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MOAB HAPPENINGS

Volume 22 Number 4

FREE COPY

JULY 2010

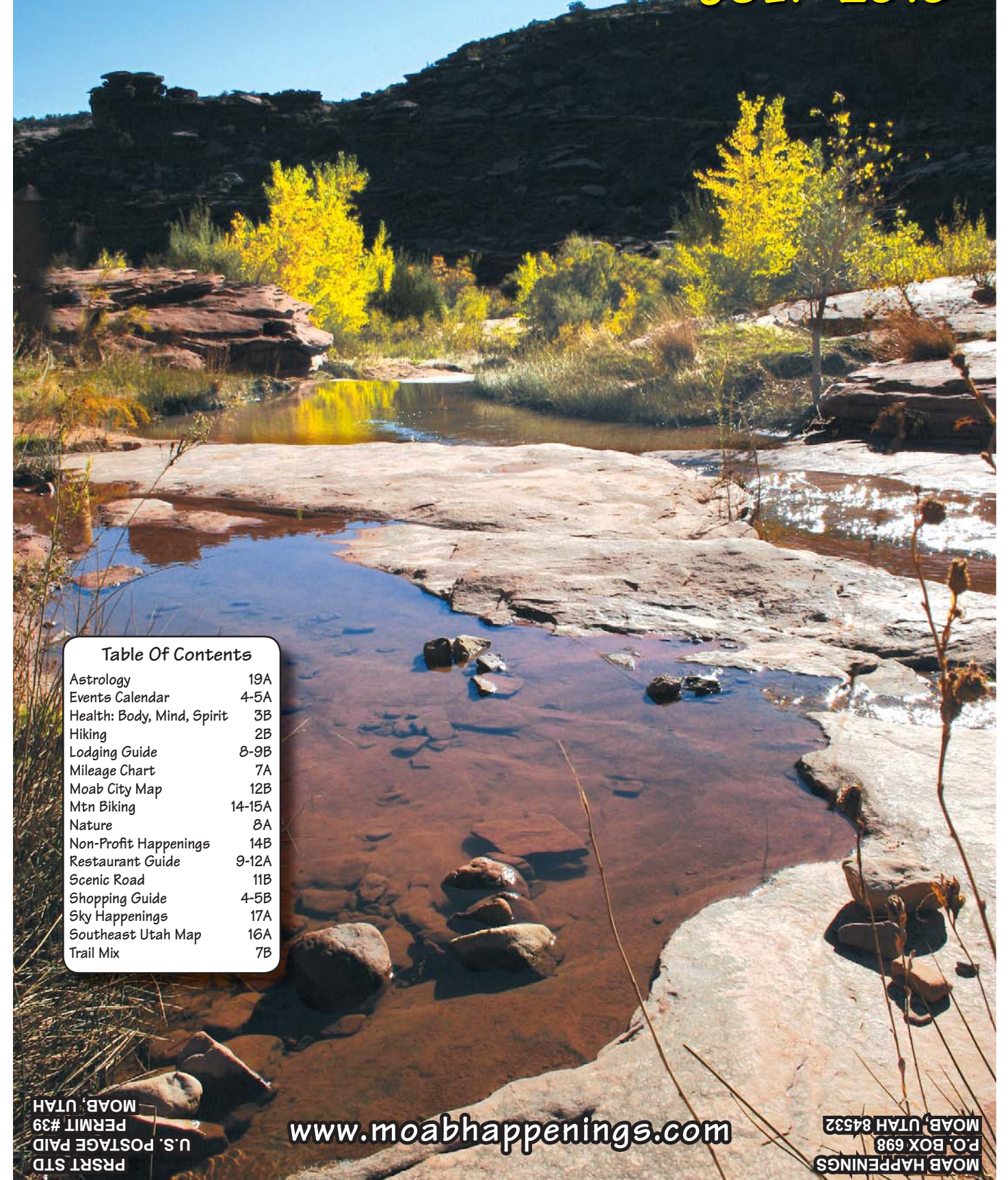


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MOAB HAPPENINGS

MOAB HAPPENINGS®

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

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

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PARK HAPPENINGS

A Closer Look into Dead Horse Point State Park

Dead Horse Point State Park is known for its spectacular views into the canyons of the Colorado River. Most people visiting the park spend their time at the main overlook or hiking to other overlooks, where it is easy to get caught up in the massive open spaces surrounding the park. Visitors taking a closer look at the park itself will find that the mesa top is as spectacular as the overlooks, in a completely different way.

As hikers leave the visitor center, they journey through a pinyon-juniper forest. The trees, shrubs, grasses and flowers seen on the hiking trails are all specially adapted to this dry desert environment. For example, juniper trees have tiny, scale-like leaves to prevent water loss. Shrubs like ephedra, blackbrush, cliffrose and mountain



Cliffrose Buds



Prickley Pear

mahogany have small, waxy leaves also to prevent water loss. The various species of cactus in the park have shallow root systems to absorb rainwater as quickly as possible. They also have thick flesh to store water for use during dry periods. Wildflowers blooming in the spring take advantage of moist soil and cooler temperatures.

Reptiles, birds, chipmunks and squirrels are the most commonly seen wildlife in the park during the day. Most

animals in the park are either nocturnal or crepuscular (active at dawn and dusk) to take advantage of cooler temperatures. Hikers may see gopher snakes, leopard lizards, western whiptails and occasionally a midget-faded rattlesnake. Look to the sky for ravens, scrub jays and cliff swallows. All wildlife and plants in the park are protected so they may not be removed, but visitors are encouraged to sketch, paint or photograph as much as they wish.

For children and adults visiting the park after a rainstorm, a short hike out to a concentration of potholes is a must. Potholes are depressions in the rock that fill up with rainwater. Just days after a good storm, tiny eggs hatch, bringing a variety of crustaceans, amphibians and insects to life. Bring binoculars and a magnifying glass to explore Dead Horse Point State Park. See what you can find!

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- Eco-Education
- Historical Info

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July 2010

- 1 Moab Information Center Lecture Series 7pm
Renee Jack "International Firefighting Training" FREE to the public. Center and Main.
- 3 Celebrate Independence Day at the Farmers' Market
Moab Farmers' Market sponsored by the Youth Garden Project at Swanny City Park, 8 AM to Noon. Fresh local food, arts and crafts, baked goods, community information, hot coffee at the sponsor booth. FOOD STAMPS ACCEPTED. For Information contact Gayle Weyher 259-0242.
- 3-4 American Vintage Dirt Riders Assoc. AVDRA,
BullHollow Raceway, Monticello www.bullhollow.com
Call 435-459-4337 or 435-587-2332
- 3 The annual Fourth of July Celebration at Swanny City Park. Parade begins at 9:30 a.m.; meeting time is 9:00. Join us in your best patriotic garb. Ride a bike, walk, or decorate a float or vehicle. Children are especially invited to decorate their bikes, trikes, skateboards, etc. No registration required, so just show up! It's a short parade, so almost anyone can participate. It starts at 400 N. & 500 W. and ends at Turner Lumber. Please remember to carry plenty of water! This is a family oriented parade and we expect respectful entries. Games, activities and prizes planned for the children of our community. If you are willing and/or able to help with this event, contact the Chamber office at 259-7814 or moabchamber@live.com.
- 4 Fireworks will be on Sunday evening and visible from just about anywhere in Moab. For more info call 435-259-7814.
- 4 **INDEPENDENCE DAY**
- 5 Travis Hugentobler Memorial Race, BullHollow Raceway, Monticello www.bullhollow.com Call 435-459-4337 or 435-587-2332
- 6-9 Young Explorers Base Camp for 4-6th graders. 4 days & 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 or email info@canyonlandsfieldinst.org. www.cfimoab.org.
- 8 WabiSabi Nonprofit Network Presents: Partner's Picnic 12:00pm Come join WabiSabi in a Nonprofit Network social 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.
- 8 Moab Garden Club will be meeting at a members home at 7pm. We will be having Alice Drogin of Canyon Nursery in Castle Valley speaking to us. We encourage anyone who is interested in gardening and wants to know more to join us. We also ask if you have any extra plants or seeds you would like to share to bring them with you. For info call Tricia Scott at 259-6342.
- 9-11 Herb Class Series With Pam Hyde Nakai. Mt Peale will host the event.
- 10 Stand Up and Paddle demonstration at Ken's Lake. See article on page 10B.
- 10 Moab Farmers' Market sponsored by the Youth Garden Project at Swanny City Park, 8 AM to Noon. Fresh local food, arts and crafts, baked goods, community information, hot coffee at the sponsor booth. FOOD STAMPS ACCEPTED. For Information contact Gayle Weyher 259-0242.
- 14 Second Wednesday Book Club at the Library. Balm in Gilead by Sara Lawrence-Lightfoot is July's book selection. All are welcome - 6:00 p.m. in the Library's Large Meeting Room. Books provided by the Utah Humanities Council are available for checkout at the Library.
- 15 Moab Information Center Lecture Series 7pm
Canyonlands Field Institute Naturalists "Children and Water, Watersheds and Aquatic Critters" FREE to the public. Center and Main.
- 15-16 CFI Talks and Walks series: Kids Night at the MIC. Thursday July 15th, 7pm. Free. Hands-on, fun learning activities for kids about the area we live in. Walk is Friday July 16th, a half day excursion to learn more about the area. Call for more details. 435-259-7750 or email info@canyonlandsfieldinst.org. www.cfimoab.org
- 16-17 Capitol Reef Classic Stage Race
Torrey area Utah. See article on page 15A or call 435-691-1696
- 17 Moab Farmers' Market sponsored by the Youth Garden Project at Swanny City Park, 8 AM to Noon. Fresh local food, arts and crafts, baked goods, community information, hot coffee at the sponsor booth. FOOD STAMPS ACCEPTED. Grand County Public Library presents story time at 10:30AM. For Information contact Gayle Weyher 259-0242.

For more info on events see www.moabhappenings.com

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

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

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Call CFI to register:
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DEADLINE for AUGUST Events Calendar: JULY 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

July 2010 events continued

- 17-18 Hideout Couples Amateur Golf Tournament, Monticello
- 18 Stargazing with Red Rock Astronomers @9:10pm
Join Red Rock Astronomers for an evening of stargazing and telescope viewing. Meet in the southwest corner of Old City Park at nautical twilight. See Sky Happenings on page 17A or call 259-4743 or 259-3313 for more information. Sponsored by WabiSabi.
- 22 Thursday Night Movie Night at the Library. Film - "The Blind Side" starring Sandra Bullock at 7:00 p.m. This event is FREE. Everyone is invited. Popcorn for this event is donated by the Moab Chevron. For more info visit the Grand County Public Library at 257 E. Center St. or call 435-259-1111.
- 23 4th annual "Get Reel in Moab" film festival. Film Submissions for "Get Reel in Moab" are due on July 23, 2010. See ad on page 18A.
- 24 UTAH STATE HOLIDAY, PIONEER DAY**
- 24 Museum of Moab Ice Cream Social - Join the Museum of Moab for a sweet treat on a hot summer night. The Annual Ice Cream Social celebrates Moab's cultural heritage this year by highlighting the music of local artists. Stop by for some ice cream and fun! For more info call 435-259-7985.
118 East Center Street 7pm - 9pm
- 24 Moab Farmers' Market sponsored by the Youth Garden Project at Swanny City Park, 8 AM to Noon. Fresh local food, arts and crafts, baked goods, community information, hot coffee at the sponsor booth. FOOD STAMPS ACCEPTED. For Information contact Gayle Weyher 259-0242.
- 26 Full Moon Hike at Dead Horse Point State Park - Join park staff for a one-mile hike to watch the full moon rise. Meet at the Neck, about a mile south of the visitor center at 8 p.m. for this hour-long program. We will discover some animals that are rising as other animals go to sleep for the night.
- 28 Seekhaven Book Club at the Library. The Bluest Eye by Toni Morrison is July's book selection. All are welcome - 6:00 p.m. in the Library's Large Meeting Room. Books provided by the Utah Humanities Council are available for checkout at the Library.
- 31 BullHollow Race Series (Round 3), Monticello www.bullhollow.com Call 435-459-4337 or 435-587-2332
- 31 Moab Farmers' Market sponsored by the Youth Garden Project at Swanny City Park, 8 AM to Noon. Fresh local food, arts and crafts, baked goods, community information, hot coffee at the sponsor booth. FOOD STAMPS ACCEPTED. For Information contact Gayle Weyher 259-0242.

August 2010

- August 6 Moab's fifth annual Relay for Life The all-night community event, which raises money for the American Cancer Society, will once again be held on the football field and track of Grand County High School, 608 South 400 East, Moab. Everybody is invited to attend this community event.
See Article on Page 1B.
- August 7-8 XRRA Extreme Rock Racing, Cortez Colorado. See page 13B.
- August 10-13 Young Explorers Base Camp for 4-6th graders. 4 days & 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 or email info@canyonlandsfieldinst.org. www.cfimoab.org.
- August 20-21 Oral History Workshop with Dr. Dee Garceau at the Historic Horsethief Ranch near Dead Horse State Park. Develop interviewing and listening skills, explore issues of reciprocity and collaboration between researcher and subject, discuss storylines and interpretation. Camping and meals included in price: \$195/person or \$175/CFI member. To register/find out more about travel and lodging, contact Canyonlands Field Institute at 435-259-7750 or info@canyonlandsfieldinst.org For questions about workshop content, contact Dee Garceau at garceau@rhodes.edu.
- August 21 Benefit Dinner for Canyonlands Field Institute at Horsethief Ranch.
Details to be announced soon. Call CFI (435) 259-7750 for more information.
- August 24 Full Moon Hike at Dead Horse Point State Park - Join park staff for a mile-long hike at sunset while the full moon is rising. Along the way we will discover some animals that are rising as other animals go to sleep for the night. Meet at the Neck, about one mile south of the visitor center at 8 p.m. for this hour-long program.
- August 26-27 Talks and Walks series with CFI. Join Dr. Tim Graham and CFI for a free lecture at the MIC Thursday Aug. 26th about the ecology of desert potholes. Then join them for a walk on Friday to discover firsthand what does live in them! Call CFI for more details. (435) 259-7750.
- August 28 SPLORE 1st Annual Red Rock Regatta on Saturday, August 28, 2010. Centered at the Red Cliffs Adventure Lodge from 4 p.m. to 10 p.m. in Moab, Utah. The regatta includes a costume flotilla and all-crafts boat race as well as fun family activities, food, and live music. Proceeds from the Red Rock Regatta will provide scholarships to provide the opportunity for individuals to participate in Splore's adventures.



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July 3-4 AVDRA (American Vintage Dirt Riders Assn.)
July 5 Travis Hugentobler Memorial Race
July 31 BHRS (Bull Hollow Race Series) Round 3

See Event Calendar page for the full season schedule.



The Moab Area Chamber of Commerce is
STICKING WITH YOU,
AND
THE RED, WHITE & BLUE!
at the annual 4th of July celebration
on Saturday, July 3rd.
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The opening of this year's Fourth of July festivities
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8 a.m. - Noon

2010-2011 Events

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



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

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

The Father of Arches National Monument

Illustrious Life of J.W. Williams, Moab's First Doctor

by Jeff Richards

Fifty four years ago, on Aug. 13, 1956, Moab saw the passing of Dr. J.W. Williams, one of the area's most illustrious and well-respected characters. He was 103 years old.

Dr. Williams was instrumental in not only laying the foundation of the community itself, but also in taking care of the health of its residents. He was also an avid promoter of tourism to the Southeastern Utah area, and has often been known as "The Father of Arches National Monument."

Born in a log cabin in Missouri on Aug. 3, 1853, Dr. Williams crossed the plains of Kansas at age 20 and settled in Colorado in 1874. After herding cattle for several years and serving as a druggist in Hugo, Colo. for over a decade, he later went to the Denver area to attend medical school. Then, after graduating from Gross Medical School, Williams practiced medicine in Ordway, Colo. for a time before accepting the invitation of Grand County commissioners to move to Moab and become the community's physician for a guaranteed salary of \$150 per year.

Dr. Williams first arrived in Moab via stagecoach either in late November of 1896 or mid-January of 1897, and set up his medical practice immediately. He made house calls throughout Grand and San Juan Counties, sometimes traveling by horse and buggy and other times simply on horseback, his saddlebags packed with bandages, remedies, and medical supplies. He would regularly visit sheepherders camps, mining towns, and cowboys on the range, and was known for his rugged outdoor skills as much as he was for his medical prowess.

Dr. Williams married Alvina Larson in 1900, and the couple had five children together. Their grandson John Williams remains a resident of Moab to this day.

Dr. Williams was also instrumental in helping the town of Moab (population 300) become officially incorporated in 1902. The much-anticipated event occurred during a landmark two-day Grand County Board of Commissioners meeting held Dec. 29-30, 1902. Williams was one of five councilmen who were appointed to serve as the trustees for the fledgling city until the first town election could be held. The other

four founders were V.P. Martin (a local merchant), Henry Grimm (a blacksmith), D.A. Johnson (a local church bishop), and Harry Green, the board's president who had spearheaded the incorporation petition.

The bearded, bespectacled Dr. Williams practiced medicine full-time until his retirement in 1919 at age 66. The year before, Moab had endured the outbreak of the so-called Spanish Flu, which killed tens of millions worldwide. In Moab, the influenza epidemic was so bad that Jasper Meador reportedly had to leave his store unattended so that he could help Dr. Williams care for the many town residents who were sick. Although Meador's store was reportedly left open for customers to ring up their own purchases, not a penny was stolen.

For decades after his retirement, Dr. Williams continued to provide limited medical care for friends and close acquaintances, and eventually was believed to be the oldest licensed physician in the United States.

One thing that retirement afforded Dr. Williams was the chance to devote more time to other pursuits, including the promotion of tourism in the area and the eventual creation and expansion of Arches National Monument (later Arches National Park). New visitors to town (especially dignitaries) were often accompanied by Dr. Williams to sightsee in the surrounding countryside.

One such first-time visitor was Dr. Larry Gould, who arrived in Moab in 1921 to do a geological survey of the La Sal Mountains.

Williams (who never learned to drive a vehicle) reportedly took Gould to the area in Arches known as the Windows.

Three years later, in 1924, Gould returned to spend the summer in Moab. Several months later, he began a letter-writing campaign for official protection of the area by the U.S. National Park Service, enlisting the help of Sen. Reed Smoot of Utah.

In 1929, while Gould was in Antarctica as a member of Admiral Byrd's South Pole expedition, the 4,520-acre Arches National Monument was officially created. At that time, the monument included the Windows and Devil's Garden areas but not Klondike Bluffs, the "Schoolmarm's Bloomers" (Delicate Arch), nor Courthouse Towers.

Dr. Williams wasn't satisfied with the size of the new monument, and, with the help of the Moab Lions Club in the early 1930s, embarked on a tireless campaign to expand its boundaries. Their efforts were rewarded in 1938 when Pres. Franklin D. Roosevelt signed a proclamation expanding the monument to 33,930 acres.

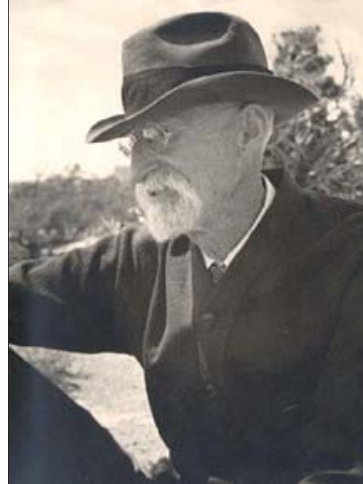
In 1941, construction briefly began on an access road into the park, following the route that Dr. Williams himself had recommended (it had been his own preferred path when traveling by horseback or on foot).

However, World War II caused the road construction to be put on hold for several years. It wasn't until after 1953 (when Williams turned 100) that construction began in earnest on the access road.

Three years later, in early 1956, Doc Williams, then 102, asked Arches Superintendent Bates Wilson to drive him into Arches, quipping that he needed to make sure that the road was being put in the right place. That rough Jeep trip to Balanced Rock and back proved to be Williams' last foray into Arches National Monument. He died just a few months later, 10 days after his 103rd birthday.

In 1958, the road into Arches was finally finished, and Dr. Williams' widow Alvina performed the ribbon-cutting honors. More than a dozen years later, in 1971, Arches finally became a national park, its boundaries expanded to 73,379 acres.

In the decades after Dr. Williams' long life came to a close, his legacy has continued, and many of Moab's older residents today still fondly remember the illustrious doctor. As Robert Sundwall wrote on the occasion of Williams' 100th birthday, "As much of the geological history of the world is found in the rocks of the Arches, so is the human history of the desert oasis of Moab found in this venerable person."



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(Tour #2), Calm Water Boat Tour to the edge of a Canyon Wilderness. The River on the Mellow Side.

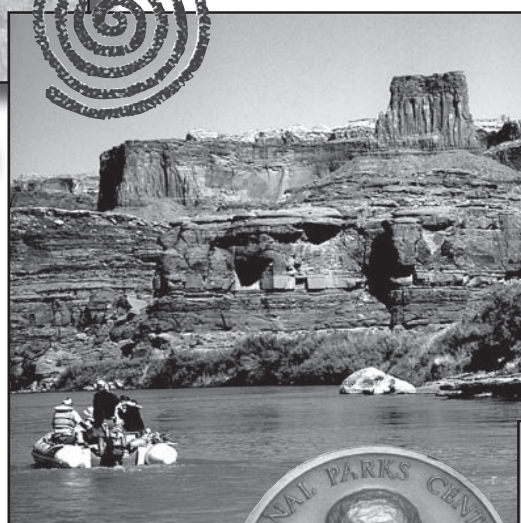
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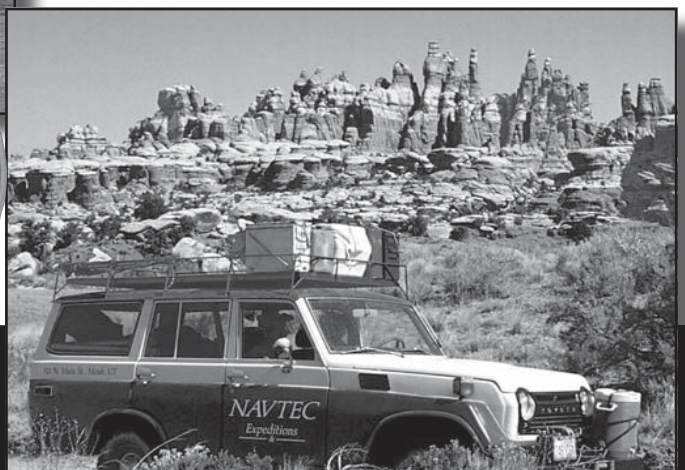
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- **Elephant Hill & Chesler in the Needles**
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- **Combination Island in the Sky 4WD & Colorado River Boat Tour** (Full Day including Lunch departing NAVTEC at 8AM)



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



HISTORIC HAPPENINGS

Pioneer Pride Celebrated Statewide in July

by Vicki Barker

Newcomers to Utah -- or travelers -- may be caught off guard when July 24 rolls around and all state government offices, including the liquor stores, are shut down that day for a holiday. It's about Mormon pride, mostly, but has evolved into a celebration of early explorers and other settlers as well.

Pioneer Day falls on a Saturday this year.

For July 24, members of the dominant religion of Utah, the Church of Jesus Christ of Latter-day Saints, plan gatherings and activities to commemorate the day in 1847 when religious leader Brigham Young, second president and prophet of the fledgling church founded in New York, announced to a weary band of explorers on a mountaintop overlooking the Salt Lake Valley that they had reached their destination -- the "land of Zion," in the State of Deseret.

"This is the place," Brigham Young declared.

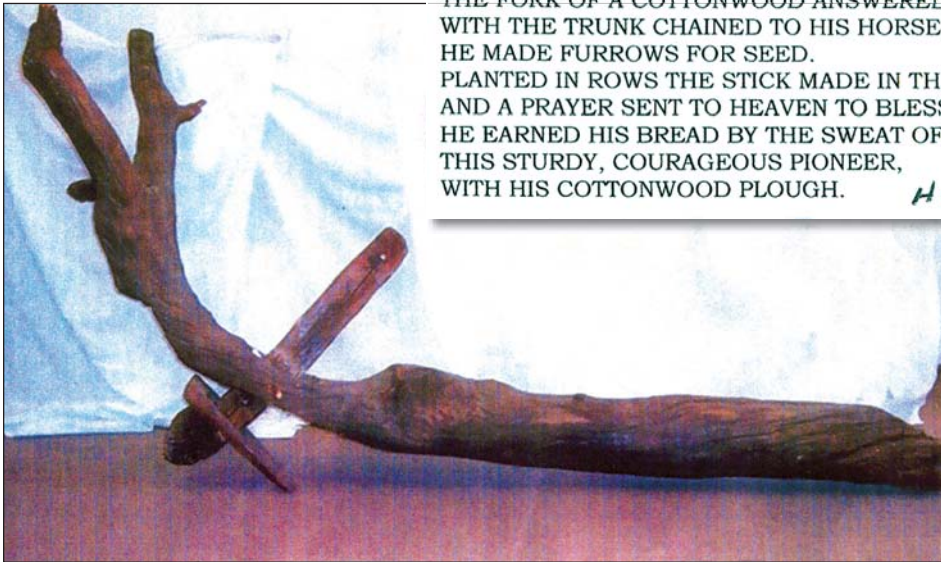
Since then, July 24 has been recognized throughout Utah as Pioneer Day. Just like the local chapter of the international societies of the Sons and Daughters of Utah Pioneers, Pioneer Day isn't just about Mormons. It's about pioneers who settled Utah.

It used to be that Mormons and other churches in Moab joined together and organized activities in recognition of the pioneers of southern Utah, always including an open-invitation picnic at the park, and a parade down Main Street. Floats in the parade and participants predominantly featured lots of happy, energetic children.

Salt Lake City, the hub of Zion, still produces a Pioneer Day Parade. And travelers may encounter parades in other areas more concentrated with Mormon populations. But Moab carries on as usual, no parade interrupting the flow of recreational vehicles packing downtown Main Street from one streetlight to the next; no marquees or banners announcing the pioneers' arrival to Utah Territory, or the "far country" of Moab in 1855.

The legacy of Mormon involvement in settling the Moab Valley is mostly nurtured by the local chapter of the 19,000-member international society of the DUP, which was organized April 11, 1901, in Salt Lake. The Moab "camp" of the Grand Company of the DUP -- formed in November 1934 -- maintains a stone monument near their museum bearing a plaque in remembrance of a mission fort completed July 15, 1855 by the Mormons near springs in north Moab.

The memorial plaque, now located about two blocks east of Main Street between Center and 100 North, states that the Mormons' Elk Mountain Mission fort was about 800 feet away. However, the monument, erected in 1940, has been moved twice since then to make way for development. The local "company" of pioneer descendants (which alludes to the flow of wagon trains led west before 1869 by captains assigned by Mormon leadership) is currently engaged



THE COTTONWOOD PLOUGH
THE FORK OF A COTTONWOOD ANSWERED HIS NEED,
WITH THE TRUNK CHAINED TO HIS HORSE,
HE MADE FURROWS FOR SEED.
PLANTED IN ROWS THE STICK MADE IN THE SAND
AND A PRAYER SENT TO HEAVEN TO BLESS THIS LAND.
HE EARNED HIS BREAD BY THE SWEAT OF HIS BROW,
THIS STURDY, COURAGEOUS PIONEER,
WITH HIS COTTONWOOD PLOUGH.

Hallie Tibbitts

This cottonwood plough was found at mineral bottom on the Green River by Max Irish and Ellis Stocks. They donated it to the Daughters of Utah Pioneers. Photo by Hallie Tibbitts

in a project to add a smaller plaque to the monument that accurately states the former location of the fort at the corner of 500 West and State Highway 191.

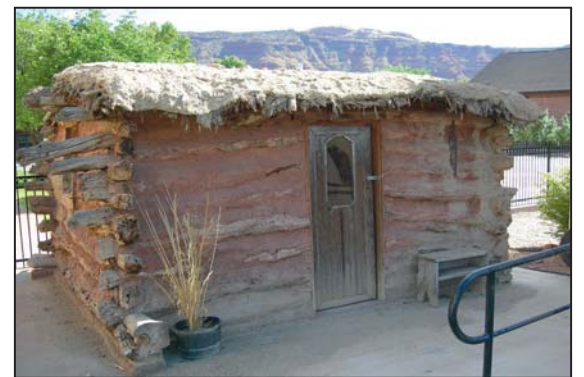
Local DUP president Bette Wimmer noted that the Moab camp is also gearing up to address concerns about the deteriorating condition of the sod roof on an old log cabin that was moved for preservation next to the DUP museum. Moisture and gravity have taken their toll, the roof could cave in, and members are unsure whether to build a protective structure over the cabin or replace the roof again with natural materials. Suggestions and donations are welcome.

At the site of the Old Log Cabin, visitors learn that it is the oldest one remaining in Moab, likely built in 1881 by Randolph Stewart for his third wife. Later, the Stanley family occupied the cabin after leaving the Wolfe Ranch (now preserved at Arches National Park) in 1908. Howard Balsley, one of Moab's renowned uranium millionaires, also shared the cabin in 1912 with "Bish" Taylor, the first

publisher of the Moab Times-Independent. The cabin is listed as an historic landmark on the National Register of Historic Places.

Hallie Tibbitts, a longstanding and active participant in the local 42-member company, welcomes any resident or out-of-towner to visit the DUP museum, Elk Mountain monument and cabin. During the summer, she opens the museum on Friday evenings at 6 p.m.

Editor's Note: Author Vicki Barker is a member of the DUP Moab Camp.



Old Log Cabin

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	110	192	214	280	142	188	165	134	220	140	408	333	248	466	434	163	62	237	171	96	460	602	259	242	115	168	265	136	168	391	663		123	281
Salt Lake City, Utah	730	230	321	343	324	262	308	285	257	359	260	512	404	377	413	583	285	182	366	411	408	419	691	388	373	235	299	394	368	334	420	645	123		306
Zion National Park	575	404	322	296	86	435	390	396	217	404	433	764	413</																						

NATURE HAPPENINGS

Bringing the Heat

by Damian Fagan

Geology. Biota. Climate. Three big factors that shape, inhabit and define the Canyonlands landscape. This year the colorful geologic formations created a backdrop for the spectacular wildflower display created by a wetter-than-normal winter and spring weather pattern. Explosions of

canyons that resulted from these erosive actions, but this year's wildflower display and wild weather activity took center stage over the rocks in daily conversations.

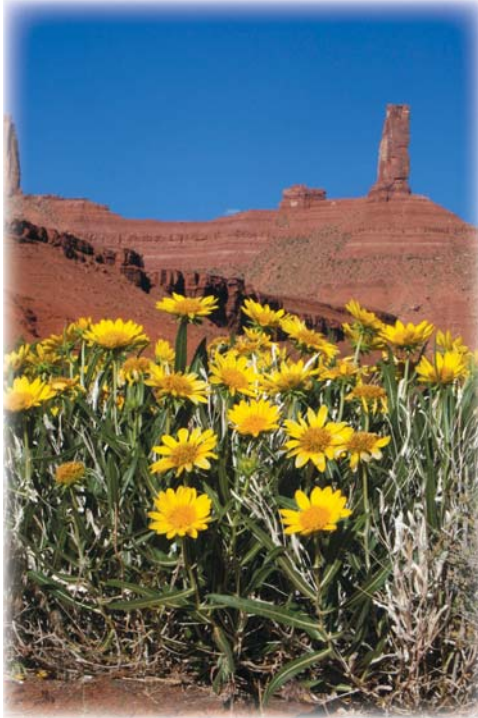
Flora and Fauna

Today a diverse assemblage of plants and animals from sand verbena to sagebrush, ravens to red-breasted nuthatches, and bull snakes to badgers now call

produced will enhance the survival rate of the first tier of consumers associated with this environment. Their fecundity, in turn, may impact the survival rates of predators that prey upon these consumers. Cycles within cycles.

An El Niño Year

Changes in Pacific Ocean currents this winter created a shift in the Jet Stream which looped from the Pacific Northwest up into Canada then dropped down to the Southwest. Bringing moisture and cold temperatures with it, the snow and ice stayed well into spring. Moabites surfed the Internet for warm weather escapes or strapped on skates and cruised the ice. Many swore they would never complain about the heat no matter how hot it gets this summer as long as winter disappeared like a bad dream. Pledges and promises made under the duress and stress of winter melt under the



wildflowers rocked the landscape, testimony to the wet weather awakening the seeds out of dormancy. Spectacular, incredible, awesome – three words that barely described the extent of this season's wildflower display.

And as June rolls into July, the show just keeps on going...except for moving upwards into higher elevations as summer brings the heat.

The Rocks Themselves

Mostly sedimentary formations write the geologic story of this area. Thousands of feet of sands, silts, and clays are pockmarked with the fossilized remains of ancient trees, dinosaur bones and, most unlikely of all, sea creatures such as corals, crinoids and shellfish. Each layer represents a stretch of time dominated by different climates that gave rise to unique assemblages of plants and animals.

Spectacular in their own right, these various layers of sediments were compressed into rocks, and then altered by the forces of uplift, erosion and weathering into the features we see today. Not to take anything away from the classic features of arches, bridges and



this place home. After a long winter of rain, snow and cold temperatures, followed by a greater-than-normal wet spring, the desert erupted with wildflower displays unseen for many a year. Fields of sego lilies, yellow bee plant, globemallow and other plants rose like proverbial Phoenixes from the ashes of soil. Seeds long dormant awoke, and a mosaic of color carpeted the red rock desert.

Perhaps the abundance of seeds produced from all those blooms and the wealth of vegetation



summer sun. Here's to the heat of summer which defines this landscape as much as the rocks and plants and wildlife do.

As politics and the weather dominate most Canyon Country conversations, at least there is a bright spot to the climatic side of these talks. And that is the blooms of paintbrush and penstemon, lupine and lily, cliffrose and cacti that continue to bathe this incredible landscape with a patchwork of summer colors. Dramatic and dynamic, the Big Three continue to shape and define this land of rock and sand.

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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."




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

Burger King
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Cassano's Italian Restaurant
11 East 100 North 259-6018
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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!

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.

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

Fuoco Pizza Napoletana
90 North Main 11am - 2pm and 5pm - close
Visit our outdoor venue and enjoy authentic Pizza Napoletana. Handmade from fresh local and imported Italian ingredients. Fired in an Italian wood oven, capable of reaching 1100 F, ensuring a traditional blend of flavors and light crust.

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
Closed for the month of July. See you in August.
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.

McDonald's
640 South Main 259-8800

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

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



Mi Ranchito Mexicano
 812 South Main Street, Suite B 259-0550
 Breakfast • Lunch • Dinner
Mon to Fri 8 am - 11pm Sat & Sun 10 am - 11pm
 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.

Milt's Stop & Eat
 400 East and Millcreek Drive 259-7424
 Lunch • Dinner
Open Tue - Sat 11am - 8:30pm Sun 11am - 5pm
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.

Moab Diner & Ice Cream Shoppe
 189 South Main 259-4006

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

Pantele's Desert Deli
 98 East Center 259-0200

Paradox Pizza
 702 South Main St 259-9999
 Lunch • Dinner
Open daily 11 a.m. - 10:00 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.

Pasta Jay's
 4 South Main 259-2900

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-Sat 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. **Closed Sundays**

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.

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

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.

Szechuan Restaurant
 125 North Main 259-8984

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
 59 S. Main #6, McStiff's Plaza 259-2420

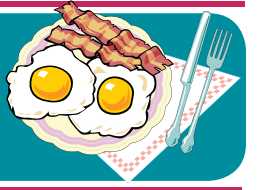
Wendy's
 260 North Main 259-2595

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
Red, White & Blueberry Float \$2.00

New!
Red, White & Blueberry Pancake Puppies® \$1.99

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

989 North Hwy 191
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breakfast.lunCh.espresso.bakery
local, organic seasonal ingredients

LOVE MUFFIN cafe

Closed for month of July. See you in August.
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.

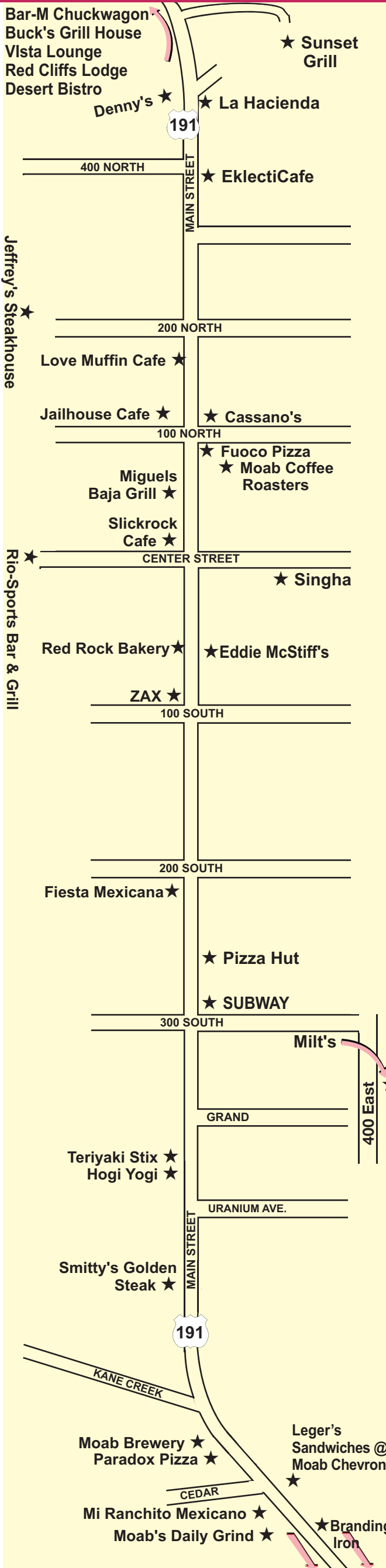
State Liquor Licensee
MOAB'S FINEST FAMILY DINING
COMPLETE CATERING SERVICES AVAILABLE.

Bring this ad in for **BREAKFAST SPECIAL**
Buy one Breakfast Burrito and get one for FREE
Mon to Fri 8am - 11am

- Breakfast all day
- Lunch
- Dinner

Mi Ranchito Mexicano
Delivery Available

Come try our Grande Burrito! (14 inch tortilla)
Call ahead for quick lunch pick-up
Mon to Fri 8 am to 11pm
Sat & Sun 10 am to 11pm
"Mi Madres Authentic Mexican Cooking"



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"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 100 North
259-6018

Open daily 3:00 pm - close State Liquor License

Established 1954

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

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

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SUN 11 AM TILL 5PM
CLOSED MONDAYS

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



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

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."



Outlaws in a gunfight!

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 horse one, pitch a game of cold 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



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



The Sheriff's on the scene!

"Hussies." Originally from Illinois, Alan was a singer/songwriter 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."



Authentic Mexican Food

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Tony and His Staff Welcome You

Patio Seating Childrens Menu Available
Large Parties Welcome Nice Atmosphere

Lunch Specials - All \$5.95

All Served with Rice & Beans except Tostada Deluxe

Monday: Burritos ~ Beef or Chicken
Tuesday: Enchiladas ~ Beef or Chicken
Wednesday: Chimichanga ~ Beef or Chicken
Thursday: Tostada Deluxe
Friday: Taco Enchilada ~ Beef or Chicken

"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

11:00 am - 2:00 pm
5:00 pm - close

Hours pending weather and supply of handmade dough.

FUOCO

Pizza Napoletana

Fuoco: Italian For "Fire"

Visit us at 90 N. Main, Moab UT

Handmade from fresh local and imported Italian ingredients. Fuoco maintains the essence of traditional flavors and light crust people have come to expect from authentic Napoletana pizza.

SUBWAY
eat fresh.

Located inside Walker's Convenience Store

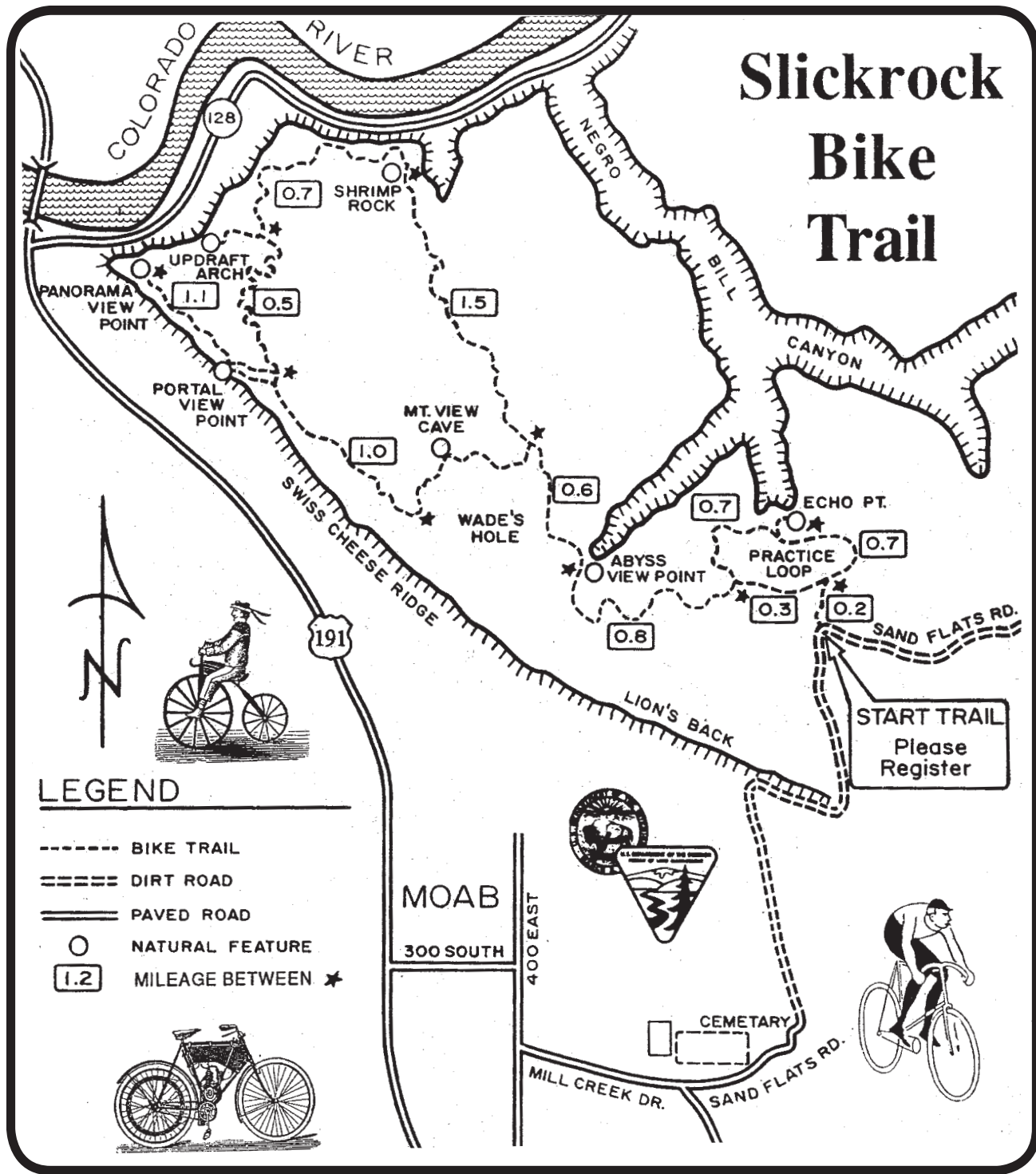
Buy one Breakfast Sandwich and a Medium Drink and get one free.

Expires August 15, 2010

Coupon valid at your Moab Subway

299 South Main • 259-SUBS

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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RIM CYCLERY

"The Hub of Cycling in Moab"

Moab's oldest (and still the best) bike and outdoor gear store, for all your canyon country adventures.

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Moab's Premier Pro Bicycle Studio
Custom Frames and Bicycles ~ Serotta Size Cycle Fittings
Road, Mountain and City

MOOTS **SEROTTA**
LYNSKEY **EDDY MERCKX**

Full range of mountain bike frames from **VENTANA**

Dreamride is open by appointment. In Moab call 259-6419 for a consultation and fitting. We offer our own Moab-specific trail bikes, and specialize in the best handmade road and mountain frames in exotic steel, titanium, carbon fiber and aluminum. Custom design, build and wild paint by Lee Bridgers/ Musiek for one client at a time.
Full moon road and trail rides during summer months. Call.

MORE BIKE HAPPENINGS

The Capitol Reef Classic Stage Race, July 16 & 17

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

The 3rd annual Capitol Reef Classic Stage Race will be held July 16th and 17th. This is a European style road bike stage race. It is held in the Torrey area of Wayne County, Utah. The participants race in 3 stages during the 2 days. On Friday morning they race an 8 mile 'Time Trial', and then a 'Circuit' race in the afternoon. Depending on the racers category, they will race either 1, 2, or 3 laps of the 17 mile circuit. The



Saturday event will be a long road ride. Depending on the racer's category, there are 3 different distances, 81, 52, or 34 miles. The racers will travel through Teasdale, Torrey, Bicknell, Lyman, Fremont, and Loa, as well as traveling up the river road past Mill Meadow Reservoir and Fish Lake.

The expected number of racers for 2010 is approximately 200. The website (www.capitolreefclassic.com) has taken the event nationwide. Last year there were racers from California, Colorado, Idaho, Nevada, Utah, Maryland, Pennsylvania and Wisconsin.

The Capitol Reef Classic is a USA Cycling sanctioned event. It is also a UCA (Utah Cycling Association) point's series event. This makes the event more enticing,



because the participants can earn points towards their improving their ranking.

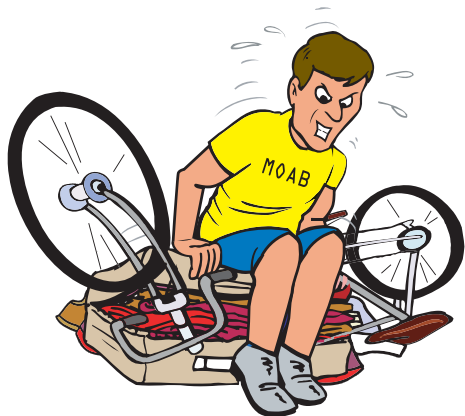
The 2009 CRC was given great reviews by its racers. One racer stated, "This race was very challenging and all around a VERY good time! The courses were anything but flat; I guess that's what you get when you are in the canyon lands of Utah. . . All around a very good event especially for a first year. I recommend this race to every type of racer. I know that the promoters are wanting it

to be around for years to come, but I don't see how it could get any better they did that good of a job!!" Another racer commented, ". . . thanks for putting on a great race. It ran very smoothly and was well organized. The course was great, the scenery was varied and spectacular, and the support was wonderful. . . The location is also great for racers with families because there are plenty of recreational opportunities in the immediate area for families while we are racing."

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



Too much stuff to carry home?



There's an easier way.

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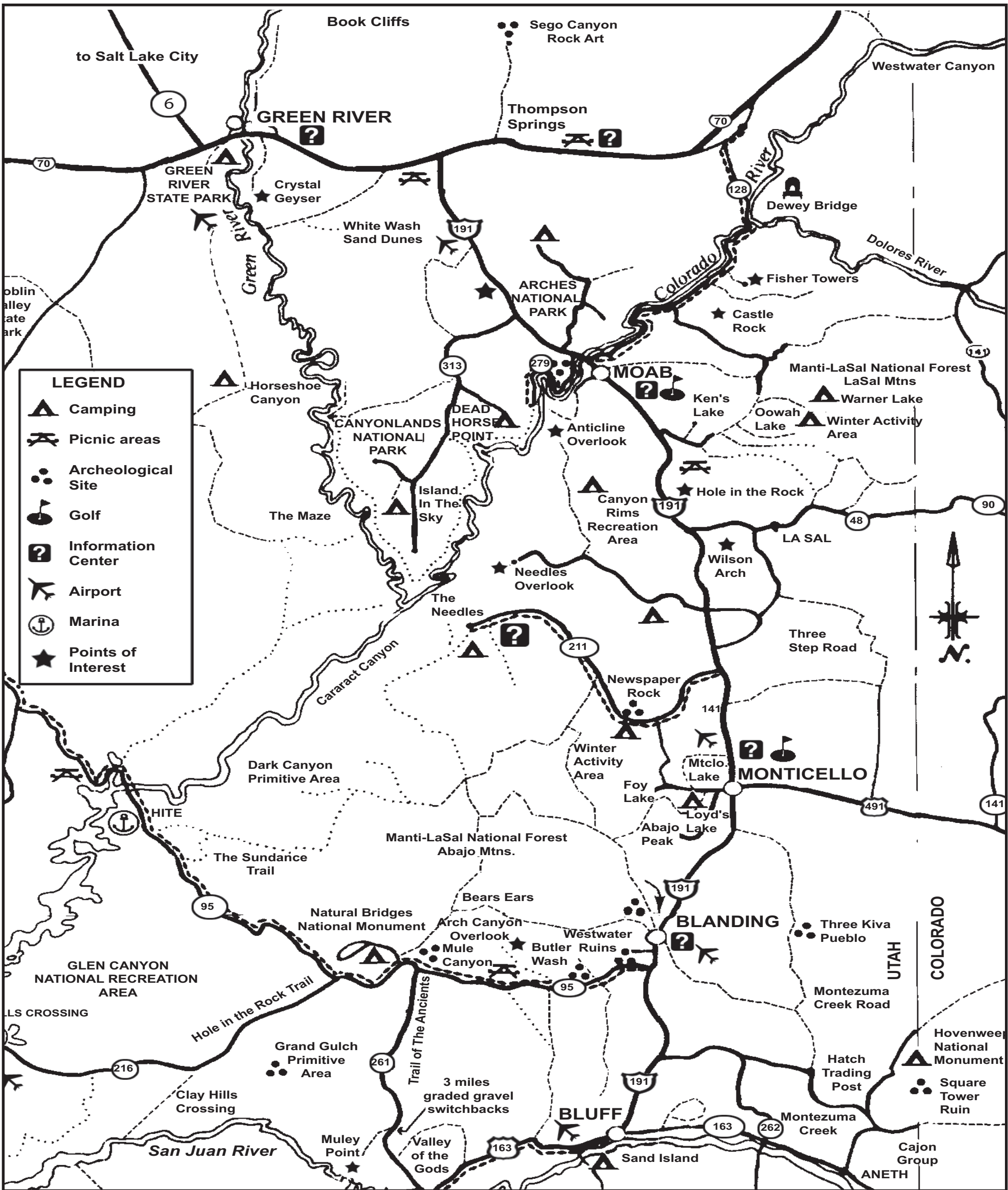
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SKY HAPPENINGS

The Sky for July 2010

By Faylene Roth

JULY SUNRISE AND SUNSET TIMES

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

A string of stars and planets highlights the western sky. Look from west to east to see Venus, Regulus, Mars, Saturn, and Spica. Arcturus hangs high overhead. Vega, Deneb, and Altair form the Summer Triangle in the eastern sky.

MAJOR CONSTELLATIONS OF JULY

Overhead

Bootes
Corona Borealis
Hercules
Ophiucus

Northward

Cassiopeia
Cepheus
Draco
Ursa Major
Ursa Minor

Eastward

Aquila
Cygnus
Lyra

Southward

Libra
Sagittarius
Scorpius

Westward

Corvus
Leo
Virgo

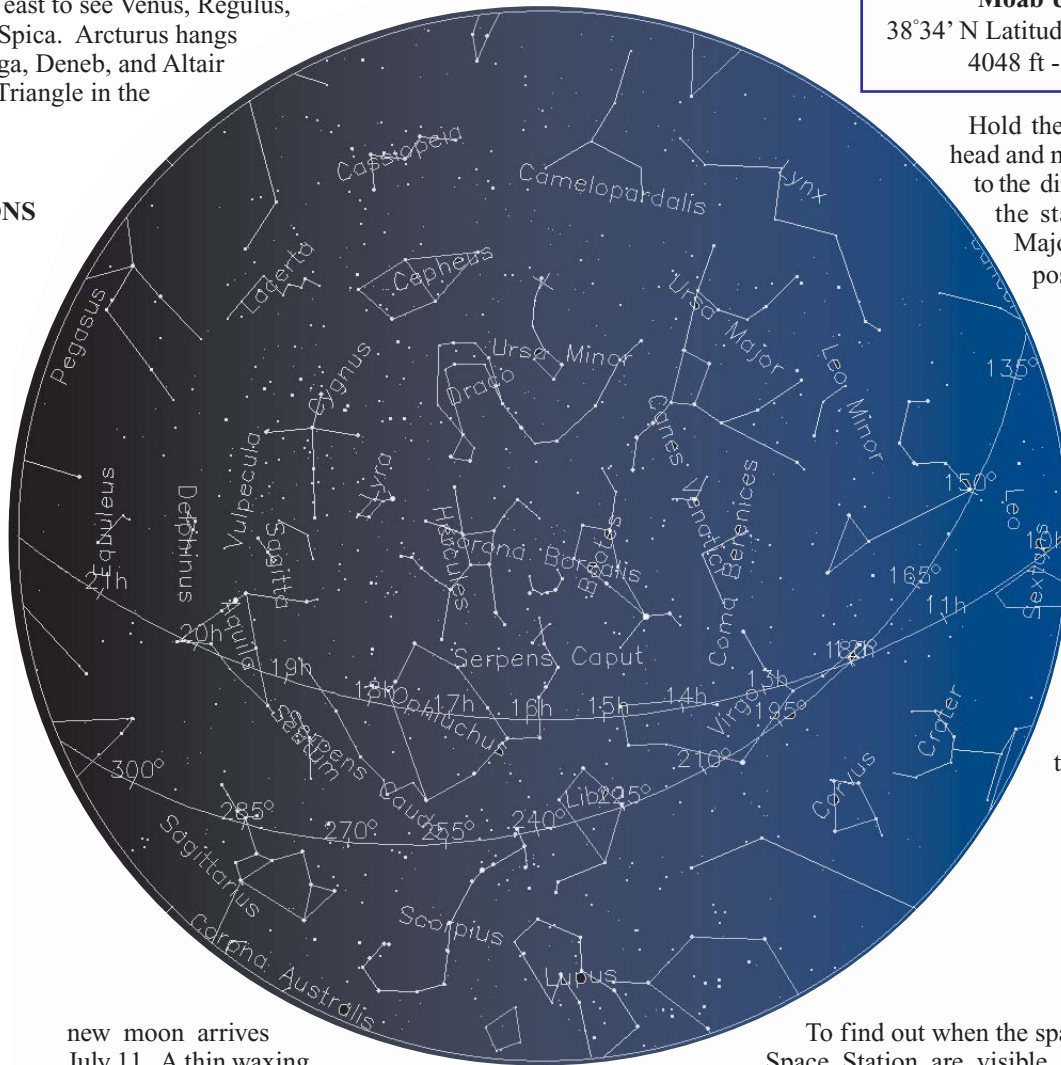
DAYLENGTH

The period of daylight starts to decrease this month. The sun rises 21 minutes later and sets 16 minutes earlier by the end of the month.

The decrease in length of the day occurs because the sun's apparent path in the sky moves southward after the Summer Solstice. The bulge in the Earth's circumference near the equator results in later sunrises and earlier sunsets. The change in sunrise and sunset is not equally distributed between morning and evening, because the direction of Earth's rotation on its axis and its revolution around the Sun are eastward. As the Earth approaches the elliptical end of its orbit before the Solstice, it requires less than one complete rotation to reach the next sunrise or sunset. The effect is earlier sunrises and sunsets. The effect after the Solstice is later sunrises and sunsets. As the Earth's orbit carries it away from the elliptical end of the orbit, it must exceed one complete rotation before the next sunrise or sunset. In the morning there is a cumulative effect towards later sunrises. In the evening the two forces are at odds, which dampens the effect of later sunsets. Extended summer twilight continues until after 10:00pm throughout the month. (The time of sunrise and sunset assumes a flat horizon. Actual time may vary depending upon the landscape.)

MOON HAPPENINGS

July begins with a waning gibbous moon rising after midnight in most locations. On July 3 the moon and Jupiter travel the night sky together and shine brightly in the morning twilight. The last quarter moon occurs July 4. A



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

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

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

new moon arrives July 11. A thin waxing sliver of moon reappears below Venus on July 14. Mars and Saturn are above and to the left. The first quarter moon occurs July 18. On July 20 look for Antares (Scorpius) to the left of a waxing gibbous moon. A full moon rises July 25 at 8:23pm. On July 30 a waning gibbous moon again pairs with Jupiter in the night sky, rising before midnight. (The time of moonrise and moonset assumes a flat horizon. Actual time may vary depending upon the landscape.)

COMET VIEWING

On July 2 scan low on the NNE horizon for a fuzzy apparition in the morning twilight and again on the NNW horizon that evening. Comet McNaught makes its closest approach to the sun on this day. Astronomers have been watching the comet for some time and expect it to be bright enough to view with the unaided eye. Use binoculars to look for a tail trailing away from the sun. Comet McNaught should be visible throughout the week.

METEOR EVENTS

Look for meteors from the Omicron Draconid Meteor Showers on July 16. The radiant is from Draco which is a circumpolar constellation. That means the meteors will be visible all night once the moon sets at 11:35pm. The Alpha Capricornids are active July 23-30 in the southern sky. In spite of a nearly full moon, the fireballs that occasional flare from this meteor shower would still be visible. A waning full moon will likely wash out the Delta Aquarid Meteor Showers this year. Best chance for viewing will be after 11:00pm, July 27, continuing through the night. Meteor activity in the northeastern sky during the latter part of July are previews of what is to come with the Perseid Meteor Showers in August.

APHELION

If July 6 is a hot day, be grateful that the sun is at its farthest point from Earth—a distant 94,513,144 miles. That is 3% farther than it is at perihelion which occurs in January. The heat of the day is the result of the Earth's tilt of 23.5 degrees from the plane of its orbit. That puts the face of the northern hemisphere directly in line with the intense radiation of the sun.

LOCAL STAR COUNT

Join Red Rock Astronomers at Old City Park on Sunday, July 18, at 9:10pm 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 easy viewing. Sponsored by WabiSabi and all ages are welcome. For information call 259-4743 or 259-3313.

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.

VISIBLE PLANETS

Jupiter - Late night and early morning skies belong to Jupiter this month. Look for it in the eastern sky soon after 1:00am during the first half of the month. By the end of July it appears around midnight. Mercury, Venus, and Mars have all set by the time Jupiter rises. Saturn, the last of the visible planets, sets in the western sky one minute after Jupiter rises throughout most of the month. However, due to the rim effect, Saturn disappears from view early and Jupiter's appearance is delayed. Jupiter is still visible high in the southern sky at morning twilight. Its position is in Pisces just south of the Celestial Equator. (Magnitude -2.8)

Mars - Track the eastward movement of Mars across the night sky this month. In June, Mars was bound to Regulus (Leo); but even then it passed from Regulus's right to its left. This month it leaves the constellation Leo behind and enters Virgo on July 19. Follow the red planet as it rapidly approaches Saturn's bright yellow orb. It is easy to understand why the ancient Greeks called these orbiting bodies "planets" which means "wanderers." Mars is receding from Earth as it heads towards the far side of the sun. Its magnitude fades to +1.5 by month's end. (Magnitude +1.4)

Mercury - By month's end the elusive planet Mercury joins the string of stellar objects in the western sky. It outshines nearby first magnitude star Regulus, both very low on the horizon in Leo. Look for it within one hour of sunset from a high vantage point. (Magnitude -0.4)

Saturn - The brilliant yellow orb of Saturn remains anchored in Virgo. It begins a slight drift towards Spica this month because its retrograde motion has ended. Saturn's position is a little north of the Celestial Equator. It is the highest of the planets in the western sky. It will set around midnight, soon replaced in the eastern sky by rising Jupiter. (Magnitude +0.5)

Venus - This month it is Venus rather than Mars that pairs with Regulus (Leo). On the evening of July 9 the two appear about one degree apart. Venus then moves eastward away from Regulus. By month's end, it approaches Mars and Saturn near Virgo's boundary. Venus's position in the sky is tied to its orbit around the sun. As the sun sets earlier so will Venus. It appears lower in the sky each evening. Its background stars also change nightly. Each night the stars rise four minutes earlier. That causes the background stars of Leo to move farther west of Venus's position each night. (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.

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FILM HAPPENINGS

James Arness

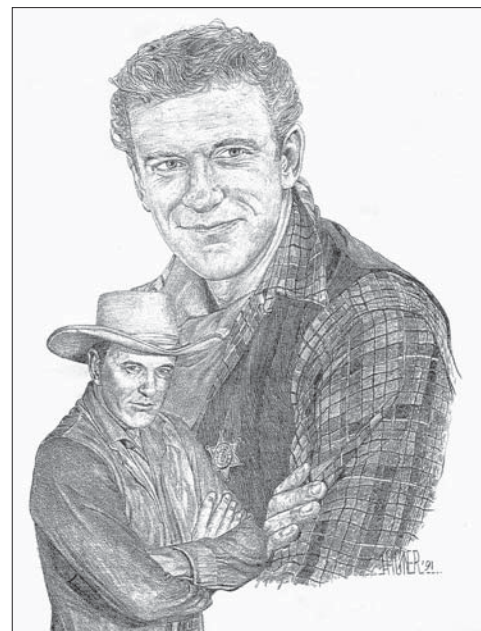
by John Hagner

James Arness grew up in Minneapolis. When World War II broke out, he wanted to become a navy pilot, but his enormous height disqualified him. Instead he joined the Army, and received a Purple Heart after suffering serious injuries to his right leg during the 1944 invasion at Anzio, Italy. His injuries left him hospitalized for almost a year, and during that time he kept hearing from nurses that with his booming voice, he ought to be in radio. He went to work as an announcer and disc jockey at a Minneapolis station, then decided to try his luck in Hollywood.

His first role in a movie was in the film, "The Farmer's Daughter" starring Joseph Cotton and Loretta Young. He was the monster in "The Thing" (stuntman Tom Steele actually did his doubling in those scenes), diving through a window and running away.

Gunsmoke was a popular radio series, which aired CBS Radio from 1952 to 1961. William Conrad was radio's Matt Dillon, the Marshal of Dodge City. TV adaptation, producers offered the part to John Wayne, but Wayne suggested Arness, that he would be perfect as Dillon, and even introduced the first episode, before the opening credits.

At first, Gunsmoke was half an hour, and filmed in black and white. After six half-hour years, it expanded to a full hour. In total, 635 Gunsmoke



James Arness by John Hagner

episodes were filmed, plus five TV movies in the late 1980s and early 1990s, making it the only prime time TV series that ran in five consecutive decades.

After Gunsmoke, Arness starred on a few short-lived TV series, "How the West Was Won" and the cop show "McClain's Law".

Arness was foot printed for posterity by John Hagner (Founder) of the Hollywood Stuntmen's Hall of Fame, when Arness came to Moab to star in a special documentary about John Ford and John Wayne and this area.

The Hall of Fame memorabilia collection is presently in storage and Hagner is hoping to find a suitable facility to reopen its doors to the visiting public. Anyone interested in knowing more about how they can help may contact John Hagner at 435 260-2160 (cell), or write him at 81 W. Kane Creek Blvd. #12, Moab, Utah 84532. Hall of Fame's website is www.stuntmen.org. Or, write Hagner at www.yahoo.com.



Get Reel in Moab

4th Annual Film Festival

Submission deadline is **July 23, 2010**
\$ 5.00 entry fee for Grand, San Juan, Carbon, and Emery County residents
\$ 10.00 entry fee for all others

Submission forms can be found at www.filmmoab.com

This year's theme is "comedy" but other submissions will be accepted.

Submissions may be fiction, documentary, animation or experimental of any length. Only films completed no more than 20 months prior to the 4th Annual Get Reel in Moab Film Festival will be considered for admission.



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FILM COMMISSION

Movie & Western Memorabilia Museum at Red Cliffs Lodge

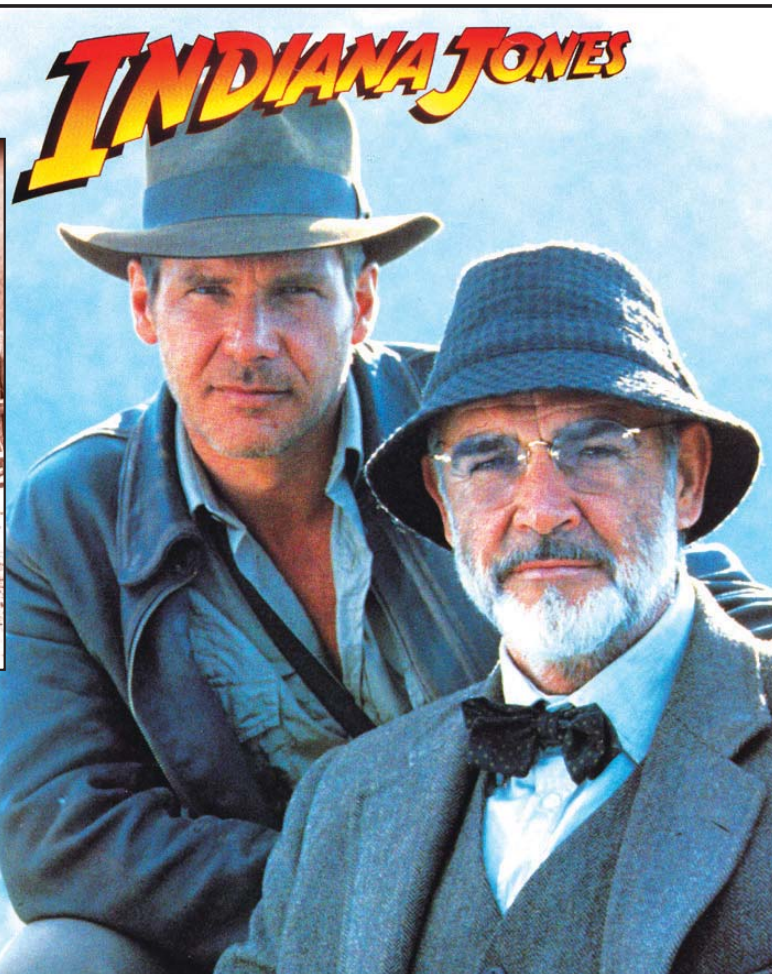
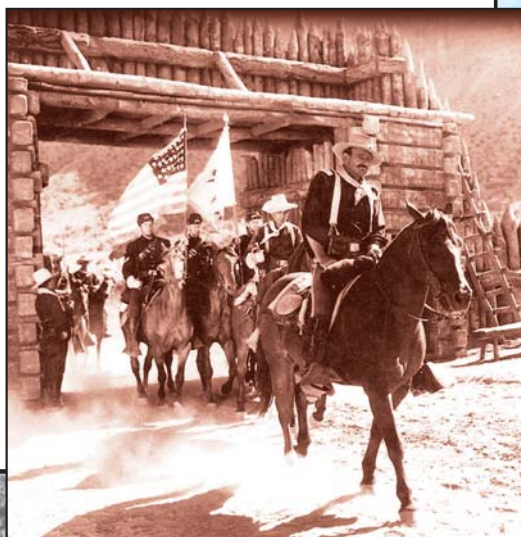
Red Cliffs Lodge, on the banks of the mighty Colorado river, is home for the Moab Museum of Film & Western Heritage. The lodge is built on the old George White Ranch, a key location for nine of the big westerns including *Rio Grande*, *Cheyenne Autumn*, *Ten Who Dared*, *The Comancheros*, and *Rio Conchos*.

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.



ASTROLOGY HAPPENINGS

Your Monthly Horoscope - July 2010

By Rob Wells

June 22 - July 22



Cancer: Happy Birthday Cancer. You start the month talking to all around you and catching up on events. Then starting on the 9th your mind kicks into overdrive as you start formulating an idea a minute for the next week. Love could find you on the 13th so stay alert. After the 21st, you will be focused on how to improve your financial independence. You could make major inroads along these lines by the 26th. You end the month wanting to change the world, but remember big changes should take time if they are meant to last.

July 23 - Aug. 24



Leo: This month you will probably learn how powerful the words you speak can be in people's lives. A journey you start this month will bring you wisdom and practical tools to use by the 12th. You could meet a new romance on the job on the 13th. After the 21st your rockets are lit by the Sun and you'll have energy to spare for the coming month ahead. The third week of the month can also bring you some attention in a good way. Use caution on the last two days of the month if you are shopping. What may look good in the store can disappoint you later in the light of day.

Aug. 24 - Sept. 22



Virgo: It's the time of year to dream of the future and make your plans and set your goals and you are heavily supported this year to achieve them. A friend could set your mind in motion with a great idea on the 9th so pay close attention. A new hobby or romance is possible on the 13th. After the 21st you may require more down time than usual. Clear the mind on the 26th so the Universe can fill it back up with great ideas. Money matters on the last two days and you'll need an accounting before moving forward. Go slow.

Sept. 23 - Oct. 23



Libra: Working with your boss in private during the first week of July paves the way for a major move forward in your career on the 11th. As a result you could catch the quiet, admiring eye of someone in your office. Keep it on the QT. After the 21st your friends will want to take up your free time with fun and games. The 26th looks the best for a party. The last two days of the month could bring a showdown with your partner. Don't be too ready to quit just yet. Give them and yourself some time before making changes.

Oct. 24 - Nov. 22



Scorpio: Your mind yearns for a get away in one form or another. Make your plans during the first week and be on the road on the 9th. A new friend enters your circle on the 13th and romantic sparks are going to fly between the two you. After the 21st

your career takes center stage and a project comes together with amazing results. Set the unveiling for the 26th and break out the champagne. Start planning for the year ahead on the 30th of the month. You're going to need a good head start this year, for sure.

Nov. 23 - Dec. 21



Sagittarius: A creative contribution improves the lives of the people around you during the first week of the month. Then the really big one comes on the 9th through the 11th and you have the ability to pull off a major coup. A money surprise could come your way on the 13th. After

the 21st think about starting a new line of education. Something you always wanted to learn about. If you take the time, it will change your life and you'll see results as soon as the 26th. You'll be wrestling with a money issue on the last two days of July. **Go slowly.**

Dec. 22 - Jan. 20



Capricorn: You partner or spouse may have some really good ideas and information for you during the first week. Pay attention. You both reach a major consensus on the 9th and move ahead with those plans by the 11th. If you're single, on the 13th a new person comes to town to wow you. It could be the

big one you've been waiting for. After the 21st you spend time checking over your accumulated assets. The 26th could be a big money pay-off if you're paying attention. The last two days of the month opposing forces muddy the waters between home and office forcing you to strike a balance or make a choice.

Jan. 21 - Feb. 18



Aquarius: An opportunity to improve your health or your workplace hits you during the first week of July. You can put the finishing touches on it all by the 11th with grand results. The 13th provides you with the opportunity to fully express your passion and love for someone you have remained quiet about. After the 21st your

partnerships get the big boost and by the 26th things should be improved beyond your hopes. Forestall any plans for a vacation until next month and try to spend time at home on the last two days of July.

Feb. 19 - Mar. 20



Pisces: Little fishes, this is your month for romance. You'll be hearing from those who are interested during the first week and doing something about it during the second. The 9th through the 11th are major Red Letter days in this regard. And then a new love could sweep them all aside on the 13th. After

the 21st you need to get a physical or plan on a diet or more

exercise. A surprise in the money department could find you on the 26th. You going to need to do some financial planning as a result on the last two days of the month.

Mar. 21 - Apr. 20



Aries: It's home improvement time. Or maybe just cleaning up the yard or a room in the house, but the plans get start during the first week and you can wrap it up big time on the 11th. You could meet a new flame in the office on the 13th if you're single. After the 21st that romance could really blossom and carry you to new heights by the 26th.

The urge to unite is so strong on the last two days of the month that I would caution you to wait a week at least before popping that question. Slow down and take your time.

Apr. 21 - May 21



Taurus: A short romantic get-away is possible during the first week of July. Pay attention to suggestions coming your way on the 9th through the 11th. They can really improve your life. A golden romance can begin on the 13th. Respect it's happening and don't run away from it.

After the 21st you focus on your home and there could be some projects to improve things taking place on the 26th. Take the last two days of the month to balance out your diet and any health issues.

May 22 - June 21



Gemini: You're focused on your money situation this month. Good news comes to you during the first week that should make you very happy. A message from a friend sets you on a money win on the 9th through the 11th. A visitor to your home could leave with your heart on the 13th, thus starting a magical relationship. After the 21st communications will be very important, especially on the 26th when a friend offers some great news. Romance matters come to a head on the last two days of the month and you may have to choose between lovers. As much as you like having two, it's sometimes not a good idea.




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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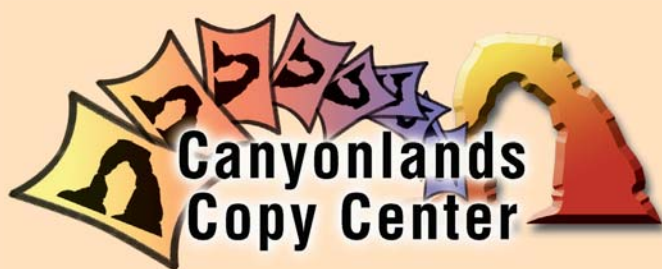
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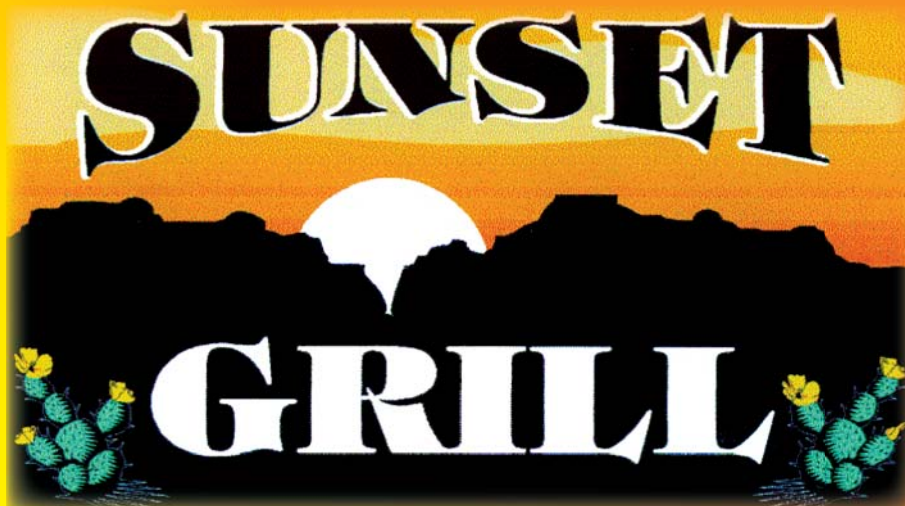


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SHOPPING
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MOAB HAPPENINGS

ENTERTAINMENT
NIGHT LIFE

Volume 22 Number 4

Section B

July 2010

Moab's fifth annual Relay for Life will take place starting Friday evening, Aug. 6 and last until the next morning. The all-night community event, which raises money for the American Cancer Society, will once again be held on the football field and track of Grand County High School, 608 South 400 East, Moab.

The event will kick off with preliminary festivities, food, and games between 6 and 8 p.m. on Friday, Aug. 6. Although admission is free, donations are encouraged,



performers are encouraged to contact organizers if they are interested.

"We'd love to have local people who willing to share their talents on stage," said event co-chair Kris Hackney.

Last year, the week leading up to the event was designated as "Paint the Town Purple Week," with local merchants decorating their store windows and displaying fliers, signs and banners in support of the event.

"We appreciate the ongoing support of local businesses

Moab's 2010 Relay for Life

to be held Aug. 6-7 at GCHS

By Jeff Richards

since the relay is primarily a fund-raising event.

"Everybody is invited to attend this community event," said Melonie Dolphin, co-chair of Moab's 2010 Relay for Life. "You don't have to walk laps around the track. We just want people to come out and enjoy the ceremonies and be part of the Relay for Life experience."

Research shows that one out of every three people will be diagnosed with cancer during their lifetime, according to the American Cancer Society.

The three-fold mission of Relay for Life is to "celebrate, remember, and fight back."

Between 8 and 8:30 p.m. Friday, Moab's event will officially kick off with an opening ceremony, which will include the lighting of a caldron with a torch and a "Survivors' Lap" around the track. Other special ceremonies planned for Friday night include a "Fight Back" ceremony, a "Luminaria Ceremony" and a "Ceremony of Hope".

"All of the various ceremonies during the event help highlight the importance of fighting cancer," explained Dolphin, who is herself a cancer survivor.

Entertainment acts will also take the stage at various times during the evening and into the early hours of the morning. Time slots are still available, and local

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

As of late June, there were about 13 teams registered for Moab's 2010 event, and more are invited to join. Alternatively, people can join an existing team or they can support the event without joining a team.

For more information, contact either Dolphin at 260-0455 or Hackney at 259-9441.

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

"The relay goes all night long because cancer never sleeps," Hackney added. Many participants typically pitch tents on the field and take turns walking around the track for the duration of the event.

Moab's Relay for Life has raised approximately \$30,000 for the American Cancer Society for each of the past two years. Over 3.5 million people nationwide participated in Relay for Life last year. For more information about Moab's event, enter the ZIP code "84532" at the web page www.relayforlife.org/relay/findevent, then click "Event Website."



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HIKING HAPPENINGS

Faux Falls – So Cool, So Refreshing

by Marcy Hafner

“Faux” is a French word that means “false” or “fake” and Faux Falls is a man-made surprise found smack dab in the middle of a dry, redrock environment that is filled with pinyon, juniper, blackbrush and yucca. On a hot summer day, however, this cool, supercharged waterfall feels real enough to me.

The water that feeds the falls is diverted out of Mill Creek and channeled underneath Flat Pass through Sheley Tunnel. After the 645-foot course through the tunnel, it cascades down a series of rock ledges before plunging into a large pool. Then it’s the final dash down a lush stream channel to Ken’s Lake.

Around the beginning of the twentieth century Horace Sheley originally attempted but never finished this ambitious endeavor. For decades the project languished until the early 1970’s when a cycle of drought pressed the need for more water, and that sparked renewed interest in building the tunnel and reservoir. After years of planning, ground breaking began on October 4, 1979. Then on June 5, 1981, Ken’s Lake, which is named after former mayor and water conservancy district chairman Ken McDougald, was dedicated for irrigation purposes in upper Spanish Valley - long known as Poverty Flats because of its lack of water. The price tag was four million dollars and the 96-foot high earthen dam holds back an estimated 2,750 acre feet of water that allows for the cultivation of approximately 900 acres of land.

The Utah Division of Wildlife stocks the lake with brown and rainbow trout, which thrive in the maximum depth of 70 feet of water. Motorized craft are not allowed on the lake, and anglers, swimmers and boaters come here to enjoy a tranquil interlude. It’s also a great location to observe the migration of waterfowl, shorebirds and osprey. Along its mostly treeless edges, however, the lake’s rocky shore does get baking hot in the summer. That’s when I’m heading up the easy, partially shaded trail (less than a mile) for a riparian walk through the desert to Faux Falls, where shade and a steady mist create an outdoor evaporative cooler with a dramatic drop in temperature.

To get to Faux Falls from Moab go south on Highway 191 approximately 7.5 miles and turn left at the sign for the Ken’s Lake-La Sal Loop Road. Continue half a mile to the stop sign at the tee and turn right on to the Spanish Valley Drive-La Sal Loop Road. Then drive about five miles and turn left on the Ken’s Lake-Flat Pass Road. Drive on by the turn in for Ken’s Lake to the entrance to the campground, where plenty of parking is available directly across the road from that entrance. If you are planning on staying overnight, the campground accommodates even the largest recreational vehicles and offers picnic tables, vault toilets, grills and trash receptacles, although drinking water is not available.

The trail begins directly across from campsite 25 and immediately drops down to a wooden bridge that crosses the gushing stream. At the signed intersection just beyond the bridge, go right, left takes you on to the Rock Loop Trail. The ridge line of Behind The Rocks presents a jagged edge profile on the western skyline, while South Mountain gives an alluring glimpse of alpine scenery before disappearing behind the buttress of hardnosed sandstone protrusions that backdrop the falls.

At the next intersection, be sure to note the sign directing you right. Keep in mind this trail that parallels the creek the whole way contains its own water-loving habitat of cottonwoods, scouring rush, willows and water birch;

there the scrub jay, black-throated gray warbler and Say’s phoebe find this lushness to their liking.

Faux Falls can be seen during most of the walk and then all of a sudden there is this huge roar of the falls straight ahead. Three ledgy steps to climb down and you are there where shouted conversation is the only way to be heard. But this is not the place to talk. It’s a place to listen and watch as the water cascades down a few hundred feet with

so much energy, so much motion, so much power to the final freefall into a deep pool of frothy churning water.

The floating mist glistens and sparkles against red sandstone as the whirling droplets of water cover the rocks and super-saturate the ground.

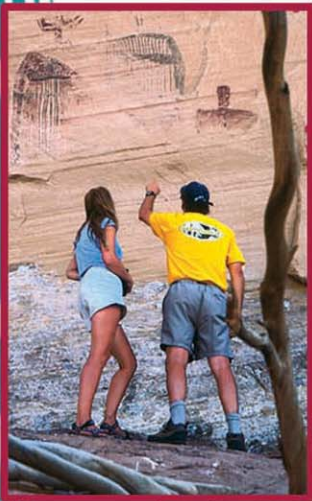
The shifting breeze constantly changes the direction of the mist and a hummingbird luxuriates as she bathes in this delightful zone of wetness. Then I hear the loud ringing song of a dipper – a bird of swiftly flowing western streams. I glance over and see him at the edge of a whirlpool - a chunky, slate gray bird with a large head and short neck and tail. His odd habit of constantly bobbing up and down with about sixty dips per minute always fascinates me. It also intrigues me that they choose a nest site along a stream just a few feet from the churning whirlpools so that their dome or ball-shaped nest structure is steadily doused with spray.



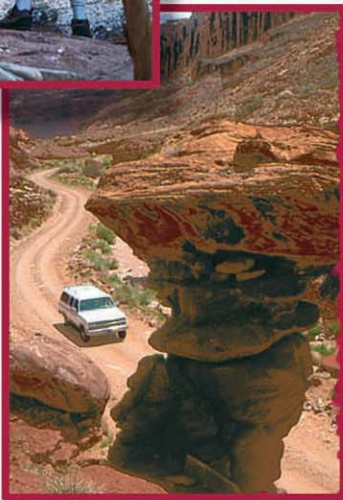
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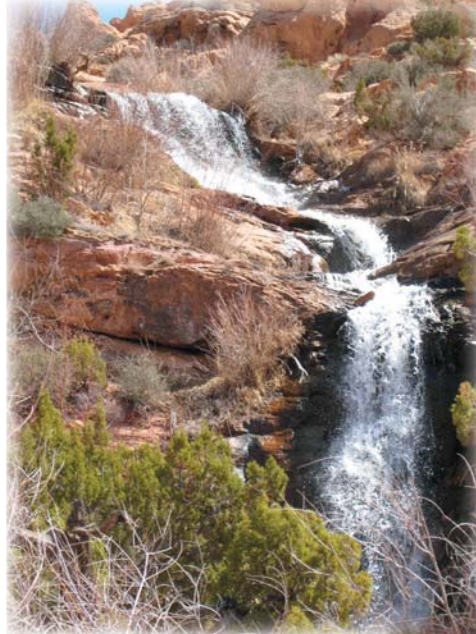


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The dipper is the only North American aquatic songbird that catches all of its food of underwater insects and small fish by swimming or walking on the turbulent stream bottom. These unique birds have adapted to survive the frigid water with a low metabolic rate, extra oxygen carrying capacity in their blood and a thick coat of waterproof feathers. They even have a flap of skin that covers the nostrils while submerged, and their translucent eyelids permit

underwater vision. I am mesmerized with this unexpected, out-of-place scene of tumbling water that bounces off the rock wall in a frenzied fury into the whirlpool below. Often I have this water park to myself and I enjoy the privacy of this quick escape from the summer heat staying as long as time allows for this welcome respite of cool relief.

HEALTHY HAPPENINGS

ABSOLUTE PILATES – Fit to the Core

What the heck IS Pilates and how do you pronounce it? Puh-LAH-teez, also known as “The Method” is synonymous with **CORE STRENGTH**. Joseph Pilates developed this system of exercise to overcome physical weakness from an early childhood illness. He studied the human body, particularly babies (and also cats!) to create a series of exercises to enhance the body.



In World War I, Joe helped to rehabilitate soldiers using hospital springs which lead to the invention of the Pilates apparatus. Pilates is still regarded as a very effective physical therapy tool and is continuing to gain recognition in the medical world.

Most notably, Joseph Pilates and his wife Clara taught dancers in his New York City studio. He called his system of exercise “Contrology”. Control, Concentration, Coordination, Fluidity, Precision, and Breath are the fundamental principles of The Pilates Method.



How do you DO Pilates and what are the Benefits? Pilates is best known in Floor Work with a mat and your body as the tools. Equipment, such as Reformers and Chairs, aides in body alignment and movement to make the exercises more accessible and fun to perform.

Building abdominal strength improves spinal support to improve posture and functionality so a person not only feels better but looks better.

Our brains are exercised as well as our muscles improving memory, clarity, neurotransmitter function, and an overall sense of well-being and awareness.

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Is Pilates good for weight loss?

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What are BOSU, GLIDING, and PILOXING?

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PILOXING is perhaps the newest of all fitness phenomenons. It is a hybrid of Cardio Boxing, fun Dance Moves, and standing Pilates Exercises. We jab, hook, elbow-kiss, and shuffle our way to be SLEEK, SEXY, and POWERFUL! Absolute PILATES is one of the first studios WORLDWIDE to offer PILOXING.

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Angela Houghton began her study of Anusara yoga with Christine Lanier in 2002. In 2005, she expanded her practice to include the study of teaching yoga. Angela has completed an Anusara Immersion, Level 1 Teacher Training, and a Therapeutics Training. Angela has found her yoga practice to compliment the many adventure sports we do in Moab. She offers her experience to the Moab community and visitors with enthusiasm and an open heart.



Angela is grateful to her students & teachers for the opportunity to learn more in the practice of yoga. Join Angela in a heart centered practice with an emphasis on alignment & the movement of the breath.



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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.
- Millcreek Drive running north-south.
- 400 North, 200 North, 100 North, 100 South, 200 South, 300 South streets running north-south.
- Nob Hill area to the east.
- Markers for: Old Mission Store at Canyonlands by Night, Canyon Voyages, Moab Barkery, Desert Thread, Starshine Gifts, Raven Image, Pinyon Tree, Walker Drug, WabiSabi Thriftique, Canyonlands Copy Center, Moab Mailing Center, Dave's Corner Market, Royce's Electronics, Hole N' the Rock (12 Mi. South of Moab on Hwy 191).

SHOPPING HAPPENINGS

Star Light Star Bright - What Do the Stars Say Tonight?

by Marie Hawkins

A look at the Great Grand Cross of 2008-2012

By the time this is published, some of this will already be past exact...and some will still be moving into aspects.... this is long-term event that will ebb and flow over the better part of a year.

If you have been feeling anxious, stressed out, irritable, and tired to the bone in a way that you have never experienced before, welcome to Earth. Someone said that it seems analogous to our whole civilization passing a kidney stone-it's going to hurt like hell, but think of the relief when it's over! This period has been symbolized in the heavens since time immemorial and predicted in the prophesy of peoples worldwide.

For many months now, professional and amateur astrologers alike have been freaking out as they pondered the implications of a Cardinal T-Square moving into orb just before the summer solstice of June 21, and becoming a Grand Square with the addition of the lunar eclipse in Cancer on June 26, on its way to exactness before it eases at the end of August. These aspects will ebb and flow until the fateful year of 2012. Nobody alive now has ever seen anything quite like this.

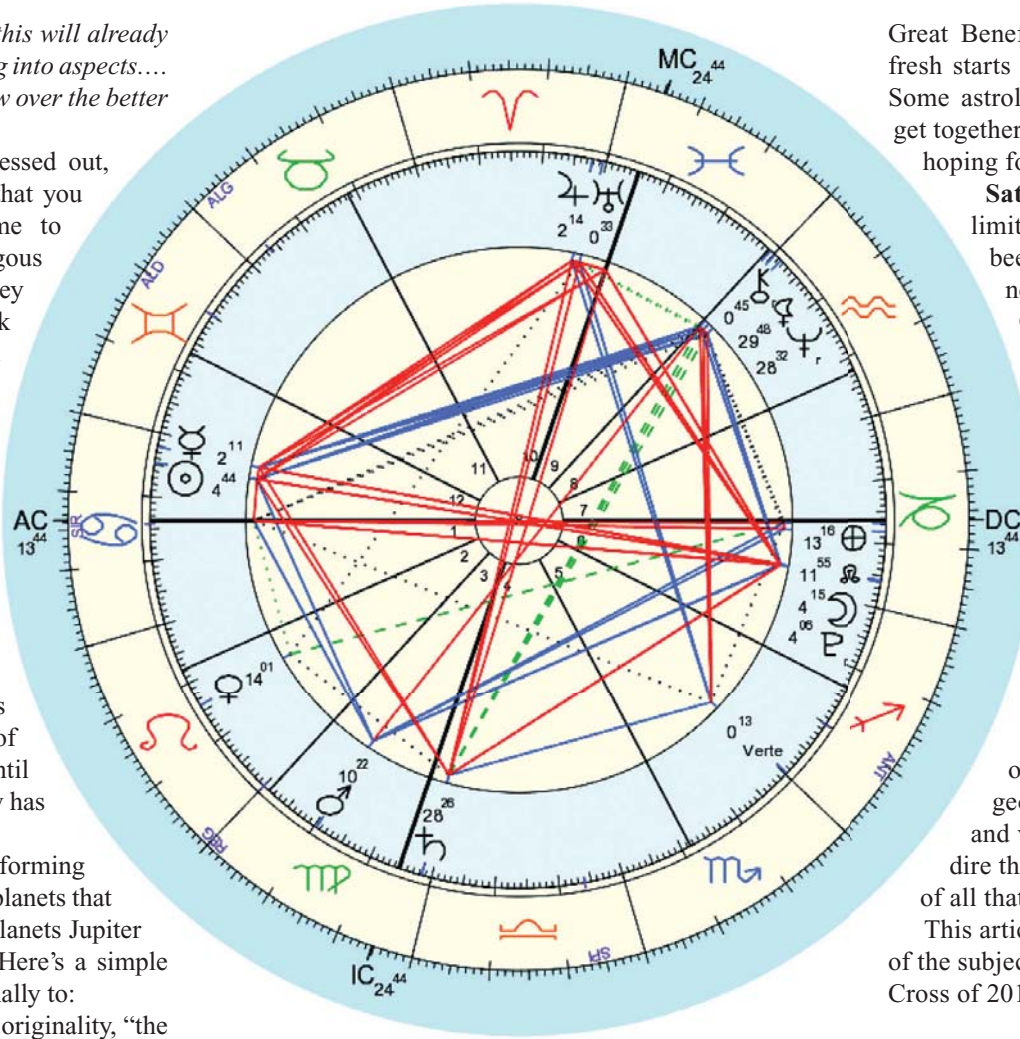
The background is a major aspect forming among Uranus, Neptune, and Pluto (outer planets that move very slowly), along with the social planets Jupiter and Saturn (which move fairly slowly). Here's a simple listing of what aspects of life they traditionally to:

Uranus -accidents, rebellion, freedom, originality, "the Awakener"

Neptune -the ocean, oil, deception, devotion, spirituality

Pluto -underground riches, volcanoes, big corporations, corruption, cleansing.

All the slower planets are triggered by the movements of the inner, faster planets-Sun, Moon, Mercury, Venus, Mars.



Great Benefic"). New technology and new ideas and fresh starts may save us from all the doom and gloom. Some astrologers have referred to this **Jupiter/Uranus** get together in **Aries** as "The Rebirth" that we have been hoping for.

Saturn, "The Great Malefic", symbol of limitation and responsibility and the old ways, has been opposing Uranus, symbol of freedom and new ways, for what only seems like forever! Oppositions denote conflicting energies which can devolve into stalemated polarities.

Neptune in Aquarius has been on the Moon of the United States' chart for years.

Moon = the mass of people, mass consciousness, emotional reactions.

Neptune = sleep, movies, drugs, fantasy, deception and wishful thinking.

Aquarius = technology, electronics, television

The **Lunar Eclipse** on June 26th was unusually important since it aligns with Pluto in Capricorn and squares Jupiter, Uranus, and Saturn. These heavy outer planets in such tension are activating geological stresses, bringing lots of earthquakes and volcanoes. Some of the prophecies are more dire than others. Praying for a miracle is a good use of all that Neptune-Moon energy.

This article barely scratches the surface of the surface of the subject...for more information, just google "Grand Cross of 2010" and read many different viewpoints.

The Sun in Cancer on June 21 is the major gateway that we have been waiting for, as it sets off major aspects throughout all the outer planets, including Jupiter which is with Uranus (Jupiter expands and makes more of whatever it touches, AND he is also known as "The

For more information on this and other metaphysical subjects, come see Marie at Starshine Gifts at 37 East Center Street. (See ad on page 19A.) and be sure to mention you read about it in Moab Happenings.

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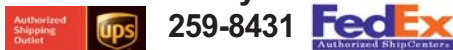
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TRAIL HAPPENINGS

Eating Two Pies with One Fork - the Joys of Adopting a Trail! by Sara Melnicoff

Eating two “pies” using one “fork” is a kinder way of saying Killing Two Birds with One Stone and of describing the win-win sensation one experiences while walking slowly and gently upon the earth, removing debris, and enjoying instant results as nature’s beauty shines through. Whether raking out tracks, rebuilding cairns, placing signs, or picking up trash, a pause to look back while working always brings great satisfaction.

Sara Melnicoff, founder of Solutions of Moab, muses about her passion for picking up trash and recycling while making the trails around Moab a pleasure to share.

Sixteen years ago I stumbled on to my life’s passion. A friend turned me on to the joys of removing littered trash and recyclables from along the banks of the Animas River in Durango, Colorado and I was hooked, literally! (I picked up a fishing hook and it got me). Since then, I’ve done cleanups from Philadelphia to Brattleboro; Alameda to Chicago, and numerous points in between. Hundreds of thousands of pounds of recycling and landfill-bound items have passed through my hands as they find better places to hang out (or reincarnate) than the streams, trails, byways and highways of our world.

When I first started cleaning up the landscape, I saw things I never saw before and my connection to the natural world began to strengthen. I continually delight in close up views of plant and insect life, wildlife sightings, the gradual coming and going of leaves on the trees, and ice, as it forms and melts in the creek. The warm oranges, rich reds, delicate whites, buttery yellows, and soft purples of the wildflowers, along with the gentle fragrance they leave suspended in the air, are a joy beyond description. I love to experience the changes in the seasons, both the heat of the summer sun and the chill of a winter wind. And the light! It changes constantly as it illuminates the rim, marks the hours, hides behind clouds, dapples through the trees and creates all manner of breathtaking beauty.

Occasionally I stumble upon a precious commodity. Silence. Or the exquisite absence of man-made sounds. Hearing only the wind gently brushing the leaves, water gurgling and flowing over rocks, the wings of the crow, old and ancient as they whip by, is soothing and refreshing to the soul. It is still possible to find this in our modern world, but it’s becoming a rarity. I



encourage you to slow your pace and discover the wonders of nature that surround us in this beautiful valley and in the fullness of silence.

Moab is my favorite place, and daily excursions lead me to gorgeous places and spaces, but I’d much prefer finding un-littered terrain than the beer bottles, diapers, fast food containers, plastic bags, cigarette butts, towels, shoes, and t-shirts upon the land. As I walk along enjoying what nature has to offer, the clean-up challenge is figuring out how to get squashed beer cans out of a tight crevice just beyond your reach, scrambling over loose rocks to reach a discarded plastic cup, or finding a loose branch to extend your reach under a thorny bush to grab that elusive bit of trash. The area is then beautifully clean and ready to enjoy on the way home. This is the win-win situation for me and the others who follow and enjoy nature. If everyone spent just a few minutes cleaning up and raking out during their preferred outdoor activity, or while enjoying the trails around Moab, we’d win the Cleanest, Most Recycled Town Contest, (if they had one)! Thank you to the many folks who already help with clean up efforts!

The Grand County Trail Mix Committee helps with the effort to maintain trails utilizing the Adopt-a-Trail program working with the Bureau of Land Management, (Russ Von Koch) and the Forest Service, (Brian Murdock). In addition, contact Sara Melnicoff, to help with the local Moab clean-up efforts. (See the information about the author below.)

Author - Sara Melnicoff is the founder of Solutions of Moab. www.moab-solutions.org Solutions of Moab has more than 20 ongoing hands-on projects including cleanups on Moab’s in-town parkway system, many rural roads, in the streams and canyons, and in the mountains. Moab Solutions promotes the benefits of the “respect, rethink, reduce, reuse, and recycle lifestyle” and believes that the healthier the planet is the healthier people will be. Sara is an active member of the Trail Mix Committee.

Trail Mix is an advisory committee to Grand County in the development and maintenance of non motorized trails. The committee represents non motorized users including bikers, hikers, equestrians, and skiers. Many government agencies and private citizens make up the “mix” that makes this group work so well. Come join us on the 2nd

Tues. of each month from 12-2 at the Grand Center (500W. 182 N.). Everyone is welcome.

Contact Sandy Freethey 259-0253 or find us online at www.grandcountyutah.net/trailmix/. You may also reach us at moabtrailmixinfo@gmail.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.



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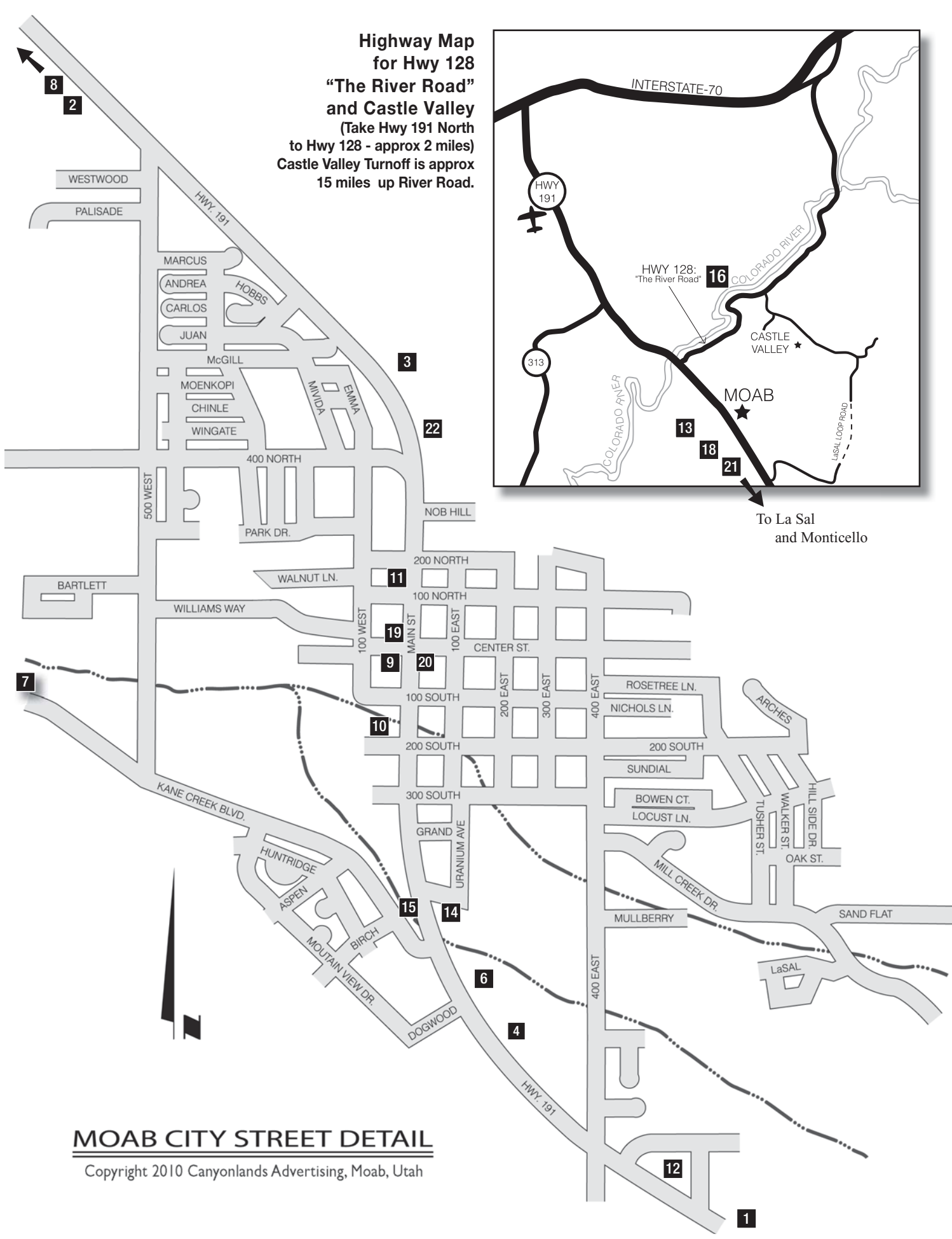
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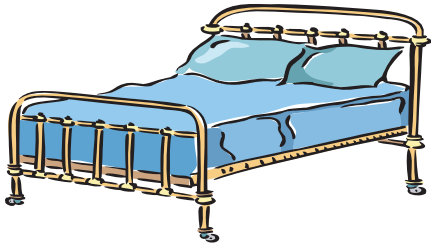
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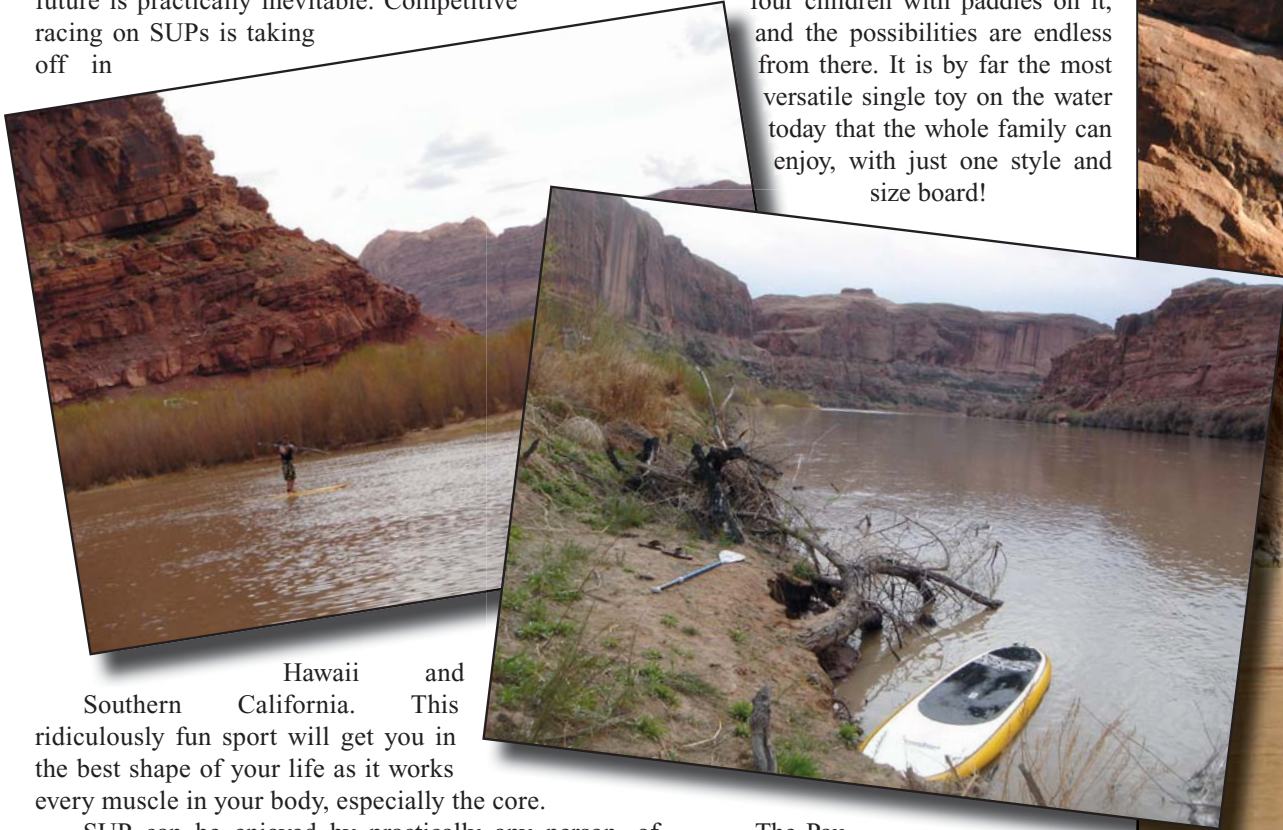
WATER ADVENTURE HAPPENINGS

Don't Sit Down: Stand Up and Paddle!

Stand Strong is the Colorado distributor for Pau Hana Surf Supply stand up paddle boards and equipment. Stand Strong promotes the SUP lifestyle beyond the traditional ocean based areas where the sport originated. They will be hosting a free SUP demonstration clinic, in conjunction with Canyon Voyages and Pau Hana Surf Supply, on Saturday, July 10th at Ken's Lake from 9 am until noon. From there, they will decide on a location to take the boards to the Colorado River for anyone who is interested.

Stand Up Paddle Boarding is riding a tsunami of popularity and growth around the world today. The potential for this sport to become an Olympic event in the near future is practically inevitable. Competitive racing on SUPs is taking off in

was conquered on a SUP last year by Hawaiian big wave surfer and famous lifeguard Archie Kalepa, so anything is possible on these boards. With the same model board you can take it to the ocean and surf practically anything within your ability, ride the board on any size wake behind any boat without a rope, do yoga and pilates on the board on the water, go tandem paddling with two full grown adults on the board, pile three to four children with paddles on it, and the possibilities are endless from there. It is by far the most versatile single toy on the water today that the whole family can enjoy, with just one style and size board!



Hawaii and Southern California. This ridiculously fun sport will get you in the best shape of your life as it works every muscle in your body, especially the core.

SUP can be enjoyed by practically any person, of any age or ability, in a variety of different water settings. Paddling on a calm lake is the best way to learn the basic balance on the board and has been described as the feeling of walking on water. From the lake you can take the board to the majestic and mellow stretches of the Colorado river for an absolutely amazing down river experience. For the more adventurous souls, you can then venture into running whitewater and turning the board upstream to surf practically any size wave or ripple. The Grand Canyon

The Pau Hana SUPs that will be provided by Stand Strong and Canyon Voyages are considered to be the most stable boards on the market today. These are boards that anyone can ride. It might look difficult, but all it takes is a little enthusiasm to get on the board and try it. It has an amazing effect of putting huge smiles on the faces of its victims that thought it was not possible for them to do. So come out and experience this amazing sport for free. Dress for a

day at the beach, or on the river, and bring a lunch or any beverages you wish to consume as no food or drinks will be provided.

For more information, call Canyon Voyages at 435-259-6007 and be sure to mention you read about it in Moab Happenings.

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SCENIC ROAD HAPPENINGS

Shafer Trail

Article and Photos by Rob Cassingham

The Potash Road/Shafer Trail may be the most fantastically scenic route in the entire Moab region. Sheer cliffs tower above you, the Colorado River far below, a rugged warped and broken landscape, the possibility of spotting some Desert Bighorn Sheep and many more wonders make this trip unforgettable. The route is a moderately easy drive, appropriate for even light-duty SUVs such as Subaru station wagons and Toyota RAV-4s. There are some tight switchbacks to negotiate, so this road is not appropriate for motorhomes or vehicles towing trailers, and standard highway vehicles are not advised. In addition, there are several sheer drop-offs that require the driver to pay close attention to the road. Visitors terribly afraid of heights may not enjoy portions of this trip.

To begin your trip, start at the intersection of Main and Center streets and drive north on Main Street/US Highway 191 4.0 miles, and then turn left on Utah Highway 279 (also known as the Potash Road). Reset your trip meter (if you wish to have more detail of the Potash Road, the route was detailed in the January 2010 issue of *Moab Happenings*. You may find the article online at <http://www.moabhappenings.com/Archives/ScenicRoads1001PotashRoad.htm>).

You will now be traveling the Potash Road 15.3 miles to the start of the Shafer Trail road log. Some brief highlights of the Potash Road:

Mile 4.2 You are entering "Wall Street". The sheer cliffs on the right are frequently scaled by rock climbers. The speed limit over the next mile is 35 mph. Drive carefully!

Mile 5.0 and 5.1 Petroglyphs

Mile 5.9 Dinosaur track

Mile 9.9 Trailhead to Corona Arch. This hike is 3 miles and is moderately difficult. Well worth the effort—bring plenty of water!

Mile 13.4 Long Canyon/Jughandle Arch

Mile 15.3 Potash Plant. Utah 279 ends, and an unimproved road continues past this point. Reset your trip meter.

Mile 0 Potash Plant. The buildings to the right are shipment facilities for the nearby potash mine. This mine has been extracting potash (commonly used in fertilizer) and salt from the subsurface Paradox salt deposits for nearly 50 years. Originally, the salt and potash was extracted conventionally from mine shafts. In 1963, an explosion in the 2,700 foot/823 meter mine (at the time, the deepest mine in the country) killed 18 miners. Since then, potash and salt have been extracted by pumping water into the old mine shafts, then pumping the water to several vast evaporation ponds. After the water evaporates, it leaves behind the salt and potash, which is then scraped up and prepared for market. You will pass the ponds in 4.5 miles.

Mile 1.4 A short spur road to the left leads to the Potash boat ramp. There is a pit toilet near the ramp. Note that this is the last rest room for the next 12 miles (and two or three hours).

Just beyond the ramp, the road becomes dirt and begins to climb above the river.

Mile 1.7 A small road ("two track") heads to the right. If you follow this road for 100-200 yards, it peters out on

a hard gray bed of limestone. This limestone deposit was once the floor of a shallow tropical sea 300 million years ago. If you search along the right edge of this limestone, you will see fossilized horn and brain corals, crinoid body stems (similar to modern sea lilies), and rarely found sea shells. Please do not attempt to remove the fossils—the limestone is VERY dense.

Mile 3.6 Stop sign. This intersection is at the crossroads with the main road used by the potash mine. Mine traffic has the right of way, so proceed carefully through the intersection.

Mile 3.9 The road climbs steeply upward into a mass of dark reddish deposits of Organ Rock shale.

Mile 4.3 Above the road to the left is a rock outcropping that resembles the head of Sinbad. To the right side of the road is a large rock precariously balanced, with light visible below the rock. "Superhuman Rock" makes for a good photo, as people can pose as though they were going to shove the rock over. Please note that there are some sheer cliff edges nearby, so watch young children carefully.

Mile 4.5 The first of the large evaporation ponds mentioned at the start of the road log. A blue dye is added to the water to speed up the process of evaporation.

Mile 6.7 You have just crossed a cattle guard and entered BLM lands.

Mile 9.2 The road begins to climb steeply and the road surface is often bare limestone.

Mile 10.0 The top of the steep grade and a cattle guard. There is a short spur to the left that leads to a great scenic overlook. This overlook

was once known as 'Fossil Point', but is now known as 'Thelma and Louise Point'. If you have seen the movie 'Thelma and Louise', you may remember the climax of the film when the women drive their car off of the cliff. This is the location where that stunt appeared.

If you look at the clifftops to the right of the road, you may notice the viewing platform at Dead Horse Point State Park over 1,000 feet above you.

Mile 11.0 The road travels along a narrow bench high above the river. Use caution! There is a blind curve at this point.

If anybody in your party finds this drop-off too frightening, know that there are more sheer drop-offs farther down this route.

Mile 11.6 Nice viewpoint above the 'gooseneck' of the Colorado River.

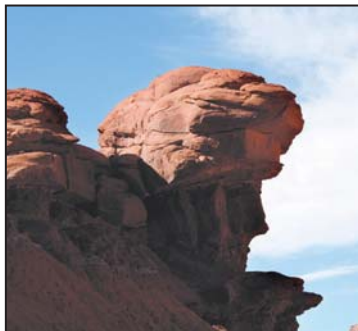
Mile 12.6 You have just entered Canyonlands National Park. The park is a fee area, and you will need to pay your park admission after this route reaches the pavement inside Canyonlands NP.

Mile 13.3 Rest room.

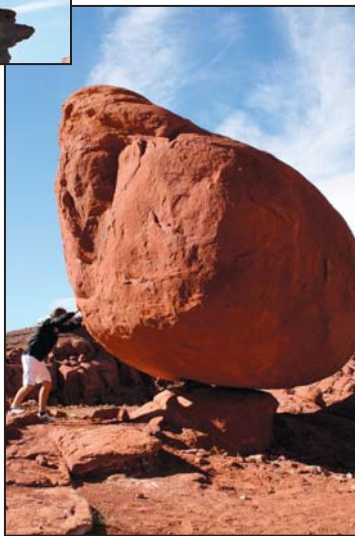
Mile 14.4 Intersection. The road to the left leads to the White Rim Trail; the road to the right leads to the switchbacks of the Shafer Trail. Reset your trip meter and turn right.

Mile 0 Start of the Shafer Trail. The Shafer Trail was originally just a narrow path that wildlife (primarily bighorn sheep) would use to travel between the mesa top and the

area now known as the White Rim Trail. Later, when cattle ranching was king, the trail was widened and improved in order to drive herds of cattle to Moab. When uranium frenzy gripped the region in the 1950s, the Shafer Trail was further widened and improved to allow the regular travel of 2-ton and 5-ton dump trucks laboring under full loads of uranium ore from the many mines that once dotted the area. Without the uranium industry, this road likely would never have been anything more than a livestock or a hiking trail.



Mile 4.3 "Head of Sinbad"



Mile 4.3 "Superhuman Rock"



Mile 3.6 A dead pinon still stands above the Shafer Trail.

Mile 0.7 The road starts uphill. Over the next two miles, the road climbs up an extremely steep grade, gaining over 1,000 feet in elevation. There are four sharp switchbacks to negotiate.

There is an unwritten rule that downhill traffic should yield to uphill traffic, but not every traveler knows this rule. Therefore, try to spot oncoming traffic early and be prepared to use a wide spot on the road to pull over in order to let traffic by.

Mile 2.6 After a blind curve, the road climbs much more gradually and travels along a narrow bench far above the desert floor. The road is much easier—the 'worst' is behind you.

Mile 3.6 There is a broad sandstone ledge on your right that affords a spectacular view. It is well worth stopping here and taking some photographs.

Mile 5.3 You have reached the paved road inside Canyonlands NP—Island in the Sky District. There is a self-pay station here, or you may turn right at this intersection, drive a short distance to the park entrance booths, and pay your admission fee there.

Turning left at this intersection and driving one mile will bring you to the park's visitor center. There you will find maps, books, water, restrooms and more. If you intend on viewing the rest of the Island in the Sky, the visitor center is where you want to visit for more information.

Once you are ready to return to Moab, please follow the main park road east past the visitor center. In approximately 4.5 miles, you will reach the intersection of Utah Highway 313. If you wish, you may turn right and follow the road another 4 miles to Dead Horse Point State Park. If you choose not to visit the state park, continue east on highway 313 for another 14.5 miles to the intersection of US Highway 191, then drive south on 191 back to Moab.

Moab Happenings hopes that you enjoyed this magnificent drive, and we hope you will return often to enjoy ALL that Moab has to offer!



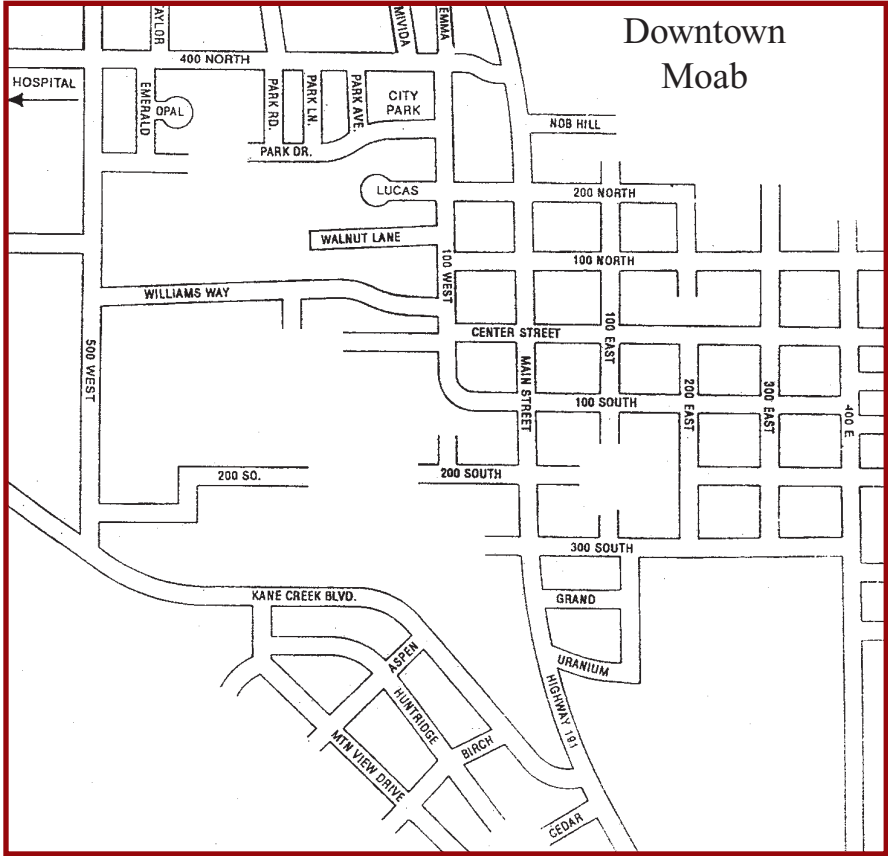
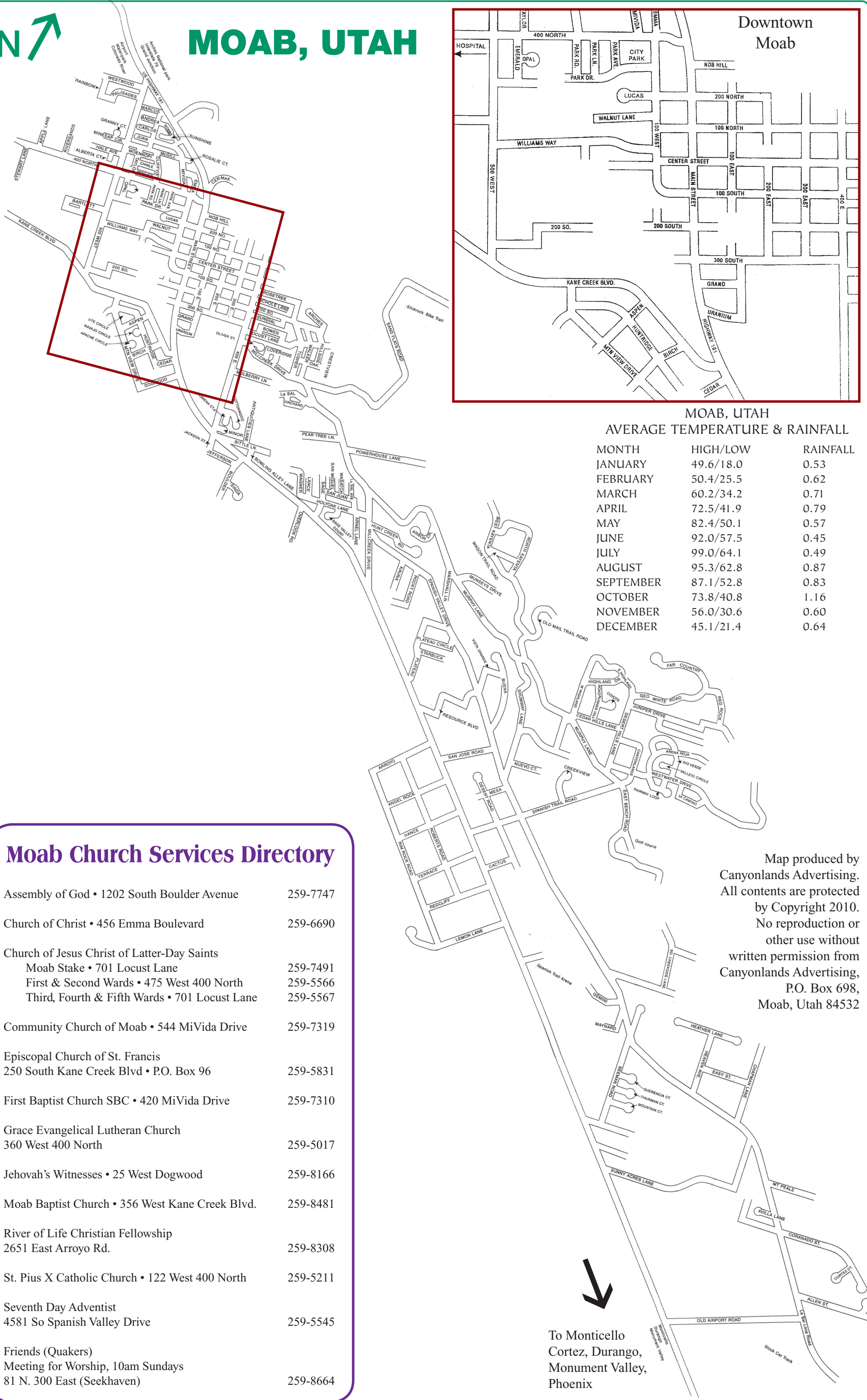
Mile 3.6 The setting sun sets the desert ablaze with reddish hues.



Mile 10.0 Thelma & Louise Point



MOAB, UTAH



MOAB, UTAH AVERAGE TEMPERATURE & RAINFALL

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

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
4581 So Spanish Valley Drive 259-5545
- Friends (Quakers)
Meeting for Worship, 10am Sundays
81 N. 300 East (Seekhaven) 259-8664

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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

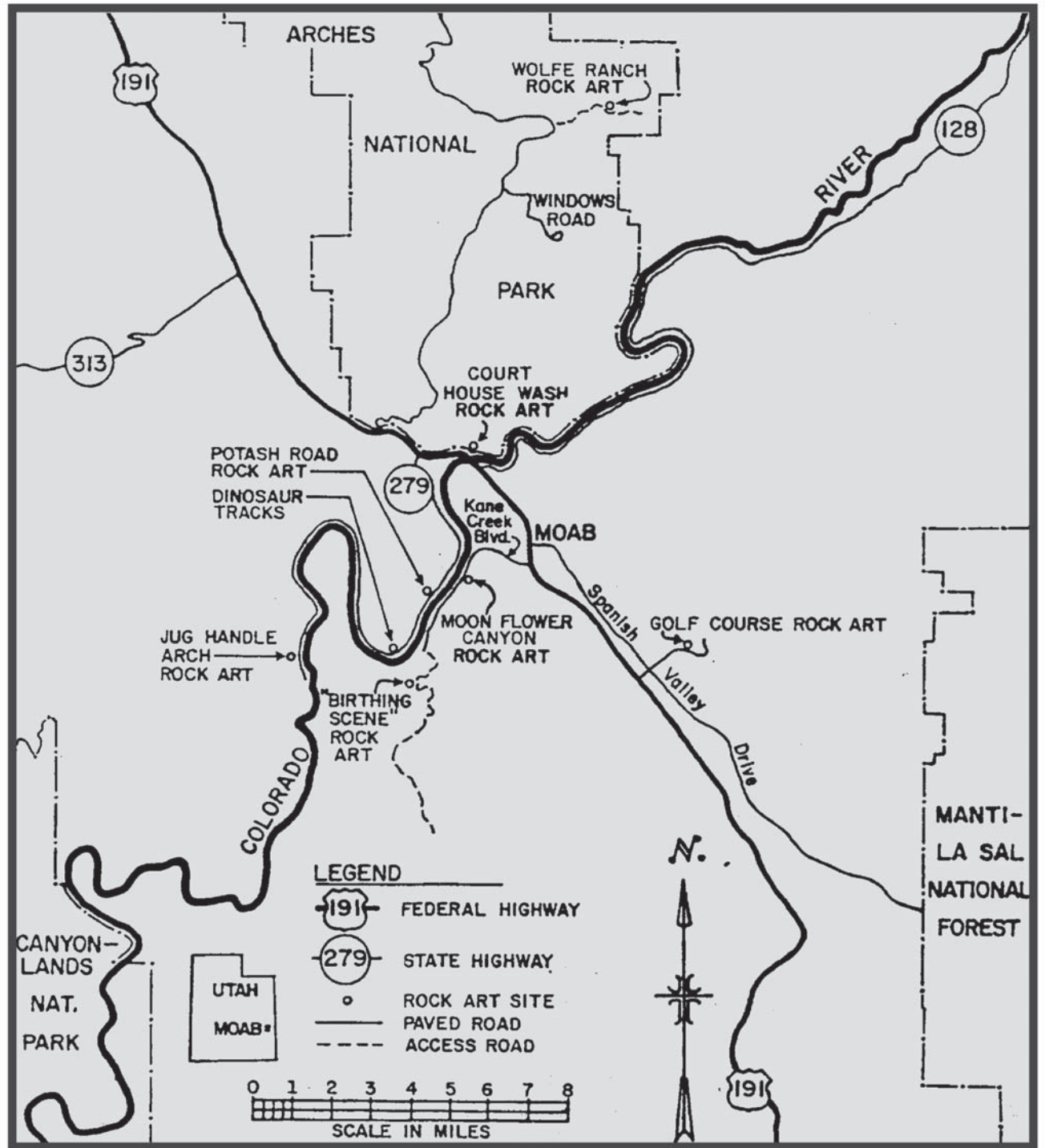
Rock art was produced by a number of prehistoric and historic peoples over thousands of years. Their histories in the area are very complex. A big game hunting people, known as Paleo-Indians, are considered to be the first human users in the area. Their game included now-extinct Pleistocene fauna such 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.

XRRRA

XTREME ROCK RACING



Cortez, CO
Directions: 1 mile South of Cortez at Hwy. 491/160 and CR. G.2 Watch for signs on West side of Hwy.

Gates open at 8:00am
Race starts at 9:00am

Come check out the action as the nations top rock racers go all out in this western division points race.

Admission: \$10 per day. Kids 8 and under FREE!


www.xrrra.com






August 7th & 8th
Saturday & Sunday
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Revenge of Montezuma

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www.UtahsCanyonCountry.com

(435) 587-2200
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Monticello, Utah

NON-PROFIT HAPPENINGS

The Magic of Splore

When I was diagnosed with cancer, my running shoes were replaced by paper booties; my camelback, replaced by a drip-line; my technical gear, replaced by an ill-fitting gown; my active outdoor life, replaced by sedentary behavior in a concrete room. When doctors, family, and friends asked what I needed, I said I needed to get outdoors, I needed to be active. The response – “Are you sure you want to do that?” - “Be careful” – “Don’t overdo it.” It was as if a stroll down a shaded trail would not be good for me? Would somehow be dangerous? Intuitively I knew that to thrive I needed physical movement; I needed to reconnect to the natural environment.

I joined Splore in 2007 because Splore is all about the connection between health and the natural environment. The “Magic of Splore” started in 1977, with the support of the Moab community. For more than three decades Splore has been providing active outdoor experiences to individuals with disabilities and special healthcare needs.

“Splore has shown me that a person like myself with multiple handicaps can still participate in activities on the river runs. It has helped me to overcome some of my fears and given me confidence to do more with my life.” Pat

What is the Magic of Splore? It’s the joy on a child’s face when they ride the rapids or climb to the top of a rock wall. It’s the self-esteem built when a person with a disability is recognized and accepted for their abilities. It’s the connections made when walls are taken down, barriers are broken and people can be themselves.

“Though being in a wheelchair, I was able to participate at any level I desired, even rowing when my strength permitted. My experiences with Splore have increased my self-esteem, given me a greater sense of self-reliance and taught me to acknowledge my limits. In a word, therapeutic!” Wendell

Children and adults with disabilities and special

healthcare needs are one our most vulnerable populations. For children and adults with disabilities and special healthcare needs, participation in active recreation is an enormous lifestyle change. Evidence suggests participation in active recreation enhances overall well-being by reducing chronic disease risk through increased strength, bone density, vital capacity, and mobility. Additionally, individuals who participate in active recreation form friendships, develop social skill, and find identity and meaning in life. Yet despite these tremendous benefits, only 5% of individuals with a disability or special healthcare need are physically active.

Splore activities vary based on season and include camping, canoeing, horseback riding, indoor and outdoor rock climbing, kayaking, Nordic skiing, snowshoeing, and white water rafting. Utah’s renowned national parks and sport venues provide Splore’s foundation. Branded as “The State of Sport”, 80% of Utah’s land is administered for

recreation use which includes more than one hundred bodies of boatable water, fourteen ski resorts, ten permanent Olympic sports venues, nine white water rivers, eight national parks and national recreation areas, and seven national forests. Splore’s federal special use permits, recreation partners, and generous underwriters, allow us to help individuals with disabilities and special health care needs overcome

barriers that prevent access to recreation opportunities. Splore’s highly qualified staff and volunteers ensure a positive experience for all who participate. These staff and volunteers represent the fields of medicine, occupational therapy, physical therapy, public health, recreation management and social work.



To increase awareness of Splore’s activities, we are holding the **1st Annual Red Rock Regatta on Saturday, August 28, 2010**. Centered at the Red Cliffs Adventure Lodge from 4 p.m. to 10 p.m. in Moab, Utah the regatta includes a costume flotilla and all-crafts boat race as well as fun family activities, food, and live music. Splore typically scholarships 80% of participant costs. Proceeds from the Red Rock Regatta

will provide scholarships to provide the opportunity for individuals to participate in Splore’s adventures.

“At the closing circle Sunday afternoon it was all I could do to keep from breaking down in tears, overcome by the depth of emotion I felt at the expression of friendship and love, cooperation, appreciation, camaraderie and caring demonstrated towards everyone on the trip by guides, volunteers and participants.” Teri



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	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

How Much Does that Bag of Dog Food Really cost?

by Jessica Turquette

The most often reason we hear people say they don't feed their dogs a premium dog food is because the bag is so expensive! But is it really? Here's a comparison

\$40 bag vs. \$20 bag (hint they cost the same!!) – HOW?

A 30 lb. bag of value brands like Pedigree, Purina or Gravy Train will cost around \$25, and recommend to feed a 50lb. dog 5 cups of food. A 30 lb. bag of premium foods like Canidae, Taste of the Wild or Solid Gold costs \$50 and says to feed a 50 lb. dog 2 1/2 cups a day cups of food a day.

What? Well it means that most premium brands recommends you to feed a much smaller amount of food to your dog, sometimes up to half of what a value brand recommends. So your dog has to digest much less fillers and that means less gas and smaller poops! Plus there are very few preservatives and artificial flavors in premium foods. They use higher quality meats and grains which naturally drive to eat them.

We have even found that brands like Iams, and Eukanuba have smaller feed ratios than value brands, but can cost only 10-20% less than a premium brand and often cheap grains are listed first or multiple times in the top 6 ingredients which means its full of cheap filler and your paying a much higher price.

So how can you tell if a brand is good or not? Here is a list of ingredients provided by the Whole Dog Journal to look for and more importantly ingredients TO AVOID!

Ingredients to LOOK FOR when purchasing dog food and the reasons why they are important...

• Specifically named meat protein sources, such as chicken, turkey, lamb, beef, etc. There is a debate over whether whole meat, such as 'chicken,' is better than meal, and vice versa. The difference is that meal has had all the moisture removed before being processed into kibble and whole meat is left intact. This means that a pound of 'chicken meal,' for example, is made of more meat than a pound of 'chicken,' because up to 70% of the weight of the 'chicken' can be water weight.



• Good carbohydrates, such as brown rice, oatmeal, millet, amaranth, and potatoes (not potato product) or sweet potatoes. These are considered good carbohydrates, because they do not have unwanted side effects. However, carbohydrates are really not needed by the dog, because dogs get more of their energy from meat protein & fat.

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

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

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

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

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

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

By Lisa Lawrence @ Holistic Pet Grooming Studio

skin irritations and can also be quite painful.

The other hitchhikers of concern are cactus barbs. Try to keep your dog clear of cactus on your hikes but I find carrying a small "kit" that includes tweezers, alcohol pads and antibacterial ointment can be very beneficial at keeping your dog safe and comfortable.

As a groomer I do a thorough examination of each dog that comes in for these desert hitchhikers. As I see them I remove them and treat each area but oftentimes it's too late by the time I see the animals and several have had to go to the vet for more invasive treatment.

It takes just a few minutes so please keep dog comfortable by doing a quick exam and both of you should enjoy your Moab hikes with little problems.

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visit www.moabpets.org
or call the Humane Society
435.259.4862

Moab Hitchhikers

Living in Moab means a longer summer season and great hiking, biking and river destinations. It is also a wonderful place to take your dog hiking however the desert makes sure you take a piece of her home every time in the form of cheat grass, cockleburrs and other hazardous hitchhikers.

This season already I have removed more cheat grass not only from the coats of dogs but also their skin. Cheat grass is a barbed grass that attaches to a dogs coat and quickly works down to the skin penetrating the skin. If not removed quickly it can cause an abscess that is not only painful to your dog but can get quite costly when you have to have the veterinarian do a small surgery to remove the offender from your dog. Every time you take your dog out make sure you run a brush through the coat when you get home. Pay special attention to the feet (in-between the pads), the belly, underarms, tail and back side under the tail. If you get to the cheat grass quickly you will find there should be no problems.

Cockleburrs (found especially in the Kens Lake area) are also quite bothersome. No, they don't penetrate the skin like cheat grass but they become very entangled in the dogs coat so much so the only way to remove them is by cutting them out from your dogs coat. They also will embed themselves tightly against your dogs skin and cause serious

This page sponsored by:



Humane Society of Moab Valley July Events

July 3 & 17 Cat & Kitten Adoptions

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

July 10 & 24 Dog & Puppy Adoptions

10am-12pm at City Market. We have some amazing dogs waiting for their forever homes, including a Husky mix and a friendly girl found wandering Capital Reef.

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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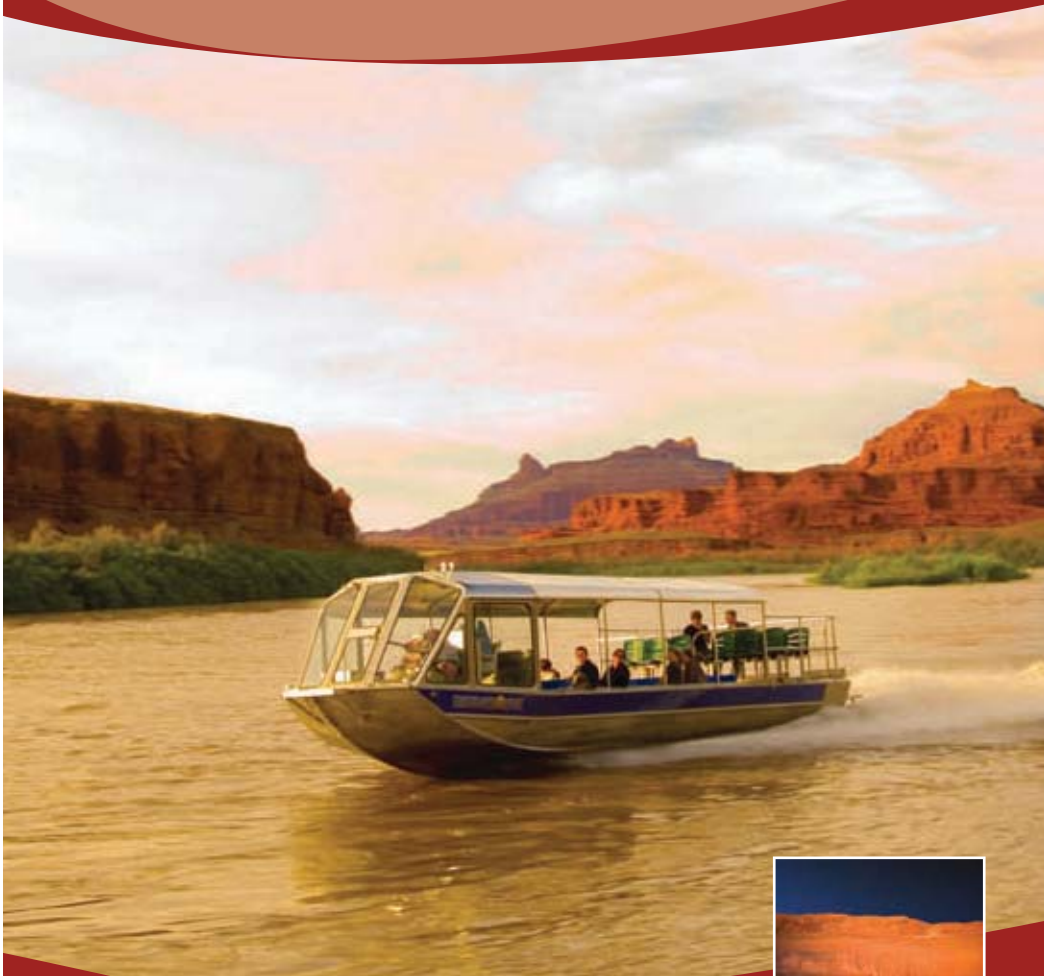
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P.O. Box 1076 • Moab, Utah 84532 Studio 259-5968 • Office 259-8824 • Fax 259-8763 contact us: www.kzmu.org

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00		KZMU OVERNIGHT		Art of the Song		KZMU OVERNIGHT		7:00	
8:00	Native Spirit	DEMOCRACY NOW						Desert Diva	8:00
9:00		MOAB Morning Blend						Shine Time (Children)	9:00
10:00	Jah Morning Reggae	Moab Mamas (everything)	Classical Collusion	Tilted Park (acoustic/folk/pop)	Belle Jar/ Rainbow Plumage	Blue Plate Special (blues/rock)		Trailer Park Companion / Wayward Wind	10:00
11:00									11:00
Noon						The Trading Post (call-in Buy/Sell)			Noon
1:00	Grass is Greener (Bluegrass)	It's My Party/ Merry Pranksters	radio mmm... (can't define it)	Horizon Line	Random Toonage			Ain't Live Grand? (live recordings)	1:00
2:00						1-2-3 (funky world soul)			2:00
3:00	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
4:00			WORLD MUSIC					Tween Time (pre-teen fun)	4:00
5:00		New Dimensions	The Observatory/ Sound Thing	Gaelic Circle/ Drive Time	MOAB Drive Time	Fire on the Mountain			5:00
6:00	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
7:00		DEMOCRACY NOW							7:00
8:00	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
9:00									9:00
10:00	New Dimensions	The Sound Lair (Experimental Dance)	MOAB Conscious Party	After Suburban Urge	Hours Teenage Wasteland	Altered State		Radio Free Moab (college rock)	10:00
11:00	Seti TranceMissions/ Listening Essentials								11:00
12:00		KZMU OVERNIGHT				the eleventh hour	Rhythm Quest (techno rhythm)	KZMU Overnight	12:00

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