t get sidetracked with a well-used trail to the right - that quickly dead-ends in a box canyon. Be prepared for the boost up on a pile of loose rocks to the ledge above, about half way up the trail, although it is possible by scouting around to find an easier route. Heavy exertion is required to scramble up the remainder of the twisty trail to the last tricky section - a slab of slanted slickrock where boots with good vibram make a big difference. It’s difficult to get traction on this portion of angled rock; if all else fails, you can knee and crawl up the last few feet. Once you’ve accomplished that, you’ve accessed the final level of the canyon, where a large panel of bighorn sheep pops into view. Now I take a deep breath and stroll over for a close look at these petroglyphs. The big mystery to me is how could those etchings have possibly gotten so high up on the brown varnish? A piece of the puzzle is obviously missing! My personal assumption is an ancient ledge that supported those prehistoric artists has long since slid away.

After following the sandy wash a short distance, I seek out a rock that makes an unusual chair. With a comfortable backrest, I lean back momentarily to enjoy the stone walled, rimrocked scene from my desert throne, as I listen to the short ringing trills of rock wrens. Perfectly named, they prefer a rocky habitat where they can construct their nests within a narrow rocky confine and usually lay out a walkway of small flat stones or pebbles that lead up to the entrance of their home.

Moving along, I arrive at a small alcove with water seeping out of the canyon wall. This is always a must stop for me. How can I pass up the many water-loving plants that thrive in this oasis? On a hot day the sound of dripping water in this cool, refreshing refuge with its damp, musky odors is so soothing; I have easily daydreamed away a lazy

summer afternoon here. I study the progress of the alcove columbines that hang from the moist canyon wall and estimate that it is several more weeks before their delicate creamy white blooms will be a marvel to see. Found mainly in moist alcoves, a rarity in a parched land, this columbine is endemic to the Colorado Plateau.

On this spring day in early May, I walk through the thickness of oaks, singleleaf ash and fenderlerbush adorned with delicate white flowers and continue past shaggy barked junipers and stately pinyon pines as the scent of cliffrose fills the air. Tall yellow daisies are a delight to watch as they elegantly weave and sway in the breeze. I pause to admire the bright red Eaton’s penstemon and the large clusters of purple rimrock milkvetch.

Indian paintbrush prefers rock crevices and contrasts vibrantly against the tawny sandstone. Best of the flower show, however, goes to the lovely pink lavender flowers of the Whipple’s fishhook cactus— a treasured offering of the desert.

Mormon tea, with its broom-like appearance, is an odd-looking, medium-sized shrub and this is a banner year for its tiny, strange-looking yellow flowers. It grows up to four feet high and its smooth segmented green branches have no apparent leaves. It is in the ephedra family and Native Americans used it for medicinal purposes by brewing the branches for stomach and bowel disorders, colds, fever and headache. They also prepared an ointment from the dried twigs as a remedy for burns.

Early Mormon settlers made a beverage from this plant by placing a handful of the green or dry stems in boiling water and then let the brew steep for twenty minutes before adding a spoonful of sugar or strawberry jam. I have tried this concoction and that sweetener was definitely needed!

After passing a cavernous alcove high on the cliff wall, the trail splits – left is the route taken by the base jumpers, right goes over a rock incline to the overlook of Pritchett Canyon. I choose right, knowing that further along, I will be forced to make another choice - stay on the fin to the right or go left into the wash. Both routes are marked with cairns and either has its rewards. The high route leads to lofty wide-open views; the low route provides the intrigue and shelter of rock walls. In the summer I opt for the shade of the low route.

Soon I’m peering down into Pritchett Canyon and up at the numerous sandstone fins



that lead to the Moab Rim. The smooth lines of rock fins present a dramatic roller coaster profile – an artistry of rock landscape sculptured by geologic time that flows and tumbles against a bluer than blue sky. This canyon is named after Thomas Pritchett, an early settler in Moab who lived in a fort here during the winter of 1880-1881. He was the first Justice of the Peace in the valley and performed the first marriage ceremony in Moab back in 1881.

For all my excursions into this unique canyon, I rarely see another soul, and I cherish that solitude. An uncrowded walk-about on an unnamed route adds a sense of mystique to a day’s outing. In the spring, it feels like a stroll through the Garden of Eden and on a hot summer day, it offers the cool relief of shade. I return again and again for the scenery and the feeling of seclusion, as well as the limitless opportunities to explore the many cross country routes that spin off this trail.

HEALTHY HAPPENINGS

Zumba -Fitness Fun

Zumba (pronounced zoomba) is the latest fitness craze filling gyms throughout the world. It bears a slight resemblance to the old jazzercise class but has been injected with high energy Latin music and more laughter and smiles than should be allowed in something that is considered exercise. Zumba is a dance based aerobic fitness class. You get to move non stop from one type of dance and music to another such as doing the salsa, meringue, cha cha, belly dance, hip hop, etc. It targets areas such as the glutes, legs, arms, abs and the most important muscle in the body, the heart. Participants will burn up to 1000 calories an hour depending on their fitness level and intensity put forth. It is a major cardio workout but it is so much fun!

Coining the concept of "fitness party", Zumba has spread like wildfire and has positioned itself as the single most influential movement in the fitness industry. Zumba got it's start when a Columbian aerobics instructor Alberto Perez (Beto) went to teach his aerobics class one day and realized he had forgotten the music. His only option was to grab whatever tapes he had in his car which were salsa and meringue tapes and to gear his class with Latin moves. This combination

"It's fun and it's playful" said Moab's own Zumba fitness instructor, Sandi Snead. My goal is to offer a class that is not only good for you but makes you feel good about yourself...to empower and enhance your quality of life!



Sandi Snead

Snead received her license to teach Zumba last March and now offers classes two nights a week at the MARC. The Zumba formula combines the laws of aerobics with the laws of interval training for what is called



intermittent training. The choreography is designed for that by using varying rhythms throughout the class. "I use Zumba choreography as well as my own and I always follow the Zumba formula. I know about 25 routines and I like to mix them up. I want the class to learn them well so we will do them over and over but I'll bring in new ones too."

Snead has been a dancer all her life so Zumba came easy to her although Zumba is NOT a dance class she insists. "I am not trying to teach you how to dance a certain way. I want you to move the way that is right for you. There are no right or wrong steps and I am not in front of the class yelling verbal cues. I have created a place where we can exercise our bodies and our freedom to express ourselves." Bring cross trainers or low tread sneakers, water, a towel, and a mind body and soul ready for a good time! Outrageous clothing

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Classes are Wednesday nights at 6:00 and Friday nights at 5:30. Drop in rate is \$10 or you can buy 5 classes for \$40.



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(In Chinese: "Group Qi") are released when mindful activities are performed in groups, and Community Acupuncture is just that, even if part of the time is spent napping in your own clinic recliner. This option empowers patients, builds community and provides healthcare that is affordable and accessible and rest comfortably with one another.

Treating patients together has many benefits; it is easy for friends and family to come in together, and many patients find it comforting. The most compelling benefit is that similar to group yoga or meditation the individual treatments are made stronger by the collective energetic field. Done in a small group setting, the low cost of Community Acupuncture makes it affordable for most. However your personal health information is always kept confidential. Most people's insurance barely covers

acupuncture, but you can now experience all the benefits of acupuncture for roughly the cost of a co-pay! Payment is on a sliding scale. \$20-\$40. You decide what you can afford within that range, no questions asked (There is a one time fee of \$40 for the initial appointment and intake).

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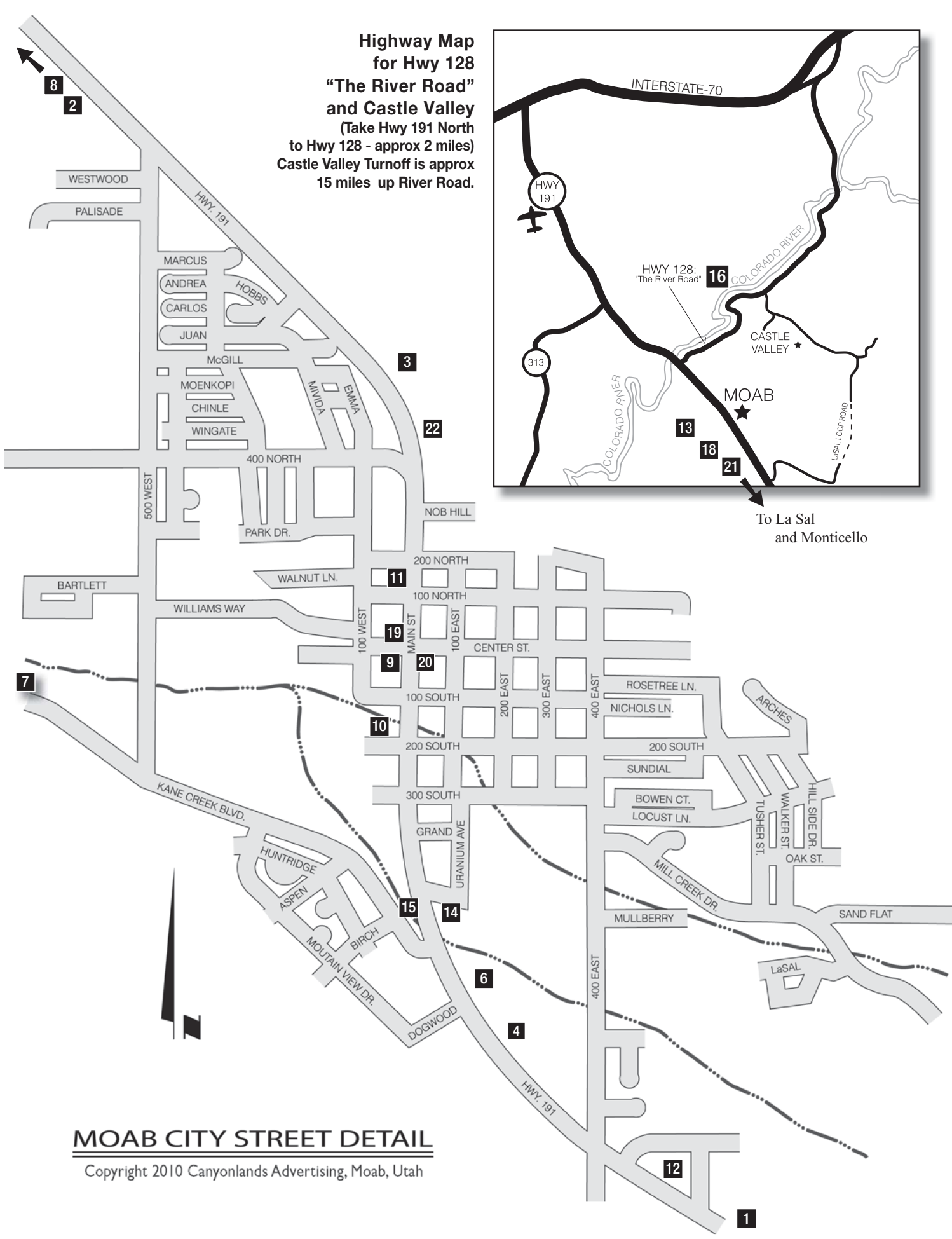
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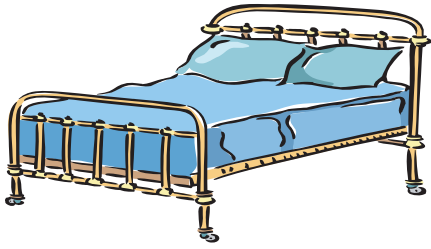
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9.	Canyonlands Best Western	435-259-2300	www.canyonlandsinn.com
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11.	Bowen Motel	435-259-7132	www.bowenmotel.com
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13.	The Monticello Inn	435-587-2274	www.themonticelloinn.org
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16.	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
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MUSEUM HAPPENINGS

John Wayne

John Wayne was born Marion Robert Morrison in Winterset, Iowa in 1907, but his name was changed to Marion Michael Morrison when his parents decided to name their next son Robert. His family was Presbyterian; father Clyde Leonard Morrison was of Irish and Scottish descent and the son of an American Civil War veteran while mother Mary Alberta Brown was of Irish descent. Wayne's family moved to Glendale, California in 1911; it was neighbors in Glendale who started calling him "Big Duke" because he never went anywhere without his Airedale Terrier dog, who was Little Duke. He preferred "Duke" to "Marion", and the name stuck for the rest of his life. Duke Morrison early life was marked by poverty; his father was a man who did not manage money well. He was a good and popular student. Tall from an early age, he was a star football player for Glendale High School and was recruited by the University of Southern California. As a teen Wayne also worked in an ice cream shop for an individual who shod horses for local

friendship with director John Ford. During this period, Wayne appeared with his USC teammates as one of the featured football players in Columbia Pictures' "Maker of Men" (filmed in 1930 and released in 1932), which starred Richard Cromwell and Jack Holt. In the film Wayne was billed with his given name of Marion Morrison. After two years working as a prop man at the William Fox Studios for \$35 a week, his first starring role was in the 1930 movie "The Big Trail"; the director of that movie, Raoul Walsh, (who discovered Wayne) gave him the stage name of "John Wayne", after Revolutionary War general "Mad Anthony" Wayne. His pay was raised to \$75 a week. He was tutored by the studio's stuntmen in riding and other western skills. Nine years later, his performance in the 1939 film "Stagecoach" made him a star. In between, he made westerns, most notably at Monogram Pictures, and serials for Mascot Studios.

During his early days in pictures, Wayne worked a great deal with famed stuntman, action director, Yakima Canutt. It was Canutt who performed the stunt under the stagecoach in the movie of that same name, pioneering that stunt for a few other stuntmen. The last 30 years of Duke's movie career, one of the great stuntmen in the business Chuck Roberson doubled for him in most of those films.

Wayne became an honorary inductee in the Hollywood Stuntmen's Hall of Fame in 1975, when Roberson was footprinted in cement and inducted. Chuck donated Wayne's hat, spurs, neckerchief, shirt, red jump suit from "Hellfighters", and a few other items to the Hall of Fame. His

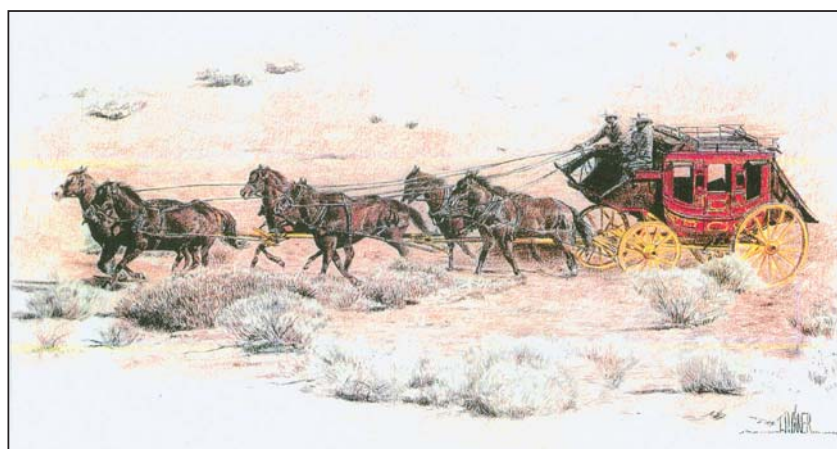
hat is presently on display at the Dan O'Laurie Museum in Moab on a loan arrangement, along with several other pieces of memorabilia, including Harrison Ford's hat,

whip and torn shirt from "Raider's of the Lost Ark", Gene Kelly's famous shoes he wore in "Singin' In the Rain," and Arnold Swartzenegger's face mold that his stuntman (from Canada), Peter Hunt donated.

John Wayne died of stomach cancer on June 11, 1979 and was interred in the Pacific View Memorial Park cemetery in Corona del Mar, California.



John Wayne and John Ford -Drawing by John Hagner



"Stagecoach" -Drawing by John Hagner

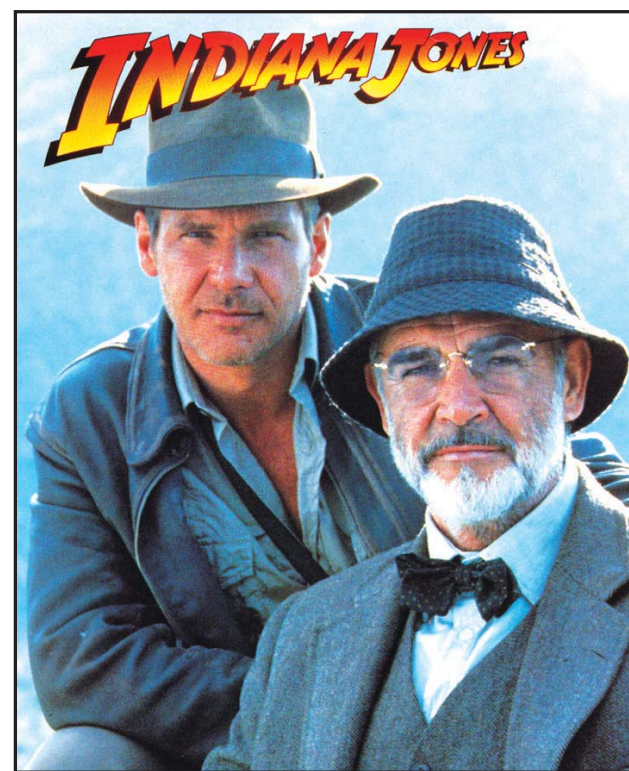
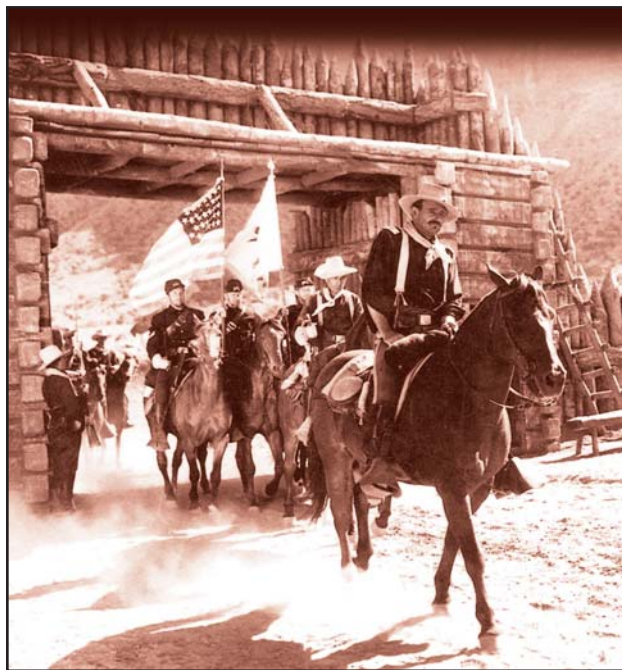
Hollywood studios. He applied to the U.S. Naval Academy, but was not accepted. He instead attended the University of Southern, where he was a member of the Trojan Knights and joined the Sigma Chi Fraternity. He also played on the USC football team under legendary coach Howard Jones. An injury while supposedly swimming at the beach curtailed his athletic career, however; Wayne would later note that he was too terrified of Jones' reaction to reveal the actual cause of his injury. He lost his athletic scholarship and with no funds was unable to continue at USC. While at the university, he began working around the local film studios. Western star Tom Mix got him a summer job in the prop department in exchange for football tickets, and Wayne soon moved on to bit parts, establishing a long

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.

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SCENIC ROAD HAPPENINGS

Top of the World Trail

Article and Photos by Rob Cassingham

The "Top of the World" trail presents the intrepid visitor with one of the most sublime panoramic views to be found anywhere, but take note that this route is definitely not advised for stock four wheel drive vehicles. The trail is rated as 'moderate', but some may find it more difficult. Taller tires, extra ground clearance, and skid plates are necessities. Many obstacles will require you to pick the best 'approach', and a spotter will prove to be very helpful. Don't forget a spare tire and tools, and bring extra water just in case.

To begin your trip, head to the intersection of Main and Center streets. Reset your trip meter.



Looking southwest from the Top of the World.

Mile 0.0 You are at the intersection of Main and Center streets, in front of the Moab Information Center. If you wish to purchase a map before starting your trip, this is a good place to do it. When you are ready, drive north on Main Street.

Mile 2.4 Utah Highway 128 heads east at this point. Turn right on Highway 128 (locally known as "The River Road"). The River Road is extremely scenic and should be a part of every visitor's Moab experience. Enjoy your drive as the road and river both twist sinuously through the narrow gorge.

Mile 32.3 Turn right just before the River Road crosses the Colorado River and reset your tripmeter. You are now on the well-maintained and beautiful Entrada Bluffs Road, which is normally passable to standard highway vehicles for a fair distance. This is also the only location for restroom facilities until you return to this point.

Mile 0.0 Start by driving east on the Entrada Bluffs Road. You will shortly pass a cattle guard and the road will transition to dirt.

Mile 2.0 The road drops down and crosses a wash. Depending on weather conditions and the time of year, this wash may be dry or be quite deep. In mid-May, when the author crossed it, it was only 4 to 8 inches deep. The bottom is firm, so getting stuck should not be an issue.

Mile 5.3 The Top of the World Trail intersects at this point. Reset your tripmeter and turn right. REMEMBER: This road is on the difficult side of a moderate-category trail, and is very challenging for stock vehicles. Having taller tires, a body lift and skid plates are very helpful. A spare tire and plentiful water are highly advised



The view to the northwest from Top of the World.

Mile 0.0 Start up the Top of the World Trail.

Mile 0.0 + 50 yards Turn right at this intersection.

Mile 0.3 Pass through a fenceline and continue forward, up the rocky ledges.

Mile .6 The road travels over a large expanse of bare sandstone (slickrock). You should be able to discern the trail towards the left side of the slickrock.

Mile 3.0 You have come to the first of many difficult rock ledges. If you find this obstacle very daunting, turn back now as these obstacles are going to become frequent and usually more difficult until you return to this point.

Mile 3.3 Keep right at this intersection. You will be returning to this intersection via the road on your left.



Typical scenery along the Entrada Bluffs Road.

Mile 4.1 The Top of the World. You have arrived at one of the most spectacularly impressive panoramas in the region. Please remember that there are no safety rails, ropes, or anything else to prevent a sheer drop of 1200 to 1500 feet. Watch your children/pets VERY closely. Also, though it is rare, rock climbers occasionally challenge themselves on the cliffs below-don't throw rocks or boulders off the edge!

To the northwest, you can see all the way to the Book Cliffs, with the Colorado River shining in the distance. To the southwest, you look down upon the Fisher Towers, the twisted and folded geology of the Onion Creek/Fisher syncline, and Adobe Mesa. To the southeast, you can peer down upon the Onion Creek Road-which appears like dusty length of string from this height-as it twists and wends its way through the contorted landscape, and the La Sal Mountains tower in the distance.

When you are finished 'oohing and ahing' over this sublime view, continue following the trail as it heads east/northeast.



With assistance from a spotter, some people drive farther onto the promontory. Not the author!

Mile 4.8 Another very rough section. For the next .2 miles, you will have to be careful with your tire placement. A spotter could be very helpful with the worst obstacles.

Mile 5.1 You have rejoined the trail at the intersection you passed at mile 3.3. Turn right and retrace the route an additional 3.3 miles back to the Entrada Bluffs Road.

We hope that you have enjoyed your excursion to Top of the World, and your vehicle is reasonably intact! When you return to Moab, please pick up the latest copy of the Moab Happenings for another great route waiting for you to discover!



Some obstacles may require building ramps out of stones in order to continue.

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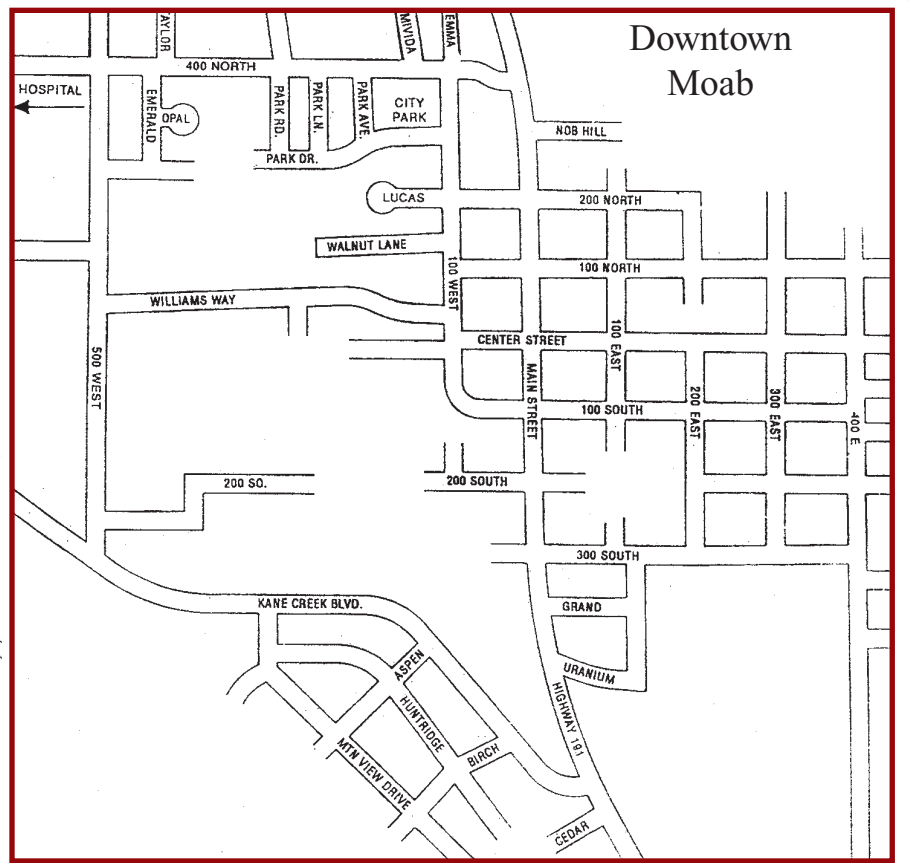
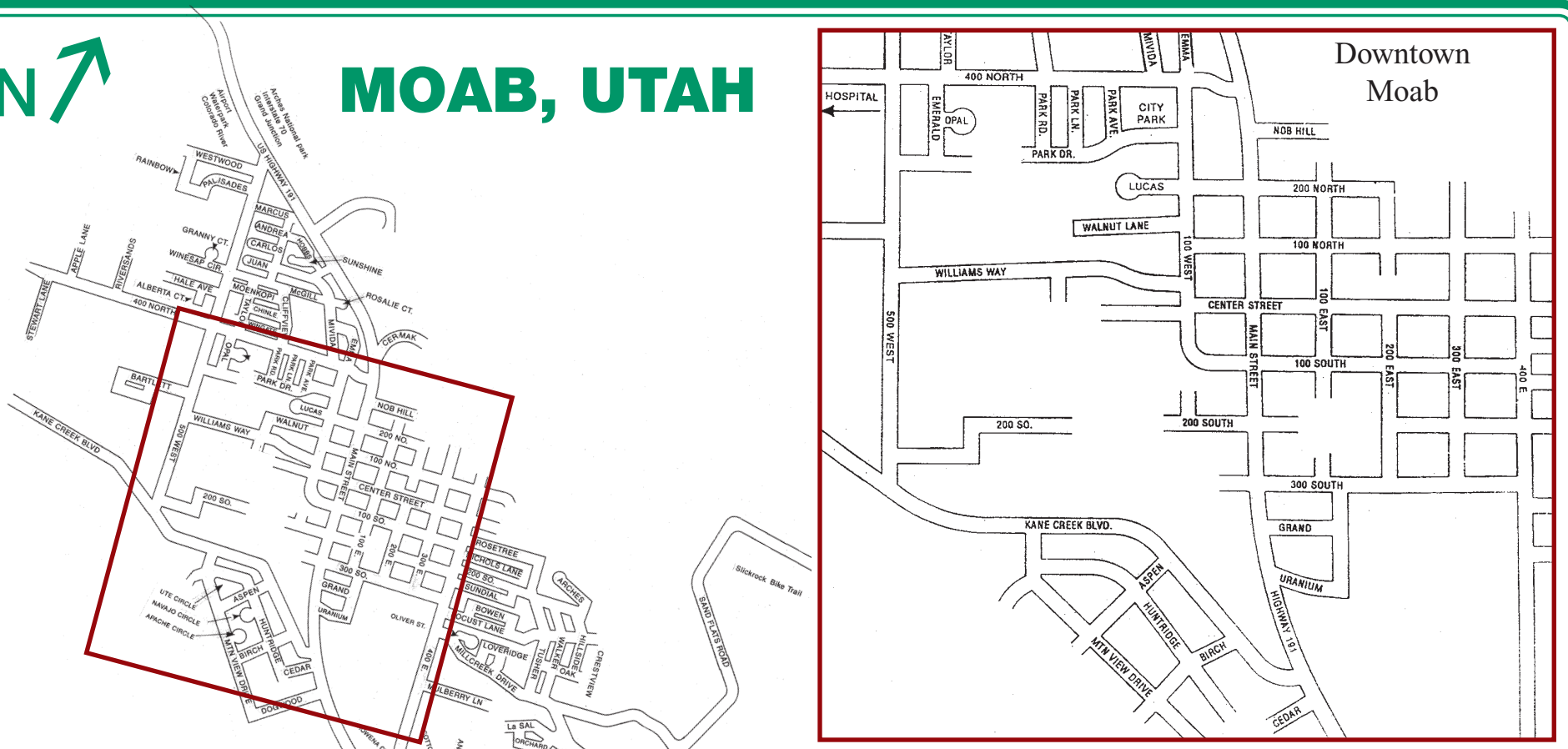
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JUNE	92.0/57.5	0.45
JULY	99.0/64.1	0.49
AUGUST	95.3/62.8	0.87
SEPTEMBER	87.1/52.8	0.83
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NOVEMBER	56.0/30.6	0.60
DECEMBER	45.1/21.4	0.64

Moab Church Services Directory

- Assembly of God • 1202 South Boulder Avenue 259-7747
- Church of Christ • 456 Emma Boulevard 259-6690
- Church of Jesus Christ of Latter-Day Saints
Moab Stake • 701 Locust Lane 259-7491
First & Second Wards • 475 West 400 North 259-5566
Third, Fourth & Fifth Wards • 701 Locust Lane 259-5567
- Community Church of Moab • 544 MiVida Drive 259-7319
- Episcopal Church of St. Francis
250 South Kane Creek Blvd • P.O. Box 96 259-5831
- First Baptist Church SBC • 420 MiVida Drive 259-7310
- Grace Evangelical Lutheran Church
360 West 400 North 259-5017
- Jehovah's Witnesses • 25 West Dogwood 259-8166
- Moab Baptist Church • 356 West Kane Creek Blvd. 259-8481
- River of Life Christian Fellowship
2651 East Arroyo Rd. 259-8308
- St. Pius X Catholic Church • 122 West 400 North 259-5211
- Seventh Day Adventist
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- Friends (Quakers)
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To Monticello
Cortez, Durango,
Monument Valley,
Phoenix



MOAB AREA ROCK ART

The Moab area has numerous examples of Indian rock art to enjoy. This article briefly discusses some types, dates, the artists and their cultures and how to take care of these irreplaceable sites.

WHAT IS INDIAN ROCK ART?

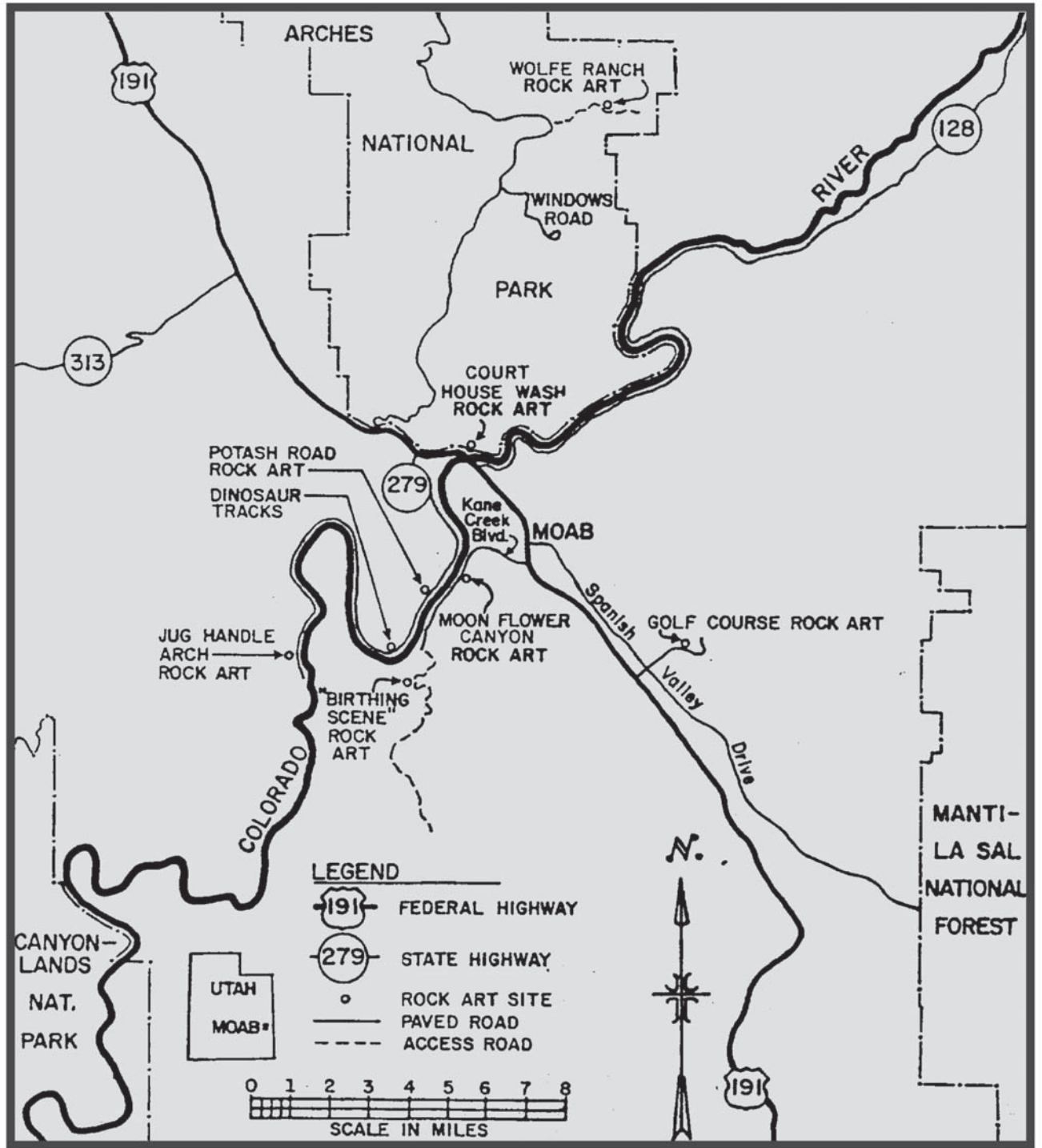
There are two types of rock art: petroglyphs (motifs that are pecked, ground, incised, abraded, or scratched on the rock surface) and pictographs (paintings or drawings in one or more colors using mineral pigments and plant dyes on the rock surface). Although many images may have originally been executed as a combination of both techniques, most now appear only as a petroglyph because the paint material has faded or washed away over many years.

THE PEOPLE

Rock art was produced by a number of prehistoric and historic peoples over thousands of years. Their histories in the area are very complex. A big game hunting people, known as Paleo-Indians, are considered to be the first human users in the area. Their game included now-extinct Pleistocene fauna such as mammoths and mastodons. A later culture called Archaic, probably used central based camps during their seasonal round of activities based on harvesting wild plants and animals. They did not build permanent habitation structures, but lived in caves and in small brush shelters built in the open.

The Anasazi whose culture centered south of Moab in the Four Corners area, concentrated much of their subsistence efforts on the cultivation of corn, beans and squash. These sedentary people, also harvested a wide variety of wild resources, such as pinion nuts, grasses, bighorn sheep and deer. The Fremont were contemporary with the Anasazi people, also grew corn, and were apparently more dependent on hunting and gathering wild resources than were the Anasazi. Their territory was mainly north of the Colorado River, but overlapped the Anasazi at Moab.

The most recent inhabitants, the Utes have been in southeast Utah since the 1200's. They were a very mobile hunting and gathering people who moved in from the Great Basin. They used the bow and arrow, made baskets and brownware -pottery, and lived in brush wickiups and tipis. The No-tah (Ute people) lived freely throughout western Colorado and eastern Utah until about 1880.



SITES

If you have trouble locating rock art once you are near a site, don't be discouraged. You will develop a sense of which types of rocks and surfaces are appropriate areas to look for petroglyphs and pictographs. Petroglyphs are commonly found on the black or brown surface (called desert varnish) of rock cliffs. The straight, smooth, red sandstone found in the Navajo and Wingate formations is a good area to look for -pictographs. As you spot one image, look carefully around the adjoining surface areas. Often there are numerous images at any given site. The main panel might have one or more subpanels nearby. Some of the images may be very faint, having faded or eroded through the years.

Moab Happenings
on line at
www.moabhappenings.com

in racks all over town!

NON-PROFIT HAPPENINGS

Free Meal: Seven Days a Week -Rain, Shine or Blizzard

They say there is no free lunch. Then comes Free Meal, served to any person with a mouth. Free Meal happens seven days a week at noon, outdoors at Sun Court on Center Street--rain, shine, or blizzard.

Free Meal was started in Moab some three years ago by Brer and Haila Ershadi. Before they met in Moab and fell in love, Brer and Haila had separately worked in other cities on ways to freely feed people. Haila had been involved with One World Café in Salt Lake City while Brer had worked with Food Not Bombs in Houston. They continued the Food Not Bombs model here, yet calling it the less-politically-charged "Free Meal." Free Meal served three times a week, with the help of many friends. After they married and had a baby girl a year and a half ago, Brer and Haila handed over the reins to August ("Auggie") Brooks.

Auggie decided, since people have to eat every day, Free Meal should happen seven days a week! Most Moabites know of Auggie, a long-time community volunteer. That gives him the connections to make this vision happen. "Free Meal isn't necessarily about feeding the under-classes, it's about changing people's attitudes about food," Auggie says. It's about removing the sense of condescension that comes with charity programs. If you are too proud to join us, or feel you are not "needy" enough, Auggie will tell you to get over it.

Indeed, Free Meal (like Wabi Sabi's Hands Up brunch during the winter) is for everybody: white- and blue-collar workers on lunch break, desert rats and rock climbers, classic homeless and your usual neighbors. It's actually more about community than food! Auggie realized Free Meal follows a principle of nature: sunshine and rain fall freely on poor and rich, just and unjust, with zero discrimination. Notice how neither the sun nor a mulberry tree makes you even fill out a form to deem you worthy to receive what it naturally sheds!

Auggie says he prefers people not buy food for Free Meal. It should be food that would otherwise be thrown away--food from schools, restaurants, stores, farms, events, and individuals. Free Meal is also about facing up to the waste of society, actually doing something about it. Nearly half of all good food in the US gets thrown out, according to a USDA-funded study by Timothy Jones at the University of Arizona in 2004 [http://www.foodproductiondaily.com/Supply-Chain/Half-of-US-food-goes-to-waste] From my own observations as a wandering scavenger for the past decade, I'm as sure as the sun rises that all the grocery stores in the US throw away enough perfectly-good food to continually and nutritiously feed the entire world. That isn't even mentioning other stores and restaurants! Over a

billion people in the world are undernourished, according to the latest FAO statistics [http://www.worldhunger.org/articles/Learn/world%20hunger%20facts%202002.htm]

The Free Meal spirit isn't limited to Moab. You'll find things like Food Not Bombs (an international phenomenon) in most cities and many towns in the US. Food Not Bombs was started in Boston in the early 80s, and is usually vegan or vegetarian. Moab's Free Meal has something for both carnivores and vegans/vegetarians.

According to Auggie, he wants the ideal to become real--examples, not just talk. "I'm intrigued by this question: what on earth motivates people to serve people, outside of money and government mandate? Isn't it the natural joy of community, the essence of all life? Such motivation was here long before money, governments and political parties, and always will be. Look how it happens when disasters strike--earthquakes, tsunamis, hurricanes, and plague. Yes, suddenly money and governments fail, political and religious affiliations dissolve, and droves of real people wake up and do what's natural--serving one another! What's choice about Free Meal is it shows we don't have to wait for disaster to see such a phenomenon. Yes, it's more blessed when it's voluntary, not forced!"

What's also grand about Free Meal is the enthusiasm and humility of its volunteers who have stepped up to donate, collect, prepare and cook food, wash dishes, and clean-up. They don't expect or care that their names are publicized, but I will, because it's fun: besides Auggie, Brer and Haila, there is Stephanie, Isaiah, Scott, Brandy, Michael, Chris, Joel, Pat, Dave, and a host of others sliding in and out anonymously. And we are grateful to those caring individuals who have gotten food donated from their employers: Grand County Public Schools, Ecclectica Cafe, Zax Pizza, Chevron, Eddie McStiff's, Buck's Grill House, Soul Food Farms, Creekside Lane Farms, Packard Distributing and various events.



Photo by Carolyn Raleigh

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 (Gail Darcey)	259-1733
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 (Kirk Pearson).....	260-2222	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 (Hattie Tibbetts).....	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 (Sarah Heffron 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 Astronomers.....	259-4743
Grand County Democratic Party (Mike Binyon).....	259-1633	Red Rock Forests	259-5640
Grand County 4-H (Marion Holyoak).....	259-7558	Red Rock 4-Wheelers (Ber Knight)	259-7625
Grand County Extension (Michael Johnson).....	259-7558	Retired Senior Volunteer Program RSVP (Jody Ellis)	259-1302
Grand County Food Bank	259-6456	Rotary Club (Kyle Bailey).....	259-6879
Grand County Hospice (Tracey Harris).....	259-7191	Seekhaven Crisis Center (Jaylyn Hawks).....	259-2229
Grand County Prevent Child Abuse	260-1039	Senior Center (Verleen Striblen)	259-6623
Humane Society of Moab Valley	Animal Services 259-4862	Sierra Club (Mike Stringham).....	259-8579
Ladies Golf Club (Chris Corwin).....	259-5344	Solutions - www.moab-solutions.org - (Sara Melnicoff).....	259-0910
League of Women Voters (Cynthia Smith)	259-5306	Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
Lion's Club (Tom Warren).....	259-7834	Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
Moab Aglow Lighthouse Fellowship (Murine Gray).....	259-5514	Southern Utah Wilderness Alliance (Liz Thomas).....	259-5440
Moab Arts Council (Bruce Hucko)	259-4176	Toastmasters International (Al Boyd)	259-5767
Moab Arts Festival (Theresa King)	259-2742	Trail Mix Committee (Sandy Freethey).....	259-0253
Moab Arts & Recreation Center (Bailey Rogers).....	259-6272	Valley Voices (Marian Eason).....	259-6447
Moab Bird Club (Nick Eason).....	259-6447	Veterans of Foreign Wars (Fred Every).....	259-5428
Moab Chamber of Commerce (Kammy Wells)	259-7814	WabiSabi (Jeff Cohen)	www.wabisabimoab.org - 259-3313
Moab City Recreation (John Geiger)	259-2255	Word Watchers (Nancy Kurtz).....	259-0734
Moab Community Theater (Kaki Hunter).....	259-8378	Youth Garden Project (Jen Sadoff)	259-BEAN (2326)

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

PET HAPPENINGS

Dog Aggression or Leash Reactivity?

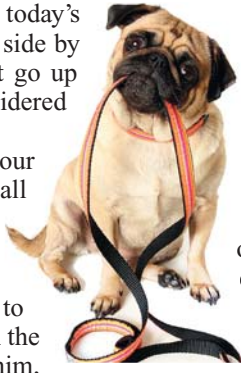
by *Marthina McClay*

Dog Trainer/Behavioral Counselor - www.ourpack.org

When dogs greet in a natural setting (not in today's urban living) they greet in a "C" shape curve or side by side to smell each other's rear ends. They don't go up to each other face-to-face and stare. This is considered rude and offensive behavior.

Now that dogs have to be on leashes in our communities, as it is the law (and safer for all concerned), dogs can't just go up and perform their normal greeting behavior. When a dog does see another dog from a distance, across the street, usually on a walk, it is normal for him to look over and see who it is. He can't interact with the dog normally (such as smelling to get to know him, etc.). He can only SEE the other dog. The other dog may look at him, too. This can potentially create a staring situation across the street. This may cause your dog to feel insecure about the other dog. When he sees the other dog "staring" at him, he may see it as the rude, offensive staring behavior mentioned above. He pulls forward and feels the pull of the leash. He feels restrained from being able to approach. Frustration ensues, and after a number of times he begins to feel frustrated seeing other dogs while on a leash at a distance. This is what is called conditioned frustration or leash reactivity.

This can happen with any breed, and it is common in today's style of living. This is not just an issue specific to strong breeds like Pit Bulls. Also, this does not mean that your dog is necessarily dog-aggressive or less tolerant of other dogs, especially if your dog is fine playing with his select, properly-introduced friends off-leash.



The way to curb and/or prevent this behavior is to reinforce a differential behavior. This means that you teach your dog to focus on something else instead of the dog over there. This can be a "sit" and "watch me" or you can also have your dog perform a down-stay and look at you at the same time. Continuing to walk with your dog and having him look at you while passing the other dog is also very successful at keeping your dog from even locking into a stare-down with the other dog. Timing is key; don't even let your dog stare at the other dog at all. This eliminates the frustration before it can even begin. If you wait until he's already frustrated, lunging and pulling forward, he may not even hear you say "look" or "watch me" at that point.

These distraction techniques will prevent frustration from building up while on-leash around other dogs. A good leash manners class can help you learn these very simple techniques. Then you can take these techniques outside the class and use them in life in many different situations.

Establishing good leadership with your Dog is a very good way to start. This also helps your dog feel that someone is in charge and gives him a better sense of security around other dogs.

The above is a very good way to set a good example in public with your dog showing good manners around other dogs. He can be taught to even be calm and focused on you even when other dogs are riled. This is very impressive in public and really shows off your dog as a good manner's ambassador.

The Dog Owner's Guide to Summer

by *Kaye J. Davis*

Warm summer days offer more time for you to spend outside with your dog. While bright sun and hot temperatures of summer may be nice for a day outside for us, they can be dangerous for dogs.

All dogs are susceptible to heat stroke but dark colored dogs, overweight dogs, older or frail dogs, and brachycephalic dogs (those cute dogs with smashed in noses) are at higher risk than others. Dogs, especially light colored ones, are also susceptible to sunburn. The good news is that these threats to your pooch are preventable. Here are some things you can do to help your canine companion during the hot summer month.

Never leave your dog unattended in your car or truck. The heat inside a vehicle, even one in the shade, can climb very quickly. At times, the heat in your car can go up to double what it is outside. You may think you can help them keep cool by leaving a window open, but that really doesn't offer much help. Take them with you when you leave your vehicle. If you can't, do your dog a favor and leave him or her home.

Keep your dogs fur trimmed in the summer. A dog's internal temperature is higher than humans, but they can still overheat. Keep your dog cool in the summer by keeping thick or long fur under control. Don't go too short when trimming your dog however, if too much skin is exposed your dog may get sunburned.

Limit the time you spend in the direct, midday sun with your dog. Don't keep them in the backyard without shade and plenty of water to drink. You can even help keep your dog cool in the summer months by keeping a kid sized pool in a shaded area for your dog to splash around in.

Just like humans, dogs can be burned by the sun, especially the nose, tips of the ears and around the lip area. If you need to be outside during the hottest time of the day you can apply sun-block to your dog's nose and the exposed skin on the ears, you should always avoid sun-blocks that contain zinc or PABA.

When you walk your dog in the summer months, remember the pads on their feet are sensitive. You can help



keep them cool by watching where they are walking. Sidewalks and road surfaces are extremely hot when they are receiving direct sunshine. Help your dog keep cool by walking them on grassy surfaces when the sun is at its hottest.

Be extra diligent about having fresh, cool water on hand for your pet. Keep their bowls at home full, and don't forget to leave them a pool in the backyard if they must hang out there for any amount of time. If you are

walking with your dog, or spending the day at the park, be sure to have plenty of water with you to help keep your dog hydrated.

You may want your dog with you as much as possible, but for the sake of their health you should know when they can be with you, and when they should just stay home. Keeping your dog cool in the summer months is not that hard as long as you give it a little thought. Keep exposure to the midday sun to a minimum, offer plenty of water and shade, and keep exercise to a minimum. They will love you for it.

**Welcome
Veterinary Convention
See Article on page 2B**

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Humane Society of Moab Valley July Events

June 5 & 19 Cat & Kitten Adoptions

10am-12pm at the Moab BARKery. All ages and personalities, all sizes and colors. Whether you're looking for a big, fluffy Maine Coon gal or a little guy looking dapper in a tuxedo, we've got the feline friend for you.

June 12 & 26 Dog & Puppy Adoptions

10am-12pm at City Market. We have some amazing dogs waiting for their forever homes, including a Border Collie mix and a sweet Blue Heeler mix puppy.

Come meet your new best friend!. Pictures and info in The Ad-vertiser and www.moabpets.org. Call 259-4862 to set up a meet-and-greet if you can't make it to Adoption Days.

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00	Native Spirit	KZMU OVERNIGHT		Art of the Song	KZMU OVERNIGHT		Desert Diva	7:00	
8:00		DEMOCRACY NOW						8:00	
9:00	Jah Morning Reggae	MOAB Morning Blend					Blue Plate Special (blues/rock)	Shine Time (Children)	9:00
10:00		Moab Mamas (everything)	Classical Collusion	Tilted Park (acoustic/folk/pop)	Belle Jar/ Rainbow Plumage	Trailer Park Companion / Wayward Wind			10:00
11:00								The Trading Post (call-in Buy/Sell)	Noon
Noon	Grass is Greener (Bluegrass)	It's My Party/ Merry Pranksters	radio mmm... (can't define it)	Horizon Line	Random Toonage	1-2-3 (funky world soul)	Ain't Live Grand? (live recordings)	1:00	
1:00									
2:00	Plateau Pastime/ Canyon Wren Express	Radio Mundial Radio MOONDial	Planet Picante (latin)	Odd Bins		Red Rock 'n Blues/ Red Rockn' Reggae	Belagaana Review (fruit and nuts)	3:00	
3:00			WORLD MUSIC					MOAB Drive Time	Fire on the Mountain
4:00		Ritmo Latino	The Observatory/ Sound Thing	Gaelic Circle/ Drive Time			Tween Time (pre-teen fun)		
5:00	West of Broadway/ Concert in the Park	This Week in Moab (Interviews / Calendar)				Free Speech Friday Public Access	Big River / Ranch Exit (twang)	6:00	
6:00			DEMOCRACY NOW					7:00	
7:00	Kokopelli Coffeehouse	Big Swing Face (big band jazz)	Moab City Council/ Atomic Lounge	Thin Edge (jazz)	Rock Garden (rock)	Heaven Lounge The Rainbow Room	Main Street Cruise	8:00	
8:00									
9:00	New Dimensions	The Sound Lair (Experimental Dance)	MOAB Conscious Party	AFTER Hours Suburban Urge	Teenage Wasteland	Altered State	Radio Free Moab (college rock)	10:00	
10:00									
11:00	Seti TranceMissions/ Listening Essentials	KZMU OVERNIGHT			the eleventh hour	Rhythm Quest (techno rhythm)	KZMU Overnight	12:00	
12:00								12:00	

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