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COLORADO RIVER P.M. HALF-DAY Raft from Rocky Rapid to Takeout. Includes BBQ lunch along the river. 11:00am - 4:00pm (min age: 5)	\$65	\$55
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HUMMER SAFARIS

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GRAND SAFARI Further explore the backcountry in the world's most serious 4x4. Departure times vary by season. (4 hrs)	\$169	\$122
SUNSET SAFARI The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)	\$91	\$69

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CASTLE VALLEY HORSEBACK RIDE 2.5 hours plus instruction on horses, with a stunning red rock backdrop. Departs 8am & 4pm (min age: 8)	\$80	\$70

JETBOAT TOURS & MORE

	ADULTS	YOUTH (ages 4-15)
CANYONLANDS JETBOAT Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (4 hrs)	\$80	\$70
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MOAB HAPPENINGS

Volume 24 Number 1

FREE COPY APRIL 2012

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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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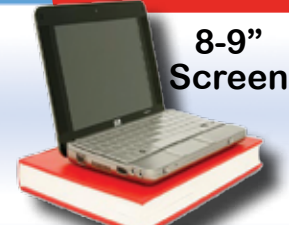
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UNDISCOVERED MOAB PHOTO TOUR - APRIL 21 & 22, 2012
 NATURE PHOTOGRAPHY BOOT CAMP - MAY 5, JUNE 2 & JULY 14, 2012



WINERY HAPPENINGS



Castle Creek Winery

Castle Creek Winery is located 14 miles from Moab up the Colorado River on scenic Hwy 128. Situated overlooking one of the best river's white water rapids, at the foot of dramatic red rock cliffs, it's a classic, rugged Western landscape. The winery sits on a historic working ranch; Red Cliffs Adventure Lodge.

While there are no recognized viticultural areas in Utah, many people are surprised and delighted to discover that Utah is wine country and the industry has been steadily growing for over thirty years. The geographic area of Moab is unique and imparts a special regional flavor.

Castle Creek Winery has seen tremendous growth for a little over a decade. Since they bottled their first wine, Castle Creek Winery has been committed to a simple and focused philosophy. Produce competitively priced world class wines using high desert grown grapes that are food and consumer friendly. Upon tasting the wines it's clear why Castle Creek Winery has once again won Best of State in the Brewery/Winery category

The history of wineries in Utah began based on successful test plantings in the 1970s. Not surprisingly, the climate in the Moab area is quite hot during summer, but most growing areas are above 4,000 feet, offering

cool nights. Moab's dry climate and sandy loam soil are optimum for growing healthy grapes, excellent for producing a variety of wines, including Syrah, Merlot, Cabernet Sauvignon, Chenin Blanc, Chardonnay and a variety of hybrids. To date, Castle Creek Winery has produced 40 award-winning wines.



In 2006 Castle Creek planted ten acres of Cabernet and Syrah vines at the winery. The lush vineyards are a standout amongst blue skies and red rocks cliffs. In addition to vineyards in Castle Valley, Moab, Monticello

and Spanish Valley additional fruit for the wines is sourced from growers in the area. Castle Creek wines are handcrafted using small lots of fruit and extended aging to create unique and personal wines. All wine production takes place on site and self guided tours are available daily.

Adding a decidedly civilized tone to the West; the winery's 4000 square foot hospitality area and huge adjacent deck overlooking the picturesque Colorado River offer the perfect location for seminars, private tastings and parties. Stop by for a visit, Castle Creek Winery has a large inviting tasting room and gift shop offering free wine tasting and wine for sale seven days a week.





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MOAB AREA EVENTS CALENDAR



Edge of the Cedars State Park Museum

660 West, 400 North, in Blanding, Utah.
For more information please call the Edge of the Cedars State Park Museum at (435) 678-2238

Day Visits: \$5 per person or \$20 a carload
Annual Passes are \$75
Park Hours: 9 a.m. to 5 p.m. Year-round
Open Monday-Saturday. Closed Sundays
Holiday Closures: Thanksgiving, Christmas Day, and New Years Day

APRIL

March 26 - May 31 Design Driven: The Art of the Car at the Museum of Moab. This photo exhibit highlights the artistic elements of car design from fenders to hood ornaments to the shape of the car itself. Featuring classical cars from the Colorado Plateau this show was created by Photographer Jessica Damstedt of Logan, Utah. See the Exhibit at 118 E Center Street in Moab Contact Info: www.moabmuseum.org 435-259-7985. See article on page 1B.

March 31 - April 8 Easter Jeep Safari consists of trail rides, mostly day long trips, departing from Moab throughout this week long event. The Red Rock 4-Wheelers of Moab officially runs approximately 9 different trails every day, with "Big Saturday" culminating in the largest ever single trail ride departure happening - around 30 groups line up in down town Moab to head off in every direction for 30 different trails! For more info visit rr4w.com **Note:** This massive week-long event is one of the largest events of the year for Moab. See next page (5B) for the Jeep Safari Exposition dates and times. You can also pick up a Jeep Safari special event newspaper in numerous locations around town.

April 1-31 Day Tours with Canyonlands Field Institute. Moab's Ancient Past and Arches Sunset Tours for Adults and Families with CFI Naturalist/Guides. Every weekend mid-April through October. Explore Arches National Park or Colorado River side canyons with rock art, mountain views, and wildflowers. For price and more information, visit our website, www.cfimoab.org or call 259-7750. Tour fees help support our outdoor education programs for schools and youth

5-7 Live music at The Blu Pig music 7pm.

Thurs and Sat: *debluzz* Friday: Bob Greenspan

6-7 Live Music at Frankie D's featuring the *Road Kings* (classic rock).

7 The Easter Bunny is coming to Moab for the Annual Easter Egg Hunt! Kids 8 and under can join him at Rotary Park at 10am. Candy and prizes for all! Sponsored by Moab City Recreation, 259-2255.

7 Hiking Beneath the full Moon- 9:30 PM Dead Horse Point State Park visitor center. 1 Mile hike on the Intrepid Loop.

11 2012 Grand Red Hatters of Moab & La Sal Health check and lunch at the Grand Center 9 am - noon..

11 2nd Wednesday Book Group at the Grand County Public Library at 6pm, Everyone is Welcome! Call the Library for more info: 435-259-1111.

12-14 Live music at The Blu Pig music 7pm.

Thurs and Sat: *debluzz* Friday: Bob Greenspan

13 Live Music at Frankie D's featuring *MidLife Crisis* (classic rock).

13 Currents: 4 Plays by Jim Lindheim, Opening night - 8pm in Star Hall. There will be a pre-show benefit event for Community Rebuilds TBD. See ad page 7B, article 17A.

14 The Amasa Run, The Amasa is a challenging trail running course, perfect for a beginner trail runner. Limited spots are available. All runners will get a shirt and finishing medal. For more info visit grassrootsevents.net or call 435-260-0886.

14 Adventure Xstream Adventure Race. 12th Annual Adventure Xstream Adventure Race in Moab UT. Solo's or teams of 2 will kayak, mountain bike, trek, and rappel a 50+ mile course. The 2012 course is an all new course. For more info visit GravityPlay.com or call 970-403-5320.

14 Moab Art Walk - 6pm to 9pm. See page 6A for featured artists, map and locations. Most exhibits will remain up throughout the month for those who are unable to attend the Saturday night walk.

14 League of Women Voters' Annual Silent Auction. 5:00 to 9:15 pm, the Stage Room at the MARC. Many items old and new, large and small. Services as well. There are sure to be special treasures for everyone. If you have donations, call Cynthia 259-5306 or Karen 259-4626. Proceeds support LWV Forum held before the November election.

14 WabiSabi Community Gear Swap from 9am to Noon at the WabiSabi Thriftique. Wabisabi wants to help you sell your used sporting goods - set up is from 8-9am - suggested donation is 10% of sales. Call 259-9114 to register.

14 Family Fun Day! from 10am to 4pm at the Old Spanish Trail Arena. Pony rides, horse games, pet talent show, arts and crafts, food and prizes. We invite kids and adult of all ages. All donations are to benefit the Canyonlands PRCA Drill Team. Children under 12 must bring a helmet.

14 Currents: 4 Plays by Jim Lindheim, Closing night - 8pm in Star Hall. There will be a Q&A with the playwright after the show in Star Hall continuing the spirit of Moab's Art Walk. See ad page 7B, article 17A.

14 Live Music at Frankie D's featuring *Boom Boom Room*.

15 Morning Bird Walk- 7 AM Dead Horse Point State Park visitor center.

19 Grand Red Hatters of Moab & La Sal 8th Anniversary luncheon. Noon at the Moab Brewery.

19 Free Movie at Star Hall! The Grand County Public Library and the Utah Film Circuit present a free screening of the award-winning documentary *The Cave of Forgotten Dreams*. Legendary film-maker Werner Herzog gains exclusive access to film inside the nearly inaccessible Chauvet Cave in southern France. Don't miss this unique glimpse of pristine artwork dating back almost 30,000 years.

19-21 Live music at The Blu Pig music 7pm.

For more info on events see www.moabhappenings.com

WEEKEND TOURS

Make Discovery Your Destination!

April to October
(CFI will be closed late July)

Arches NP Sunset Tour
Friday, Saturday & Sunday
4:00 pm to 8:00 pm
\$45/person
Tour time changes with the seasons.

Moab's Ancient Past
Friday, Saturday & Sunday
8:30 am to 1:00 pm
\$40/person

Both are van tours with short hikes led by CFI Naturalist Guides.

Call CFI to register:
435-259-7750
www.CFIMOab.org

CFI is an outdoor education nonprofit organization.

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Bob or Flora 435-259-2724
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2012 MOAB EASTER JEEP SAFARI

March 31 - April 8

Info at rr4w.com
and in the Jeep Safari paper
available free around town

DEADLINE for MAY Events Calendar: **APRIL 20, 2012**

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

- Thurs and Sat: *debluzz* Friday: Bob Greenspan
- 20 Live Music at Frankie D's with DJ Mowgli.**
 - 21-29 Fee Free Days in the National Parks: National Park Week.** Visit Arches or Canyonlands National Parks for free! For more info visit nps.gov.
 - 21 Live Music at Frankie D's with The White Owls featuring DJ Mowgli.**
 - 21-22 Undiscovered Moab Photo Tour.** Photograph spectacular off-the-beaten path. Locations could include remote sandstone towers, vast canyon views, beautifully sculpted wind caves, graceful sand dunes and beautiful but rarely visited arches. For more info visit moabphotoworkshops.com or call 602-571-4170.
 - 21 Under a Blanket of Stars.** Dead Horse Point State Park visitor center at 8:30pm. Bring a flashlight and a chair.
 - 21 Moab Dance Band - Contra Dance Benefit** at the MARC. \$7 suggested donation. Dance for beginners starts at 7:30pm, actual dance starts at 8:00pm. Proceeds benefit the Moab Schools music program. No partner or experience necessary.
 - 21 1st Annual Moab Earth Day Bazaar - An Ode to greater Canyonlands** — Come celebrate the Greater Canyonlands area at Swanny City Park! This community festival runs from 11am - 5pm and will feature local craft and food vendors, live music, children's activities, and discussions on sustainability, environmental issues and the future of Greater Canyonlands. Come one, come all. Admission is FREE! See ad on page 3B, article page 7B.
 - 26-29 Moab Spring Quarter Horse Show** - 8am at the Old Spanish Trail Arena.
 - 26-28 Live music at The Blu Pig music** 7pm.
Thurs and Sat: *debluzz* Friday: Bob Greenspan
 - 27-29 April Action Car Show** - Beautiful vehicles set in a breath-taking location. Don't miss this fun & unique event, bring the whole family! See article on page 1B or go to www.moabaprilaction.com for more information and schedule.
 - 27-29 Gas Gas Ride Rally.** Off-road and Dual Sport Ride - 1st Annual Gas Gas Moab Rally - 2-3 days of rides and fun in Moab! Show your support for Gas Gas and come ride Moab this spring. For more info email DualSportUtah@hotmail.com or call Jim at 435-260-2724.
 - 27-28 Live Music at Frankie D's** featuring *MidLife Crisis* (classic rock).
 - 28 Desert Wildflower Workshop.** Join local biologist and wildflower expert Joel Tuhy identifying the beautiful flowers of Moab's desert and discover more about the environment in which they grow. Includes lunch, transportation, hikes and interpretive talks. For more information visit www.cfimoab.org, email info@cfimoab.org or call 435-259-7750. Trip fees help support outdoor education programs for schools and youth.

May

- 3-6 Moab Photo Symposium**
- 4-7 2012 NUT-UP or SHUT-UP Riding Rally**
Moab to Monument Valley Motorcycle Rally
- 5 Moon Shadows in Moab.** See page 4B.
- 9-13 8th Annual Ute Mountain/ Mesa Verde Birding Festival.** See page 18A and 14B.



2012 Moab Events	
March 31-April 8 Easter Jeep Safari
April 14 Moab Art Walk
April 26-29 Moab Spring Quarter Horse Show
April 27-29 April Action Car Show
May 5 Moon Shadows in Moab
May 11-12 Thelma & Louise Half Marathon
May 12 Gran Fondo
May 26-27 Moab Arts Festival
May 31 -June 2 Canyonlands PRCA Rodeo
June 6-9 Crawl 4 Christ 2012
Aug. 30-Sept. 10 Moab Music Festival
September 8 CNHA Navajo Rug Auction
September 21-23 Moab Century Tour
September 22-23 Moab Fall Quarter Horse Show
October 3-7 Outerbike
October 6-7 24 Hours of Moab
October 5-13 PleinAir Moab
October 9-11 Moab Rock and Gem Show
October 20 Castle Valley Gourd Festival
October 21 The Other Half
October 25-28 Moab Ho-Down Bike Fest
October 28 Pumpkin Chuckin' Festival
November 2-4 Moab Folk Festival
November 3 Moab Trail Marathon National Championships

Pick up your copy of the
2012 Easter Jeep Safari paper,
Available FREE
at businesses all over Moab!



Moab Jeep Safari Exposition

The Easter Jeep Safari gathering of four-wheelers (who might want to buy something) becomes a magnet for people who would like to sell something. Now that the Red Rock 4 Wheelers use a large arena for registration, there is considerable room for displays by manufacturing and sales organizations, both large and small. The demand for this display space has grown to the point that there is a waiting list to get in.

The product displays have been limited to items of interest to "our crowd," but some spaces have been donated to worthy causes that are directly related to Easter Jeep Safari activities.

As in recent years, there will be indoor and outdoor displays of 4-wheel-drive products on Thursday, April 5, and Friday, April 6. These vendors have rented

their space, and many have contributed products to a giveaway drawing on Friday evening, April 6th. Every registered participant in the Jeep Safari receives a ticket to this giveaway (your ticket will be in your registration packet) The drawings will follow the traditional Boy Scout barbeque dinner which is expected to begin at 5:30 p.m.

In order to make the prize drawing move along quickly, we require that the giveaway prizes be substantial in value, but the vendors have been so generous that the drawings usually go on well into the evening. The drawing requires the ticket holder to be in attendance and the drawings have been popular enough to create real traffic jams near the Arena, so please be patient with parking and traffic control officials.

FREE ADMISSION

Thursday, April 5
8:00 am - 8:00 pm

Friday, April 6
8:00 am - 6:00 pm



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Old Spanish Trail Arena

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ART WALK HAPPENINGS

Moab Art Walk, Saturday April 14th from 6pm to 9pm

Artwalk organizers and patrons are excited to present another season of quality exhibits, free of charge and open for all to enjoy a taste of Moab's blossoming art scene. The public is invited to visit any or all of these downtown venues between 6 and 9 pm, Saturday, April 14. Artwalkers can view a variety of fine art and handmade crafts; enjoy refreshments and mingle with local and visiting artists. Most exhibits will remain up throughout the month for those who are unable to attend the Saturday night walk.

MOAB ARTS AND RECREATION CENTER

Group show:

Join Chris Goetze to celebrate the life of her late husband, Bud Turner. See Bud's unique photographic vision and love of beauty. Enjoy colorful landscape and floral palette knife oils from Robin Straub, as well as oil experimentation by Phil Wagner.



Artwalk also welcomes to The Stage Room at The MARC, The League of Women Voters yearly Silent Auction fund-raiser: many items, old and new, large and small, services too. Surely there's a treasure here for you! Come and claim it between 5 and 9:15 pm. 111 E. 100 N. 435-259-6272 www.moabmarc.com

BACK OF BEYOND BOOKS

Melinda Redd:

Melinda Redd lives on a cattle ranch with her husband and two sons. Her photographs capture the American West: working cowboys; subtly exquisite desert blooms; spirited animals and spectacular ranch scenery. Melinda's unique, handcrafted gemstone jewelry reflects nature's kaleidoscopic beauty.



83 N Main St.
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SAVAGE SPIRIT!

Cathya Savage-Haas:

Cathya Savage-Haas is known for her original wearable art, Cathya's newest line is Savage Silks, silk clothing she designs, sews and then hand dyes here in Moab. Her beautiful, colorful hand dyed clothing is flattering for all figures, comfortable and easy to wear.



87 N. Main St. 435-259-2278
www.facebook.com/savagespirit.moab

OVERLOOK GALLERY

Tim J Morse:

This Artwalk, The Overlook will feature a collection of new oil paintings by Tim J Morse. This show includes both plein air and studio works inspired by the artist's winter travels in the Mojave, Sonoran, and Colorado Plateau deserts.

83 E. Center St.
435-259-3861
www.moabarts.com



MOONFLOWER MARKET

Yellow Hat:

Yellow Hat, the artist finds inspiration in the surrounding desert landscape. The ravens, canyons and water are his teachers, bringing life to his abstract art.

39 E 100 N
435-259-5712



FRAMED IMAGE FINE ART

Isabel Ferreira-DePuy:

We are proud to present new works by Isabel Ferreira-DePuy alongside those of her husband, iconoclastic desert mystic, and abstract expressionist, John DePuy. Please stop in and see these unique and powerful desert interpretations.

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THE EDGE GALLERY

Bret Edge:

The Edge Gallery features fine art landscape photography by Bret Edge. Each photograph is presented as a breathtaking canvas wrap or archival plaque mount in an open, contemporary gallery space.

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- 5 BACK OF BEYOND BOOKS**
83 N Main St
- 6 FRAMED IMAGE FINE ART GALLERY**
59 E Center St
- 7 OVERLOOK GALLERY**
83 E Center St

www.moabartwalk.com

	MAIN	100 E	200 E	300 E	400 E
200 N					
100 N	3	2	1		
CENTER	4 5	6 7			
100 S					
200 S					
300 S					

COMMUNITY RADIO HAPPENINGS

KZMU Celebrates 20 Years of Solar Powered, Community Radio

KZMU, Moab's own community radio station, now in its 20th year of hometown, grass roots, independent media broadcast. Every day, Moab Community Radio receives word from all over the world via the webstream or the fm dial that affirm the stations' mission: the idea that one person's voice matters, regardless of beliefs or financial circumstances, and that the community close by and around the world is not only listening, but engaging and collaborating.

After 20 years of support and active participation from nearly a thousand volunteers, Moab Community Radio has grown into a stable institution that still seeks to strengthen its usefulness, its service to the communities of Southeast Utah.

Radio broadcasting is 'old school' tele-communication, and KZMU still goes about delivering radio homestyle, grass roots. It is not polished, in fact it's perfectly imperfect. But it is authentic voice of place and it is here for you, it persists and thrives because of you. When KZMU started, home computing was rare, the internet didn't exist, and cell phones were as big as a brick. There was no radio broadcast of any kind generated from Moab back in '92, and two decades later, this has all changed a great deal for KZMU and for broadcast media in general. Moab Community Radio is still giving smalltown, real live radio to the the world 24/7. But it has also evolved a technological cutting edge. KZMU now provides a mass media access platform for its participants, its listeners, the community at large, comprised of voices that build and connect. It has always been an organization that is dedicated to helping the community illuminate, celebrate, understand and reach its own aspirations, and its story is in many ways Moab's story. The context and trajectory of Moab's growth as a bioregional hub, as a cultural center, as an interconnected socio-economic network is mirrored in the narrative of KZMU's beginnings: from hand me down trailer studio to solar powered, high tech hive of audio activity it is today. Listening to KZMU gives a pretty quick sketch of the color and tone of this place, gives a sense of the many needs and pressing questions visited on the residents of our area at this interesting time. KZMU in sound and structure is a mosaic under constant construction. How do so many loose, colorful bits cohere? It's a question large enough for democracy itself, worthy of open discussion and discovery, unfettered by commercial or corporate constraint. Collaboration builds capacity.



Collaboration is the mortar for the mosaic of voices, and KZMU fm, Moab Community Radio is honored to be the community's regional collaborative cultural hub, hopefully for decades to come.

There are several events scheduled to celebrate this benchmark year, such as the first annual Women's Arm Wrestling fundraiser and dance party with DJ Jen Woolfe, the Rocky Road Studio Sunday Open House on April Fools' Day from noon to 6pm and other upcoming events for the community. Dropping in with your true colors will make it all so much more meaningful and memorable. Thanks is a small word to encompass the size of the grateful feeling flowing from all the heart power generated since 1992. Your support, your participation, your voice continues to be an invaluable contribution to KZMU and the community at large.

There are many people to thank for their role in bringing independent media to Moab. A non-commercial community radio station is an increasingly rare find in a town of under 10,000 people. Semiannual fundraisers gathering donors from the community and business 'underwriting' account for 50% of the operating budget. The other 50% comes from a grant from CPB (Corporation for Public Broadcasting). The challenging political and economic climate for this federal funding makes local support increasingly critical, and directly defines KZMU's capacity to serve. KZMU's Spring fundraiser airs May 4th through the 12th. Donations are gratefully accepted anytime at 435-259-8824 or online at kzmu.org.

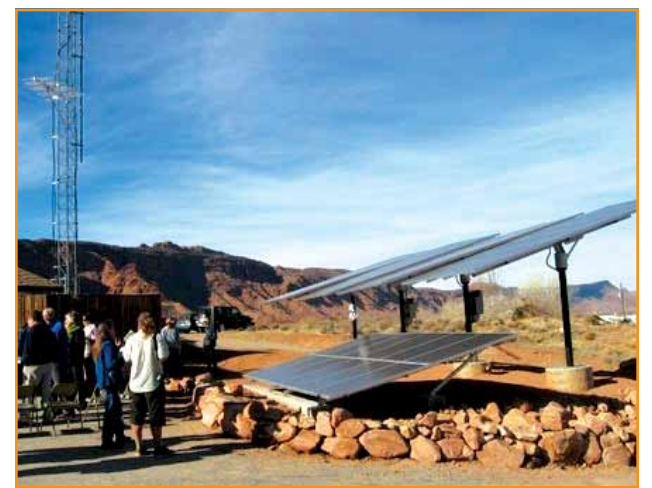
The 60 solar panels erected in 2008 to make the studios and offices completely solar powered are going strong. Since installation with the help of the late Kent Alcorn and the grant from Rocky Mountain Power, the solar power generated from KZMU's broadcast has saved over 106,000 pounds of CO2 from going into the air. Check out the program guide in the *Moab Happenings* for up to date scheduling information, or you can follow us on Facebook too!

KZMU continues to provide air time for students and children of Grand County, and is proud to be the source for the longest continually running children's programming in the state of Utah.

KZMU provides many opportunities for youth to express their growing voices, strengthening the power of self-expression and expanding their techno-vocational toolkit. Youth broadcasters age 4-19 produce 'Word of The Day', 'Shine Time' 'Tween Time' and on Saturday nights from 7-9pm, teens take the radio wheel on 'Main Street Cruise.'

KZMU's public affairs programming includes: "This Week in Moab" (Monday 5pm) This free, public air time has been utilized by almost every non-profit organization in town to inform and gather support for their specific missions. On Fridays at 5pm, the free form, op-ed call in show, "Free Speech Friday" covers topics suggested or presented by you, the listener. FSF also covers the local events with Times Independent editor Lisa Church. Anyone can get air time by calling the office at 259-8824.

In a world of TV, print, radio and online media that is overwhelmingly driven by corporate interests, is impersonal, over-commercialized, canned, controlled and censored, KZMU is a breath of fresh air. Local. Live. Personal. Diverse, and Free. And it wouldn't exist without the generosity of the people that donate to participate in and listen to KZMU. KRanking Ze Music Up since 1992. Happy birthday! Making wishes worthy of community now: SPRING RADIOTHON: May 4-12. Donate anytime at 435-259-8824, click: www.kzmu.org or tune in! 90.1 and 106.7fm Thank You!



KZMU - Moab Community Radio 90.1 & 106.7 FM

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)	Amarillo Highway	Tilted Park (Americana Classic Rock)	OddBins	Blue Plate Special (blues/rock)	Trailer Park Companion / Wayward Wind	10:00	
11:00						The Trading Post (call-in Buy/Sell)	Ain't Live Grand? (live recordings)	11:00	
Noon		It's My Party/ The Skye's the Limit (rock-blues-unreleased)	radio mmm... (Classic Indie)	Horizon Line	Random Toonage			Noon	
1:00	Grass is Greener (Bluegrass)		Planet Picante (latin)	Bait and Switch		1-2-3 (funky world soul)	Belagaana Review (fruit and nuts)	1:00	
2:00		Radio Mundial Radio MOONDial	WORLD MUSIC		Red Rock 'n Blues		Fire on the Mountain	2:00	
3:00	Red Rock Potluck		Pirates & Poets	Gaelic Circle / MOAB Drive Time	MOAB Drive Time	Free Speech Friday Public Access	Tween Time (pre-teen fun)	3:00	
4:00		Ritmo Latino					Big River / Ranch Exit (twang)	4:00	
5:00	West of Broadway/ Concert in the Park	This Week in Moab (Interviews / Calendar)						5:00	
6:00		DEMOCRACY NOW						6:00	
7:00	Kokopelli Coffeehouse	Big Swing Face (big band jazz)	Moab City Council	Thin Edge (jazz)	Rock Garden (rock)	The Rainbow Room /Funky Soul Jam	Main Street Cruise!	7:00	
8:00								8:00	
9:00			MOAB AFTER HOURS					9:00	
10:00	KZMU Overnight	Fashionably Late	Conscious Party	Suburban Urge	Pandora's Box	Altered State	Radio Free Moab (rock 'n roll & punk)	10:00	
11:00								11:00	
12:00		KZMU OVERNIGHT			the eleventh hour	Seti TranceMissions	KZMU Overnight	12:00	

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

HEALTHY HAPPENINGS

Grand County Hospice: Compassion, Comfort, Care

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

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

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 435-719-3770
 A division of Moab Regional Hospital

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 You might just need some hormones.

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Many believe that hospice is where you turn when there is "nothing else to be done" for a terminally ill patient; in reality, hospice is the "something more" that can be done for the patient and the family. Grand County Hospice, started in 1998, provides comfort-oriented care and quality end-of-life to patients where end-of-life is expected within approximately six months. In addition to patient comfort, the goals of Grand County Hospice are to allow an individual to preserve their dignity, maintain their right of self-determination and allow the individual to remain in their home through the remainder of their life.

Dealing with a terminal illness and facing end-of-life challenges can be a very confusing time for the patient and their family and friends. Many patients and families wait until the very end to seek hospice services. This can lead to pain and unnecessary stress for the patients and family. Connecting with the services provided by Grand County Hospice early into a terminal diagnosis can help avoid crisis for both the patient and family. Grand County Hospice consists of a team of specially trained individuals



who work together to provide medical care and services, as well as helpful medical equipment, which promotes optimum quality of life and a sense of contentment for the patient and their families. The team of nurses, social workers, home health aides, chaplains, and bereavement counselors visit the patient as often as needed, and are available 24 hours a day/7 days a week for support and care.

Volunteers are the heart of Grand County Hospice. For many people, end-of-life can be an isolating experience, and Grand County Hospice volunteers address this by bringing the community to the person's home. They provide home visits to comfort the patients and the family. There are over seventy volunteers that make Grand County Hospice possible, and a medical background is not necessary. Volunteers at Grand County Hospice find it personally gratifying, intellectually stimulating, and emotionally meaningful to assist those in need at a critical point in their lives. If you are interested in getting involved with Grand



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Dr. Christopher Kasprick D.C.
Dr. Shelley Kasprick D.C.
 L.M.T. Felix Tatarovich

County Hospice, the next volunteer training will be in May. Contact Grand County Hospice at 435-719-3772 for more information and be sure to mention you read about it in *Moab Happenings*.

HOSPICE MYTH VS FACTS

Myth: Hospice is a place.
FACT: Hospice care usually takes place in the comfort of your home, but can be provided in any environment in which you live, including nursing homes, assisted living facilities, residential care facilities and to inpatients at Moab Regional Hospital.

Myth: Families have to pay for hospice CARE.
FACT: Grand County Hospice is a program of Moab Regional Hospital, a non-profit organization, and is covered by Medicare/Medicaid, most major insurance companies, HMO's and PPO's. Through its charity care policies, Grand County Hospice is committed to caring for all patients, regardless of an individual's ability to pay.

Myth: Patients have to give up their own doctor.
FACT: Patients may keep their own physician, who will work closely with the Grand County Hospice team to plan and carry out care.

Myth: Hospice is only for cancer patients.
FACT: Hospice patients have many different conditions, including congestive heart failure, chronic lung disease, and other life-limiting conditions.

Myth: Patients can only receive hospice care for a limited amount of time.
FACT: The Medicare benefit, and most private insurance, pays for hospice care as long as the patient continues to meet the criteria necessary. Patients may come on and off hospice care, and re-enroll in hospice care, as needed.

Myth: Hospice provides 24-hour care.
FACT: The hospice team (which includes nurses, social workers, home health aides, chaplains, and bereavement counselors) visits patients intermittently, and are available 24 hours a day/7 days a week for support and care.

Myth: All hospice programs are the same.
FACT: All licensed hospice programs must provide certain services, but the range of support services and programs may differ. Some programs, like Grand County Hospice are not-for-profit, and their revenue is used to provide patient care and community services, versus for-profit hospices, which are accountable to shareholders.

Myth: Hospice is just for the patient.
FACT: Grand County Hospice focuses on comfort, dignity, and emotional support. The quality of life for the patient, but also for family members and caregivers, is the highest priority. Grand County Hospice offers bereavement and counseling services to families before and after the death of their loved one and sponsors a grief support group every 1st and 3rd Wednesday of the month held at the Grand County Library at 6pm.

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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. You can now go to **some** restaurants and without ordering food, you can 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.



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

Also new is the addition of two upscale lounges in Moab. Vista Lounge located inside Buck's Grill House and The Ghost Bar, upstairs at Jeffrey's Steakhouse. Both locations have a sophisticated and 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.

Moab has two local wineries. 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.



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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 Moab's largest selection of Uinta Brews.

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China Cafe
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 River front TABLES inside and out overlooking the Mighty
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 Nightly specials, fresh fish, game, choice meats,
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 Lake Mag. August 2002!

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 Large groups are welcome. Children's menu. To go orders
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 Open 11:00 a.m.
 CELEBRATING 31 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 located inside the
 Moab Chevron, open 24 hours. Sandwiches made to order.
 Call in orders welcome.

Love Muffin Café
 139 North Main 259-6833

McDonald's
 640 South Main 259-8800

Mi Ranchito y Mexicano
 812 South Main Street, Suite B 259-0550

Miguel's Baja Grill
 51 North Main 259-6546
 Opening March 17
 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 Everyday 11am-8pm.
 Moab's oldest restaurant, since 1954. Milt's is pleased
 to serve local grass-fed, hormone-free beef burgers. We
 also serve classic diner sandwiches, buffalo burgers, hand
 cut fries, and delicious salads. Enjoy our homemade ice
 cream, shakes and old fashioned malts using milk from
 the McClish family dairy in Moab. Located on the way to
 the Slickrock Trail behind Dave's Corner Market. Eat in
 or take out. Daily Specials. See ya'all at Milt's!
 www.miltstopandeat.com.

For more information about these restaurants pick up a "Moab



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. 259-2725
Open Every Day from 6:30am - 9:00pm
On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian sodas. Gelato made with all fresh ingredients, yummy scones, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference!

Moab Diner & Ice Cream Shoppe
189 South Main 435-259-4006
Breakfast • Lunch • Dinner
Mon-Sat: 6:00 am - 9:00 pm
Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners.

Moab Grill
540 South Main 435-259-4006
Breakfast • Lunch • Dinner
Open 6 am - 10 pm
Enjoy our home style cooking ranging from our 'Cowboy Benedict' in the morning to Black Angus steaks for dinner. Our fresh baked pastries, pies and cobblers are good any time of day. We have a full wine and beer menu featuring Castle Creek wines. Friday - Seafood Specials. Saturday - Steak Specials. Sunday - Chicken Pot Pie. Box lunches to go. Small private meeting room.

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

Pantele's Desert Deli
98 East Center 259-0200
Open 11:00 am - 7:30 pm
Locals favorite. Greek style deli with old family recipes. Fresh made dressings and salads. Big sandwiches. Soup of the Day. Order box lunches to take with you on your adventure. Ask for early morning pick-up. Catering available.

Paradox Pizza
702 South Main St 259-9999
Open 3-10 everyday
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.

Pasta Jay's
4 South Main 259-2900

Peace Tree Juice Cafe
20 South Main 259-0101
Breakfast • Lunch • Dinner
7 am to Close Everyday
Welcome to the Peace Tree. We have full Breakfast and Lunch menus in addition to our newly expanded Dinner menu. Good pasta selection including gluten-free options. State liquor license. Fresh juice and wheatgrass.

Pizza Hut
265 South Main 259-6345
Lunch • Dinner
11 a.m. - 10 p.m. 7 days
Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up and dine-in available all day. Delivery available 4pm - 10pm. OPEN EVERY DAY

Portal Grill at Moab Regional Hospital
450 West Williams Way

Quesadilla Mobilla
83 S. Main 260-0829

Red Rock Bakery & Net Cafe
74 S. Main Street 259-5941
Breakfast • Lunch
Open 7am-2pm Everyday. Serving freshly baked bagels, muffins, scones and cinnamon rolls. Fresh Moab Coffee (FMC). Best Sandwich in Moab. Moab's original high speed Internet Access. Open EVERY DAY.

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

Sabuku Sushi
90 East Center 259-4455

Singha: Authentic Thai Cuisine
92 East Center 259-0039
Lunch • Dinner
Lunch: Mon - Sat 11-3 Dinner: Mon - Sun 5-9:30
For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Singha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

Slickrock Cafe
5 North Main 259-8004
Lunch • Dinner
Come join us and experience a fun and casual atmosphere. Experience our fantastic, friendly service. Enjoy Steaks, Seafood, Appetizers, Gourmet Burgers, Wraps, Sandwiches, Awesome Salads and Freshly Grilled Entrees. Ice cold beer in frosted mugs. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License. Come hang out for Live music Fri, Sat & Sun.

Sorrel River Grill Restaurant
17 Miles Northeast on Scenic Hwy 128 259-4642
Breakfast • Lunch
Dinner (by reservation only)
Enhanced Utah Dining Experience. Overlooking the Colorado River, enjoy delicious menu offerings from tender aged beef entrees, mouth watering seafood specials and garden fresh vegetable dishes direct from the ranch's organic garden. Full liquor license and extensive wine list. Casual dress. Reservations Required.

Subway Sandwich Shop
299 South Main 259-SUBS
Breakfast • Lunch • Dinner
Open 8 a.m. everyday
NOW SERVING BREAKFAST UNTIL 11AM! 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

Village Market
702 South Main 259-3111

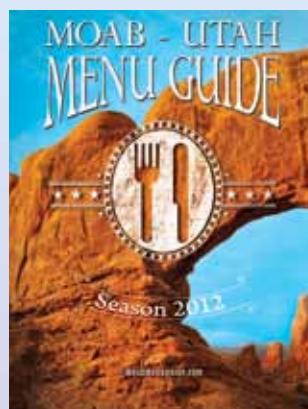
Wake and Bake Cafe
59 S. Main #6, McStiff's Plaza 259-2420

Wendy's
260 North Main 259-2595

Wicked Brew Drive Thru
132 North Main 259-0021
Open at 6 am Daily
Wicked Brew is committed to providing you unbeatably fresh and full flavored coffees and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from only environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest and most enjoyable coffee experience in Moab.

Zax
96 South Main Street 259-6555
Breakfast • Lunch • Dinner • Family Dining
We have it all! From our sunrise breakfast, to our hand cut steaks. We offer an extensive menu that includes the best burgers in Moab, sandwiches, pastas, salads, seafood and our famous All-You-Can-Eat pizza buffet and salad bar. Dine inside or out on our all-weather covered patio. 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 7 days a week. Locally owned and operated.

Pick up a copy of the 2012 Moab Menu Guide at many businesses around town. It can help you choose a place to eat or order your meal for take-out. The Moab Menu Guide is also online at www.moabmenuguide.com



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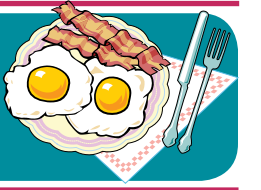
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Menu Guide" And tell them you found them in "Moab Happenings"



RESTAURANT GUIDE




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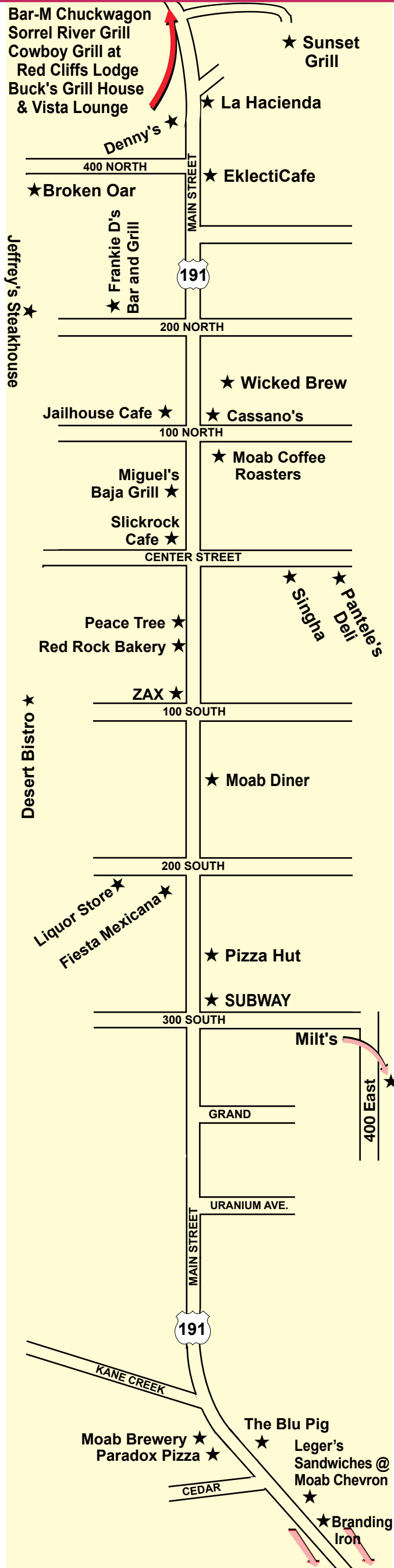
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RESTAURANT GUIDE

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A Couple Reasons To Spend More Time at Dead Horse Point State Park

Dead Horse Point State Park is known around the world for having one of the most unforgettable views in southern Utah. For those of you that are looking for more than just views, park staff and concessionaires are working diligently to provide more service. The Pony Express Café has officially opened for their second season at Dead Horse Point to satisfy your hunger cravings. Interpretive talks and guided hikes will begin this April and continue throughout the season until late October.



Many visits to Dead Horse Point are rushed because of the beckoning growl of an empty stomach. The Pony Express Café has answered this problem and filled a much needed niche in the offerings of Dead Horse Point. No longer do visitors need to skip a hike or miss out on an interpretive program due to hunger. The menu offers delicious options such as coffee drinks, fresh blended smoothies, snacks, and deli sandwiches. The café also sells ice by the bag. Before the introduction of this small eatery, visitors to the park had no options for food within the 32 mile drive from Moab. You can find the Pony Express Café on the west side of the visitor center at Dead Horse Point. Hours are 9a.m. to 5p.m. seven days a week.



Once your hunger is subdued, consider attending a Ranger led talk or hike. These programs offer a great opportunity for visitors to enhance understanding and enthusiasm for park resources. Listen as park staff enthusiastically explains the flora, fauna, human history, geologic formations, and other topics of interest at Dead Horse Point. Programs for April include a full moon hike on the 7th, a morning bird walk on the 15th, an astronomy program on the 21st, and many short mid-day talks throughout the month. The night time temperatures are still brisk, so be sure to bring appropriate layers for any night or morning programs. Check the park webpage at stateparks.utah.gov/parks/dead-horse for an updated schedule of programs offered.

This is an certainly an excellent time to break out the warm weather clothing and come out to Dead Horse Point State Park. When planning your visit this April, be sure to add an extra hour or two for a meal at the Pony Express Café and chance to take in a presentation from a ranger.

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313. The visitor center is open daily from 8 a.m. to 6 p.m. Park admission is \$10. For more information, Please contact the park at 435-259-2614.

www.moabsandwiches.com



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OPEN 24 HOURS

STUNT HAPPENINGS

Frank McGrath

by John Hagner



Frank was in Monument Valley in 1948 working in "Fort Apache" and again in 1949 in "She Wore A Yellow Ribbon", both starring John Wayne and in Moab in "Wagon Master", in 1950, starring Ben Johnson, Harry Carey, Jr. and Ward Bond. He was an expert horseman, and in the Calvary movies, he usually played the part of the bugler, as well performing saddle falls and horse falls. Many years before these films, Frank was a well known actor, Warner Baxter's regular stunt double. When the television series, "Wagon Train" came along in 1957 and lasted until 1965, McGrath got the role as cook, 'Charlie Wooster', as well as the comedy relief. That's not to say that 'ole Charlie didn't have his quirks. On the show, he had a wicked tendency to talk too much. In fact, what Charlie did best was to drive everyone else crazy. Frank was born in 1903 in Mound City, Missouri. As a stuntman, Frank worked with the best of them before Wagon Train. He also, occasionally doubled for actor, Robert Horton, who starred in that show. Prior to working in John Wayne's, "The Searchers", McGrath had been in a body cast due to a broken back. Upon showing up and reporting to John Ford, he performed three separate horsefall and drag stunts Frank McGrath is an honored inductee into the Hollywood Stuntmen 's Hall of Fame. He died in 1967 of a heart attack. The Hall of Fame is a non-profit organization dedicated to preserving the history of the stunt profession and to honoring stunt people. Anyone interested in making a tax-deductible donation may do so by sending it to 81 W. Kane Creek Blvd. - #12, Moab, Utah 84532. Phone number is 435 260-2160.

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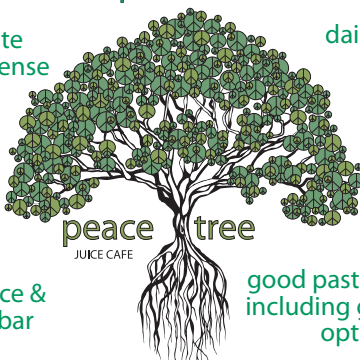
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SKY HAPPENINGS

The Sky for April 2012

By Faylene Roth

SUNRISE AND SUNSET TIMES FOR APRIL

(The time of sunrise and sunset assumes a flat horizon. Actual time may vary depending upon the landscape.)

Spring skies are less densely populated with stars because our nighttime view is upward and away from the central plane of the galaxy; hence, the rich star-studded band of the Milky Way barely extends above the horizon in our evening skies.

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

DATE	SUNRISE	SUNSET
1	7:02am	7:42pm
2	7:01am	7:43pm
3	6:59am	7:44pm
4	6:58am	7:45pm
5	6:56am	7:46pm
6	6:55am	7:47pm
7	6:53am	7:48pm
8	6:52am	7:49pm
9	6:50am	7:50pm
10	6:49am	7:51pm
11	6:47am	7:52pm
12	6:46am	7:53pm
13	6:44am	7:54pm
14	6:43am	7:54pm
15	6:41am	7:55pm
16	6:40am	7:56pm
17	6:39am	7:57pm
18	6:37am	7:58pm
19	6:36am	7:59pm
20	6:34am	8:00pm
21	6:33am	8:01pm
22	6:32am	8:02pm
23	6:30am	8:03pm
24	6:29am	8:04pm
25	6:28am	8:05pm
26	6:26am	8:06pm
27	6:25am	8:07pm
28	6:24am	8:08pm
29	6:23am	8:09pm
30	6:22am	8:10pm

MAJOR CONSTELLATIONS OF APRIL

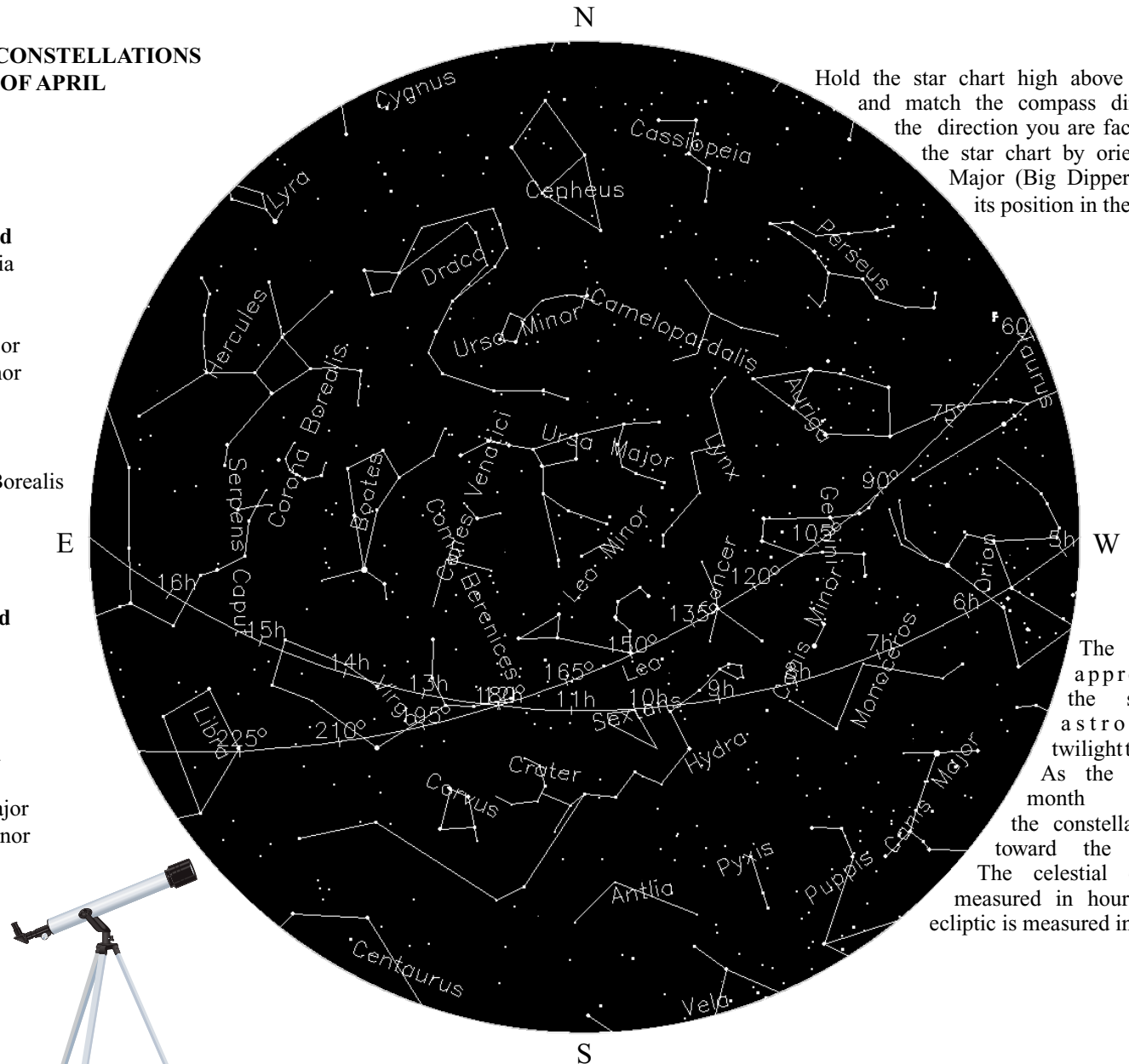
Overhead
 Cancer
 Leo

Northward
 Cassiopeia
 Cepheus
 Perseus
 Ursa Major
 Ursa Minor

Eastward
 Bootes
 Corona Borealis
 Hercules
 Lyra
 Virgo

Southward
 Corvus
 Crater
 Hydra

Westward
 Auriga
 Canis Major
 Canis Minor
 Gemini
 Orion
 Taurus



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 month progresses, the constellations shift toward the northwest. The celestial equator is measured in hours (h). The ecliptic is measured in degrees.



DAYLENGTH

On April 19, when the sun rises at 6:36am, we will have regained the hour of morning sunlight lost in the switch to daylight saving time on March 11. Evening activities continue to benefit from the three phases of twilight. Civil twilight, in which the sun drops six degrees below the horizon, extends adequate light for most activities for one-half hour. During the next half hour, nautical twilight signals the loss of color in the landscape and darkening of the overhead sky as the sun drops to twelve degrees below the horizon. In the final stage, astronomical twilight, residual light on the horizon fades to darkness by the time the sun drops to eighteen degrees below the horizon. The reverse progression applies to dawn.

MOON HAPPENINGS

- April 6 - Full Moon occurs at 1:19pm and rises at 8:09pm
- April 13 - Last Quarter Moon rises several hours after midnight.
- April 21 - New Moon occurs at 1:18am.
- April 29 - First Quarter Moon sets several hours after midnight.

(The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

METEOR EVENTS

Light meteor activity occurs throughout the month in all directions, but the Lyrids Meteor Shower provides the most reliable viewing. Activity ranges from April 16-25 with peak activity on April 21/22 when up to 20 meteors per hours may be seen. Look for its radiant, the constellation Lyra, in the eastern sky around midnight. Best viewing occurs between 2:00am and 5:00am when the constellation is overhead. A new moon provides prime viewing conditions. Be alert during the last two weeks of the month for April fireballs, large random meteors with no known radiant.

ALPENGLOW

The red-orange glow that reflects from the rims and cliffs just before sunrise and after sunset are intensified by the red rocks of Moab. As the sun sets, its light rays are projected through the atmosphere at an angle. The shorter wavelengths of blues and greens are easily absorbed and scattered. The long red and orange wavelengths penetrate deeper through the atmosphere and tint the peaks, rims, and clouds that rise above the sun's horizon. While the term alpenglow, refers to the pink light reflected off mountain peaks, it is the same physical phenomenon that illuminates our red cliffs and creates red, pink, and purple clouds at sunset.

Note: Hold your hand at arm's length to measure apparent distances in the sky. 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 fist with the thumb extended at a right angle equals 15 degrees. The hand stretched from thumb to little finger approximates 20-25 degrees. The diameter of both the full moon and the sun spans only 0.5 degree. Adjust for the size of your hand.

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 - Find Jupiter low on the western horizon (below Venus) as nautical twilight fades. Jupiter outshines the faint constellation Aries in which it now appears. By month's end, Jupiter has moved too close to the sun to be visible. (Magnitude -2.1)

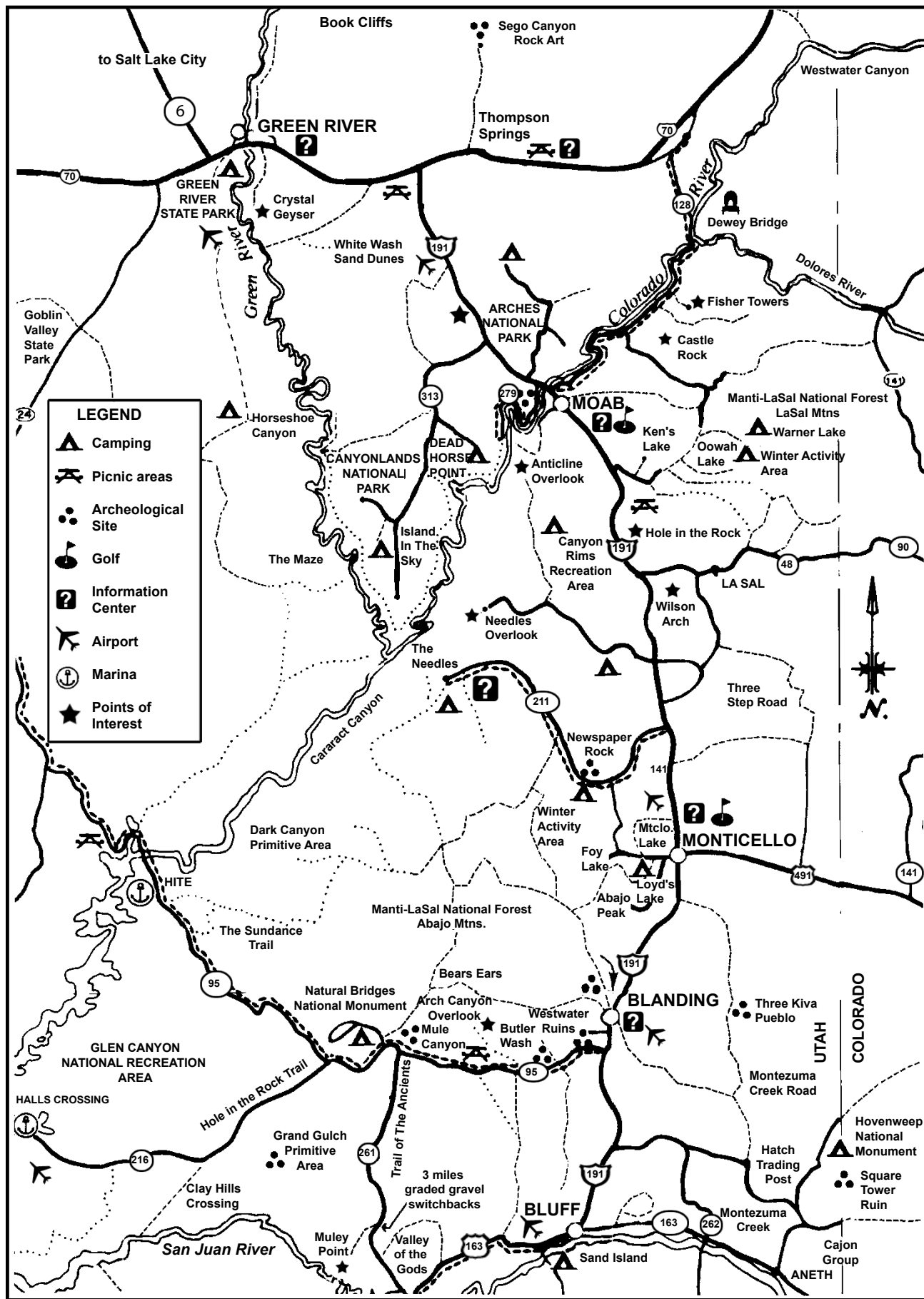
Mars - The red planet continue to shines prominently along Leo's belly. On April 2 it appears to the left of Regulus (Leo) and a nearly full moon. Even though Mars now shines brighter than Saturn, it appears smaller because of its relative size. (Magnitude -0.5)

Saturn - Saturn's rising on April 1 (in Virgo) marks the end of astronomical twilight. On April 15, when Saturn reaches opposition (far side of earth from sun), it rises as the sun sets. Since opposition marks its closest point to earth, Saturn shines at its brightest for this year. By month's end it joins Arcturus (Bootes) and Spica (Virgo) as dominant features of the eastern sky. Saturn appears to the left of Spica and shines yellow compared to Spica's blue-white light. (Magnitude +0.3)

Venus - On the night of April 2 Venus passes across the star-studded Pleiades cluster to the north of Taurus on the western horizon. Its brilliance increases as Venus enters its crescent phase. The inner planet is approaching its annual pass between the sun and the earth. Venus appears above, and outshines, Jupiter on the western horizon. On April 24 a slim waxing crescent moon appears to the left of Venus. (Magnitude -4.4)

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

SOUTHEASTERN UTAH



MOAB REGIONAL Orthopaedic

Located in the IW Allen Medical Plaza at Moab Regional Hospital 435-719-5550
Shoulders, Arms, Elbows, Wrists, Hands, Feet, Ankles, Knees and Hips

Moab Regional Hospital is home to two talented orthopaedic surgeons that provide general orthopaedic care for sports injuries, trauma/fractures, knee/patellar disorders, arthritis, and joint pain in patients of all ages.

Providing rehabilitation, arthroscopic surgery, and fracture care as well as advanced procedures such as tendon transfers, joint replacement (shoulder, knee, hip), meniscal transplant and repair, ligament reconstruction, and pediatric orthopaedics

Alex Meininger M.D.

As an athlete, Dr. Meininger understands that sports and activities are a lifestyle. His #1 goal is to return patients' function at home, at work; on the trail or on the field. His philosophy is to exhaust advanced rehabilitation and non-operative therapies before considering surgery.

Dr. Meininger received his M.D. from Rush Medical College of Rush University, and completed his



residency at the University of Illinois Affiliated Hospitals. His interest in sports medicine led to a fellowship in Arthroscopic Surgery & Sports Medicine at the University of Chicago.

Dr. Meininger is a published author of numerous articles

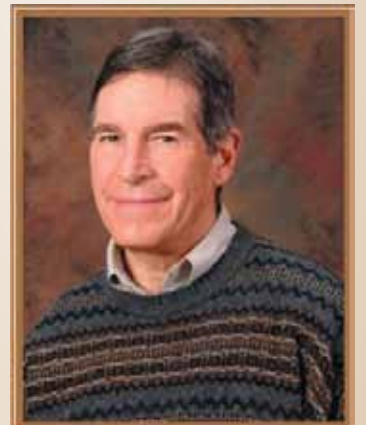
on orthopaedic topics, and has taught and given presentations to other orthopedic surgeons.

L. Edwards Weeks M.D.

As a general orthopaedic surgeon and shoulder/upper extremity specialist, Dr. Weeks offers the highest quality care to his patients in a personalized manner. Conservative (non-surgical) care is recommended for many patients of all ages.

Dr. Weeks graduated magna cum laude with highest honors from Williams College in Massachusetts. He received his MD from Columbia University College of Physicians and Surgeons with post-graduate training at Brown University and in Europe. While practicing emergency medicine and attaining board certification, he discovered his love of orthopaedics and returned to New York for orthopaedic residency at the New York Orthopaedic Hospital of Columbia-Presbyterian Medical Center. Dr. Weeks practiced in Salt Lake City for 25 years before moving to Moab.

Dr. Weeks has been involved in research, teaching and has given many presentations to other orthopaedic surgeons, most recently speaking on shoulder replacements.



ROAD CONSTRUCTION

MAIN STREET WORK BEGINNING

U.S. 191, Moab to State Route 279 - Court House Wash Bridge Widening

Crews will begin the final microsurfacing of U.S. 191 from Cermak Street to Potash Road the beginning of May. Crews will be adding a "micro-seal" to the asphalt, which will protect it from weather and extend the life of the road. The micro-seal needs two hours to set before cars can drive on it. In an attempt to cause the least possible disruption to businesses along the construction corridor, this work will take place at night. The operation is quiet, free of vibrations and back up alarms. There will be one-way traffic controlled by flaggers at various locations. Please be patient as there will be delays due to the construction.

Please see the following video of a microsurfacing operation so you can know what to expect: http://www.youtube.com/watch?v=T_pUKKERYaw

The first of April, crews will begin milling off the asphalt around the Court House Wash Bridge and paving. Two lanes will be open while this work takes place. Crews are currently working on widening the bridge and area north of the bridge to four lanes (two lanes in each direction).

Project Update - Roadway widening north of the Colorado River Bridge and building of bicycle trails has been taking place through the winter and will be complete by June. Work other than the microsurfacing will be done during daytime hours with minimal impact to the public.

Your patience and cooperation during the construction period will be greatly appreciated and expedite project completion. If you have any questions or concerns, please call Reese Magistro, Public Information Manager at 800-278-4282 or email Reese@IA-Today.com

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COWBOY HAPPENINGS

Step Back into the Wild West at the Bar-M Chuckwagon!



Are you looking for rip-roaring, entertaining evening 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 just a tasty meal, the Bar M Chuckwagon offers three fun-filled hours of delicious chuck wagon food, great cowboy music and wonderful memories. An evening at the Bar M is good time for folks of all ages.

Set in an old west town, the Bar-M Chuckwagon is Moab's own unique western dinner theater and includes old west games, a gunfight, a hearty Cowboy Supper and a live western stage show featuring the music and comedy of the "Bar-M Wranglers."



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

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



cinnamon applesauce, buttermilk biscuits and spice cake, with cowboy coffee, lemonade and iced tea to drink. A vegetarian option is also available with advance notice.

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

Originally from New Jersey, Singer, songwriter and instrumentalist Dave Steward adds hot guitar pickin', solid bass playing and vocals for the "Bar-M Wranglers" and has lived in Moab for 25 years. He does the 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 recorded three music CD's.

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 occasionally 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. Valerie an Alan met and married in Nashville, Tennessee. Valerie was a recording artist on MCA Records with the music/comedy trio "Ethel & the Shameless Hussies." Originally



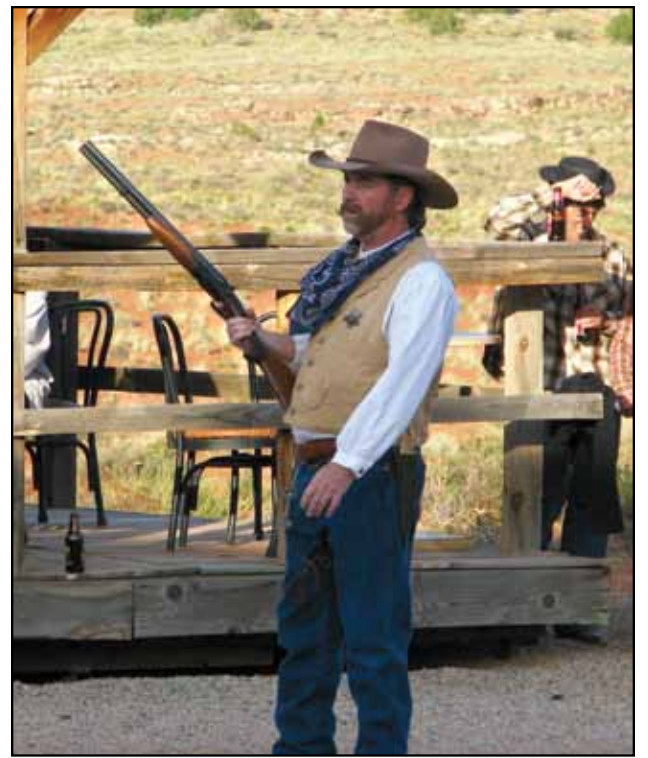
from Illinois, Alan was a singer/song writer and once toured with the internationally famous group "Up With People." In 1992, Alan and Valerie moved from Nashville to Moab, bought the Bar-M Chuckwagon and have been performing with the "Bar M Wranglers" ever since.

The Bar-M Chuckwagon's season runs April through mid October. Dates open 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.

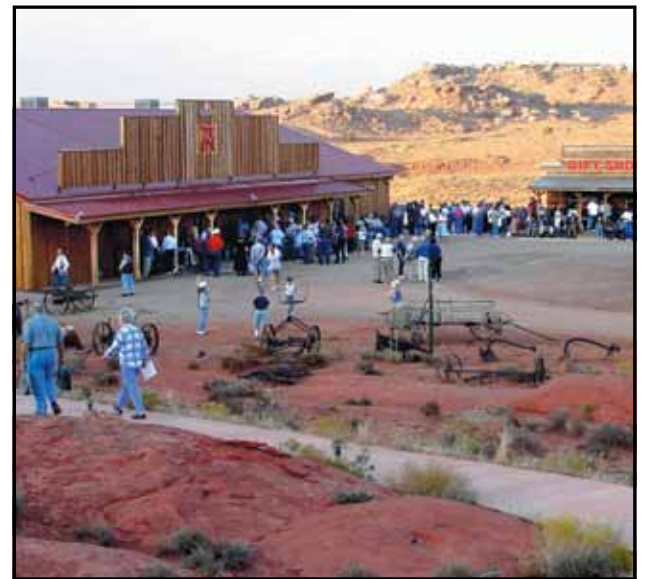
Admission price includes dinner, live western show, games, gunfights, and gratuity: \$27.95 for adults, children four to twelve years old are half price and kids three and under is free. Make sure to call ahead for reservations so



you don't miss out on all the fun! Call 435-259-BAR-M (2276) to make your reservations today. You can visit their web site at www.barmchuckwagon.com. Tell them you read about the Bar-M in the "Moab Happenings."



The Sheriff's on the scene!



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NON-PROFIT HAPPENINGS

Currents at Star Hall - April 13 & 14 Theater Event Benefits Affordable Housing in Moab

People who love the theater are going to want to head to Moab's Star Hall on April 13 or 14 to enjoy an evening of short plays - written, produced, directed and performed by local Moab talent. It is a collaborative production that will help raise money for Community Rebuilds, a Moab nonprofit that moves low-income families into energy-efficient housing and teaches deep green construction to emerging professionals.

The program entitled Currents is written by Jim Lindheim, a long-time Castle Valley resident. The first half of the evening consists of three short satiric vignettes, which take some familiar elements of current day life and spin them off into absurd directions. The second half is a one-act play that tells the story of four people struggling over whether they can form a family unit for the sake of a little boy. The play is set in Moab - and is intended for adults only.

"It's a play about people we all know," playwright Jim shares. "Like those writers who love to write about Southerners or New Yorkers, I'm trying in this play to write about people in our modern West. The play is set in Moab because it really has to be."

As for the other plays, Lindheim says, "I love to play around with absurd notions - it takes the edge off of everyone's solemnity, particularly my own."

Most of the 13 actors performing in the evening's mixture of laughter and drama are usual suspects from Moab's Community Theatre group, which is also co-producing the show. "We've got some great actors here in Moab," said Jim. "It is so amazing to see characters in your head being transformed by fine acting into live persons that are so much richer than you ever imagined."

The evening of four plays is the brainchild of Emily Niehaus, the founder and director of Community Rebuilds and an active participant in Moab's theater world.

"This very special evening combines two of the things that I love most," she said. "My work to build a sustainable future and my passion for the stage."

Theater lovers can purchase general admission tickets to Currents for \$10 each. Those who want to make a larger contribution to Community Rebuilds are invited to attend a pre-show Desert and Wine Extravaganza at Framed Image Gallery on Opening Night, April 13 for \$30 / ticket (\$50 for a couple), hosted by Lindheim and Niehaus. They will also get a special reserved seat for the Opening Night performance.

Visit <http://www.communityrebuilds.org/events.html> for ticket information. Call Emily Niehaus at 435-260-0501 for general information.



TRANSP*ART*ATION MAY 26TH & 27TH 2012

A 2-day celebration
of the Art Car &
TranspARTation
in Moab, UT
TranspARTation
includes
a parade,
prizes & adoration
from
Art Car fans every-
where.



Art Cars are street legal vehicles that have been permanently modified into works of art. They can be used to drive back & forth to work, pick up the kids from soccer practice, or tootle to the trailhead. Art Cars are licensed, registered & insured.

TranspARTation is anything that has been changed to a vehicle of human imagination. TranspARTation does not have to be street legal, but it needs to be safe. It can begin with a car, unicycle, scooter, ATV, lawnmower, wheel-barrow, or roller skates. There are few limitations.

April 15th, 2012- Registration deadline for Art Cars. We will accept up to 5 official Art Cars, and designation makes you eligible for gas reimbursement, housing, and prizes.

May 15th, 2012- Registration deadline for the TranspARTation Parade. Ride in the parade to be eligible for prizes and raise your cool factor!

May 26th, 10 am - Parade for Art Cars and TranspARTation. Ride, drive, or scooter from the ball fields to Swanny City Park where the Moab Arts Festival will be in full swing. Strut your stuff, for entries will be judged by talented & GOOD LOOKING judges. Winners will be announced during the Moab Arts Festival.

May 26th & 27th Art Car Show at Swanny City Park. Up to 5 official Art Cars will be on display during the Moab Arts Festival. Juried show.

Contact the MARC at 435-259-6272
for details or go to
www.moabartsfestival.org

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 Duplicate Bridge Club (Gail Darcey)	259-1733
Alcoholics Anonymous/Alanon	259-7556	Moab Friends For Wheelin' (Jeff Stevens)	259-6119
Alpha Rho Sorority (Bobbie Long).....	259-6758	Moab Garden Club (Tricia Scott).....	259-6342
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 Masonic Lodge #30.....	www.moabmasons.org ... 260-9169
Canyonlands Field Institute (Karla Vander Zanden)	259-7750	Moab Music Festival (Andrew Yarosh).....	259-7003
Canyonlands Film Society (Becky Thomas)	259-2286	Moab Poets & Writers (Marcia Hafner)	259-6197
Canyonlands Rodeo Club (Kirk Pearson).....	260-2222	Moab Rock Club (Jerry Hansen).....	259-3393
Community Rebuilds (Emily Niehaus).....	435-260-0501	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 Roller Derby (Jessica O'Leary).....	575-635-3898
Daughters of Utah Pioneers (Hallie Tibbetts).....	259-5225	Moab Ropers Club (Terry Lance)	259-9972
Deadhorse Motorcycle Club (Terry Flynn).....	259-3878	Moab Sportsmen's Club (Frank Darcey).....	259-2222
Delicate Stitchers Quilt Guild (Shauna Dickerson)	259-0906	Moab Taiko (Stephanie Dahlstrom)	259-2264
Elks Lodge #2021 (Dan Stott)	259-7334	Moab Teen Center-Club Red	259-9991
Fallen Arches Square Dancers (Bob & Flora Erickson).....	259-2724	Moab Trails Alliance (Kimberly Schappert)	260-8197
Friends of Arches and Canyonlands Parks (Joette Langianese).....	259-0108	Moab Valley Multicultural Center (Nicole Shelnut or Leticia Bentley).....	259-5444
Friends of Canyonlands Health Care (Tom Edwards)	260-1504	Mutual UFO Network (Elaine Douglass).....	259-5967
Friends of Indian Creek (Sam Lightner, Jr.).....	259-6639	Order of the Eastern Star (Fran Townsend)	259-6469
Friends of the Grand County Library (Adrea Lund)	259-1111	Parent Teacher Association (Tiffany Saunders).....	259-5830
Grand County Public Library.....	259-5421	PleinAir Moab (Sandi Snead).....	435-686-2545
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 (Ron Brewer).....	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 (Kay Stewart-McLean)	259-6199
Ladies Golf Club (Chris Corwin).....	259-5344	Solutions (Sara Melnicoff).....	www.moab-solutions.org ... 259-0910
La Leche League (Kathy Grossman)	hkkgrossman@gmail.com...801-971-3756	Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
League of Women Voters (Cynthia Smith).....	259-5306	Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
Lion's Club (Tom Warren).....	259-7834	Southern Utah Wilderness Alliance (Liz Thomas)	259-5440
Moab Aglow Lighthouse Fellowship (MURINE GRAY).....	259-5514	Toastmasters International	259-5767
Moab Arts Council (Bruce Hucko)	259-4176	Trail Mix Committee (Sandy Freethy).....	259-0253
Moab Arts Festival (Theresa King)	259-2742	Utah Conservation Corps (Rachel Senft - southern office / Moab).....	259-0029
Moab Arts & Recreation Center	259-6272	Valley Voices (Marian Eason).....	259-6447
Moab Bird Club (Nick Eason).....	259-6447	Veterans of Foreign Wars (Matt Keogh).....	260-9822
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)
Moab Country Club (Rob Jones).....	259-6488		

VISITING ROTARIANS: Join us for Lunch every Monday 12 noon
at Frankie D's Bar and Grill

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

AROUND MOAB

Off the Map

By Doug Tree

Bridge to the Past: Part One

I was sitting at my desk on a warm and sunny October morning thumbing through a well worn copy of Kelsey's Canyon Hiking Guide to the Colorado Plateau when the office phone warbled its electronic tone for the first time in nearly a week. I dog-eared the page and tossed the book aside.

The call was from a businessman from Germany with a thick accent. I listened as he eagerly related that he found himself with several unanticipated days off from his professional responsibilities as executive for a major corporation and after reviewing the long range weather forecast had decided to make a quick trip to Moab for some backcountry hiking and photography. He was interested in ruins and rock art and went on to explain how much he was willing to pay for a "quality landscape" and a last minute booking. He added that he was a veteran of many trips to the area and was seeking something different and new – places he had never been to and "where the tourists don't go." Could I meet his plane upon landing at Canyonlands tomorrow?

Four o'clock the following afternoon found me leaning against my truck in the airport parking lot looking west, eyes following the sleek white business jet trimmed in reflective chrome as it banked hard across the flats north of Arches and settled into a heading due west, lining up for its final approach. As it whispered past me, wheels just off the ground, I caught the distinct black, yellow and red markings of the German flag painted high on the tail of the aircraft.

After greeting and handshakes I shouldered his backpack and lugged an extremely heavy suitcase out to my truck. Then it was off to town to his hotel and an early evening meal. I was a bit nervous about our dinner conversation as I had yet to make up my mind where to take this guy despite several hours of pouring over maps and flipping through every hiking guide I owned earlier in the day. He posed the question himself somewhere between appetizers and the main course and a multitude of calls on his cell phone. I suggested a little known hike down at Natural Bridges.



"Natural Bridges?" he exclaimed, eyebrows narrowing "I've been there already. Beautiful place but I have hiked the bridges - too many tourists." I responded by explaining

that with the exception of starting at a well known trailhead, we would not be taking the bridge tour but heading in exactly the opposite direction,

assuring him that the chances of seeing anyone else on the route I had in mind were as close to zero as one could get. I continued my sales pitch for several more minutes before he agreed with some reluctance.

The next morning I picked up my bleary eyed, jet lagged client at his hotel in town at five o'clock and turned south on 191, foot heavy on the gas. It was going to be a long day and we had to get moving right from the start. A thermos of coffee and a Danish or two kept him busy as we headed south - passing semi trucks, dodging suicidal deer and braking hard to avoid a young bull elk just before entering Monticello. The sun was threatening to break over the horizon as I made the turn onto 95 and headed toward Comb Ridge and Cedar Mesa.

The truck was casting its profile in long early morning shadows flashing across junipers and pinyons lining the road as we breezed past the campground just beyond the monument entrance station. Arriving at the trailhead, we both got out for a stretch after the long ride, watching the rising sun starting to spill over the rim and into White Canyon. The only sound in the still air was the ticking of the truck's cooling engine. Several hundred feet directly below



us, one of the massive bridges still slumbered in shadowy remnants of the previous night.

"Fantastic!" my client involuntarily exclaimed, being careful not to violate the silence with anything more than a whisper. We both became mesmerized by the remarkable sight before us

and continued to soak up the sunrise in silence until being snapped back to our senses by the sound of a cliff swallow ripping past us while executing a high speed dive over the edge and into the canyon. "Let's go!" To be continued... See May issue.

If you enjoyed reading this article, be sure to mention you read about it in *Moab Happenings* to Doug Tree owner of Moab Guide Services.

www.moabguideservices.com / 435-633-4569

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Jan and Mark Noirot, Photography

Kay Shumway, Nature Photography

Chris Blackhorse, Original Pottery

Mike V. Porter, Signature Pottery

Kelly Pugh, Paintings

Kevin Blake, Burned Art in Wood

Jon Raisor, Stone and Silver

ASTROLOGY HAPPENINGS

Your Horoscope for April 2012

By Robert Wells

April has only nine major aspects this month, BUT, it only means they are more pronounced. Remember also, that Mercury is retrograde until the fourth and then whatever has been happening behind the scenes for the last three weeks comes to the light of day. This can be a little soul shaking. Venus and Neptune are at a hard angle on the 4th, causing rifts in relationships. On the 7th Venus and Mars, women and men, are in the battle. Relationships could end under these aspects...and not pleasantly I might add. Venus goes slumming on the 9th and so beware what you invest in. The first half of the month ends, the 14th, on a somber note between the Sun and Saturn. It's like the heavens are saying whatever happened in the last two weeks, and what that's been about, now is the time to take responsibility for it. The warring energy of Aries changes to the grounding of Taurus on the 20th. It settles the mind and the heart and progress can be made in all areas if everyone checks their mouth at the door on the 25th. Be prepared for a major financial breakthrough on the 29th. Maybe you can put it on next year's taxes.

Mercury Retrograde: 1st to the 4th

Good Friday: Friday the 6th

Passover: Saturday the 7th to Saturday the 14th

Easter: Sunday the 8th

Tax Deadline: Monday the 17th

Earth Day: Sunday the 22nd

Mar. 21 - Apr. 20 **Aries:** Happy Birthday Aries you have an interesting month ahead of you starting with some confusion in your relationship at the end of the first week. It's easily resolved and the following week life is filled with romance. The third week of April has you tending to obligations and duties. The last week finds you are bolstered by great ideas and tons of energy to tackle a new financial project in the coming weeks of May.

Apr. 21 - May 21 **Taurus:** You may feel a little tired this month so slow down and take things a little slower, especially toward the end of the first week when you may have stretch it too thin. A child or lover could give you plenty to smile about for the second week of April. The third week you should handle any chores and obligations as quickly as you can and be done with them. Your life force returns starting the last week of the month and you are doubly supported by the stars to seek anything you desire. Go have some fun.

May 22 - June 21 **Gemini:** You and your friends are having fun again and this first week of April is a riot. The end of the week could get confusing with a new romance by getting your signals crossed. Once you're passed the bottleneck the following week is glorious. During the third week of April you have a chance to catch up on chores and duties. As the fourth week of the month starts, you shift your focus to your need to slow down and get more rest. Avoid confrontations at the end of the month.

June 22 - July 22 **Cancer:** Your career is top billing this month. Matters in the office are quite stable for a change. A strange new love attraction has your interests but communication lines get crossed at the end of the week and there is a danger of misunderstandings. Solve it quickly and move on because the planets have a very romantic week planned to follow. The third week of April asks you to get the laundry done and pay the bills. Boring, but necessary. You shift your attention to matters of what matters most to you from the last week of the month well into May. Make plans for the coming year about what you want in life.

July 23 - Aug. 24 **Leo:** You find a way to combine the old and the new while working with your church or social group this month. You'll like the results. There is a possibility that someone could take words or actions the wrong way romantically at the end of the week, so be on guard. Romance is very interesting, with many surprises during the second week of April. The third week is work-a-day and just the time to take care of the chores and obligations everyone has. The Heavens focus the lights on your career during the last week of the month and into May. Avoid the urge to micro-manage something in the office; that way you can keep someone's friendship.

Aug. 24 - Sept. 22 **Virgo:** It's time this month to balance your checkbook and check the insurance policies and any other jointly held assets. A new budget may be good, just remember to leave a little breathing room. There could be some confusion about a

career obligation at the end of the week. Get past it quickly as the following week was meant for romance and fun. The third week of April asks you to take care of personal chores that might be building up. The last week of the month the energy shifts to your social circle and activities there. If you are appointed chair somewhere, try not to let it go to your head.

Sep. 23 - Oct. 23 **Libra:** Partnerships take center stage this month. This could be a breath of fresh air this month. At the end of the first week there is a chance of confusion over something. Get it resolved quickly and move on, the games get going the second week of April. Plan a trip away if possible. Taking care of personal business fills the third week of April. As the energy turns to jointly held assets and their management you find things are better than you hope during the last week of the month.

Oct. 24 - Nov. 22 **Scorpio:** Employment and health matters take center stage this month. Know that some interesting surprises could come along during the month. Don't let messages to a loved one get lost or misread at the end of the first week. Plan to spend time romancing a lover during the second week of April. Spending time together will be golden. Tend to the usual business of housekeeping and the like for the third week of the month. Partnership matters come into full awareness during the last week of the month. The aspects just could not be better for a long commitment.

Nov. 23 - Dec. 21 **Sagittarius:** If you are not involved romantically this month there's more than a better chance you will be before it's over. There could be a bump in this regard at the end of the first week with messages or emails or something like that, so be very clear with what you mean.

The second week is probably going to feel like something out of a movie. By third week of April you get some down time to go home and tend to personal business and the it starts all over again the fourth week of the month. Added to the excitement there could be big news coming your way about your job.

Dec. 22 - Jan. 20 **Capricorn:** This is the time of year you love to be at home working in the yard or on some other improvement project for the month. Additionally this month matters of the heart are going to be very important for you so watch out for any miscommunications at the end of the first week and get past them quickly as romance is about to blossom for you during the following week. During the third week of the month you are back on familiar ground mowing the lawn, doing the laundry and taking care of personal tasks, as you make ready for another romantic interlude for during the last week of April.

Jan. 21 - Feb. 18 **Aquarius:** You're saddled with running a lot of errands this month for a social group or your church group. The caution is to drive carefully around town and watch the speed limit. There could be some confusing news about your home toward the end of the first week, however it's handled quickly and then you're romancing someone new the following week. Back to errands and necessary chores for the third week of April, but by the fourth week it's romance again and well into next month.

Feb. 19 - Mar. 20 **Pisces:** Concentrate on your finances. Do you have a savings account? If not, start one. This is the sort of thing to be thinking about this month. Your partner needs your attention the first week and especially toward the end of the week. The following week the two of you are headed for a grand time together. The third week of April take care of chores and personal business as the fourth week of the month you are busy running around town for everything imaginable. You're going to be busy.



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."



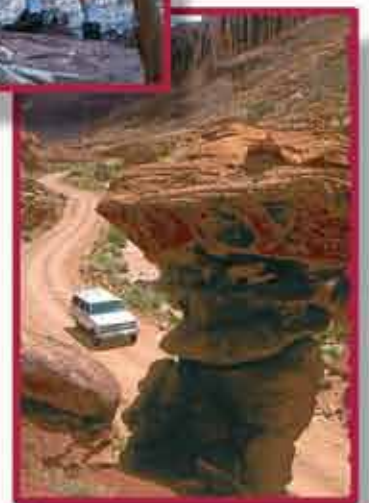
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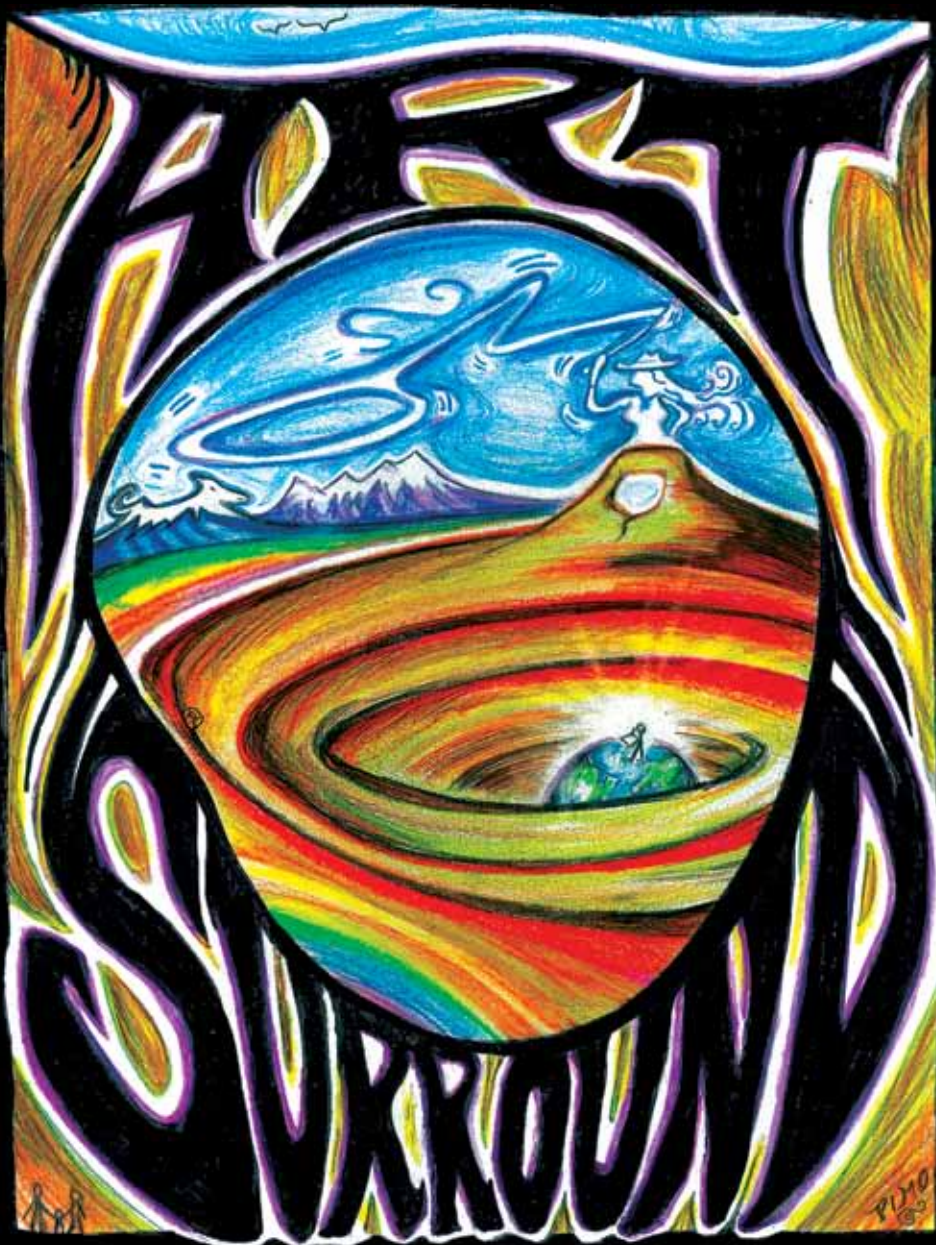


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Artwork by Pete Apicella

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Volume 24 Number 1

Section B

April 2012

April Action Car Show April 27th, 28th and 29th

For one weekend a year, you can step back in time and enjoy the past. Dust off your classic car and get out that poodle skirt, it's time for the 20th Annual April Action Car Show and there is plenty of fun for both spectators and participants!



The car show will have hundreds of classic cars from the early 1900's to the newer vehicles. You will see Street Rods, Muscle cars, Classics, Customs, Trucks, Hot Rods and more. So come and join in on the fun at our April Action Car Show Weekend.



On Friday, April 27, from 9am to 5pm, is pre-registration at Swanny City Park. Also on Friday is a Rod Run on Scenic Highway 128. Travel along the Colorado River to Castleton. There will be winery tours and Western Museum & Memorabilia tours at Red Cliffs Adventure Lodge and Castle Creek Winery on the return trip. Lunch will be available at Red Cliffs for show participants.

On Saturday, April 28, the car show (at Swanny Park) will begin at 7:00 am (rain or shine). J.C. Hackett will be playing your favorite oldies music. There will be great food provided by the Lion's Club. There is no charge for spectators at the car show on Saturday.

Sunday, April 28, a continental breakfast will be served at Swanny City Park for show participants from 8-9am followed by a Rod Run at 9:15 to Deadhorse Point State Park.

For further information regarding the Car Show events, see the website at www.moabaprilaction.com. Event video and photos by Omni Productions.

Design Driven: The Art of the Car

Through May the Museum of Moab will be hosting Design Driven: The Art of the Car, an exhibit exploring the design of American cars. The photography of Jessica Damstedt highlights the design and art behind twenty American automobiles from the Colorado Plateau. Sleek curves, flashing chrome, and ornate hood ornaments transformed these vehicles from mere utility items to a symbol of status, freedom, and the American dream.

The first cars that drove on America's early roads were more than just horseless carriages. They were a birth of an era and a force that would come to shape America. Design and function merged together out of necessity and then took on a shape of their own as the car became an icon of social standing. Following the needs and whims of Americans our cars reflect our own values and dreams. It is these reasons that the American car has captured our imagination and despite their age classic cars still fire the imagination.

Photographer Jessica Damstedt grew up in Alaska and was inspired by the beauty of nature around her. Studying photography at both the University of Alaska Anchorage and Utah State University Jessica has traveled the world bringing her keen eye to photographing the it's natural and cultural wonders. Today Jessica lives with her husband Peter in Logan, Utah where she continues to produce stunning photography.

The exhibit, sponsored by Arches Realty, will be on display in the Museum's Fran and Terby Barnes Gallery on the second floor of the Museum. The Museum of Moab is open Monday through Friday from 10 AM to 5 PM and on Saturdays from Noon to 5 PM. For more information about the Museum of Moab visit www.museumofmoab.org



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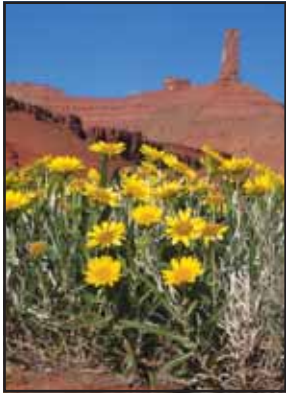
NATURE HAPPENINGS

Ah, April

By Damian Fagan

Escapers, resistors and evaders sound like actors from a Johnny Depp movie or Eastern Europe during the 1400s. But here in Southeastern Utah, these terms define different strategies that enable plants to survive in this glorious desert.

Though it is easy to label the landscape and climate in Canyon Country as “harsh” or “extreme,” one has to remember that plants growing here are suited to the conditions. After all, if this area changed to a lush tropical oasis, many of the wildflowers and shrubs that grace the landscape today would not be here tomorrow.



Of the three strategies, annual wildflowers and some grasses fall into the escaper category. They “escape” the conditions because their life cycle is short, generally one growing season. This one-and-done approach for plants like yellow beeplant, cheatgrass and spectacle pod may result in wildflowers carpeting the desert one year, then blooming spottily another. Seed production, which represents future generations, is the ultimate goal of these plants. Chemical inhibitors in the seed keep them from germinating prematurely if conditions are not right for growth; these seeds may lie dormant in the soil for years before sprouting.



Plants that are drought resistors are here for the long run. Represented by perennial wildflowers, cacti and certain trees, these plants typically have small, tough leaves with waxy coatings, fine hairs or spines. The minimal leaf surface provides ample photosynthetic opportunities while minimizing moisture loss. Some resistors have extensive taproot systems ending in fine root hairs that can extract

minimal amounts of moisture from the soil. In extreme or prolonged conditions, some of these plants can shed leaves or cactus pads, and tolerate slow plodding growth.

Other plants evade the dry conditions by growing in moist locations. This means growing along streams or rivers, or in the lush oasis of springs and seeps. Many of these moisture-loving plants are shade-tolerant, able to grow in canyons or alcoves that receive minimal hours of sunlight per day. A few plants like scarlet monkeyflower or cave primrose seem to cling from the alcove walls in seeps, their fine root systems penetrating tiny cracks or exfoliations of the sandstone.



Some plants like willows and cottonwoods that grow along streambeds, also utilize moving water as an agent of seed dispersal. Flowing water carries away the shed seeds and deposits them on river banks or sandy islands where they germinate.

In addition to moisture, desert plants also vary by soil types. Plants like black greasewood or four-winged saltbush can tolerate alkaline soils that preclude other shrubs or perennials from growing there. Blackbrush, a member of the Rose family, grows in shallow soils over vast areas in Arches and Canyonlands. Canyon Country also hosts many endemic plants, species



that occur within a narrow range of soil types and habitats. Their worldwide distribution might be restricted to just Grand or San Juan County or to a particular geologic formation.

So as the desert warms up in early spring, a parade of wildflowers and flowering shrubs takes place. Each week additional plants join in the procession giving an added splash of color to this already Crayola® landscape. Ah, April.



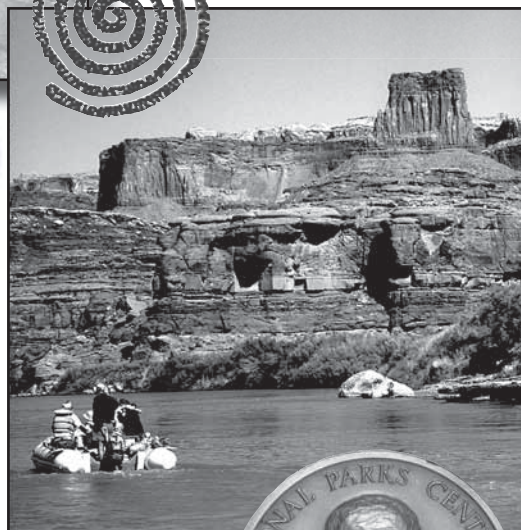
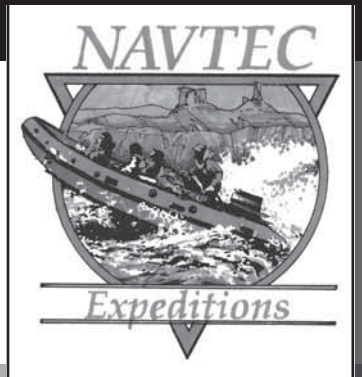
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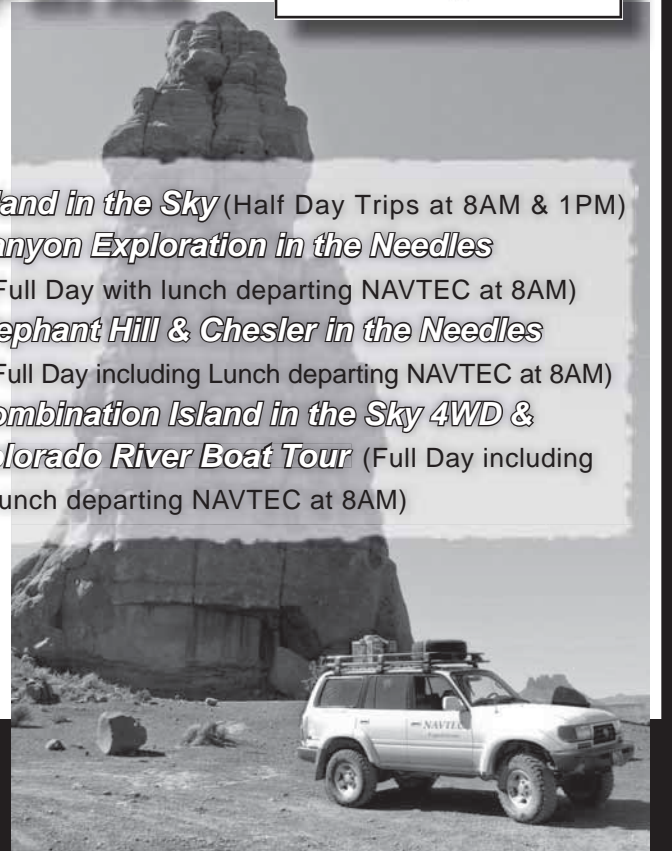
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HIKING HAPPENINGS

Ken's Lake Recreation Area – The Rock Loop Trail

by Marcy Hafner

Ken's Lake, a man-made surprise, just happens to be located smack dab in the middle of a desert environment in Upper Spanish Valley. This body of deep blue water contrasts sharply against the surrounding arid landscape where only prickly pear, perennial grasses and other low-lying vegetation manage to survive.



The water, which feeds this oasis, is diverted out of Mill Creek through Sheley Tunnel underneath Flat Pass. After that 645 foot course, it cascades over boulders and rock ledges on its route to Faux Falls followed by the final dash down a clear, fast moving stream to Ken's Lake.

Around the beginning of the twentieth century Horace Sheley attempted to construct the tunnel, but was unsuccessful in boring through the entire length of sandstone. After that first attempt, the project languished for decades until the early 1970's when a cycle of drought pressed the need for more water – a concern that triggered a renewed interest to investigate the possibility of completing the tunnel and building the reservoir. Finally, after years of planning, ground breaking began on October 4, 1979.

Ken McDougald, former mayor and water conservancy district chairman, labored for 15 years before this project was completed. Named in his honor, Ken's Lake was dedicated on June 5, 1981 – an enterprise developed mainly for irrigation purposes in upper Spanish Valley, long known as Poverty Flats because of its serious lack of water. The 96 foot high earthen dam holds an estimated 2,610 acre feet of water, which allows for the cultivation of approximately 900 acres – an ambitious endeavour that cost four million dollars.

The Utah Division of Wildlife stocks Ken's Lake with brown and rainbow trout, who thrive in the maximum depth of 70 feet. Anglers, swimmers, ice skaters in the colder winters and non-motorized boaters flock to this placid place to enjoy a tranquil interlude. It's also a great location to observe the migration of waterfowl, shorebirds and osprey.

To get to Ken's Lake 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. Then continue to the stop sign and turn right. After driving about 1.4 miles, turn left on the Ken's Lake-Flat Pass Road. The turnoff for the Ken's Lake Campground is just beyond the entrance for the lake. Campers take note: drinking water is not available.



Horse Trail.

The trail begins across from campsite 25 and immediately drops down to a wooden bridge that crosses the fast moving stream that started its journey at Sheley's Tunnel. On the western skyline the outline of Behind The Rocks presents a sawtoothed profile, while in the opposite direction South Mountain offers an alluring glimpse of snow-covered alpine scenery before disappearing from view.



The dramatic scene on the eastern horizon rivets my attention to a stunning parade of sandstone structures, which travel in a north-south direction. If I could fly above them, I'd be looking down on Mill Creek. Piercing the baby-blue sky, they flank both sides of Flat Pass, while

another section of sheer cliffs stretches up almost to the edge of Johnson's Up On Top mesa. I stop often to study this massive concentration of giant-sized formations - gargantuan slabs of rocks, rocks and more rocks - a frenzy of wild contortions either tilted sideways, backwards or shooting straight up from the ground.

The weathered sign at the first junction is almost unreadable, but with The Rock as my guide, it is obvious I should go straight on the rock-lined trail, rather than right for Faux Falls, which is another great excursion. Except for one short stretch of sand on the upper end, this trail is well marked with rock cairns and signs.

At the next fork I take a right for the counterclockwise route and continue my walk through the typical vegetation of junipers, pinyon pines, Mormon tea, blackbrush, Indian rice grass, saltbush and yucca. As I get closer to The Rock, several of its unique configurations stir my imagination - a flattened hat on a



huge tilted block of rock - a gigantic snail with its head hanging out.

As I make the final swing around The Rock the views change, and now I capture a brief glimpse of the lake, which is harboring a flock of noisy Canada geese. After that I follow a wash down the west side until I finish the loop.



On this wonderfully warm day, I stop for a cool refreshing break next to the creek.

With the late afternoon sun softly caressing my face, I dreamily watch the wispy clouds traveling across the beautiful blue sky. An itty-bitsy lizard scampering around the rocks has also responded to the sudden warmth, while a multitude of freshly hatched insects hover on fluttering wings above the water.

This riparian world is so soothing as the gurgling, crystal clear water bounces over the moss-covered rocks blocking out all other noises. As it glides through a small pool, the stream's momentum is temporarily lost before making another mad dash to Ken's Lake.

Always associated with wetness, the willows and cottonwoods cling close to the shore. On dryer ground the shaggy bark of a gnarled juniper reminds me of an old man - and old this tree must be for junipers live hundreds of years.



Enjoying this mesmerizing spot, I stay much longer than I should.

Finally I realize it really is time to go! But with such a short drive, I can easily return another day for the bird watching, the spectacular scenery, the hiking - or just to goof around.



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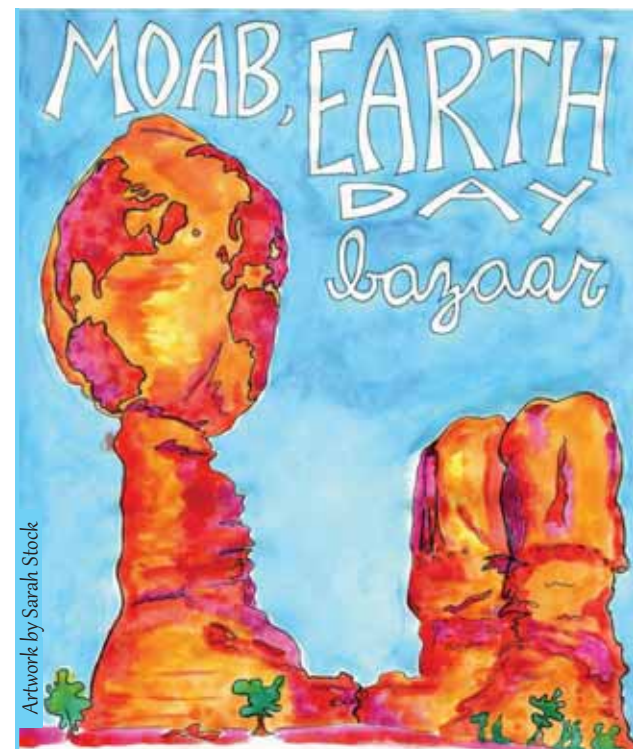
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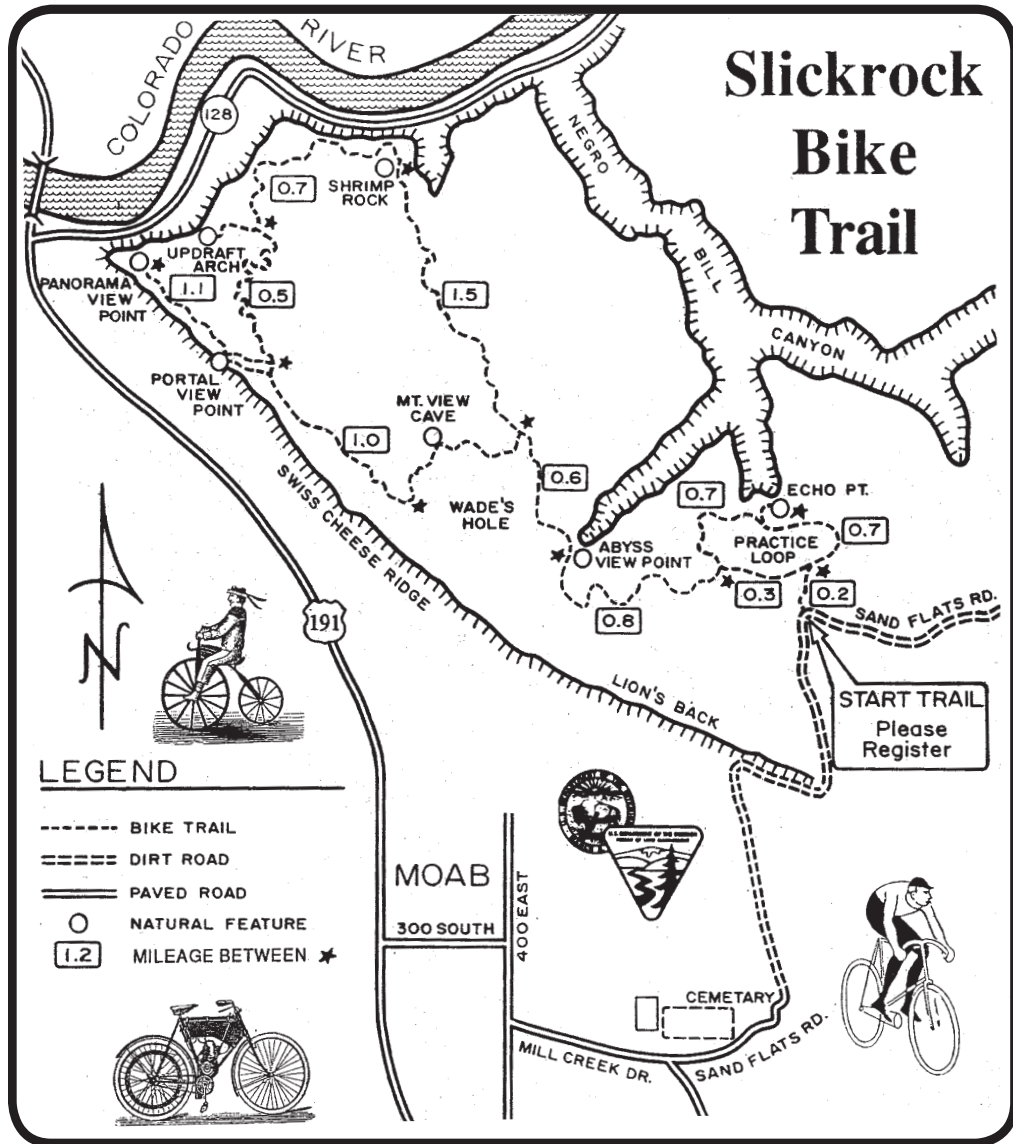


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MOUNTAIN BIKING

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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.

• **MOONSHADOWS IN MOAB May 5, 2012** Enjoy this fully supported 44 or 60 mile ride by the light of the (almost) full moon. As you gain 2700 feet in climbing elevation the moon has risen and illuminates the desert sagebrush casting a silvery glow throughout the vastness of Canyonlands National Park. Arrive at Dead Horse Point State Park for a light dinner at the outdoor Moonshadows Café overlooking the Colorado River. Drink in the ambiance at the most unique AID/food station you may ever visit. Enjoy a thrilling return to the Start/Finish area then enjoy post-event revelry at Frankie D's Saloon.

• **3RD ANNUAL GRAN FONDO MOAB May 12, 2012** 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.

• **MOAB CENTURY TOUR September 21-23, 2012** 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.

• **OUTERBIKE October 3-7, 2012** Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

• **24 HOURS OF MOAB October 6-7, 2012** - 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!

• **MOAB HO-DOWN Mountain Bike Festival - October 25-28, 2012** Presented by Chile Pepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabardown.com for more information.

• **SKINNY TIRE FESTIVAL March 9-12, 2013** 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 Puebloan 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 the 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.



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TRAIL HAPPENINGS

Moab Brands Trails

by Sharon Hogan

Carefully planned and maintained trails help keep visitors safe in Grand County, which has the dubious distinction of requiring the most rescues of any county in Utah. Thousands of visitors and locals enjoy a variety of sports in the backcountry around Moab, but those sports present risks, and Grand County covers a vast area. Arches and Canyonlands National Parks as well as Dead Horse Point State Park have many rescues as well.

In addition to the Moab backcountry's complex system of roads, trails, washes, canyons, cliffs, rivers, and mountains, trails and waypoints can have many names and nicknames. The Grand County Non-motorized Trail Mix Committee has also recently added many new mountain bike trails to the Moab area. The group keeps Grand County updated with the most current trail maps at <http://www.grandcountyutah.net/trailmix/Maps.htm>

Lost or injured in the Moab area? Even the most experienced outdoors individuals following well-marked trails can have accidents. You will hopefully be able to connect by 911 to emergency personnel. However, being prepared is your responsibility, and preparation could save your life or the life of someone else.

The most serious injuries are often in ATV, motorcycle, and mountain bike accidents, including road rash, broken bones, and scraped up legs, arms, and faces. The usual causes are loss of control and lack of skills, though helmets and proper body and footgear can keep an accident from becoming a fatality. Fortunately, there was only one ATV fatality in 2011.

Every river rafter, kayaker, swimmer, and floater needs a life vest. Wearing a life vest on the Colorado River is required by law. There were two river fatalities in 2011, perhaps partly due to it being a very high water year on the Colorado. Among hikers, rock climbers, BASE jumpers, and Jeepers, there were some incidents in 2011—most of them avoidable—but no fatalities. Hikers sometimes got caught after dark, didn't know the trails, or did not have a map, light, or compass. Trail safety can include wearing proper hiking footwear, following cairns and obeying signs, and packing a headlamp and appropriate trail and topographic maps. Climbers, jumpers, slackliners, and Jeepers should have training, proper gear, and repair and first aid kits for emergency situations.

Travel with a friend who can go for help or assist the injured person. If you are the one going for help, note the injured person's location so you can lead others back to The Moab Brands Trail System has become one of Moab's most popular mountain biking areas for good reason. It features fun rides for a wide range of skill levels on well-designed trails



built specifically for mountain bikes. Mostly singletrack and slickrock, the trails radiate from a central parking area trailhead and are roughly connected by the Bar M 4WD road that meanders throughout the system. The choices range from mellow cruising to fast flowing to technical cross-country, with a short section of extreme downhill.

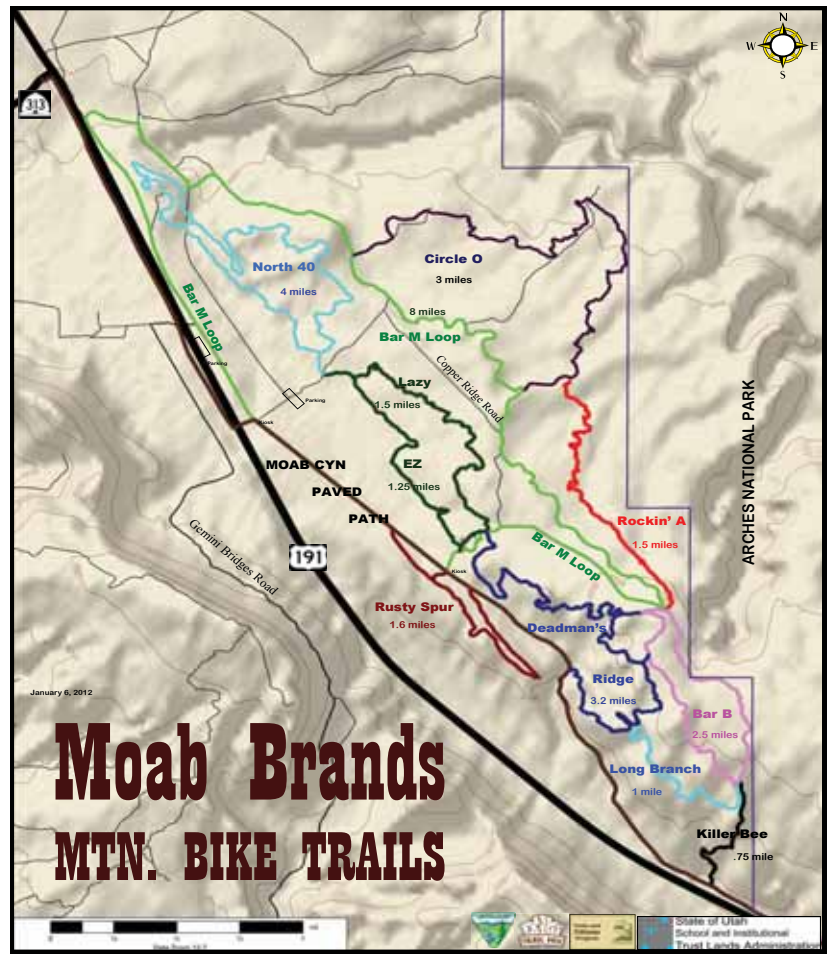
Eight miles north of Moab and bordering Arches National Park, the original four trails including the Bar M, Circle O, Rockin' A, and Bar B were named for cowboy brands spelling MOAB. Hence, the Moab Brands and the cowboy theme of the trail names here.

On a busy spring day all kinds of riders can be found heading out of the Moab Brands Trails parking area trailhead in various directions. You'll see families with little kids on tiny mountain bikes, groups of college kids or skiers taking a dirt break, locals on lunch rides or throwing training laps with racer friends, guided tours and instructional groups led by local tour operators.

Families, novices, and anyone looking for a mellow trail can start out on the Rusty Spur Loop, 1.5 miles of easy hills and curvy singletrack reached from the parking area trailhead on a short, flat section of the Bar M road. After conquering Rusty Spur, the next step is the Lazy EZ Loop with a few slightly tougher sections to challenge newly acquired skills. From the parking lot trailhead it's best to ride the 1.25-mile-long EZ first and return on Lazy's 1.5 miles of moderate climbs and fun banked downhill turns.

Beyond Lazy EZ to the north, and the next harder trail in the Moab Brands, is North 40, a four-mile figure-eight loop. Hills are steeper and longer with a few rocky and sandy bits and lots of fast swooping fun. This is a local favorite for a quick ride or as a warm up for a long day in the saddle.

Experienced mountain bikers looking for longer, more technical singletrack and slickrock rides can use Lazy EZ to access the trails beyond. Where EZ meets Lazy on the south end, Deadman's Ridge starts its three miles of rocky climbs and tight turns, sure to inspire and thrill skilled riders. The final mile of Deadman's Ridge is a rollicking downhill ending on the paved bike path, which leads back to the Bar M road and the Moab Brands Trails. Or, halfway along Deadman's Ridge, riders can turn



off to the Bar B Trail, which is a 2.2-mile challenging ride through ledges and washes in pinyon-juniper woods.

Either direction on Bar B takes mountain bikers deeper into the Moab Brands. Turn right and descend Bar B's toughest section, then choose from the expert mile-long downhill called Killer B or the aerobic Long Branch Trail. Long Branch returns to Deadman's Ridge via one tough mile of steep descents, technical traverses, and switchback climbs. Turn left on Bar B and follow its upper ridges to its intersection with the Bar M road and the start of the Moab Brands slickrock routes.

Marked with paint on slickrock, Rockin' A and Circle O Trails wind through mounds of petrified sand dunes. These trails require riders' full attention as they traverse side hills and navigate around potholes and across steep crevices. Better to stop on this tilted shelf of sandstone to take in the spectacular 180-degree views of Arches National Park. Ridden together, these two trails are 4.5 miles of slickrock fun, or Rockin' A is half as long as Circle O and they can be ridden individually. The Bar M road connects these trails to the parking area for riders wanting to skip the singletrack.

One look at the map and you get the picture that the trail combination choices are almost unlimited. All trails are two-way, doubling the options. Go for a 1.5-mile easy cruise or ride the whole Moab Brands Trail System and you will have ridden almost 30 miles. Do a little slickrock, do a little singletrack, have a picnic halfway out Lazy with your seven-year-old, take your mom on a scenic tour, or your racer buddies on a gut buster. Just remember your helmet, food, water, and your camera. Maps are posted at all major intersections. Happy Trails!

Sharon Hogan moved to Moab from Telluride with her husband Scott Escott in 1990. She supports her mountain biking habit by working as a bookkeeper.

Photos: Wes Shannon and Sharon Hogan

Map: Geoff Freethey

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.



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INNOVATIVE HAPPENINGS

THE GROFFS AND CYCLING

by Joan Gough

There were no mountain bikes in Moab in 1982 and no mountain bikers. That was to change shortly because two brothers, laid off from their jobs with the mining industry, didn't see themselves in suits and ties in the city. William (Bill) and Robin Groff, along with their father John, looked around Moab and said, "Let's open a bike shop." Of course, that wasn't all of the story.



Bill Groff

John, Bill and Robin were all working in the uranium business when it collapsed in the early eighties. By 1981 Bill had been laid off from his piloting job with Clayton Stocks mining company. Robin worked a little longer in the industry at Ticaboo, a mining town near Lake Powell, and John was soon laid off from the Atlas Corporation milling plant in Moab. While laid off, Bill was riding European style racing bikes with a friend, Lonnie Hass, and they talked about the need for a bicycle repair shop in Moab. Bill was fixing bikes gratis in his garage for friends. On a trip to Salt Lake, Bill stopped into a shop and, arms loaded with merchandise, was standing at the counter. "I couldn't get anybody to wait on me--they were all too busy sitting around in the back room chatting up each other. I walked out and said to myself, 'I'll show you how to run a bike shop.'"

"I came home and talked Robin and my dad, John, into starting the shop. We each invested \$2,000.00." Robin recalls that they discussed starting with a repair business out of Bill's house, but with some good business advice, decided to go straight to "main street." They talked to Skip Nightengale of First Western National Bank about a repossessed building on the corner of 100 West and 100 North. Skip gave them a good deal on the rent in exchange for some sweat equity. They spent two months fixing it up and opened in July. Bill remembered, "Ross Bikes was the only company who would talk to us, so we started with six bikes, some posters and parts." At this time they carried and repaired traditional road bikes.

"We advertised in Bicycling Magazine out of Pennsylvania," Bill recalled. "We had checked their listing of shops by state in the back of the magazine and there wasn't a single shop listed for Utah. Our ad read, 'The finest bike shop in Southeast Utah.' That brought the Europeans into the shop who were road biking through this area. It was also what brought John Groo to Moab." Groo and the Groff's started the first tour company operating out of Moab. They called it Rim Tours. Years later, Kirsten Peterson and Matt Heberd bought out the Groffs and moved their operation to South Highway 191.

"About a year and half after we opened the shop, mountain bikes started to appear. When we saw them, we decided that was the way for us to go." This was how Robin recalled it. Bill has a slightly different memory, "Robin said, 'This is the bike for here.' I said, 'It will never last.' Well, obviously, I was proven wrong."

The brothers started advertising and going to bike conventions--the big one was in Long Beach. They got to know the people just getting into making the new frames and parts. Robin characterized it as "a vibrant, young industry, very different from the structured, high-end European companies." He also loved recalling the great parties they crashed. "We invited the mountain bike people to ride in Moab, gave them T-shirts and handed out flyers. The early frame designers and builders started to come to Moab.



John Groo and Robin Groff

Robin and Bill met Hank Barlow and Kimberly Schappert in Crested Butte (the Moab of Western Colorado mountain biking). They were just starting Mountain Bike Magazine. After riding the Slick Rock Bike Trail, Hank decided to use a photo he took of the Moab Valley from the trail for the premier issue. It was a wrap around cover, a "stunning photo", as Bill described it, and "the beginning."

If the feature in Mountain Bike was the beginning, the Halloween party that year clinched the deal. Hank wrote it up in the magazine and said they would do it again the next year and dubbed it a festival. The first year of the Fat Tire Festival was 1986. The poster was designed by a young local artist, Serena Supplee. See poster to the left.

The guest lists of the Festivals reads like a who's who of the biking industry: riders Lance Armstrong (just 14 years old), Ned Overend and Sara Ballantyne; frame builders Joe Breeze, Scott Nicol, Gary Klien, Sky Yeagar, Gary Fisher, Tom Richie; plus Matt Heberd (Wilderness Trail Bikes), the Brownings of Browning Research, Ashley Kornblat from the board of Merlin Bikes (now owner of Western Spirit Cycling Adventures), and Gary Halporidge, pioneer of titanium welding, to name some.

As business started to pick up in Moab, Robin spoke on economic development locally and on the Western Slope in Colorado. "If you can get young people here, they'll like the area and they'll come here to retire, but right now we don't have the infrastructure to attract retirees. Today", he said, "we have developed better infrastructure such as the new hospital."

A lot has happened between the first Fat Tire Festival and today including a major fire, building expansion, establishment of Rim Supply which John ran until his death in 2002. The businesses were always a family affair. Nancy, Robin and Bill's mother, worked the desk for years, LaVona, Bill's wife, was and continues to be the accountant. Currently, the businesses are managed and staffed by the next generation of Groffs--Kelby, Jasper, Tessa and Jessica.

Today there are five bike shops in Moab, three major multi-day tour companies, and numerous daily tour and shuttle companies. There are also other shops specializing in equipment Rim Cyclery once provided for the community--climbing gear, outdoor gear, T-shirts and even snow shoe rentals. What the Groff's started with creativity, a perfect range of skills in the family, and determination has grown into a healthy chunk of the economy of Moab.

10 Years Later

A decade ago, folks around here,
Gave up the ghost, and cried in their beer.
Mining was out, and so were the jobs,
And many surrendered to all but their sobs.

But the Brothers Groff, didn't follow the rest;
They didn't move out; they just did their best
to calculate the odds, and then take a long shot.
And, the business they began has become something
hot.

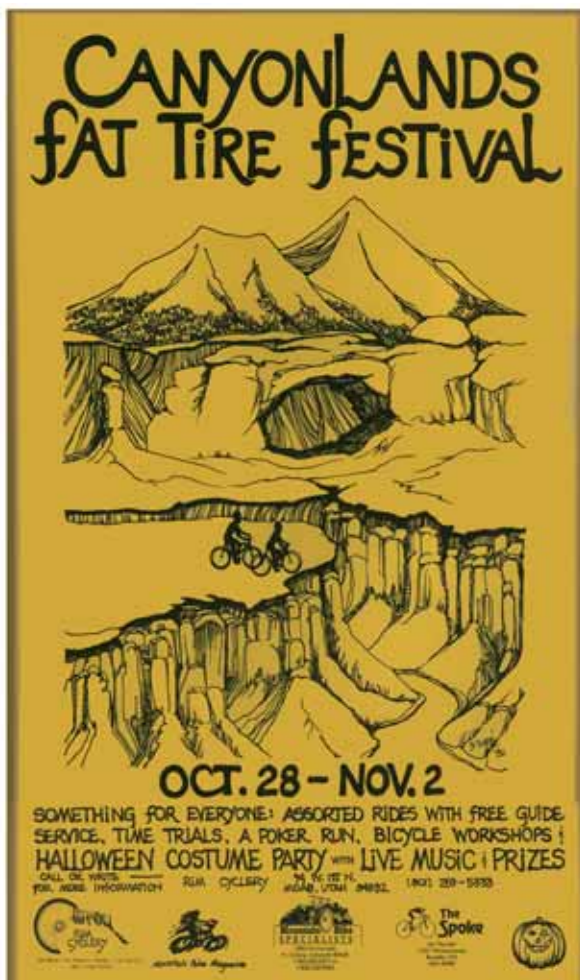
They promoted the red rocks for those on a bike
And, along with those folks came others to hike.
The Fat Tire Festival is a thing to behold
And, the greenbacks it brings spread faster than gold.

The shop on the corner of a Moab side street
Has today grown into the "local elite."
What's been good for the Groffs has been good for the
town.
The boys took the profits and spread them around.

They donate to most causes and treat their own good.
They educate their clients as more of us should
To treat our backyards with ultimate care
So, years ahead there'll be beauty there.

Ten years have past and the town's now well set
But, with the success let us never forget
That if the Brothers Groff had just cried in their beer,
None of us gathered tonight would be here.

Donna Brownell
7-3-93



The poster was designed by a young local artist, Serena Supplee, for the 1986 Fat Tire Festival.

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EARTH DAY HAPPENINGS

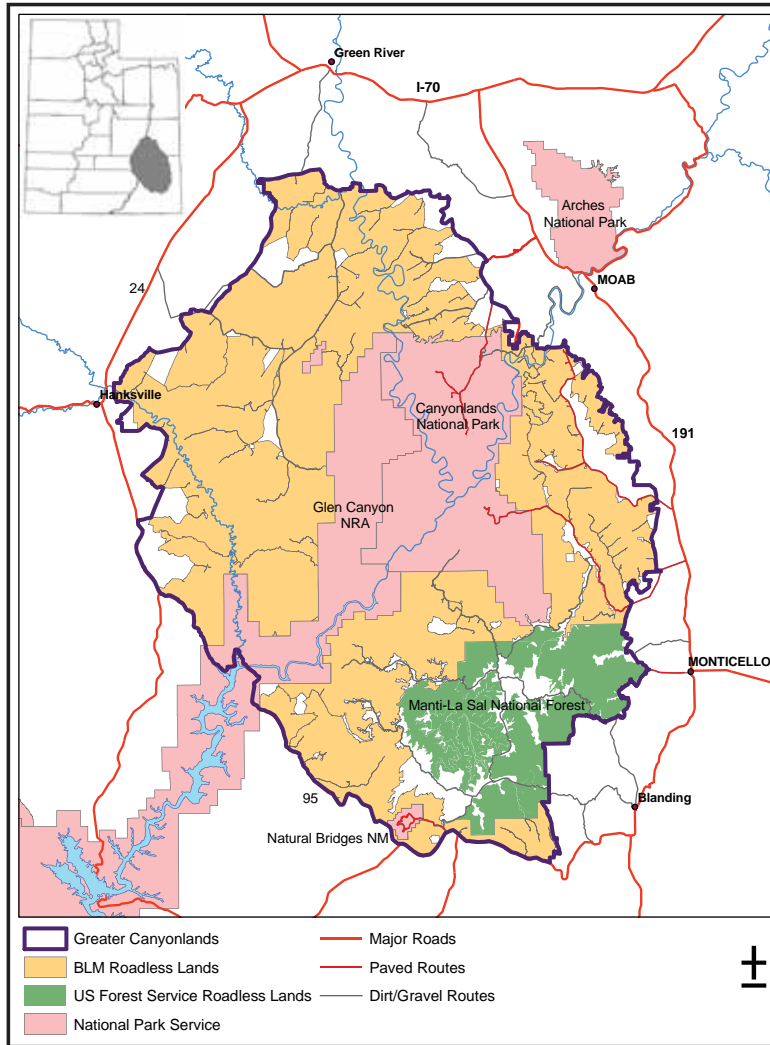
1st Annual Moab Earth Day Bazaar: An Ode to Greater Canyonlands

Starting at 11am on Saturday, April 21st, Swanny Park will transform into a community gathering space featuring local music, organizations, craft and food vendors, children's activities and the opportunity to learn about projects that would affect our beloved public lands. What is the Greater Canyonlands area and how can we come together as a community to ensure that it forever remains a wild, awe-inspiring landscape? With this question in mind, the 1st Annual Moab Earth Day Bazaar: An Ode to Greater Canyonlands was born.

Two months ago, a group of locals sat around a kitchen table discussing ways to bring the Moab community together. The goal of this discussion was to find a way to both celebrate the wild and remote lands that we love and to start a dialog around what the future may hold for these places. Recognizing that a truly inclusive community event requires the ability to openly share thoughts and ideas as well as garner support from local businesses and organizations, the group emerged from the kitchen brainstorming session with plans for a day-long marketplace of music, crafts, food and learning opportunities.



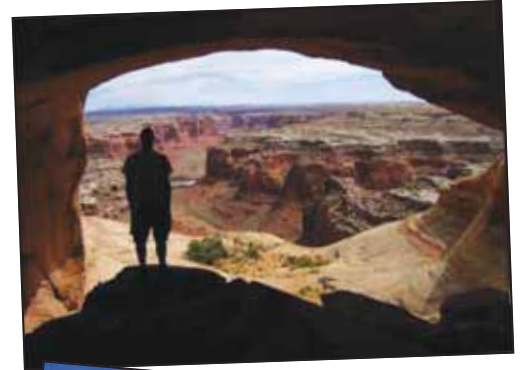
The Moab Earth Day Bazaar intends to fulfill this vision by celebrating Greater Canyonlands and, in doing so, opening a conversation within our community on what the future holds for this region. By definition, Greater Canyonlands refers to the large, intact ecosystem surrounding Canyonlands National Park — an awe-inspiring landscape that includes iconic areas such as Labyrinth Canyon, Robber's Roost, Indian Creek and White Canyon. The Earth Day Bazaar schedule will include informal discussion sessions where folks can learn more about some of the current issues affecting this region.



In addition, it wouldn't be a proper Earth Day Bazaar without celebrating Moab's abundance of creative, inspiring local musicians and merchants. Local art, craft and food vendors will transform Swanny Park into a community marketplace as they peddle their wares to the sounds of local and regional musicians, including perennial favorite Stonefed.

Finally, because it wouldn't be a community event without the kids, the Earth Day Bazaar will feature a Kid's Corner including interactive games, hula hooping, face painting, children's yoga and much more. Bring the family and spend the afternoon enjoying all that our wonderful community offers.

Please join us at Swanny Park on Saturday, April 21st, for the 1st Annual Moab Earth Day Bazaar: An Ode to Greater Canyonlands. Admission is FREE.



Many thanks to the individuals, businesses and organizations involved in the Moab Earth Day Bazaar so far, including: April Rose Creations, Canyon Country Rising Tide, Canyon Nursery, Canyonlands Field Institute, Castle Valley Creamery, Cherry Creek Hills, Damsel fly, Grand Canyon Trust, Great Old Broads for Wilderness, Jerry Shue, KZMU, Moab Pride, Moonflower Arts, Move to Amend, Native American Club, One-of-a-Kind Tye Dye, Sierra Club, Southern Utah Wilderness Alliance, Subvert, Sundial Gardens, Triassic Industries, Living Rivers, Moab Folk Festival, Moab Solutions, No Green River Nuke, Quesadilla Mobilla, Uranium Watch, Victoria White Eagle, WabiSabi, Wicked Brew, and Wise Raven Herbs.



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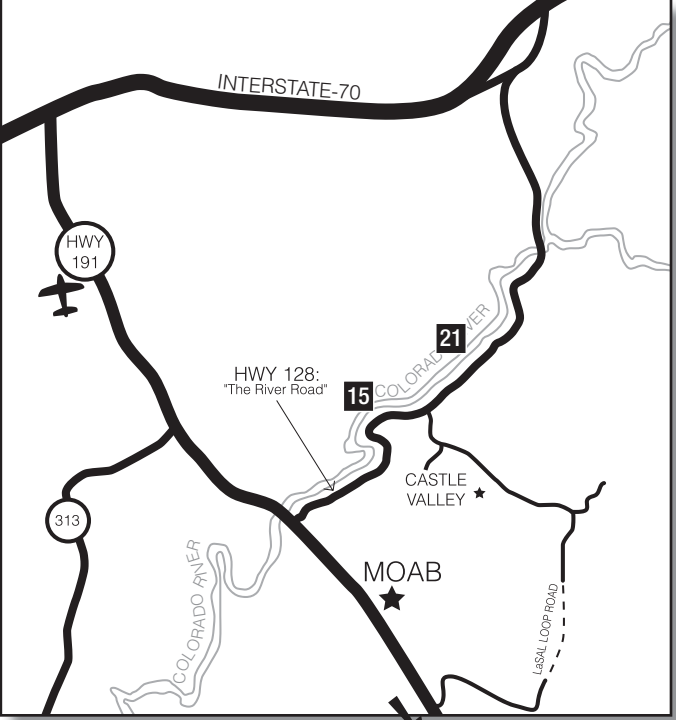
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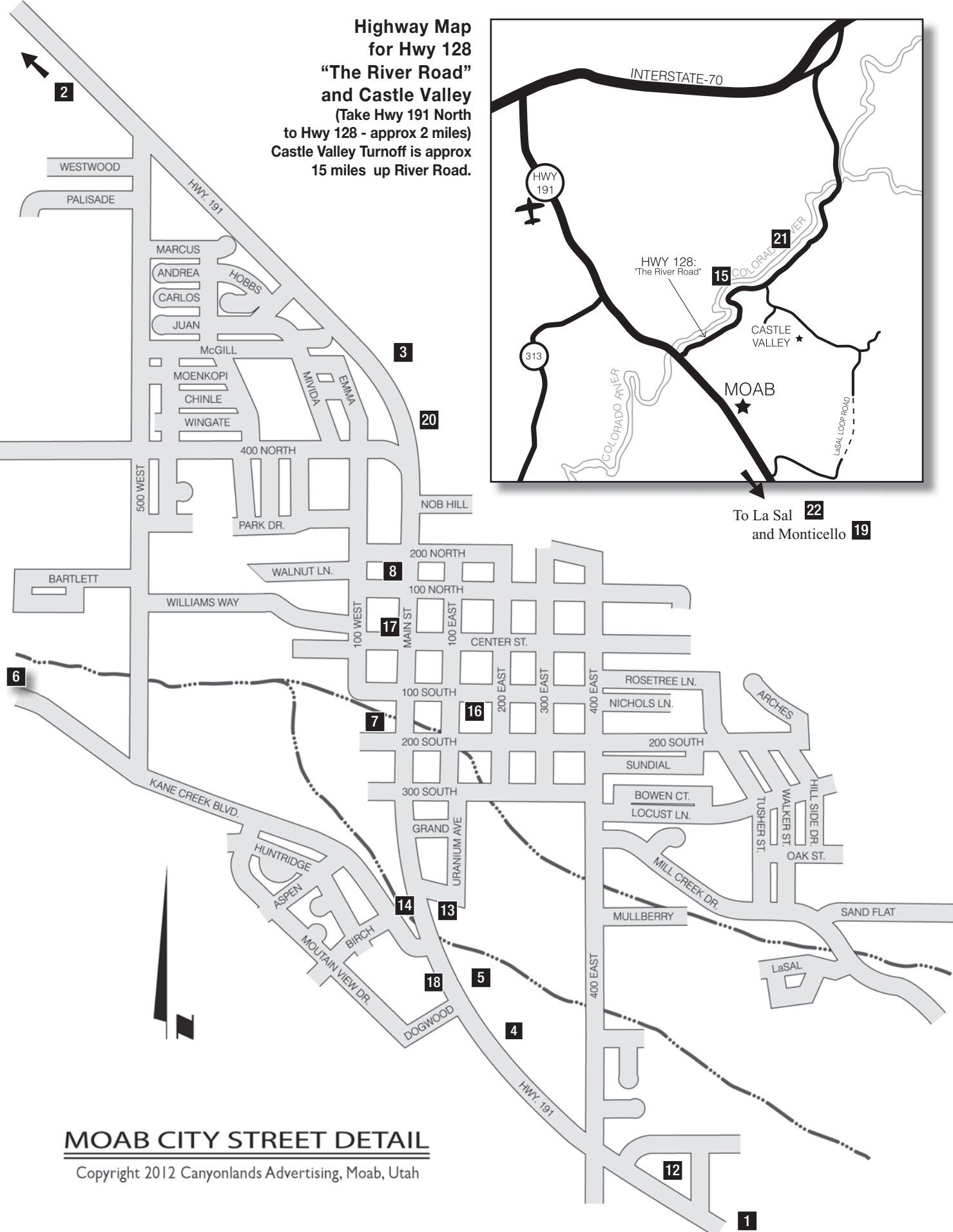


Highway Map for Hwy 128 "The River Road" and Castle Valley
 (Take Hwy 191 North to Hwy 128 - approx 2 miles)
 Castle Valley Turnoff is approx 15 miles up River Road.



To La Sal and Monticello

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15	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
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17	Accommodations Unlimited	435-259-6575	www.moabcondorentals.com
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GALLERY HAPPENINGS

Colorful Clothing Created in Moab!

Formerly a fashion designer in Los Angeles, Cathya Savage-Haas began designing and producing her own line of clothing when she moved to Moab in 1996. She began selling her new clothing line "Desert Savage", hand dyed & block printed cotton clothing, at art festivals throughout the Southwest - the first festival she participated in was the Moab Arts Festival! In 1998, Cathya and her husband, jewelry artist Jim Haas, opened Cave Dreamers, a gift shop in Moab. Here in addition to her clothing line, Cathya was able to experiment with a wide range of arts, including painting, silk painting and gourd art. However, Jim missed



the Universe to provide a great location. And then, returning from a run of 8 arts festivals in 9 weeks, there it was!!!! And in that inexplicable mystery of the Universe, the location where Cave Dreamers had been was available! Cathya had a deep attachment to that



the excitement of art festivals and Cave Dreamers was closed in 2004. Looking for something new, after a year of experimentation, Cathya created Savage Spirit! silks, a line of silk clothing & scarves she designed, sewed &

hand dyed. Designing truly wearable art, Cathya creates beautiful, colorful clothing that is flattering for all figures, comfortable, easy to wear & easy to care for.

For the past 7 years, Cathya has traveled around the country participating in art festivals. Wanting to spend more time in Moab & tired of the stress of travel, a couple of years ago, Cathya began to conceptualize a new store. Letting her imagination run wild, gradually the ideas began to coalesce. From there it was a matter of trusting

space. In 1999, Cathya and Jim put several months of hard physical labor into transforming the space from an office building into a retail space. And although Cathya's plan was to look for a space this past winter, she jumped at the opportunity and everything fell into place. Last year, there was an overlap of opening the store and still doing art festivals. At the same time it was a great opportunity to find other artisans and craftspeople for the store.

This year Cathya has been able to devote her passion and time into developing Savage Spirit! the store. Along with her Savage Spirit! silk clothing and scarves, Cathya has been playing with new dye techniques and creating an updated line of Desert Savage cotton clothing inspired by the glorious colors of nature. And although wearable art is Cathya's first love, the opportunity to learn and dabble in other creative endeavors feeds her soul. She has enough ideas to keep her busy for the next 5 years!



Drop by and watch her visions evolve, as Cathya continues to explore and develop her own creative endeavors as well as discover new, exciting artisans! Savage Spirit! 87 N Main (next to Back of Beyond Books) 259-2ART (2278) www.facebook.com/savagespirit.moab

Cathya Savage-Haas is known for original wearable art. Cathya's newest line is Savage Silks, silk clothing she designs, sews and then hand dyes here in Moab. Her beautiful, colorful hand dyed clothing is flattering for all figures, comfortable & easy to wear!



The Bighorn Gallery at Dead Horse Point State Park

will be showing original artwork by Moab artist Jacci Weller. "A Golden Year, Four Seasons of Canyon Country Color" is a collection of paintings on exhibit from March 3rd through April 27th.



Jacci Weller's paintings are inspired by her observations of the "colors and shapes of the rocks, the vibrancy of the light, the wildly diverse flora, and the amazing expanse of earth and sky." Her paintings offer an intimate, brilliant portrayal of her desert surroundings.

Jacci has a BA from UCLA in fine art, drawing and painting, and an MA from California State University in fine art, sculpture. She worked as a public muralist in Los Angeles, taught design and drawing at Lane Community College in Oregon and conducted fiber workshops at the University of Oregon in Eugene. Jacci continued to do sculpture work for several years, then became a full time business person, moving to Moab 18 years ago. She returned to her art five years ago and has incorporated her love of desert hiking into her creative works that represent her "absolute delight" in the natural world. Many of Jacci's paintings are in private collections throughout the western states.



"Pothole" by Jacci Weller

During the art exhibit at Dead Horse Point State Park, each painting is available for purchase. For more information about the artist, visit www.jacciweller.com

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313. The visitor center is open daily from 8 a.m. to 6 p.m. Park admission is \$10. For more information, please contact the park at 435-259-2614.



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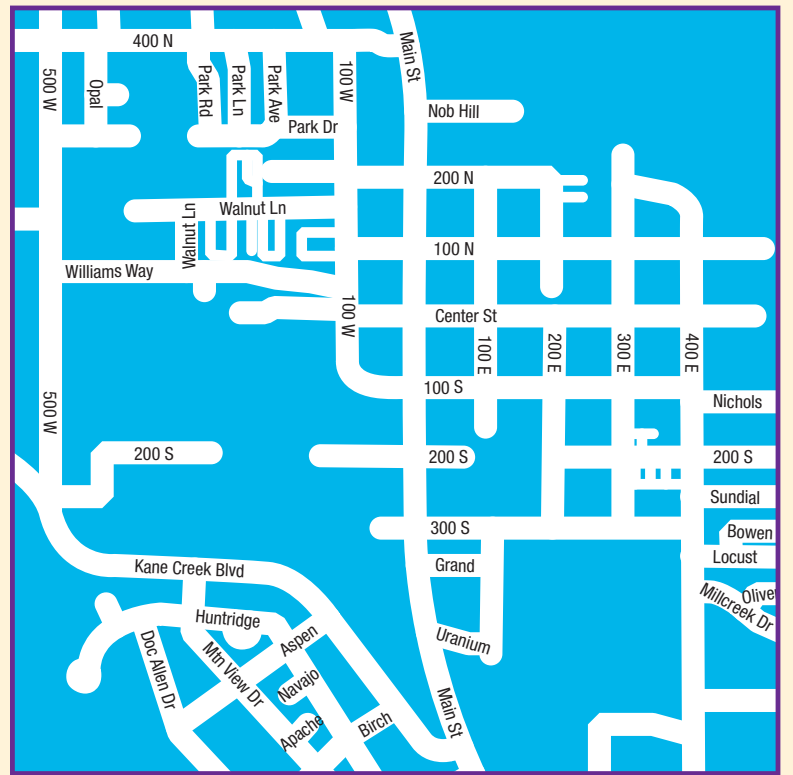
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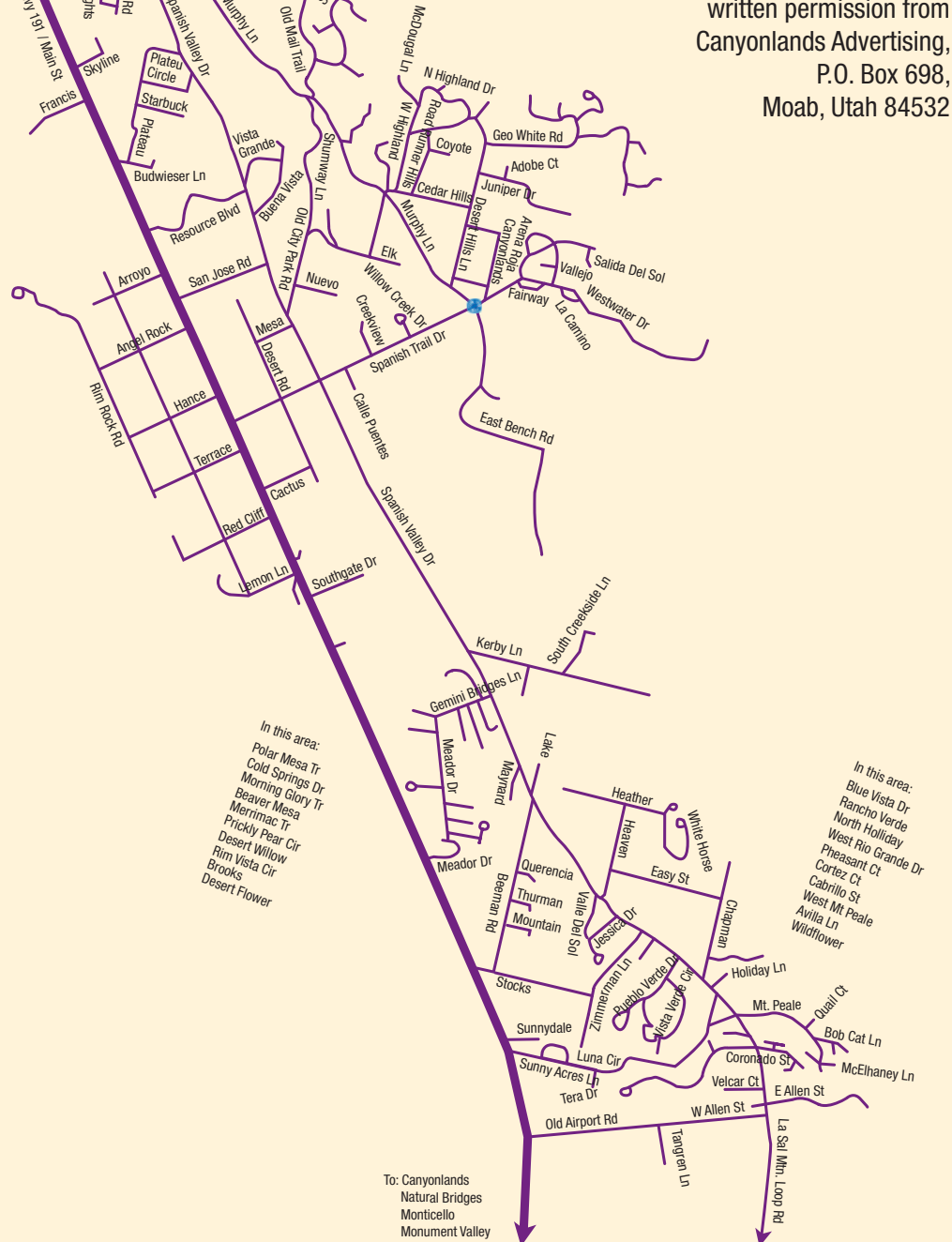
AVERAGE TEMPERATURE & RAINFALL

MONTH	HIGH/LOW	RAINFALL
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FEBRUARY	50/25	0.62
MARCH	60/34	0.71
APRIL	72/41	0.79
MAY	82/50	0.57
JUNE	92/57	0.45
JULY	99/64	0.49
AUGUST	95/62	0.87
SEPTEMBER	87/52	0.83
OCTOBER	73/40	1.16
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 250 South Kane Creek Blvd 259-5831
- First Baptist Church SBC • 420 MiVida Drive 259-7310
- Four Corners Faith & Worship Ministries 259-0041
- Friends in Christ Free Lutheran Church
 1240 South Highway 191 259-4378
- Grace Lutheran Church
 360 West 400 North 259-5017
- Jewish Interfaith Beit Moabi
 www.beitmoabi.org 260-0241
- Kingdom Hall of Jehovah's Witnesses
 25 West Dogwood 259-7363
- Moab Baptist Church • 356 West Kane Creek Blvd. 259-8481
- Quaker Worship Group • 81 North 300 East 259-8178
- 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 Spanish Valley Drive 259-5545
- The Church of Christ • 456 Emma Boulevard 259-6690



SHOPPING GUIDE




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A unique mix of local & regional handcrafted clothing, jewelry, home decor & objet's d'art!

Silk Scarves & Clothing by Cathya Savage-Haas

Designed, Sewn & Dyed in Moab!



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EXPLORE DISCOVER PLAY CREATE



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Mon-Sat 8am-8pm
Sun 10am-7pm

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www.rivercanyonwireless.com



Mile 14, Hwy 128
435-259-3332

Castle Creek Winery offers complimentary wine tasting and sales seven days a week in our new tasting room. Our gift shop has everything from gourmet cheeses and snacks to t-shirts, hats and wine trinkets. Stop by and sample some of our award winning wines and enjoy the breathtaking views surrounding our vineyards. We are located 14 miles upriver from Moab on Scenic Highway 128.



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



137 N. Main St.
435.259.5855
www.bretridge.com

Visit The Edge Gallery on Main St. in downtown Moab to view dynamic fine art landscape photography by local photographer Bret Edge. Photographs are presented as a canvas gallery wrap or an archival plaque mount for a unique and durable alternative to conventional framing. Various print sizes are available and all orders of \$200 or more ship for free anywhere in the United States, including Alaska & Hawaii. International shipping is available at low rates. We also carry affordable gifts including greeting cards, small matted prints, calendars and more.

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29 East Center 435-259-8404

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Sign up now!

Our shop is filled with fabrics that call to you, inspire and reward you. Come in and check out our great selection of fabrics to suit your style. Patterns, books, notions, gifts and classes to suit beginners and beyond. Chairs for husbands! Check out our new website for classes on purses and pillows - www.itssewmoab.com



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Open 7 days a week

Locally owned and Operated. Entering our second year of providing Moab's Northwest end a quick stop neighborhood market. Headed North? Avoid the traffic by using 500 West and stop in for a cold or hot beverage, beer, cigarettes, ice, snacks, groceries, candy, ice cream novelty and more.

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PIN ON Gift TREE Shop INC

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Metal Art
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Pottery
Toys
and Sandals

82 South Main 435-719-2086

SHOPPING GUIDE

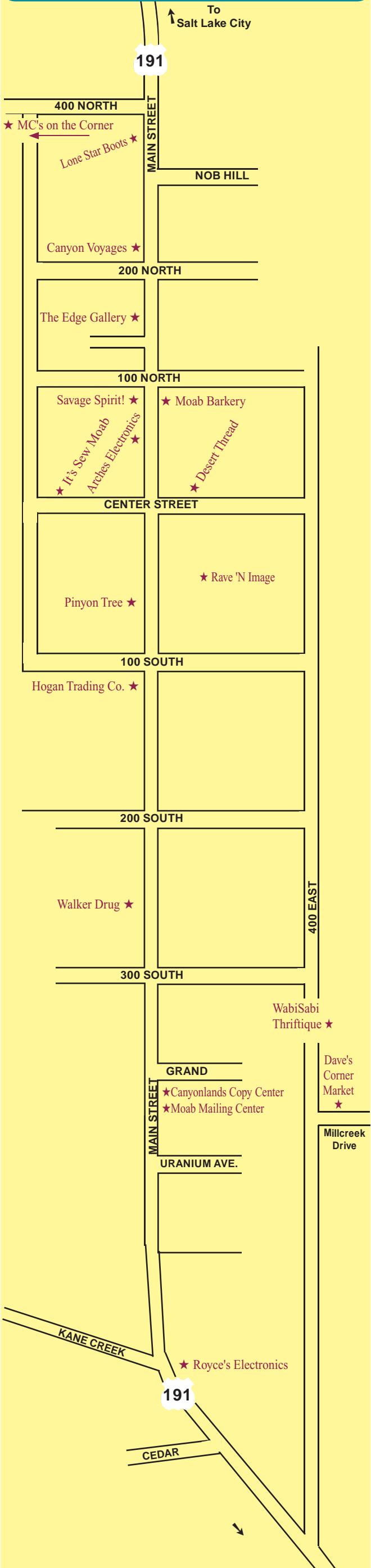


82 South Main **435-719-2086**
 Our friendly staff will show you our wide variety of ideas for gifts and home decor. We have awesome T-shirts for adults, kids, even toddlers. "Keep Your Cool" with our hats and shoes. Our sandals are #1 in comfort and value. We have a huge selection of metal art, local pottery and crystals and toys.



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SHOPPING GUIDE MAP



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

The Rave 'N Image is a fabulous boutique with lots of style and variety. We carry UNIQUE & BEAUTIFUL JEWELRY, CLOTHING, ACCESSORIES & GIFTS including, hats, bags, belts & buckles, wallets, candles, soaps, lotions, perfumes, incense, sunglasses, bathing suits, cards & journals, wall art, make-up, body jewelry & so much more. Come by the Eddie McStiffs Plaza (59 S. Main St. #5) to see what people are "rave'n" about! Open daily at 10 am. 259-4968



WabiSabi Thriftique
A Luxury Thrift Shop

411 East Locust Lane
259-9114 • www.wabisabimoab.org

WabiSabi, a luxury thrift store in Moab, is not your typical thrift store. We feature only the best in used quality clothing, collectibles, sportswear, books & camping equipment. WE HAVE WHAT YOU FORGOT TO PACK. WabiSabi supports local nonprofits & produces workshops that have a positive impact on our community. Open from everyday 10am to 7pm. Visit our warehouse (at our new location -1030 Bowling Alley Lane) for reduced price clothing, furniture, construction materials and housewares. Open everyday 9 am - 6 pm.



87 N Main
435-259-2ART (2278)
facebook.com/savagespirit.moab

Savage Spirit! features a unique variety of local & regional handcrafted clothing, jewelry, gifts, home decor & objet's d'art. Home of Savage Spirit! silks; scarves & clothing made in Moab by owner & award winning fiber artist, Cathya Savage-Haas. Cathya also creates Desert Savage clothing - colorful hand dyed & block printed cotton clothing. And be sure to check out Stoneage Jewelry made by Cathya's husband, award winning jewelry artist, Jim Haas. Jim cuts & polishes his own stones & hand fabricates sterling silver settings. In addition, Savage Spirit! features an eclectic mix of whimsical & funky jewelry, home decor & objet's d'art hand crafted locally and regionally!



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& GENERAL STORE

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MORE HAPPENINGS

8TH ANNUAL BIRDING FESTIVAL SHARES "CULTURAL LANDSCAPES OF THE FOUR CORNERS"

It is 5:45 a.m. and the lights at the Cortez Cultural Center are blazing. People packing binoculars, scopes, and field guides are grabbing lunches and lining up for the next departing tour. Every 15 minutes, they pile into vans with an expert birder who has volunteered to lead, and head out to explore the "cultural landscapes of the Four Corners, from high desert to mountains," to quote the newly minted tagline of the festival.



Predawn birders board vans with Durango tour leader John Bregar, May 2011.

This is a preview of the 8th Annual Ute Mountain/Mesa Verde Birding Festival, May 9—13th, 2012, one of the Cultural Center's largest annual fundraisers, drawing both locals and visitors from afar to the event. Visiting birders contribute to the community, eating at restaurants, and lodging in the area, leaving behind a trail of fluorescent "Birding Festival" tickets to announce their presence.

This year the tours will transport birding enthusiasts to hotspots as close as the Thomas Preserve, or caravan as far away as the Vermilion Cliffs in Arizona to see the rare California Condor. Familiar favorites like the Owl Hoot, Bradfield Bridge and McElmo Canyon/Winetasting tours will be offered again, along with new offerings like the Lakes of the Four Corners, Newspaper Rock Loop, and Weber Canyon tours. The event's namesakes--Ute Mountain Tribal Park and Mesa Verde National Park--both host annual birding tours for the festival that give a whole new take on exploring Cortez's neighboring cultural sites. "Whether you are a backyard birdwatcher wondering why

the robins are back so early," says one festival volunteer, "an eagle enthusiast who noticed that they never left, a student with Fridays off, someone shopping for the right optics, or one of those binoc-wearing, brakes-for-birds kind of people who have been truly bit by the birdwatching bug, there is something here for everyone."

There will be a free beginning birding program, and a free Friday children's outing and an excellent choice of new, daily lectures for only \$5. If you register for the festival, the doors open for more involved tours and a banquet & silent auction, with keynote speaker Thomas Dunlap. Professor Dunlap has recently published a nationally recognized book about how birding field guides came to be the beautifully illustrated handbooks that flood the market today.



Tour leader Brenda Wright (second from left) sets up scope, while birders try to spot a nesting Black Phoebe along the Dolores River.

How did this event first come to Cortez eight years ago? Deb Avery, former director of the Center, trained in tourism in Florida before moving to Colorado.

"Birdwatching is an incredibly popular hobby," she says. "I saw firsthand in Florida how much birdwatchers can contribute to an area's economy."

She and Fred Blackburn, a local birder and historian, brought the first festival to life in 2005 with a festival committee that continues to this day. Mesa Verde Country (insert R in circle), the City of Cortez, and the Division of Wildlife have been big partners over the years, along with numerous local businesses.

According to this year's festival coordinator, Diane Cherbak, "We want to highlight the special features and birds that our area has to offer, the diverse habitats that even local people might not ordinarily get to see in this way. We are lucky to have a wonderful group of tour leaders, who are seasoned birders and willing to share what they know. Every year we get positive feedback from attendees about the friendly and enjoyable learning experience that is created during the festival."

Cherbak encourages everyone to check out the event either online at www.mesaverdecountry.com or through brochures and posters available in many locations around town, including the Cortez Cultural Center. The event couldn't happen without them, so everyone involved in the festival gives a warm "welcome back, birders!"

For more information see our ad on page 18A.



A popular tour destination is Bluff, Utah, where Summer Tanagers, Lucy's Warblers, and Western Screech Owls were seen last year. This photo was taken at Sand Island, near Bluff.

Walk-Ins Welcome at MICX...

It's spring in Moab, and beginning of the 9th year Dr. Donald Marquardt has opened the Moab Immediate Care and X-Ray to serve the URGENT CARE needs of Moab residents and visitors during the peak spring and fall tourism seasons. He is available for patient consultation and outpatient surgical procedures from noon to 8PM [12:00 to 20:00] daily, including Saturdays, Sundays, and Holidays. Patients express their appreciation that affordable health care is available daily—when accidents happen, not just during regular business hours. MICX is able to keep prices reasonable by requesting payment at the time of service and providing documentation so that patients can reclaim funds from their insurer.



Health in a Personal, Corporate, and Community Setting.

"Dr. Don" has long felt that physicians should lead by example in their own health care, and has enjoyed the excellent opportunities in Moab to make that

happen. Having run the last eight 'Moab Half Marathons' and another seven 'Other Half Marathons' he appreciates how Moab's magical environment offers innumerable mechanisms to maintain health. Studies show that employees are happier and more efficient when they are healthy, so MICX has been a leader in the Moab community in instituting an annual bonus for employees achieving and maintaining healthy life styles [tobacco abstinence, moderation in alcohol use, and body mass index (BMI) between 20-25]. Being a life-long bicyclist—swearing never to work in a location he can't bike or walk to work—"Dr. Don" has been a stalwart supporter of the annual Bike to Work Week promotions in the Moab community in cooperation with several local bike shops.

Furthermore, believing that individuals deserve options in their health care, MICX is proud to share its building with



Red Valley Chiropractors Chris and Shelley Kasprick, as well as the Veterans Administration Moab Tele-health clinic, bringing VA health benefits conveniently home to Moab's vets.

Community Contributions--\$14,000 and counting-- Courtesy of many men who have chosen to take responsibility for their own fertility and the families who support them, MICX has contributed over \$14,000 worth of vasectomies to local charities through the 'Free No-Scalpel Vasectomy' program [in which men can get a free no-scalpel vasectomy at MICX by contributing \$250-\$500 to the local non-profit of their choice]. Continuing his philosophy to contribute to the local community, Dr. Marquardt has been privileged to volunteer as Physician Advisor to the Canyonlands Field Institute, fostering greater understanding of the beauty and fragility of our desert environment through their outdoor programs.





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(in front of City Market)

29¢*
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* Some restrictions apply. Price includes 8 1/2 x 11 copies on 20lb. paper.

Walk-Ins Welcome at MICX...

...daily, between noon and 8pm, across from Wendy's. Where health is a common goal we all work toward, together.

X-Ray? Recent illness or injury? DOT/CDL physical? Worker's Comp accident? Vasectomy? **How may we help you?**

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PET HAPPENINGS

Lessons Learned About Cats...From My Cats

Part 3: Mean Cat aka The Puss

We at the Moab BARKery have been writing about our own pet experiences to share with readers about our triumphs, mistakes and what it has been like to live with and learn from our own brood of animals. There are both cats and dogs in our house so we have a big selection of stories to write about, this is the final installment of the series talking about our cats. Most people have that one pet who they have shared their life with that really leaves a lasting impression, even after they are gone, for me that cat is The Puss.

The Puss was a dominant force to be reckoned with for 14 years, she could be loving and sweet one moment and angry and aggressive the next. She HATED to be touched, was really mean to the other animals that she shared space with and would bite without warning. There were many things that contributed to the Puss being the demon cat she became, but the most significant factor was the fact that she was de-clawed. In addition to this she was a pet store kitten, had respiratory issues, was over-weight for most of her life and developed feline diabetes later in life.

Buying kittens that have been irresponsibly bred, handled, and sold more often supports cruelty and perpetuates production of cats with serious physical and mental problems. Pet stores get their "merchandise" – that is what kittens and puppies are to them – from commercial breeders, brokers, kitten mills and backyard "accidental" breeders. With all the wonderful cats and kittens available from shelters and rescue groups as well as responsible breeders, it's hard to imagine that you'd want to support irresponsible breeding or selling of cats, but it is easy to be misled by people whose only goal is to make money. By adopting a pet from an animal shelter or rescue, you can not only find a wonderful pet, but help curb the problems in the pet-sales industry.

If you are considering de-clawing your cat please pay attention and understand what you are really doing to your cat. De-clawing is not like a manicure, it is serious surgery. Your cat's claw is closely adhered to the bone, so close that in order to remove the claw the last bone of your cat's toe has to be removed. De-clawing is actually an amputation of the last joint of your cat's toes, a painful surgery with a painful recovery period. Remember during the time of recuperation from the surgery your cat will still have to use its feet to walk, jump, scratch in its litter box regardless of the pain it is experiencing.

Amputating a cat's claws drastically alters the conformation of their feet and also deprives them of their primary means of defense. There are humane ways to deal with scratching, teach your cat to use a scratch post, consider using Soft Paws®, vinyl coverings for their claws, trimming their nails on a regular basis or using a pheromone based product like Feliway®. Most medical professionals do not agree but de-clawing can and often changes the cat's personality. After surgery the Puss kept re-injuring her surgical wounds and would traipse bloody paw prints all over the house, she was in extreme pain and this manifested itself in biting, growling and hissing, all behaviors that never left her. The Puss continued to favor one front paw for the rest of her life and would often hold the other up while sitting, she also developed arthritis at an earlier age than expected.



By the time the Puss was four, she was overweight. A combination of poor quality food and over eating was the cause. With the weight gain came a respiratory issue, she would cough like she had a large hair ball but nothing would ever materialize. She was seen by multiple vets who could never diagnose her issue and would just suggest that we use Prednisolone, a corticosteroid that is designed to treat inflammatory and auto-immune



diseases. The problem with this is that the very drug they were prescribing caused her appetite to increase and she gained more weight. The longer she was on the steroids the worse she got and the coughing really did not improve and in fact was the largest contributing factor to her developing diabetes. In hindsight we suspect that she may have been exposed to heart worm as a kitten, had environmental allergies or was born and raised in a suspect environment as a kitten.

Once the Puss was diagnosed with diabetes we decided that we would no longer continue to use the steroid and chose to control her health with diet. It was a radical change that she did not take to kindly at first. Her food intake was reduced significantly, whilst the quality of her food increased exponentially. Initially she was fed a grain-free kibble, cats are obligate carnivores and grain is not of any nutritional use to them. Grain-Free canned food was slowly integrated into her diet, which helped her reach her moisture requirement easier, which is really important for diabetic cats that have a voracious need to drink. An attempt to introduce her to a raw diet was met with a nasty response, she looked at the bowl and offended she tried to bury it like it was a turd. The perfect food for a cat is a mouse; the only commercial cat food that mimics this is a pre-prepared raw diet like Stella and Chewy's or Bravo.

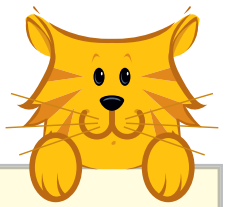
Controlling the Puss's diabetes with insulin was never an option; she was not the type of cat you could give a daily shot to. Insulin regulates blood sugar but so does a controlled grain free diet, both are as important to a diabetic cat's survival. The Puss lived four years beyond her diagnosis with diabetes, without the use of insulin and if she was fed a quality diet from the beginning there is much less of chance that she would have developed diabetes.

The Puss passed away at the age of 14 in August of last year, what actually caused her death was kidney failure.

She went five days without food and the last couple without water. To see such an intimidating force in such a weakened and helpless state was very difficult to say the least. Living with her was like riding the emotional roller-coaster, some times she was so sweet but for the most part she was just an angry cat. If I could have a do over she would not have been de-clawed and she would have been fed a better food from day one. It is never too late to help improve your cat's health, so start now!

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Humane Society of Moab Valley

APRIL 2012

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April 14 - Dog Adoption Day at City Market from 10am - 12pm

April 21 - Cat Adoption Day at The Moab BARKery from 11am - 1pm

April 28 - Dog Adoption Day at City Market from 10am - 12pm

Don't forget to get your 2012 Humane Society Membership. The membership card offers free items or discounts with 18 different local businesses. To purchase a membership please stop by our office at the City Shelter or visit the website at www.moabpets.org

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