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RIVER ADVENTURES

	ADULTS	YOUTH (under 16)
FULL-DAY RIVER ADVENTURE World-famous scenery and a barbecue lunch rafting the Colorado River. 8:15am - 4:00pm (min age: 5)	\$85	\$65
COLORADO RIVER A.M. HALF-DAY Raft the river from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 5)	\$54	\$44
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
WESTWATER CANYON FULL-DAY Enjoy exciting whitewater rapids & lunch in this unique Canyon. 7:30am - 6:00pm (min age: 10)	\$175	\$175
TWO-DAY RAFT & CAMP All meals and camping equipment provided, rafting moderate rapids, relax into the scenery. (min age: 5)	\$255	\$185

HUMMER SAFARIS

	ADULTS	YOUTH (under 16)
SLICKROCK SAFARI Incredible 4x4 experience over a landscape of petrified sand dunes. Departs 7:30am, 10am, 2pm (2 hrs)	\$81	\$49
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

MOUNTAIN BIKING

	ADULTS	YOUTH (under 16)
HALF-DAY MOUNTAIN BIKING Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)	\$95	\$95
CANYONLANDS SUNRISE DOWNHILL Relaxing downhill ride w/ breakfast. Enjoy grand vistas at every turn. Departure times vary. (5 hrs)	\$110	\$95

ARCHES N.P. TOURS

	ADULTS	YOUTH (under 16)
ARCHES FIERY FURNACE HIKE Explore a maze of astounding hidden chasms with one of our guides on this unique hike. 7:15am - 12:30pm	\$81	\$61
ARCHES SUNSET TOUR Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs)	\$71	\$48

CLIMBING & CANYONEERING

	ADULTS	YOUTH (under 16)
EPHEDRAS GROTTO CANYONEERING Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels! 4 hrs (min age: 10)	\$99	\$84
DESERT ROCK CLIMBING Climbing, instruction, and fun on rope and rock! All equipment provided. 5 hrs (min age: 5)	\$99	\$84
HIGH ROPES COURSE Challenge course, safety gear & instruction, and southern Utah's highest swing! 2 hrs (min age: 10)	\$60	\$50

FLIGHTS & HORSEBACK

	ADULTS	YOUTH
HOT AIR BALLOON RIDES Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx 3.5 hours)	\$259	\$259
CANYONLANDS SCENIC FLIGHT See all 4 districts of Canyonlands NP in just one hour with a bird's eye view! Departs 9am	\$173	\$173
CASTLE VALLEY HORSEBACK RIDE 2.5 hours plus instruction on horses, with a stunning red rock backdrop. Departs 8am & 4pm (min age: 8)	\$80	\$80

JETBOAT TOURS & MORE

	ADULTS	YOUTH (ages 4-15)
CANYONLANDS JETBOAT Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (4 hrs)	\$89	\$79
SUNSET JETBOAT & DINNER 1 hr Dutch-oven dinner plus 1.5 hr jetboat on the Colorado River near Canyonlands NP.	\$79	\$69
DINNER & NIGHT SHOW 1 hr Dutch-oven dinner plus 2 hr light show on slow-moving boat ride on the Colorado River.	\$69	\$59

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MOAB HAPPENINGS

Volume 25 Number 5

AUGUST 2013

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Moab Music Festival
August 29 - September 9



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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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Moab Studio Tour

Visit 23 Moab Artists in their Native Habitat
 August 31 & September 1 10 am - 4 pm

Tour Maps available at all studios
 for more information visit www.moabstudiotour.com

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MUSIC FESTIVAL HAPPENINGS

Sing A Song Of Singing: 12 Days Of Wonder At The Moab Music Festival!

Genres bend and blend, echoing off canyon walls in sunset concerts along the Colorado River; intimate Musical Walks of miraculous natural beauty lead to stunning recitals performed by virtuosi; three noon concerts in the sonically perfect and visually breathtaking Colorado River Grotto starring a grand piano which arrived the same way you did: by jet boat! HERE, at the Moab Music Festival, August 29 to September 9, is music in concert with the landscape, with a whopper of a topper: a four day raft trip downriver to Lake Powell, featuring concerts and scenic hikes en route.

According to Festival Co-Founder and Music Director Michael Barrett, "Our 21st season celebrates a new generation of instrumentalists and singer/songwriters, while paying homage to the ancient characteristics of the Moab landscape, the original people of America, and musical masterpieces, in a fabulous balance of youthful energy and history. And of course the red-rock landscape always seems to give our concerts an added depth we can find only here."

Young and old, first-timers and old timers will delight in performances by Michael Barrett (piano) and Artistic Director and Co-Founder, Leslie Tomkins (viola). A pair of concerts at historic and recently renovated Star Hall highlight the rich and varied world of chamber music,



photo by Richard Bowditch©

opening and closing the Festival. Unique programs include The Future of American Song, featuring Line Up! by Gabriel Kahane whom the New York Times called "a one-man cultural cuisinart," and Carla Kihlstedt and Mathias Bossi of internet innovation Rabbit Rabbit Radio; and The Wisdom of the Earth, a concert rooted in the legacy of America's native people whose lives were centered on the earth and their relationship to it, featuring works by Kenji Bunch, Russell Goodluck and Forest by Dawn, a world premiere by Juantio Becenti, both hosted

by Red Cliffs Lodge. Concerts at Sorrel River Ranch Resort and Spa include the Pedrito Martinez Group, an ensemble whose music the New York Times described as "complex, blenderized Africa-to-the-New-World funk" in a vibrant program of Cuban-influenced jazz; and The Four Seasons, featuring Argentinean tango master Astor Piazzolla's homage to Vivaldi's famous work. The free Rocky Mountain Power Family Picnic Concert on Labor Day in Old City Park, is an annual Festival tradition, and comes complete with knee-slapping, hand clapping and flag-waving of both the figurative and literal stripe, along with 300 years of American song including traditional folk songs and songs by Bolcom, Bernstein, Gershwin, and others. And of course there's a generous serving of chamber music including Faure, Mozart, Brahms, Janáček and Mendelssohn.

Check out our signature Music Festival events—the Grotto Concerts—on the Colorado River and the Musical River Raft Trip, a four day float trip down the river with a few of the Festival artists.

For more information or to purchase tickets for the 21st Moab Music Festival, please visit www.moabmusicfest.org or telephone the Box Office at (435) 259-7003. You may also visit the Festival Office at 58 East 300 South, Moab, UT 84532.



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MOAB AREA EVENTS CALENDAR



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 Scenic - \$89 3hrs
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435-259-5538 www.moabjett.com
 50 W. 400 N. Moab info@moabjett.com

August Events

- 1-3 **Blu Pig Live Music** – Thurs Aug 1 & Fri Aug 2 Scott Ibex, Sat Aug 3 Gigi Love. Music starts at 7:00 pm at 811 South Main St. For more information call 435-259-3333 or visit us at www.blupigbbq.com.
- 1-3 **Buck's Grill House Live Music**- Thurs Aug 1 Eric Jones, Fri Aug 2 Sand & Sunnie Sheff, Sat Aug 3 Scott Ibex. Music from 7-10pm on our beautiful secluded patio. Located at 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.
- 2-10 **San Juan County Fair** - San Juan County Fairgrounds, E Highway 491, Monticello, Utah. See ad on pg 12B.
- 3 **Bark 'n Bubble Dog & Car Wash** - Saturday August 3rd, 10am-1pm, ALCO Discount Store, 1145 S. Highway 191. Minimum donation of \$10 goes to The Humane Society of Moab Valley so bring your muddy pup or Pontiac over for good old fashioned washing! Please contact us if you would like to volunteer 435-259-4862. See ad on pg 19B.
- 3 **The Moab to Monument Valley Film Commission** invites you to watch a series of local shorts created by local youth in a Spy Hop workshop. Starting at 11am, Star Hall, 159 E. Center Street.
- 3 **Live Entertainment. Moab's Dog and Pony Show**- Magic with Rick Boretti, live music, Comedy with the Uranium Players, Fire Dancing with Blazing Outlaws, With host Sand Sheff--at Moab Backyard Theater 56 West 100 South (behind Zax downtown). Kids are Free. Adults \$10 at the door. 8pm. See ad on 5A.
- 3 **Free Moab Documentary Screening—Open to the Public. The Desert River Bends** is a short documentary about the lives of three middle aged river guides in Moab, UT. Shot during the historic high-water year in 2011, we follow Jay, Dave, and Isaac as they navigate pristine sections of the Colorado River. "Before Jay, Dave, and Isaac lived out of a rundown trailer, they followed the traditional American lifestyle. Years later, these three seasoned river guides show what it means to live a truly alternative lifestyle as they raft the pristine rivers around Moab, UT." 8pm, Star Hall, Moab, UT. Running time: 30 mins. In association with The Moab to Monument Valley Film Commission.
- 4-5 **Westwater Canyon: Whitewater Drops in the Black Rocks:** Explore this wonderful canyon, a Wilderness Study area, with CFI Naturalist-Guides; small group, side canyon hike, behind the scenes stories, history, geology and exciting whitewater too! 17 mile river trip offers an insider's perspective on Westwater Wilderness Study Area at a slower pace. Geology for the layman, how the river now flows through the black rock "roots of the Ancient Rockies!" For younger folks, we do some of our fun-to-learn science activities and games. 6 miles of exciting Class III-IV rapids. Trip meets at 9 am at CFI headquarters in Moab and returns by 6 pm the second day. \$400 Adult \$320 Youth 12- 17 plus \$10 BLM Special Area Fee. <http://cfimoab.org/trips/westwater-canyon-river-trip/> or call Canyonlands Field Institute at 435-259-7750.
- 6 **Moab Garden Club** monthly meeting. We are excited this month to tour the garden of Mary Wilson. Her artistry in creating a ever changing visual delight is sure to captivate us all. Garden Club is open to anyone who enjoys getting their hands dirty or just looking at local flower and vegetable gardens. 7:00p.m. 2940 Old City Park Rd. Contact Tricia Scott at 1-435 249-4959 or email moabgardener@yahoo.com.
- 6-9 **La Sal Mountains Explorer Base Camp:** An eco-adventure for kids that want to combine a fun time outdoors with learning cool stuff about our woods and wildlife. 4 days, 3 nights camping in the La Sal Mountains. For kids entering grades 5-8. Small groups, 1:6 instructor to youth ratio. \$150 per 3-day session, \$100 for Grand County students. Trip includes: Transportation, tents, meals, land use permits, and fun hiking, games and nature activities. 10% discount for siblings. Scholarships available for qualifying Grand County students. <http://cfimoab.org/trips/la-sal-mountains-explorer-base-camp/> or call Canyonlands Field Institute at 435-259-7750.
- 6, 10 **Buck's Grill House Live Music**- Tues Aug 6 Bridget Otto, Sat Aug 10 Scott Ibex. Music from 7-10pm on our beautiful secluded patio. Located at 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.
- 7 **Free Line Dancing** - Need to spice up your exercise routine? Join us every Wednesday at the Grand Center at 11am. For more info contact Susan at 435-260-8097.
- 8 **Ellen Morris Bishop - Climates Through Time: What The Geologic Past Of The Canyonlands and Beyond Can Teach Us About Our Future:** Climate scientists have raised dire warnings about the onset and consequences of climate shifts unprecedented in human history. To some, the geologic record indicates that climate change is a "normal" or natural occurrence. While geologists have a mantra that the present is the key to the past, Ellen strongly believes that the past is also a key to the future. Canyonlands Natural History Association (CNHA), Museum of Moab Lecture Series. Moab Information Center, Corner of Center & Main, 6:00 pm.
- 8, 10 **Blu Pig Live Music** – Thurs Aug 8 & Sat Aug 10 Scott Ibex. Music starts at 7:00 pm at 811 South Main St. For more information call 435-259-3333 or visit us at www.blupigbbq.com.
- 9-10 **George Geer Memorial Car Show** - Friday at Angel's End Zone 309 N. Broadway, Saturday at Centennial Park, Cortez, Colorado. Show proceeds will be donated to the families of American servicemen & women. For more info call Sandi 970-560-2572.
- 9-10 **Women's Redrock Music Festival** - "Music by Women for Everyone" Friday 6pm-10pm, Saturday 1pm-10pm. Torrey, Utah. Robber's Roost Bookstore (outdoor venue). 185 West Main, Torrey Utah 84775 - Friday \$35, Saturday \$45, Both \$80 - To purchase tickets and for complete details please visit our website at www.redrockwomensfest.com. See article on 7A and ad on 4B.

WEEKEND TOURS

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Moab's Ancient Past Rock Art Tour
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 8:30am to 12:30pm

Sunset Tour of Arches NP
 Fridays, Saturdays, Sundays
 4:00pm to 8:00pm*

*Tour time changes with the seasons.

Call CFI to register:
435-259-7750
 info@cfimoab.org

CFI is an outdoor education nonprofit organization.



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- Group Cycling Classes
- Child Care

Open Swim

374 Park Ave (435) 259-8226
 Visit website for fees & schedules
www.moabcity.org/mrac



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
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 Annual Passes are \$75

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DEADLINE for SEPTEMBER Events Calendar: AUGUST 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

- 10 Nature Photography Boot Camp** - Join local pro photographer Bret Edge on a fun and intensive one day photography workshop designed to give novices the tools needed to make dramatic landscape images. For more info visit www.bretedge.com or call 602-571-4170.
- 12-17 Moonflower Community Cooperative** is hosting week long events celebrating their transition to a cooperative. See ad and article on pg 1B.
- 13-17 Buck's Grill House Live Music**- Tues Aug 13 Bridget Otto, Thurs Aug 15 Gigi Love, Fri Aug 16 Sand & Sunnie Sheff, Sat Aug 17 Eric Jones. Music from 7-10pm on our beautiful secluded patio. Located at 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.
- 14 Free Line Dancing** - Need to spice up your exercise routine? Join us every Wednesday at the Grand Center at 11am. For more info contact Susan at 435-260-8097.
- 15 ReBecca Hunt-Foster - Dinosaurs of Canyon Country:** Join Paleontologist ReBecca Hunt-Foster for an evening of discovery. Canyon Country is world famous for its Mesozoic fossils and has some of the most extensively studied dinosaur bearing units in the world. Canyon Country is one of the best understood areas of mid-Mesozoic terrestrial exposures anywhere in the world. Canyonlands Natural History Association (CNHA), Museum of Moab Lecture Series. Moab Information Center, Corner of Center & Main, 6:00 pm.
- 15 Free Film: Invisible War** - The Grand County Public Library and the Utah Film Circuit: Moab present The Invisible War. This award-winning film is a groundbreaking investigation into one of America's most shameful and best kept secrets: the epidemic of rape in the military. Join us for a post-film Q & A with director Kirby Dick. Star Hall 159 E Center St at 7 pm. For more info go to moablibrary.org or 435-259-1111.
- 15, 17 Blu Pig Live Music** – Thurs Aug 15 Scott Ibex, Sat Aug 17 Gigi Love. Music starts at 7:00 pm at 811 South Main St. For more information call 435-259-3333 or visit us at www.blupigbbq.com.
- 16-18 Helper Arts & Music Festival**- Artist Marketplace, Children's Art Yard, Music & Dancing and much more. For more info visit www.helperartsfest.com. See ad on pg 8B and article on 15B.
- 20-24 Buck's Grill House Live Music**- Tues, Aug 20 Dave Steward, Thurs Aug 22 Eric Jones, Fri Aug 23 Sand & Sunnie Sheff, Sat Aug 24 Gigi Love. Music from 7-10pm on our beautiful secluded patio. Located at 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.
- 21 Free Line Dancing** - Need to spice up your exercise routine? Join us every Wednesday at the Grand Center at 11am. For more info contact Susan at 435-260-8097.
- 22, 24 Blu Pig Live Music** – Thurs Aug 22 Scott Ibex, Sat Aug 24 Chris Lindell. Music starts at 7:00 pm at 811 South Main St. For more information call 435-259-3333 or visit us at www.blupigbbq.com.
- 23 Open Mic Night and Delicious Potluck** sponsored by Moab Poets and Writers. This event starts at 6:30. Special invites to: locals and visitors - old-timers and those new-to-Moab - introverts and extroverts - hikers, bikers and boaters. Read your poetry, songs, or short prose or just relax and listen at Eklecticafe, the venue that started it all. For more info 435-259-7986.
- 24 Moab Bull Challenge** - A pro-level bull riding event, this is the Lane Frost Challenge Tour Finals of 2013. Old Spanish Trail Arena (3641 S. Hwy 191) - Gate opens @ 6pm, show starts @ 7pm. For more info visit lanefrostchallenge.com or call 435-454-3549. See ad on 14A and article 19A.
- 25 Fee Free National Park Days** - NPS Birthday - The Southeast Utah Group of the National Park Service (Arches and Canyonlands National

Parks and Hovenweep and Natural Bridges National Monuments) is joining all national parks across the country in waiving entrance fees several days in 2013 as a way to encourage people to get outdoors and spend time with their friends and family in the national parks this year. For more info visit nps.gov/arch/parknews/news121112.htm or call 435-259-8825.

27-31 Buck's Grill House Live Music- Tues Aug 27 Bridget Otto, Thurs Aug 29 Dave Steward, Fri Aug 30 Sand & Sunnie Sheff, Sat Aug 31 Scott Ibex. Music from 7-10pm on our beautiful secluded patio. Located at 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.

28 Free Line Dancing - Need to spice up your exercise routine? Join us every Wednesday at the Grand Center at 11am. For more info contact Susan at 435-260-8097.

29-31 Blu Pig Live Music – Thurs Aug 29 & Fri Aug 30 J.P. Wipple, Sat Aug 31 Gigi Love. Music starts at 7:00 pm at 811 South Main St. For more information call 435-259-3333 or visit us at www.blupigbbq.com.

8/29-9/9 21st Annual Moab Music Festival - the Moab Music Festival brings world-class musicians to stunning red rock venues around Moab, UT for a feast of chamber music, jazz, and traditional music concerts. We call it "music in concert with the landscape," celebrating old and new chamber music, jazz with a Latin flavor, and traditional music from around the globe. For more info visit www.moabmusicfest.org or 435-259-7003. See article on pg 3A and ad on 16B.

8/31-9/1 Moab Artists Studio Tour - visit the homes and professional studios of 23 artists at 15 locations. It is an opportunity to observe and ask questions of your favorite artists. Tour runs from 10am-4pm both days. For more info visit www.moabstudiotour.com. See article on 15A and ad on 2A.

September Events

2 LABOR DAY

1-6 Women: Wild by Nature River Trip: Join CFI's Director Karla VanderZanden on this special women-only annual event. 5 Days and 5 Nights - 1-night orientation stay at Recapture Lodge in Bluff, UT, plus a four-night adventure on the Lower San Juan exploring deep river canyons and beautiful landscapes. Class I-III rapids make for an exciting trip with plenty of time for relaxation. Adults and 16+ are welcome. Memorable time with mom, grandmother or that special "aunt" or mentor. Group limited to 12, plus guides. Hikes offer natural and cultural history, river stories, and time for nature walks and journaling. We share readings from Ellen Meloy, Ann Zwinger, Terry Tempest Williams, and others who write creatively and passionately about the canyon country. Optional morning stretching. \$1,100 plus \$12 BLM Special Area Fee. <http://cfimoab.org/trips/women-wild-by-nature-river-trip/> or call Canyonlands Field Institute at 435-259-7750.

4 Free Line Dancing - Need to spice up your exercise routine? Join us every Wednesday at the Grand Center at 11am. For more info contact Susan at 435-260-8097.

7 15th Annual Harvest Beer Festival in Cortez; hosted by Montezuma Land Conservancy, music, kids activities, drawings, more. 5-9pm. For info: harvestbeerfest.com and see ad on 5B.

7-8 The Lost World of Range Creek:

Archaeological paradise: rare opportunity to see pristine prehistoric Fremont rock art and sites in-depth with plenty of time to explore. Two days with vehicle tour, hikes, and camping, evening program, all meals. Located in the Book Cliffs between Green River and Price, Utah, Range Creek canyon has been recently opened to research and restricted vehicle access after careful protection by local ranching family for many years. Small group, comfortable vehicle supported camp, longer trip allows quality time for exploring, hiking, discussion. \$400 Adults and youth 16+ <http://cfimoab.org/trips/range-creek-archaeology-sep/> or call Canyonlands Field Institute at 435-259-7750.

11 Free Line Dancing - Need to spice up your exercise routine? Join us every Wednesday at the Grand Center at 11am. For more info contact Susan at 435-260-8097.

14 MRAC ATTACK Mini-Triathlon- 9:00 a.m. at the Moab Recreation and Aquatic Center (MRAC) 374 Park Ave. There are 3 categories: Elite, Open, and Youth under age 12. Awards will be

2013 MOAB EVENTS

- Aug. 29-Sept. 9 . . . Moab Music Festival
 August 23 & 24 . . . The Lane Frost Bull Ride Challenge
 September 20-22 . . . Moab Century Tour
 September 25-29 . . . Red Rockin' ATV-UTV
 September 25-29 . . . Mother of All Boogies (skydive)
 September 27-28 . . . Moab Pride Festival
 October 4-12 . . . PleinAir Moab
 October 10-12 . . . Rock Gem & Mineral Show
 October 20 . . . The Other Half
 November 1 . . . Day of the Dead Celebration
 November 2 . . . Moab Trail Marathon
 November 1-3 . . . Moab Folk Festival
 December 6-7 . . . Grand Center X-mas Gift Fair
 December 6-7 . . . MARC Holiday Gift Fair
 December 7 . . . Winter Sun Run 10K

given for the top five places in each of the three categories for both males and females. See ad on pg 15B.

18 Free Line Dancing - Need to spice up your exercise routine? Join us every Wednesday at the Grand Center at 11am. For more info contact Susan at 435-260-8097.

20-22 Moab International Film Festival- Dramatic documentaries, environmental landscapes, outdoor action, and more. For more info visit moabfilmfestival.org or call 407-233-8290. See article and ad on pg 13B.

21 Moab Autumn Run – A 10K / 5K / KIDS' K benefit run for Moab Charter School students and the Grand County High School Boys and Girls Cross Country Teams. All proceeds go to these two organizations. Participants in all 3 runs will receive a t-shirt, finishing medal, and end-of-run refreshments. Races begin and end at Swanny Park in Moab. For more info visit moabautumnrun.org or call 435-259-2277.

25 Free Line Dancing - Need to spice up your exercise routine? Join us every Wednesday at the Grand Center at 11am. For more info contact Susan at 435-260-8097.

25-29 Red Rockin' ATV & UTV trail rides, skill clinics, machine rodeo, dinner, raffles, prizes, and vendors. Old Spanish Trail Arena (3641 S. Hwy 191). For more info visit moabatv-utv.com or call 435-260-9628.

25-29 Skydive Moab's 10th annual Mother of All Boogies (M.O.A.B.) - We're celebrating our 10th year in business at Skydive Moab with our biggest skydiving festival yet. This event will be held at Skydive Moab (Canyonlands Airport off Highway 191). \$15-\$45 registration fee; \$200-\$235 per tandem jump. For further information visit our website at www.skydivemoab.com or call 435-259-JUMP (5867).

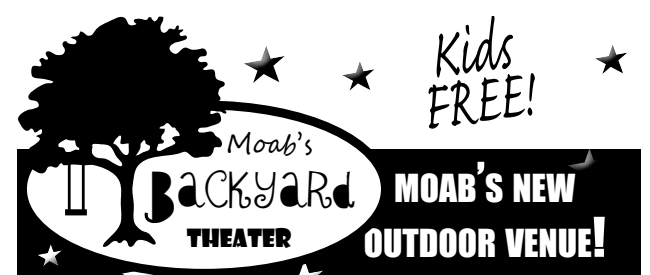
28 Navajo Rug Auction - 1pm at the Grand Center, 182 North 500 West. Appraisals & preview from 9am-noon (appraisals \$10). Sponsored by Canyonlands Natural History Association and benefits Navajo weavers & research on public lands. www.cnha.org or 800-840-8978 x10. See ad on pg 1B and article on 8B

GRAND CENTER GIFT FAIR

Friday Dec. 6th 4-8pm &
 Saturday Dec. 7th 9-3pm

Vendors Wanted-Applications available at the Grand Center, 182 North 500 West, Monday thru Friday between 9am and noon. Booths are limited, First Come, First Serve.

A fundraiser for the RSVP Volunteer Program and the Grand Center.



Aug: "Dog Daze" 1/2 price tickets! Adults \$5 at the Gate!

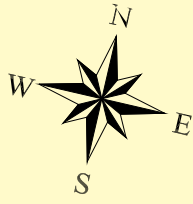
SATURDAY MOAB'S DOG NIGHTS: & PONY SHOW • MAGIC • MUSIC • COMEDY

MONDAY AUGUST 19TH: MUSIC FOR A CAUSE Free for all ages. Donations accepted.

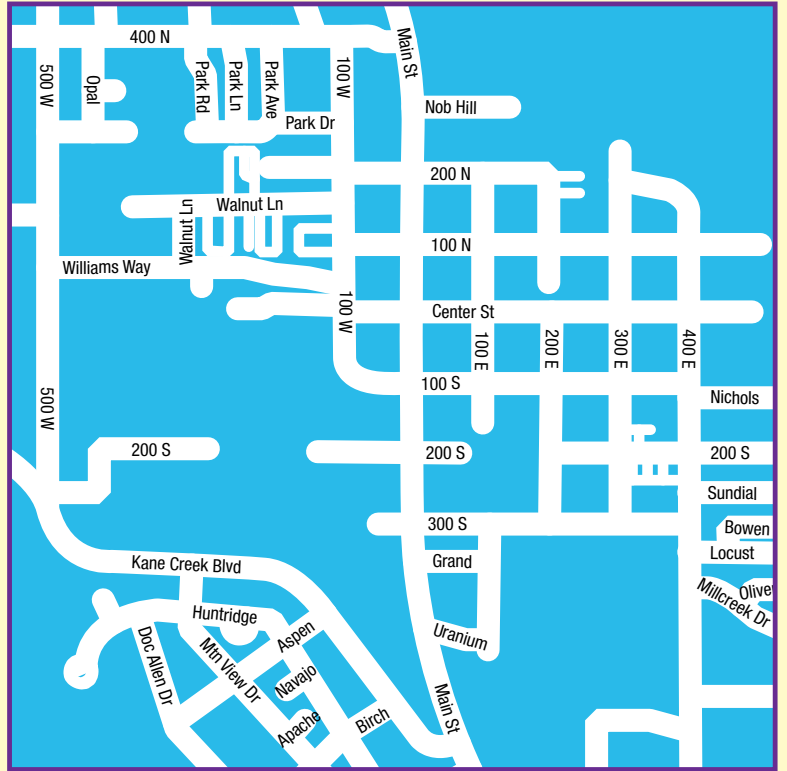
visit moabbackyardtheater.com for more events & show details/schedule.

To: Arches Canyonlands I-70 Grand Junction
Colorado River Hwy 128

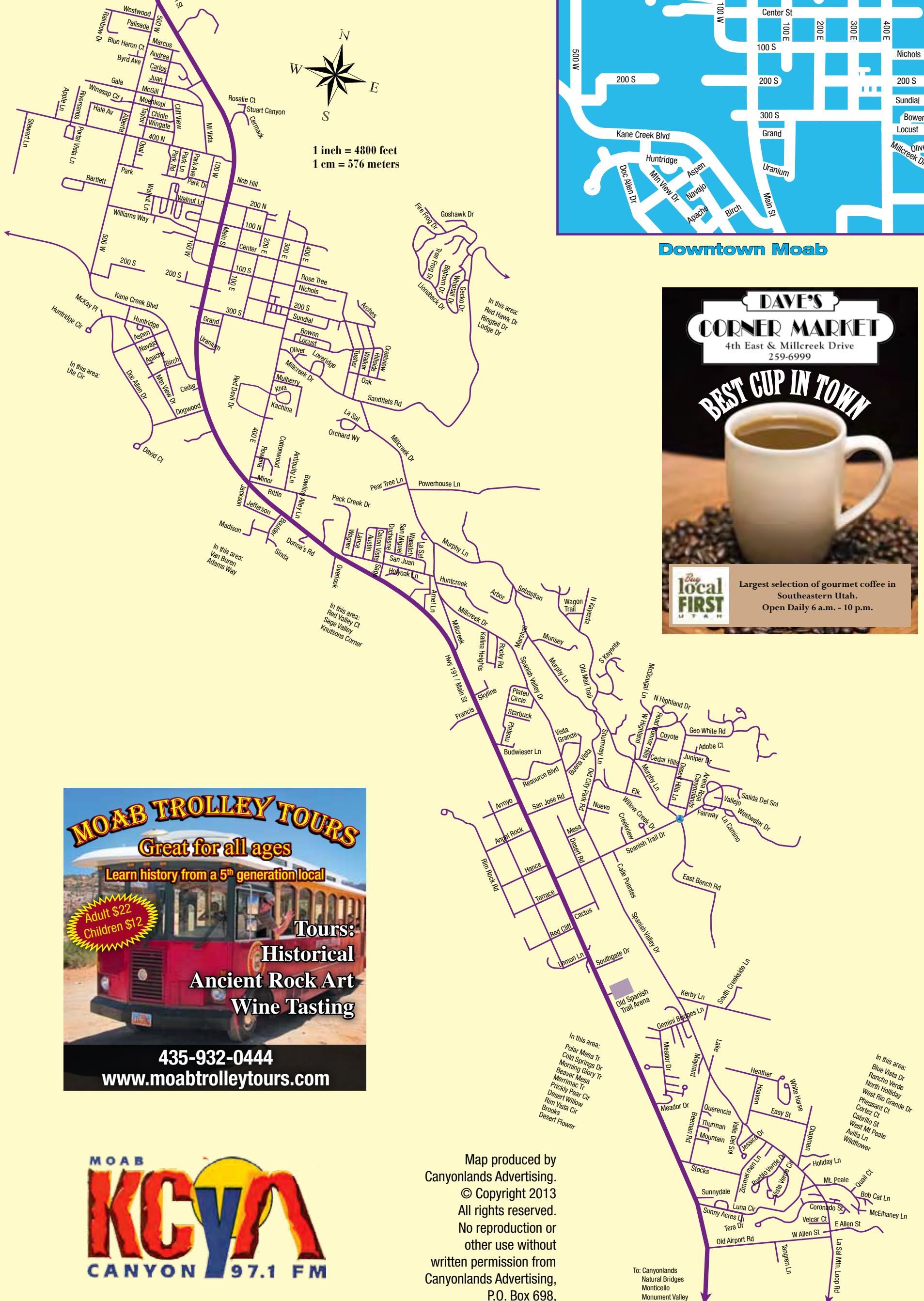
MOAB, UTAH



1 inch = 4800 feet
1 cm = 576 meters



Downtown Moab



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4th East & Millcreek Drive
259-6999

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www.moabtrolleytours.com



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P.O. Box 698,
Moab, Utah 84532

WOMEN'S HAPPENINGS

Young Utah Artist Takes the Stage at the 7th Annual Women's Redrock Music Festival

The musical talent that comes from 13 year old Sophia Dion, from Park City, Utah, is undeniable. She is the youngest musician to perform at the 7th Annual Women's Redrock Music Festival at Robbers Roost Bookstore in Torrey, Utah, Aug 9 & 10th. Sophia takes the stage on Saturday at 3 pm.

Sophia comes from musical roots. Her grandmother Mavis Dion, now 92, was a professional singer in the 40's and 50's in Canada and is able to enjoy watching her granddaughter take the stage and delight the audience. Sophia found her voice and passion for music at an early age while singing Aretha Franklin ("Chain of Fools"), Elvis ("Devil in Disguise"), and Disney show tunes.

At age 11, Sophia performed at the Sundance Film Festival, and has since been invited back every year. For a 6th grade community service project she raised money for the non-profit organization Music Therapy, which provides musical instruments to children in hospitals. She raised \$1000, and when the head of the non-profit heard her sing he invited her to perform for its largest fundraiser in Nashville at the iconic venue 3rd & Lindsley. She performed on stage with Grammy winners and blues legends.

That night she was discovered by the owners of Bedell and Breedlove Guitars, who immediately signed her, becoming youngest artist ever signed. The next day they gave her a beautiful new guitar. She stayed up all night playing and was inspired to write her first song "I just wanna sing."

Sophia is a modest, down to earth, normal 8th grader. She is, in fact, quite shy until she's put on a stage. When not playing her music, she loves to hang with her friends, ski, and just be a kid. She plays several instruments, guitar, piano, stand-up bass, and ukulele. Her favorite musicians are KT Tunstall, Jason Mraz, Sara Bareilles, and other Indie women songwriters.

Last summer Sophia spent most of her time in Nashville. She performed at a number of venues, and produced her first music video "I just wanna sing." This summer she worked with a song writer in NYC, and completed four new songs. She recently got to assist in the design of her own custom Bedell guitar in Bend, OR.



Throughout August Sophia will be performing in Utah. Her website has a calendar of events and further information: www.sophiadion.com

Sophia is excited forward to perform along with the amazing musicians for the 2013 Women's Redrock Music Festival. For more information and tickets go to www.womensredrockmusicfest.com.



PACKAGING SERVICES

- BOXES/30 SIZES
- BUBBLE WRAP
- LABELS/TAPE
- SHIPPING PEANUTS

MOAB MAILING CENTER

375 South Main
Open Mon - Fri 8 am to 6 pm
Saturday 9 am to 5 pm

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	Native Spirit	KZMU OVERNIGHT		Art of the Song	KZMU OVERNIGHT		Desert Diva	7:00
8:00		DEMOCRACY NOW						8:00
9:00	Jah Morning Reggae	Moab Mamas (everything)	MOAB MORNING BLEND			Blue Plate Special (blues/rock)	Shine Time (Children)	9:00
10:00			Amarillo Highway	Tilted Park (Americana Classic Rock)	Apokalypse Cabbage/ Mixed Tape			10:00
11:00			radio mmm... (Classic Indie)	Horizon Line	Random Toonage			Trailer Park Companion / Wayward Wind
Noon	Grass is Greener (Bluegrass)	The Skye's the Limit (rock-blues-unreleased)	Planet Picante	Bait and Switch	Roots, Music Express	The Trading Post (call-in Buy/Sell)	Ain't Live Grand? (live recordings)	Noon
1:00								Radio Mundial Radio MOONdial
2:00	Red Rock/ Potluck (Classical)	Alternative Radio	Pirates & Poets	Moab Drive Time	Moab Drive Time	Fire on the Mountain	Belagaana Review (fruit and nuts)	2:00
3:00								This Week in Moab (Interviews / Calendar)
4:00	West of Broadway/ Concert in the Park	Big Swing Face (big band jazz) The Watering Hole (blues)	Moab City Council Detroit Rebellion	Thin Edge (jazz)	Rock Garden (rock)	The Rainbow Room/ Funky Soul Jam	Main Street Cruise!	4:00
5:00								MOAB AFTER HOURS
6:00	Entre Las Piedras (Between the Rocks)	Transitions Radio	Conscious Party	Liberty Jam	Pandora's Box	Beat Monkey	Ill Beats Radio	6:00
7:00								KZMU OVERNIGHT
8:00							11 th hour or music from underworld	8:00
9:00								9:00
10:00							10:00	
11:00							11:00	
12:00							12:00	

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

COWBOY HAPPENINGS

Head 'em up and Move 'em out to

The Bar-M Chuckwagon's Live Western Show & Cowboy Supper

What is the Bar M Chuckwagon? Now in its twenty first year, the Bar M Chuckwagon is Moab's own unique western dinner theater. It's a fun, family-oriented, evening activity that is set in an "old west town" just outside Arches National Park. More than a hearty meal, the Bar-M Chuckwagon is great experience for folks of all ages and features a wild-west gunfight, a delicious cowboy supper and a professional western music and comedy show featuring the "Bar-M Wranglers."

For cowboys in the old west, the "chuck" or food wagon was an essential part of any cattle drive. It carried all of the supplies and food the cowboy's would need during their journey. The camp cook (or "cookie") would prepare and serve all of the cowboy's meals from the chuck wagon. After the evening meal, cowboys would sing songs around the campfire to pass the time and calm the cattle for the night. The concept for the modern chuck wagon restaurant sprung out of these traditions. At the Bar M Chuckwagon you can leave your cares behind, go back in time and re-live the days of the American Cowboy!

Just five miles north of the entrance to Arches National Park on Highway 191, pick up your tickets at "Doc's Medicine Wagon" in the parking area, and then head down the trail to the "Bar-M town." Don't forget to pay your respects at "Boot Hill" along the way. The ticket booth and grounds open at 6:30 pm. Arrive early enough to belly up to the Saloon for a cold one and browse through the Primrose Emporium full of western souvenirs and more.

The wild and wacky gunfight begins around 7:00! After the smoke clears, everyone enters the large barn-style dining hall to get ready for the Cowboy Supper. The mouth watering Cowboy supper begins at 7:30 sharp and is served trail-style on metal plates and cups. You get a choice of sliced roast beef in barbecue sauce or barbecue chicken served with baked pinto beans, baked potato, cinnamon

applesauce, buttermilk biscuits, and spice cake. Cowboy coffee, lemonade and iced tea are included. There's seconds as well. A vegetarian option is available with advance notice.

After supper, the "Bar-M Wranglers" take the stage and perform a high-energy, professional western stage show full of fabulous vocals, thrilling instrumentals, ranch-style humor and audience participation. The "Wranglers" are Alan and Valerie Brown, Clay Maxam, and David Steward. They have recorded 2 CD's.

Two members of the "Bar-M Wranglers" are your hosts and owners of the Bar-M Chuckwagon, Alan Brown and Valerie Hunt Brown.

Alan and Valerie both sing, yodel and play several musical instruments. Valerie and Alan met and married in Nashville, Tennessee. Originally from Salt Lake City, Valerie was a recording artist on MCA Records with the music/comedy trio "Ethel & the Shameless Hussies." Alan is a singer/song writer, the Sheriff in the gunfight and is also the Camp Cook. Originally from Illinois, he toured with the internationally famous group "Up With People." In 1992, Alan and Valerie moved from Nashville to Moab and took over the Bar-M Chuckwagon.

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.

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. Dave does the vocal arrangements for the group. He has 2 CD's of original music and a CD of classic cowboy songs.



Alan Brown, Valerie Hunt Brown, Dave Steward, Clay Maxam

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. Admission price includes dinner, live western show, games, gunfights, and gratuity: \$31.78 plus tax for adults, children four to twelve years old are half price and kids three and under are free. Call 259-BAR-M (2276) for reservations or visit their website at www.barmchuckwagon.com. Call today and Join the Fun!

The Sheriff's on the scene!

Outlaws in a gunfight!



Best Rafting Value in Town!



WORLD WIDE RIVER EXPEDITIONS



Come join us for an exciting rafting adventure!

- Free use of two-man inflatable kayaks (with trip purchase - based on availability)
- Half Day trips \$45/Adults & \$35/Youth (age 17 and under)

In Moab Call: **259-7515**

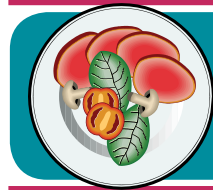
or

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

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

10% discount
on your next trip!

(Must be mentioned at time of reservation by phone or you can use discount code MH13 for online reservation)



RESTAURANT GUIDE



GOT BEER? WE HAVE COLD BEER TO GO

FULL STRENGTH BEER FROM OUR PACKAGING AGENCY
Open Daily at 11:30 am

NOAB BREWERY
UTAH

16 oz 4-Packs

5.5% ABV

7% ABV

8-8.59% ABV

686 S Main St • www.themoabbrewery.com

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.

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

Moab Brewery beer is available at other restaurants in town. Many



flavors are on sale at retail stores in Moab as well in the Salt Lake City area.

Two upscale lounges are 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. Moab Brewery now has a package agency open every day at 11:30 am where you can purchase their new higher volume beer selection.

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."

CELEBRATING 33 YEARS!
SPICING YOUR LIFE SINCE 1981

LA HACIENDA
Restaurant

OPEN DAILY 11AM

DAILY SPECIALS VEGETARIAN FRIENDLY

574 NORTH MAIN, MOAB
435-259-6319
STATE LIQUOR LICENSEE

Singha
Authentic Thai Cuisine

Lunch: Monday - Saturday 11-3
Dinner: Monday - Saturday 5-9:30
Closed Sunday

Now Serving Beer, Wine & Saki

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

BROKEN OAR
RESTAURANT

53 West 400 North
(435) 259-3127
Open nightly at 4 pm.
Closed on Sundays
Home of the sweet potato fries

Steaks • Seafood • BBQ • Pasta
Burgers • Sandwiches • Wraps • Salads
Gluten free & Vegetarian • Beer & Wine

Prime Rib Friday Nights. All you can eat crab legs Saturday Nights.

NEW HIGH-SIDE LOFT FEATURING HOT WING SPECIALS AND PUB STYLE FOOD ALONG WITH FLAT SCREENS

Simply the BEST... Made Fresh
Sandwiches • Soups • Salads

Locals Favorite
Now Serving
Craft Soda

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DESERT DELI

Finest Quality Ingredients in Generous Portions

Dine-In • Phone Orders
Catering and Party Trays available

Mon-Sat 11:00am-close
Closed Sunday

WiFi 435-259-0200 • 98 E. Center St.

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Dine-In & Carryout 11am - 11pm
Delivery 11am - 11pm
Dine in, Carry out, All Day Delivery
7 days a week

Twisted Sisters

Open Tuesday-Sunday
at 11:15am for
lunch & dinner

\$3.00 16oz PBR - All Day/Everyday
Come get "Twisted" with Moab's best
Bloody Mary & other Specialty Drinks!!
with purchase of food

BEST ROOF-TOP PATIO IN TOWN

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BRANDING IRON

Backdoor Bar • Now Open
Karaoke • Every Sat. Night

Prime Rib • Wed., Fri. & Sat.
Ribs • Tues. & Thurs.

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RESTAURANT GUIDE





Jeffrey's
STEAKHOUSE
 CASUALLY UPSCALE
 CLASSIC STEAKHOUSE FARE

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 JUST SLIGHTLY OFF MAIN

**WE ARE PROUD TO SERVE
 LOCAL ORGANIC PRODUCE
 WHEN AVAILABLE**

OPEN 5:00PM
 CALL FOR RESERVATIONS
 ENJOY OUR PATIO
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 STATE LIQUOR LICENSEE

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 ORGANIC COFFEE
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Carnivores,
 Herbivores,
 Omnivores!
 Vegetarian
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Breakfast • Lunch
 "Best Desert Oasis" Salt Lake City Magazine

HOURS
 Mon-Sat 7am-2:30pm • Sun 7am-1pm
 352 North Main, Moab • 435-259-6896

Buck's Grill House

Steaks & Game
 Vegetarian & Southwest Cuisine
 Open daily 2:00pm to close

Vista Lounge
 "Feed Your Spirit"

Craft Beers • Fine Spirits & Live Music
 For a schedule of live music, go to www.bucksgrillhouse.com
 1393 N. Highway 191 • 435-259-5201

Authentic Mexican Food
FIESTA MEXICANA

Newly Remodeled Patio w/ 4 TV's
 Large Parties Welcome Childrens Menu Available

Lunch Specials - All \$6.25
 All Served with Rice & Beans
 Monday: Burritos ~ Beef or Chicken
 Tuesday: Enchiladas ~ Beef or Chicken
 Wednesday: Chimichanga ~ Beef or Chicken
 Thursday: Enchiladas Suiza ~ Beef or Chicken
 Friday: Taco Enchilada ~ Beef or Chicken

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Best Mexican Food in Town
 Sun-Thur 11-10 Fri & Sat 11-11
 202 So. Main St. Moab, Utah 259-4366
 FiestaMexicanaRestaurants.com

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

Blu Pig
 811 S. Main 435-259-3333
 Lunch • Dinner • Take Out
 Open Daily 11:30-close
 Moab's Newest - Blu Bar - Coming Soon. Moab's only BBQ and Blues destination. We have created a casual, laid back establishment that you'll want to come back to again and again. Smoking your favorites all day, every day. LIVE MUSIC-Fri.-Sat. Our covered patio, dining and internet bar are just some of the extras we offer for your enjoyment and convenience. Large Screen HD TV's. Don't forget to try the smoked pecan pie, it'll blow your mind!! Take out available. Ice cold beer. State liquor license. Moab's largest selection of Uinta Brews.

Brewed Awakenings
 1146B South Hwy 191 435-260-8045

Broken Oar
 53 West 400 North 259-3127
 Open Nightly at 4pm
 Closed Sunday
 Come join us on our lit patio or dine by our stone fire place. New this 2013 the high side loft with hot wing specials and other pub style food with flat screens to be sure you don't miss the big game! Enjoy a local beer or glass of wine, and experience our wide variety of home made food and desserts. We are proud to have many gluten free items on our menu and vegetarian options as well.

Buck's Grill House & Vista Lounge
 1393 North Highway 191 259-5201
 Dinner
 Open Daily at 2:00 pm till close.
 Don't think you can find casual elegance in the desert? Think again. Buck's Grill House offers fine dining in a relaxed, yet elegant atmosphere with some of the best food in the West. For a special evening out, this is the place to share an exceptional meal with your favorite friends. You'll never be disappointed at Buck's. Serving full dinner menu and early bird BBQ. Vista Lounge is a sophisticated adult environment offering cocktails along with dining. Check website for live music schedule. www.bucksgrillhouse.com

Burger King
 606 South Main 259-2700

Cabo Grill
 396 South Main St. 259-6565

China Cafe
 812 South Main 259-7933

City Market
 425 South Main 259-5181

CK Desert Ice
 89 North Main

Cowboy Grill at Red Cliffs Resort
 16 Miles up Highway 128 259-2002
 Breakfast • Dinner
 River front TABLES inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make your reservations for weddings and private parties.

Crystal's Cakes & Cones
 26 West Center St. 259-9393

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

Desert Bistro
 36 South 100 West 259-0756
 Dinner
 Open Tuesday - Sunday 5:30 pm - 9:30 pm
 Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at our new location. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Covered and open outdoor patio dining. Full liquor license. Reservation highly recommended.

Eddie Mcstiff's
 59 South Main Street 259-2337
 Open Lunch • Dinner
 Established in 1991, Eddie Mcstiff's is a long time local favorite with a variety of comfortable indoor and outdoor family friendly environments. Eddie's boasts Moabs largest selection of microbrews and high point bottled beers, come and enjoy one in our newly remodeled bar and lounge. We strive to use the best organic ingredients and the freshest local produce when available. We are known for our tasty house ground burgers and fresh salads, and steaks, but we also offer several delicious vegan, vegetarian and gluten free options.

EklectiCafe
 352 North Main Street 259-6896
 Breakfast • Lunch
 Mon-Sat 7:00 a.m. - 2:30 p.m.
 Sun 7:00 a.m.-1:00 p.m.
 Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! "Wakame" recently featured in Sunset Magazine, April 2012.

Fiesta Mexicana
 202 South Main Street 259-4366
 Sun - Thur 11am - 10pm • Fri & Sat 11am - 11pm
 Experience the close-up magic of Rick Boretti
 Thursdays and Fridays 7-9pm
 Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio with 4 TV's! Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.25 Full bar. FiestaMexicanaRestaurants.com

Frankie D's Bar & Grill
 44 West 200 North 259-2654
 Lunch • Dinner
 Open Daily 12 am Sundays 11am
 Late night kitchen open until 1 am
 Friendly service, covered outdoor patio, steaks, burgers, BBQ. Over 21 can enjoy a full range of beers, wines and alcohol beverages. Take out orders welcome. Live Weekend Entertainment, 5 flat screen TV's. www.moabfrankieds.com

Jailhouse Cafe
 101 North Main Street 259-3900
 Open 7am - Noon
 Moab's Breakfast Place located in Grand County's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

Jeffrey's Steakhouse
 218 North 100 West 435-259-3588
 Open at 5:00pm Call for reservations
 Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American Kobe Beef. We are proud to serve local organic produce when available. Patio dining. Tucked away upstairs is the Ghost Bar. State Liquor License. Party and event reservations available throughout the week. www.jeffreyssteakhouse.com

La Hacienda
 574 North Main 259-6319
 Lunch • Dinner
 Open Daily 11am
 CELEBRATING 33 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 5 a.m. - 8 p.m.
 Feed your car and your belly 24 hours a day. Featuring Leger sandwiches, a favorite since 1977 and much more. Call in orders welcome. Bio-Diesel also available seasonally May-Sept. Store & Fuel open 24 hrs. Deli & call in orders open 5am-8pm.

Los Dos Amigos
 2728 South Hwy 191 259-1123
 Lunch • Dinner
 Open Sun. - Thurs. 10am to 10pm
 Open Fri. - Sat. 10am to 11pm
 Closed Monday
 Our family owned and operated restaurant serves a range of traditional dishes and some family favorites. Our menu includes appetizers, salads and desserts along with a large selection of main course dishes. Our beverage list includes Jarritos, Tamarindo and Mexican bottled CocaCola. Our banquet room can be reserved for large or small parties. Come enjoy our Family Mexican Restaurant. Full service liquor license. Best Margaritas

Love Muffin Cafe
 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
 Dinner
 Genuine Mexican Cuisine, traditional recipes and methods of Baja California and other states in Mexico. We pride ourselves on fresh food and prepare it as you order it. Great Margaritas and seafood dinners are our specialty. Gluten free & Vegetarian options available. Proud to cook with zero trans fat.

Milt's Stop & Eat
 400 East and Millcreek Drive 259-7424
 Lunch • Dinner
 Open Tues-Sun 11am - 9 pm Closed Monday
 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.miltsstopandeat.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 & Beer to go. Moab's only onsite brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu, house made gelato & root beer. State Liquor Licensee.

Moab Coffee Roasters

90 N. Main St. 259-2725
Open everyday 7:00am - 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! Now offering fresh made pastries, sandwiches and salads from Sweet Cravings Bakery.

Moab Diner & Ice Cream Shoppe

189 South Main 435-259-4006
Breakfast • Lunch • Dinner
Mon-Sat: 6:00 am - 10:00 pm
Fri-Sun: 6:00 am - 11:00 pm
Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners. Our Ice Cream Shoppe features Blue Bunny ice cream.

Moab Grill

540 South Main 435-259-4848
Breakfast • Lunch • Dinner
Open 6am
Enjoy our home style cooking ranging from our 'Cowboy Benedict' in the morning to steaks and seafood for dinner. Our homemade soups, cobblers and espresso and our crazy juicy burgers are good any time of day. Friday Cajun Seafood Boil. Saturday and Sunday - Slow Roasted Prime Rib. Small private meeting room. Internet service, and catch up on the news on 2 flat screens. Full wine and beer menu. Vegetarian and gluten free dishes. Live Music Fri & Sat. New menu items.

Pancake Haus

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

Pantale's Desert Deli

98 East Center 259-0200
Mon-Sat 11:00am-close
Closed Sunday
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. Catering available. Now serving craft soda.

Paradox Pizza

702 South Main St 259-9999
Sunday - Thursday 3-9pm
Friday & Saturday 3-10pm
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

Pizza Hut

265 South Main 259-6345
Dine-In & Carryout 11am - 11pm
Delivery 11am - 11pm
Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up, Dine-in and All Day Delivery. OPEN EVERY DAY

Portal Grill at Moab Regional Hospital

450 West Williams Way

Quesadilla Mobilla

83 S. Main 260-0289

Red Rock Bakery & Net Cafe

74 S. Main Street 259-5941
Breakfast • Lunch
Open Daily at 7am
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Rio Sports Bar & Grill

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90 East Center 259-4455

Singha: Authentic Thai Cuisine

92 East Center 259-0039
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Lunch: Mon - Sat 11-3 Dinner: Mon - Sat 5-9:30
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Slickrock Cafe

5 North Main 259-8004
Lunch - Dinner
11:30 - close

Our legendary restaurant will provide a fun experience in a casual atmospher. Experience our fantastic, friendly service. Enjoy Steaks, Seafood, Appetizers, Gourmet Burgers, Wraps, Sandwiches, Awesome Salads and Freshly Grilled Entrees. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License. Now serving Hand tossed Pizza, Italian pasta dishes. Cassano's has merged with Slickrock.

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Dinner

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(3 miles south of Moab)

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Open Daily
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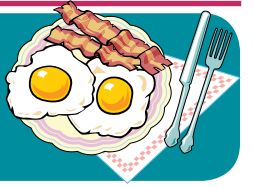
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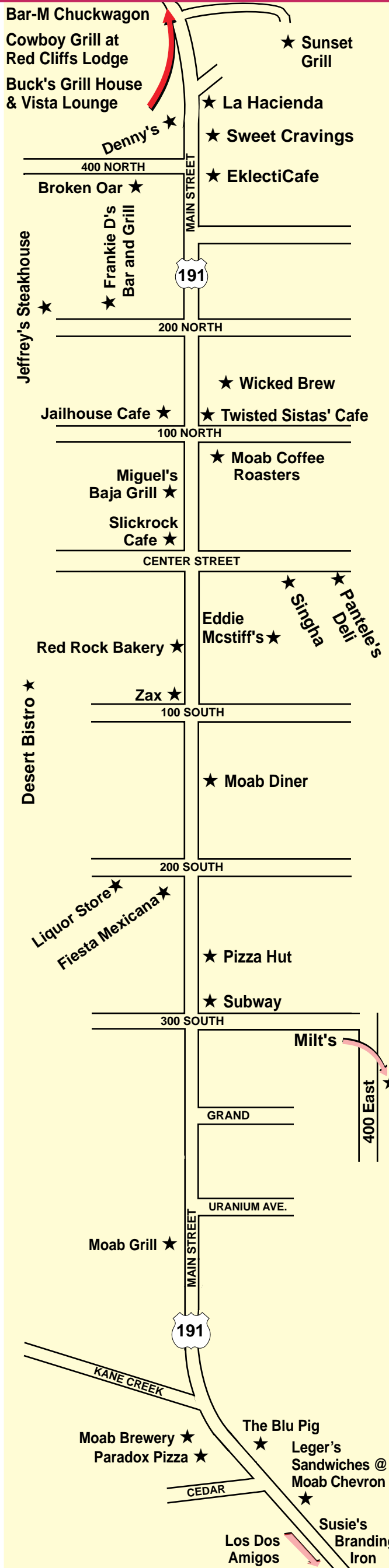


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RESTAURANT GUIDE

RESTAURANT GUIDE

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Buck's Grill House

Buck's Grill House is in the middle of its 18th year! Tim Buckingham, executive chef and owner, is busy turning out creative, new specials, like buffalo Stroganoff, sweet potato goat cheese tamales, and southwestern shepherd's pie, topped off with whipped chipotle sweet potatoes.



Buck's is now open daily at 2:00pm, offering their full dinner menu as well as some discounted BBQ specials. The early bird barbeque deals are available daily until 5:00pm, for those trail or river worn folks who just can't wait till proper dinner time for some good food and ice cold beer.

Buck's features one of the most extensive bars in town, including 8 beers on tap, 22 in the bottle (which include 12 from Utah), 25 wines by the glass, 43 wines available by the bottle, and a variety of liquors (including Absinthe)! The bartenders have been using the slower summer nights to come up with creative, new, refreshing cocktail concoctions. The new staff favorite is the Moab Monsoon, made with fresh local tarragon, gin, citrus, and club soda. Bucks also makes wonderful, homemade



lemonade and ginger beer for a refreshing non-alcoholic choice.



Local appreciation night is every Tuesday. That means if you are sweating it out all summer long, you can get 15% off your food while enjoying some live music! Sorry, the state does not allow any discounts on alcohol. The friendly folks at Buck's hope to see you soon!



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Pick up a copy of the
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

MOAB MENU GUIDE
2013

COWBOY GRILL
MOAB, UT

- BUFFET BREAKFAST 6:30 - 10 AM
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2013

Lane Frost

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2nd annual

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“Moab Bull Challenge”

Saturday

August 24, 2013

Old Spanish Trail Arena



Gates open @6 PM, Show starts @ 7 PM

Will E Thorn Rodeo Clown from Green River WY

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WESTERN IMAGE

Double "E"
Construction

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STUDIO TOUR HAPPENINGS

Ten Years of Moab Studio Tour

The annual Moab Artists Studio Tour will take place on August 31st and September 1st (that's Saturday and Sunday) of Labor Day Weekend. This year a record setting 23 artists in Moab and Castle Valley will celebrate the tour's 10th birthday. That's right! The Moab Studio Tour is one decade old! Like the arts and artists themselves the tour is a testimony to perseverance and creative expression.



Still There. Painting by Tim Morse

The tour gives you the rare chance to see and visit working Moab artists in their native home habitat and to purchase work directly from them. Each will welcome you into the intimacy of their creative environments to share their creative process and finished works with you.

This year's tour includes acrylic painter Jacci Weller, wildlife sculptor Nick Eason, the dynamic oil painting duo of Robin Straub and Phil Wagner, fine art photographer Bruce Hucko, wood and stone sculptor Scott Anderson, gourd artist Bob Ridges, high definition watercolor artist Jonathan Frank and multi-media creative talent North Frank.

The Moab Pastel Guild is back again in full force at a new spot. Check the tour website to find where to visit Margie Lopez-Read, Marsha Modine, Mary Collar, Peggy Harty, Thea Nordling and Larry Thomas at one easy to find location. Showing in their home studio this year are NPS Community Artist in the Parks pastel painter Sarah Hamingson and pastelist Helen Becker.

Oil painter James McKew and Moab art mainstay Tim Morse will be showing and working at the Overlook Gallery on Center Street. And if that's not enough you can



Yeah, ya can. Acrylic painting by North Frank



Desert Primrose. Pastel Painting by Margie Lopez-Read

also be lured to Castle Valley to see the works of multi-media artist Yrma Van Der Steenstraeten and stone and steel master Michael Ford Dunton.

New to the tour this year are stained glass artist Gail Darcey and fabric "regalia" creator Eleanor Inskip.

The arts, combined with a great number of inspiring not-for-profit humanitarian and cultural organizations create a community vitality seldom seen in a western rural town. These organizations and events also contribute to

the economic well-being of Moab. Whether you have come to Moab to bike, hike, paddle, run, jeep or lounge, or are a resident working in your yard, the Moab Artists Studio Tour is a great way to put a little art in your day! The tour runs from 10 AM until 4 PM on Saturday and Sunday. For information on individual artists, links to their websites and to download a printable map visit the tour website: www.moabstudiotour.com.





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HIKING HAPPENINGS

Climbing Laurel Peak – A Long Way Up

by Marcy Hafner

Too early in the morning the clanging of the alarm jars us out of bed. After a quick breakfast, we're out the door and on the road. Already the sun is peeking over the horizon, and the race is on to beat the heat as we instinctively migrate to the cool alpine air in the high country. We are lucky to have the La Sal Mountains, the second highest range in Utah after the Uintas, only a short drive from Moab.

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

From town, it's an eight mile drive south on Highway 191 before taking a left turn for Ken's Lake. At the stop sign we go right on Spanish Valley Drive, which turns into the La Sal Loop Road. Approximately 20 miles from town, we turn right on to the graveled Geysir Pass Road, which is suitable for any vehicle. Then we travel 5.5 more miles for the Gold Basin turnoff.

Once on the Gold Basin Road we drive approximately one mile and park near a campsite with a picnic table. Then I walk a short distance back on the road to locate a marked post at the beginning of the trail. At 10,090 feet I now commence my journey to a sub-summmit on Laurel Ridge referred to as "Pre-Laurel", where a weather station provides an on-line alpine weather report. This is the most common route to the top of Laurel Peak and if all goes well, maybe I'll bag a peak today!

Not far up the trail I surprise a doe with her spotted, wobbly-legged fawn. Mom does not appreciate my intrusion, but Junior curiously trots to within 20 feet of me. Meanwhile Mama is frantically snorting and stamping as she communicates to her child, "Get over here now!" It's a while before Junior, no bigger than a medium-sized dog,

gets the message, and when it finally sinks in, he and his mother abruptly dash off into the wilderness.

After that little drama, I resume my uphill walk through an abundance of wooded meadows filled with a brilliant bouquet of wildflowers. The flashy yellowish-orange sneezeweed, which resembles a sombrero decorated with floppy petals, catches my eye. This intriguing plant received its odd name because Native Americans dried its flowers to induce sneezing to clear out stuffy sinuses.

Eventually the impressive profiles of Mt. Tukuhnikivatz, Tuk No and a faint image of the weather station come into view. Then passing through an opening – firs on one side, aspens

on the other - I arrive at the big meadow and start an upward walk on its slanted slope. Almost to the edge of the trees, I'm keeping a sharp eye out for where this faint trail veers abruptly to the right and continues along the upper edge of the meadow.

At a spot bordered by aspens - a favorite spot of mine - I can't resist settling down for a pleasurable break in this extensive meadow. Lazily I watch heart-shaped leaves stirring with the slightest caress of a breeze as I tune in to the orchestration of birds - a haunting flute song of the hermit thrush - a chickadee's enchanting "dee-dee-dee" - a raucous buzz of pine siskins - and an endless performance of warbling vireos.

Too soon this refreshing pause must end, and I'm poking around to find the continuation of the trail as it enters the shaded, pine-scented firs and spruce. Before long I'm wandering in and out of small meadows, and as footpaths appear and disappear, it is up to me to stay on course and not get lost! I have discovered going down is trickier, but if I stray off the beaten path I can always follow the ridge down to the road.

In the first meadow I strike out for higher ground on an upper trail, the most direct route to Laurel. Further along I'm passing by another meadow filled with the radiant brilliance of golden banner flowers. After that the departure from the big trees is abrupt; suddenly I'm in the tundra.

Once on the wind-swept ridge that travels to the base of Laurel Peak, I can clearly see the long distance still to go!

Passing the last clump of stunted trees, I struggle on to the weather station. At 11,700 feet, it is a treat to observe white butterflies and swallowtails. Another treat to behold in this extreme environment is the exquisite beauty of an isolated patch of blue columbines.

In a saddle I still have 600 more feet to climb and gratefully accept the respite of level ground before starting the grind up again! At this point the peak looks tantalizingly close and yet still feels a million miles away! Trudging up a series of trails through the talus I pass by small pockets of sky pilot flowers, which have managed to eke out a living in this land of rocks.

All right! I've finally obtained my goal. It was a grunt – 2,180 feet in three miles - but at an elevation of 12,271 feet, I am finally standing on the summit of Laurel Peak - the sixth highest in the La Sals! Amazingly flies, butterflies and spiders are here, too!

Breathing hard I plop down on a slanted rock to savor this Top-Of-The-World view of the surrounding peaks - Tuk No, Tukuhnikivatz, South Mountain, Mt. Peale, Mt. Mellenthin and Haystack Mountain. Looking east, I savor a long distance shot of southwestern Colorado. Eying the western vista, I am rewarded with the presentation of Mill

Creek Canyon, Bald Mesa, Boren Mesa, Wilson Mesa, Moab, Ken's Lake, the jagged ridge of Behind The Rocks and the Henry Mountains. The Abajos make their mark on the southwestern horizon, and then turning my attention in a northerly direction, I am gazing over at the Bookcliffs.



I was hoping to linger longer to absorb this sensational scenery, but too soon friendly clouds don't look so friendly anymore. Billowing thunderheads suddenly look downright angry, a clear indication it is time to start heading down - and I waste no time in doing so!



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SKY HAPPENINGS

The Sky for August 2013

By Faylene Roth

SUNRISE AND SUNSET TIMES FOR AUGUST
 (The time of sunrise and sunset assumes a flat horizon. Actual time may vary depending upon the landscape.)

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

MAJOR CONSTELLATIONS OF AUGUST

Overhead

- Aquila
- Cygnus
- Hercules
- Lyra

Northward

- Cassiopeia
- Cepheus
- Draco
- Ursa Major
- Ursa Minor

Eastward

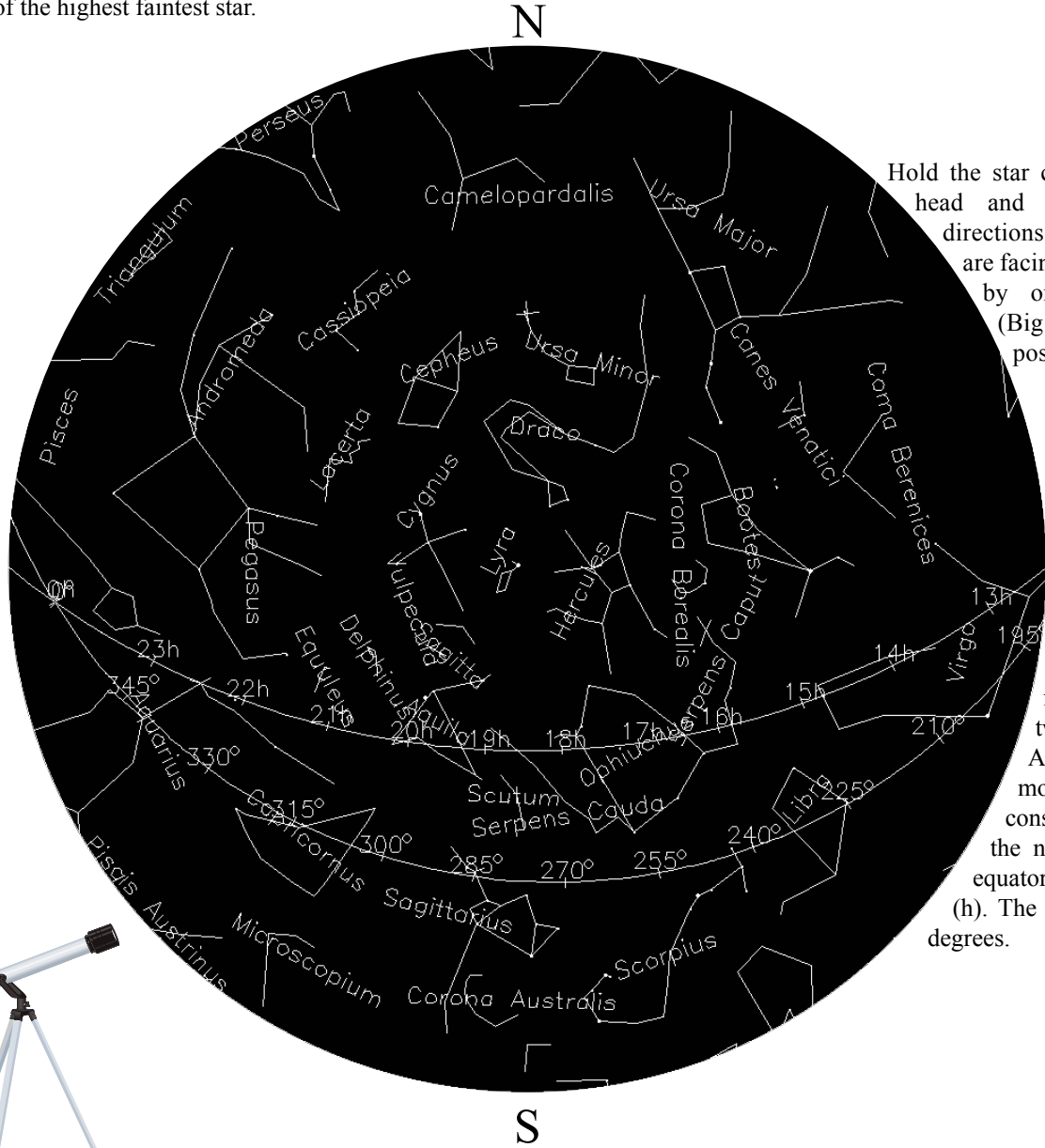
- Andromeda
- Aquarius
- Pegasus
- Perseus

Southward

- Capricornus
- Ophiucus
- Sagittarius
- Scorpius

Westward

- Boötes
- Corona Borealis
- Libra
- Virgo



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

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

The star chart approximates the sky from astronomical twilight to midnight. As the night and month progresses, the constellations shift toward the northwest. The celestial equator is measured in hours (h). The ecliptic is measured in degrees.

METEOR EVENTS

One of the best meteor showers of the year—the Perseids—is active throughout the first three weeks of August. Its radiant lies between Perseus and Cassiopeia, but meteors may be seen in all regions of the sky. Peak viewing this year occurs on the nights of August 11/12 and 12/13, with the first night more promising. A waxing crescent moon sets before midnight darkening the skies for optimal viewing between midnight and dawn. As Perseus moves higher in the sky, we have a broader view of the meteor field. Up to 50 or more meteors per hour are often reported.

Note: Hold your hand at arm's length to measure apparent distances in the sky. The width of the little finger approximates 1.5°. Middle, ring, and little finger touching represent about 5°. The width of a fist is about 10°. The fist with the thumb extended at a right angle equals 15°. The hand stretched from thumb to little finger approximates 20°-25°. The diameter of both the full moon and the sun spans only 0.5°. 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.end

VISIBLE PLANETS

Jupiter rises in the eastern sky before astronomical twilight, by month's end around 3:00am. On the mornings of August 3-5, Jupiter and the waning crescent moon provide landmarks for Castor (Gemini) to the north and Mars and Mercury below. The crescent moon wanes as it moves down the line of planets over the three-day period. (Magnitude -1.7)

Mars appears in the morning sky as a very small reddish point of light 5° below Jupiter. Pollux (Gemini) appears north of Mars and below Castor (the other Gemini twin). On the morning of August 3 the waning crescent moon appears above Mars. The following morning it appears below. (Magnitude +1.8)

Mercury rises about one and one-half hours before sunrise during the first few weeks. It brightens to -1.4 as it approaches perihelion (point closest to sun) on August 12 and reaches superior conjunction (between Earth and Sun) on August 24. Best viewing occurs August 3-5 when the waning crescent moon passes first Jupiter, then Mars, and fades below and to the north of Mercury. By mid-month the planet is no longer visible. (Magnitude +0.1)

Saturn sits within a large L-shape in the southwestern evening sky. Follow the arc of the Big Dipper's handle to orange-tinted Arcturus (Boötes). Saturn hangs 60° below. The lower bar of the L ends 10° to the right with blue-tinged Spica (Virgo). On August 12 a waxing crescent moon appears between Saturn and Spica. Saturn sets before midnight after the first few days of the month. (Magnitude +1.1)

Venus remains visible in the evening sky throughout the month. It sets as astronomical twilight fades from the western horizon. It sets earlier each evening which brings it closer to Saturn on its southern side. On August 9 a waxing crescent moon appears to the lower left of Venus. (Magnitude -3.9)

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

DAYLENGTH

The period between sunrise and sunset decreases by 66 minutes in August. By month's end the sun rises 27 minutes later and sets 39 minutes earlier. Twilight progresses across the morning and evening skies in three stages, adding additional light for outdoor activities. Civil twilight lasts about one-half hour after sunset. Nautical twilight continues another 30-45 minutes with the darkening of the overhead sky and color and shapes still apparent nearby. Astronomical twilight begins when color and detail disappear from the surrounding view and ends when the sky darkens along the horizon. The reverse progression applies before sunrise.

MOON HAPPENINGS

- August 6** – New Moon occurs at 3:51pm.
- August 14** – First Quarter Moon sets soon after midnight.
- August 20** – Full Moon occurs 7:45pm and rises at 7:40pm.
- August 28** – Last Quarter Moon rises soon after midnight. (The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

DOG DAYS OF SUMMER

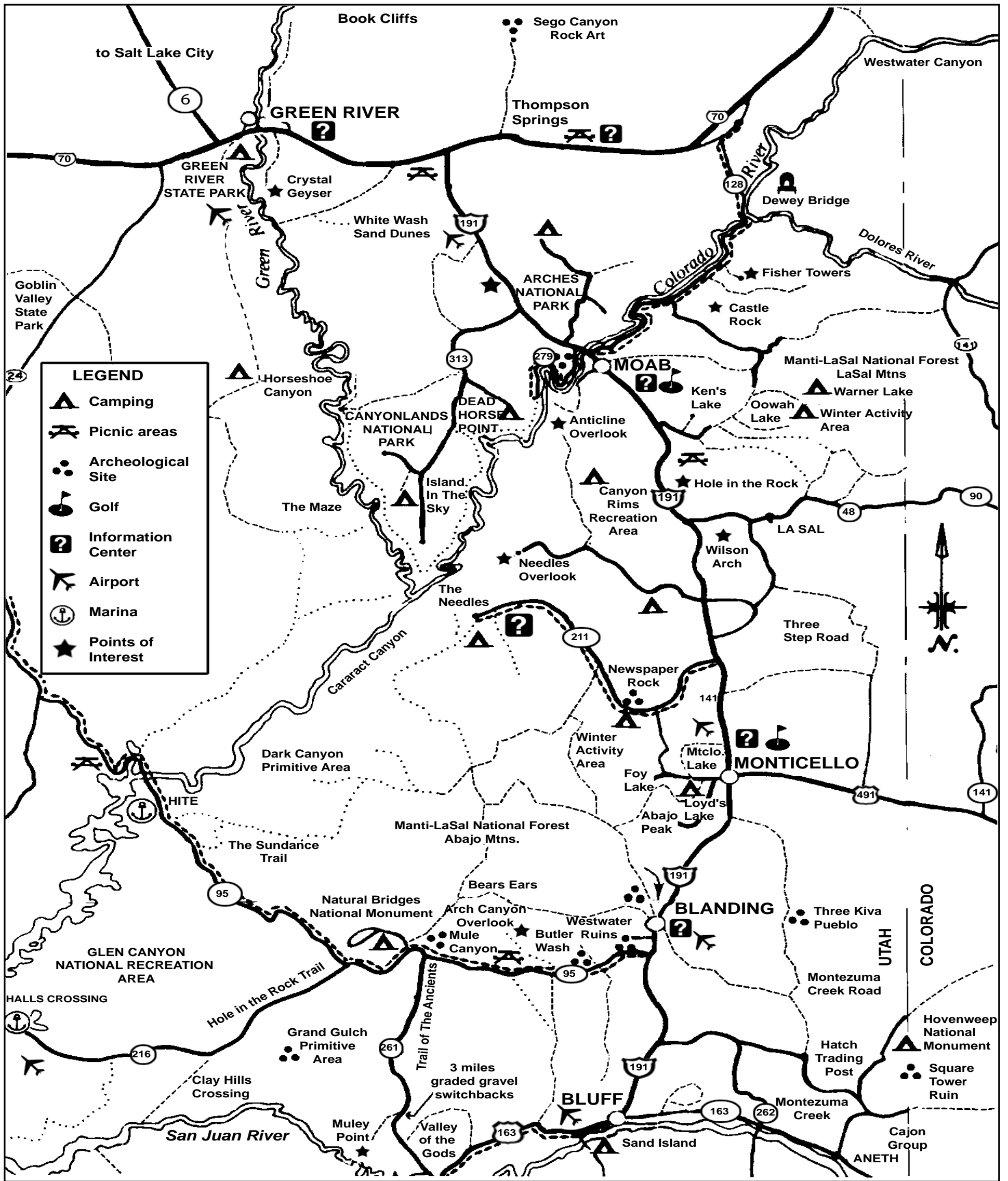
The brilliant star in early morning twilight on the southeastern horizon is Sirius, Dog Star of the constellation Canis Major. Sirius is associated with the winter sky when it rises early evening below the familiar 3-star belt of Orion. Sirius rises with the sun around the beginning of August. Since it appears to be the brightest star seen from the northern hemisphere, ancient Egyptians and Romans believed that it added to the heat of late summer months as it passed across the daytime sky in conjunction with the sun. Thus, the 20 days before conjunction and the 20 days after conjunction became known as the dog days of summer. Astronomers now know that none of the stars are near enough to Earth to increase its temperature. They also know that the time of conjunction of Sirius with the sun gradually changes over time due to precession of the equinoxes (aka wobble of Earth's axis).

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GEM HAPPENINGS

Blue Stones in the Land of Red Rocks

Moab Utah is known for many things: Arches and Canyonlands National Parks, spectacular scenery and adrenaline filled adventures. There's the Colorado and Green Rivers, the La Sal Mountain range, all surrounded by a clearly exposed geologic wonderland of deposition and erosion, of anticlines and uplifts, of canyons and mesas. People come from all over the world to visit and go four-wheeling and ATViing, mountain biking, hiking, climbing, river running, sight seeing and exploring.

These things, however, are not what brought people here originally--and people have been in the area for millennia, as evidenced by the frequent archeological sites spread across the Four Corners desert--and some eerily green human skeletons found beside another of the region's resources: naturally occurring minerals.

The Lisbon Valley anticline, in northeast San Juan County, Utah, one of five major salt folds in the Paradox Basin, nestled in the heart of the Colorado Plateau, has been very well endowed with many such resources from "sour" gas to the mine that put Moab on the map, Charlie Steen's Mi Vida uranium mine. Another mineral that's found in the area is hydro-thermally introduced copper sulfide, and was the focus of the now defunct Big Indian Copper mine as well as more recent attempts, including the failed Lisbon Valley Copper Mine. As many geology buffs

and rock hounds know, copper oxidizes into spectacularly colored blue and green crystals of azurite and malachite, and these two carbonate minerals can be found in Lisbon Valley--and have long been sought after minerals.



Azurite is a relatively soft, deep blue mineral frequently found in the form of simple crystals, rosettes and geodes, or "druzy"--a veneer on the matrix. People have collected azurite for thousands of years for jewelry and as pigment for paint and make up. It is a relatively unstable rock--sun and heat conspire to morph azurite into malachite, changing shades of pigment and rock into a beautiful bright green.

The three green skeletons that were found by the owner of the "Nevada" patented claim (formerly part of the Big Indian Mine), appear to be victims of an ancient cave in--a mining accident--while collecting azurite. The bones have since acquired the color of malachite from water leaching through the ground for so many years.

These ancestral puebloans knew where to hunt for pigment all right: in just the last thirty or so years, the area has yielded hundreds of thousands of azurite rosettes and geodes of the highest known quality, allowing the owners to literally "cherry pick" for the biggest and best specimens--meaning that there are many thousands of lesser rosettes and geodes left in the tailings. Also found on the property are unique "blueberries", or "blue balls"; spherical concretions of azurite and occasionally malachite. People have been attempting to pick through these tailings for years despite the "no trespassing" signs posted, they are generally chased off by the owner of what is now Blue Crystal Mines, or his security guard--until recently.

Rock collecting is now allowed on the property, but must be arranged ahead of time through the exclusive area agent, Deep Desert Expeditions of Moab Utah (435)-259-1565 or info@deepdesert.com). Participants are allowed to keep what they find, up to a certain quantity--and to date every person has left with as much azurite as allowed!

2nd Annual "Moab Bull Challenge" August 24th

EMJ Productions is proud to bring the Lane Frost Challenge to Moab. We have been blessed and appreciate the opportunity to work closely with the Frost Family to honor the legacy of Lane Frost.

Lane Frost was the PRCA World Champion in 1987. He started riding dairy calves when he was about 5 or 6, got on his 1st bull when he was just 9 & started riding when he was 15 yrs. old.

The "Challenge of Champions" was a 7 time match-up between Lane, who was World Champion Bull Rider of 1987, & Red Rock, World Champion Bull of the same year.



Lane lost his life, from a bull injury, during Frontier Days in Cheyenne, Wyoming in 1989. He was 25 years old.

Lane Frost is remembered for always saying "Sure, I got time" to reporters, interviewers & bull riders looking for help. It was important to his parents, Clyde & Elsie, that people know he was a Christian. He didn't drink, smoke or do drugs. To be like Lane isn't only riding bulls like he did, but talking to people like he did. Helping people like he did. Taking time to help, even when there really wasn't time.

"Don't be afraid to go after what you want to do, and what you want to be. But don't be afraid to be willing to pay the price." -Lane Frost



"Don't be afraid to go after what you want to do, and what you want to be. But don't be afraid to be willing to pay the price." -Lane Frost



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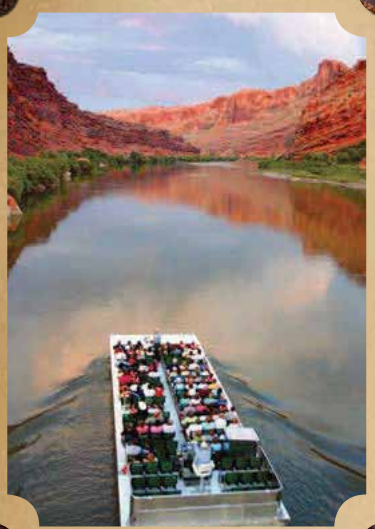
You can read Moab Happenings at

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EVENTS

Volume 25 Number 5

Section B

August 2013

Back To Our Roots: Moonflower Market Becomes A Co-op

We are thrilled to announce that this month Moonflower Market is once again becoming a community-owned, natural market cooperative! On August 12th Moonflower Market will become Moonflower Community Cooperative.

Though many in our fabulous community have referred to us as a co-op for decades, that title has not technically been true for the last 14 years.

The History of Moonflower Community Cooperative

Moonflower Community Cooperative began its life as Lifestream in 1975. A few years later Lifestream evolved and morphed into Moab Community Cooperative, with around 80 founding members/owners.

Over the next 20 years the co-op grew and adapted to meet the needs of the people of Moab; the people that the store has always been designed to serve. Then, in 1999 Moab Community Cooperative continued its evolution and turned into a private, not-for-profit company. The newly minted Moonflower Market was run by a board of directors made up of individuals who had been heavily involved in the management of the market for years.

Our transformation into a private entity was a necessary step for us to streamline our operations, and to set everything in order to serve the community in the best way possible. We believe we have done just that. In the last 14 years Moonflower Market has blossomed

and our growth has enabled us to now, once again, turn ownership of the store back over to the community.

From Lifestream's inception until today our mission has been to bring healthy, ethical, and sustainably produced food to Moab. And with our newly revamped ingredient policy you know that almost everything on our shelves is the best, most responsibly made product on the market.



The Co-op

We believe that turning the store back over to the community is a crucial step in our growth. This is because, in order to be truly run for a community, a natural food store should be owned by that community. That is why, on Monday August 12th, we will begin selling ownership shares in Moonflower Community Cooperative.

These lifetime ownership shares will cost a one-time \$100 fee. Each share can be used within a family or household.

As an owner of Moonflower Community Cooperative you will be entitled not only to serve on the co-op board and on advisory committees, but also to vote in election and on proposals, as well as to attend our annual meeting and potluck dinner.

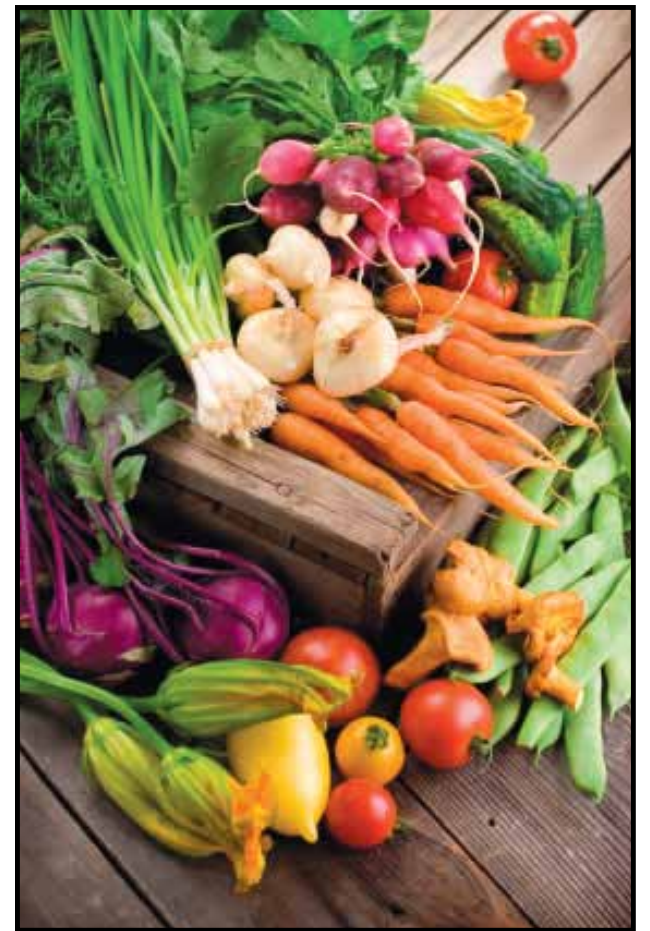
However, it is also important to us that Moonflower patrons who do not wish to become owners are not penalized.

To buy an ownership share in Moonflower Community Cooperative is to invest in the Moab Community. Because of this, there will be no blanket discounts on items in the store for owners of the co-op; shopping at Moonflower will be the same as it always has been.

The Grand Opening

To celebrate our transition back to community ownership we are inviting Moab to join us for a week of delicious food and events.

Starting with a breakfast on Monday morning, August 12th, and finishing with an evening of delectable desserts on Saturday night, August 17th, we invite you to come and experience just where nearly 4 decades of evolution has brought us!



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Events celebrating Moonflower Market becoming a CO-OP.

Join us each day for our progressive meal:

- Mon Aug. 12: NON-GMO DAY. Breakfast 8am-10am
- Tues. Aug 13: LOCAL/REGIONAL DAY. Brunch 10-Noon
- Wed. Aug. 14: RAW DAY. Lunch 11-1:00pm
- Thurs. Aug. 15: GLUTEN FREE DAY. Mid Afternoon Snack 2-4:00pm
- Fri. Aug. 16: KNOW YOUR MEAT/FISH DAY. Dinner 5-7:00pm
- Sat. Aug. 17: VEGAN DAY. Dessert 6-8:00pm

Additional daily happenings will include:

- free samples
- best recipe contest
- best suggestion contest
- name our newsletter contest
- guess how many contest
- meet and greet our staff

Become a member and be exclusive to each day's drawing!

Other events to be announced at a later date.



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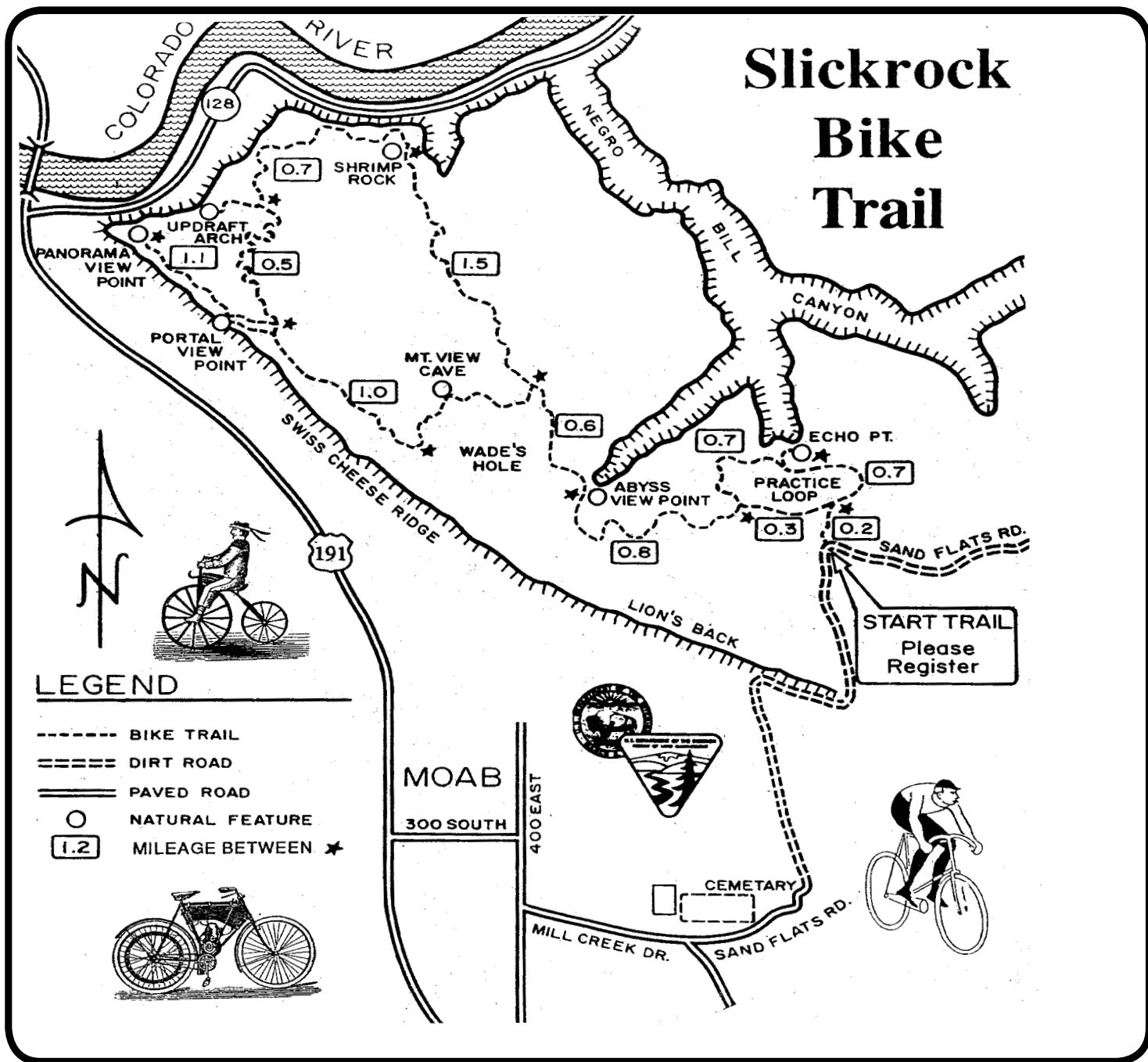
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MOUNTAIN BIKING



Moab has become known worldwide as a mountain biking mecca. The canyon country around Moab offers some of the most unique and varied landscape on earth, from 13,000 foot peaks and high alpine meadows to high desert vistas above the sandstone canyons. Varied terrain and spectacular scenery bring riders from all over the world to Moab to try the trails. One of the most famous and popular is the Slickrock Trail. This trail is 12 miles of moderate-to-difficult riding on Navajo sandstone, located a few minutes from Moab. There are many other trails and old jeep roads in the area which provide a complete variety of mountain biking challenges. Several companies in the area can provide rentals and information.

• **MOAB CENTURY TOUR September 20-22, 2013** 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 2-6, 2013** 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.

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL - October 24-27, 2013** Presented by ChilePepper 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.

• **POISON SPIDER BICYCLES SPRING THAW - March 2014** A fun, long weekend with demo bikes, women's ride, shuttles, frame giveaway and guided group rides on the Bar-M and the Mag 7 Trails. Food and parties included for \$40. Preregister for free t-shirt! For more info visit poisonspiderbicycles.com or call 435-259-7882.

• **SKINNY TIRE FESTIVAL March 8-11, 2014** 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.

• **4TH ANNUAL GRAN FONDO MOAB May 2014** 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.

• **MOONSHADOWS IN MOAB May 2014** 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.

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TRAIL HAPPENINGS

Biking the Moonlight Meadows Trail

Article by Brian Lugers, Photos by Brian Lugers and Whit Richardson
Map by Geoff Freethy

Mountain biking in Moab? Whether you've ridden in Moab for years or are a first-time visitor, you will love our new trails. Over 60 miles of singletrack have been added to our trail system in just the past few years, and there are still more to come. Mapmakers can hardly keep up with all the new riding in Grand County! Whether you are riding in the Magnificent 7, Klonzo, or Klondike Bluff areas, remember something that has not changed: you have to get up early to beat Moab's summer heat.

But wait! You're not an early riser? You don't like to ride in full sun, no matter what time it is? Fortunately you still have options. Head up to the La Sal Mountains, where you can expect stunning vistas, cool temps., and a chance to bicycle in groves of aspen.

The Moonlight Meadows Trail is a great 2-3 hour expert-level forest loop high above the desert. It's open meadows sprawl below the alpine summit of Haystack Mountain, but at an altitude of 10,500 feet also offer a 100-mile view of the canyon lands far below. Like all trails in the La Sals, this one is rocky and steep. Most people prefer to go up the road and down the trail. The vistas from the meadows, especially those up high along the trail, will make the rocky abuse worth it. Stop and enjoy these views. With a 650' descent in only 1.6 miles, they won't last long. Hang on for the rough descent, which is oh-so-sweet in some of the lovingly redone turns. Use the wood bridges placed

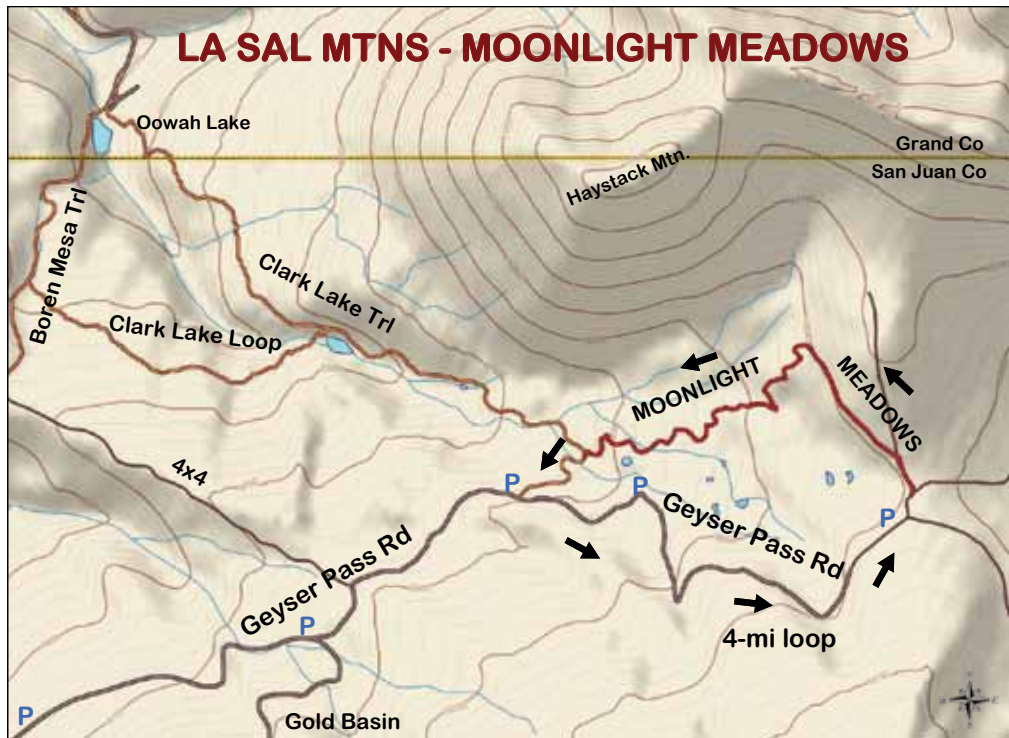


across the boggy sections halfway down. You'll find plenty of cows up there in late summer also enjoying the meadows, and these moving targets can make for "muddy" conditions even on the driest of afternoons.

Before you head up, make sure you have both good rain gear and a map. Tops and bottoms for rain gear are a good idea during our late summer thunderstorms, and I know people who have had to wrap their maps around themselves for shelter. Latitude 40's Moab East map includes the Moonlight Meadows ride, as does the inexpensive MTA "Whole Enchilada Map." When it is over 100 degrees in Moab, it can be hard to believe it might rain in the mountains, but late summer lightning, hail,

and thunderstorms are all common up there. In fact, they are a huge part of the attraction for most of us! Be prepared for the worst, and hope for it!

To reach the trail, head south on Highway 191 for 8.2 miles. Turn left at the large sign for La Sal Loop Road and Ken's Lake. You'll go just a quarter mile, then take the right turn up the paved La Sal Mountain Loop Road. Go 11.5 miles up into the mountains until you reach the signed dirt road on your right that climbs to Geysers Pass. You could park here and add some serious mileage to the "stem" of your "lollipop" type ride, or you could drive 8 miles further up to the actual trailhead. Most people like to park at one of the parking areas only a few miles up, which is where the good shady stretches of road begin. The road becomes too rough to recommend for passenger cars after the turn for Gold Basin, so park early and breathe that mountain air! On your way up to the pass, be sure to notice where Moonlight reconnects to the road using an old pack trail labeled "Clark Lake Trail 141." This will be your trail. After 1.4 miles of descending the Moonlight singletrack, look for the black sign that says "G. Pass Rd." Go just across the creek and steeply up here at this often-missed turn, or this will be the start of your ride! It's a long way down to Oowah Lake!



As of this printing, the Forest Service has not released its revised recreation management plan for the La Sals. Perhaps next summer we will have some new brand new biking trails in our mountains. Many people have been working to provide what all involved are hoping will offer something for everyone in this quickly growing desert town. Hope for the best, plan on it, and remember something that has not changed here in Moab: the views from the La Sals are world-class.

Brian Lugers is a mountain biking native of Prescott, Arizona. After 15 years of living the Moab dream, he and his wife Jenna are now raising their 3-year-old twins. They dream of future bike tours in foreign lands.

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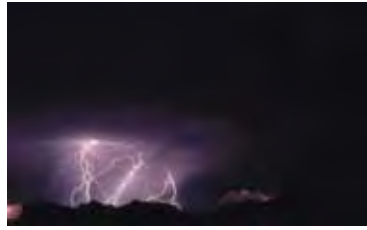
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Trail Mix is an advisory committee to Grand County in the development and maintenance of non-motorized trails. The committee represents non-motorized users including bikers, hikers, equestrians, and skiers. Many government agencies and private citizens 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 Freethy 259-0253 or find us online at www.grandcountyutah.net/trailmix/. You may also reach us at moabtrailmixinfo@gmail.com.

NATURE HAPPENINGS

Summer Skyscapes

August is not the average warmest month in Moab, but it can be bloody hot. The warmest month honor goes to July. Nor is it the wettest month – October takes that prize. June wins the driest and January the coldest month awards. Maybe August gets the skyscape honorable mention, as thunderstorms and cloudy weather initiate the transition from summer to fall, and produce incredible



skyscapes morning, noon and night. Chance of afternoon thunderstorms is the daily Moab weather prediction for July and August. Ironically, this is the hottest time of year, but also the monsoon season. Summer temperatures heat up the Pacific Ocean and Interior West at different rates. The Southwest landscape



heats up faster than the ocean, which causes a low-pressure ridge to form over the region. This pressure difference drives moisture-laden winds from the ocean to flow into the region. Rising over mountain ranges the air starts to cool and condense into clouds; sufficient build-up leads to thunderheads and the chance of rain.

Sometimes the rain happens but it evaporates before it reaches the ground. Thin veils called virga draw across the landscape, but never connect earth to sky. The rain or ice crystals evaporate like a broken promise. Of course, there are other days when hard rains accompany lightning

storms that electrify the sky and turn dry washes into torrents.

Some of these storms are fast moving. Photographers wishing to record these events have to be ready to move.



A tripod and camera capable of long exposures is crucial, as well. An open shutter can pick up multiple lightning strikes, blending the bolts into a single image. Here again, safety is paramount. Counting the seconds between lightning flash and thunder is one way to judge distance of the storm. Five seconds equals about 1 mile of distance, and lightning less than 3 miles away is reason to run for cover. Successive strikes may occur within 2-3 miles of each other, which isn't a very big safety net.



In addition to the dramatic cloudscaapes, summer sunsets and sunrises offer additional opportunities to witness some spectacular sky scenes. There are classic viewpoints like the Windows, Grandview Point or Dead Horse Point State Park that provide "big sky" views and may offer great vantage points from which to watch these skyscapes unfold.

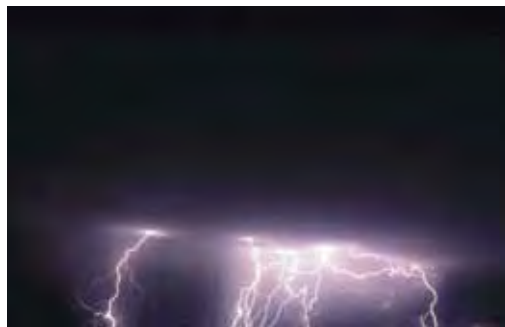
Though the cliffs and arches create a dramatic juxtaposition between earth and sky, at times, I like using smaller subjects to create depth of field or to record the skyscape. This might be reflections in puddles, backlight wildflowers or solitary trees that create a contrast. A close-up of people with a raging sky behind them produces a contrast between tranquility and the looming storm. Remember that during an electrical storm hair standing straight up is a sign that someone is in imminent danger of being struck by lightning.



By Damian Fagan



No matter if you're a photographer or just a sky watcher, the drama that unfolds above the ground is, at times, as spectacular as the red rock scenery itself. Pay attention to that distant rumble of thunder and beware of lightning. But also take in the drama above you – the desert skyscapes are a world unto themselves.



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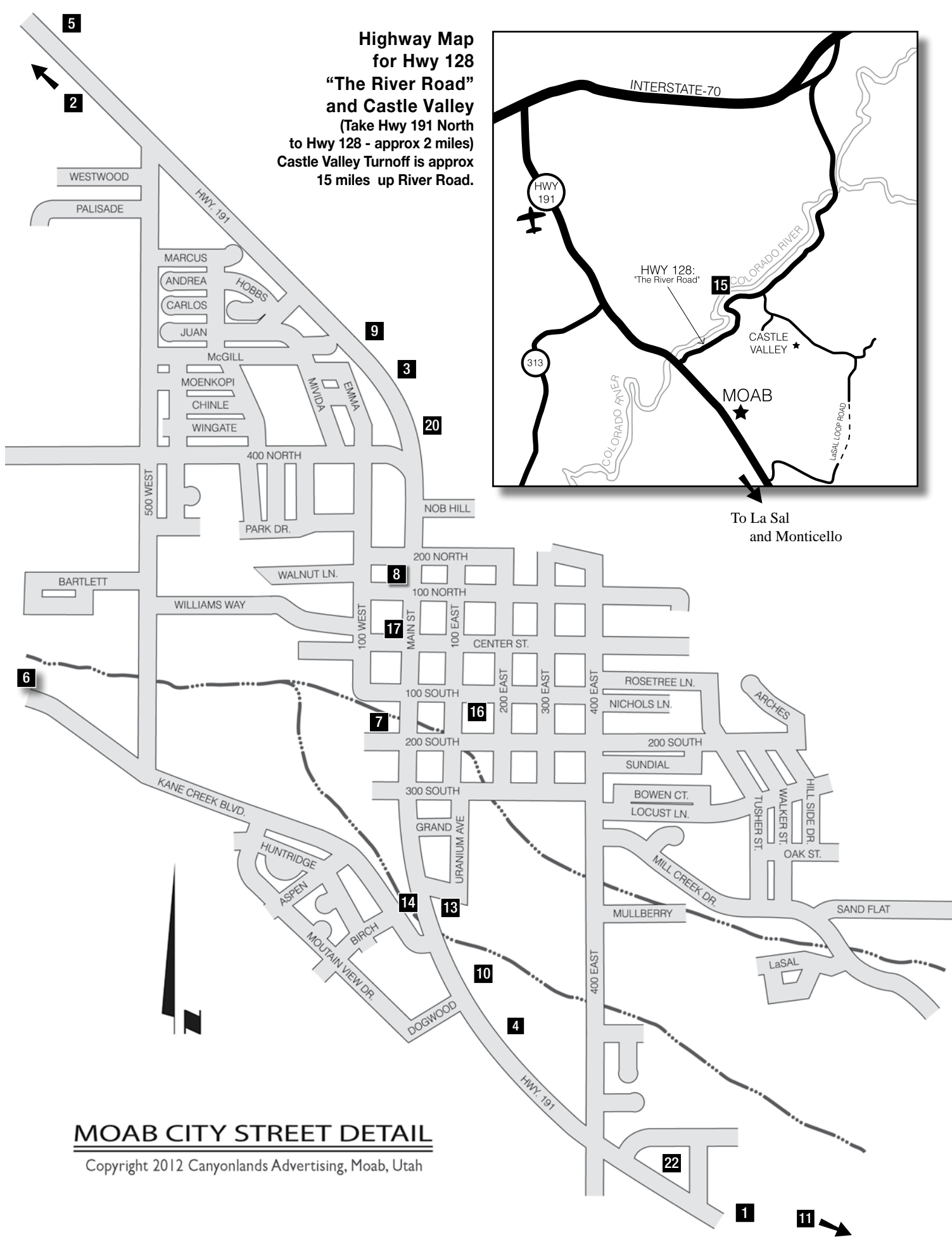
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First & Second Wards • 475 West 400 North.....259-5566	25 West Dogwood..... 259-7363
Third, Fourth & Fifth Wards • 701 Locust Lane.....259-5567	Moab Baptist Church • 356 West Kane Creek Blvd. 259-8481
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AUCTION HAPPENINGS

CNHA 3rd Annual Navajo Rug Auction

When you feel the fine wool between your fingers and admire the intricate design of a hand-woven Navajo rug, you touch an important part of the culture of the Navajo people. The intimate knowledge of weaving has been passed down from mother to daughter or niece, and sometimes to son, for generations.



From 9 a.m. until noon, you get a chance to examine the items that will be auctioned. Seeing and feeling the weavings close up is a great way to appreciate the intriguing designs, diverse colors and many sizes of the rugs. It will also help you choose the special rug(s) that you might want to bid on. All items are marked with a unique number and



an estimate. But, keep in mind that pieces may actually sell for more or less than the estimate, depending on the bidding. At the stroke of 1 pm, the auctioneer's gavel will drop and the bidding will begin. The auction lasts until all the items have been presented.

Weaving demonstrations will also be part of this year's event. Tasty Navajo tacos from Susie's Branding Iron will be available for purchase, so plan on having lunch at the auction, so you don't miss any of the action.

Canyonlands Natural History Association is a non-profit that has supported the parks and public lands of southeastern Utah since 1967. CNHA's funding comes from memberships, donations, and sales from our retail outlets in Arches and Canyonlands National Parks, Hovenweep and Natural Bridges National Monuments, as well as the Moab Information Center (MIC) and federal agency outlets.

Come join us for a day filled with artistry, beauty and fun! CNHA's 3rd Annual Navajo Rug Auction, Saturday, September 28th at the Grand Center, 182 N. 500 W., Moab, Utah. Preview and appraisals from 9 a.m. to noon (appraisals \$10 per rug); Auction starts at 1 p.m.

To learn more visit www.cnha.org or call CNHA at 800-840-8978 x10.

On Saturday, September 28th, over 200 Navajo rugs will be presented for auction at the Grand Center, 182 North 500 West in Moab. Canyonlands Natural History Association (CNHA) began this one-of-a-kind event in 2011 to promote cultural awareness and appreciation of this traditional Native American art form. Eighty percent of the auction proceeds will go directly to the weavers. Other proceeds will support scientific research on public lands of the Colorado Plateau.

The event begins at 9 a.m. with appraisals for those who want to learn about rugs they already own, and a preview of the rugs to be auctioned. Appraisals will be done until noon by R. B. Burnham & Co. auctioneers for a charge of \$10 per rug. Bruce Burnham and his crew have an encyclopedic knowledge of Navajo weaving history, materials and techniques, as well as an intimate understanding of the artists and their culture. The Burnham's hail from Sanders, Arizona, and have been trading with the native people of the Four Corners area for five generations. They are noted for their encouragement of innovation and quality in Navajo textiles.



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7:30 p.m. - Champagne and Dessert Grand Opening

Thurs., Aug. 15
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6:00 p.m. Main Street Park
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Fri., Aug. 16
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Savage Spirit! features a unique variety of local & regional handcrafted clothing, jewelry, gifts, home decor & objets 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 cotton clothing. We also feature the final works of the Cathya's late husband, Moab jewelry artist James Haas (1958-2012). Jim's passion was natural stones, which he cut & polished. He taught himself silversmithing & kept the settings clean & simple to show off Mother Nature's art. In addition, Savage Spirit! features an eclectic mix of whimsical & funky jewelry, home decor & objets d'art hand crafted locally and regionally.



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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

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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.



82 South Main
435-719-2086

Our friendly staff will show you our wide variety of gifts and home decor. We have an awesome selection of t-shirts, hoodies, hats and footwear. Our sandals are #1 in comfort and we can fit the entire family!. Come check out our metal art, pottery, crystals and unique locally made items. Hey kids, we have toys!



Walker Drug
& GENERAL STORE
290 South Main • 259-5959
Mon -Sat open at 7:30am
Sunday open at 8:30am

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

WELCOME TO
PINON Gift TREE Shop
Jewelry
Metal Art
Swarovski Crystals
Pottery
Toys
and Sandals
82 South Main 435-719-2086

SHOPPING GUIDE MAP

Map showing streets: 400 NORTH, 200 NORTH, 100 NORTH, CENTER STREET, 100 SOUTH, 200 SOUTH, 300 SOUTH, GRAND, URANIUM AVE., CEDAR, MAIN STREET, 400 EAST, KANE CREEK.

Business locations marked with stars (★):

- MC's on the Corner
- Savage Spirit!
- Tom Till
- Arches Electronics
- Essential Home
- Moab Barkery
- Desert Thread
- It's Sew Moab
- Pinyon Tree
- Rave 'N Image
- Walker Drug
- WabiSabi Thriftique
- Yonah's Copy Center
- Moab Mailing Center
- Got Wood?
- Royce's Electronics
- Dave's Corner Market
- Millcreek Drive

Directions: To Salt Lake City (North), Kane Creek (West), Cedar (South).

MOVIE HAPPENINGS

Articles and drawings by John Hagner

Movies Made in Moab

This is the 15th in a series of articles by John G. Hagner (Founder and CEO of the Hollywood Stuntmen's Hall of Fame), a Non-profit organization that is dedicated to preserving the history of the stunt profession and to honoring stunt people the world over.

INDIANA JONES AND THE LAST CRUSADE - 1988
Starring: Harrison Ford, River Phoenix (playing Indiana Jones as a youngster).

Location: Arches National Park (Park Avenue and Windows Section), Sevenmile Canyon ... based in Moab and Green River.

Story: Indiana is accompanied by his father (Sean Connery) and reflects back to his youth. The time is 1912 and Jones as a boy is on a Boy Scout venture. While exploring a cave, he and his friends find a group of grave robbers who have just located Coronado's Cross. Feeling strongly that the cross belongs in a museum, Jones steals the valuable artifact and the chase begins. The scene filmed



Self portrait of John Hagner wearing Indiana Jones Hat.



"Indiana Jones and the last Crusade" Steven Spielberg

in Moab is the flashback sequence, and is the dynamic opening of the movie. Suspense and adventure is packed throughout. Jones discovers the existence of the Holy Grail and the disappearance of his father, who was searching for the mythical grail. Jones is able to trace his father when he reads his diary. Stunt-coordinator Vic Armstrong was also stunt double for Harrison Ford in this and previous Indiana Jones' films.

When the Hollywood Stuntmen's Hall of Fame was opened in the same year as this film, Vic Armstrong and a few of

his stuntmen visited when it was located in, what is now the MARC building. He also brought the Indiana Jones' hat and whip used in the movie, and donated it to the Hall of Fame. Vic is an honored Inductee in the Hollywood Stuntmen's Hall of Fame.

THELMA & LOUISE - 1991

Although the setting is fictional about a route between Arkansas and the Grand Canyon, the movie was filmed in California and Utah. Bakersfield, California and Moab, Utah (the Grand Canyon scenes were filmed south of Dead Horse Point State Park in Utah.

It is a buddy film with a lot of freshness and vigor ... it discovers unexpected resources in both its stars, Susan Sarandon and Geena Davis, who are perfectly teamed as the spirited and original characters.

If interested in learning more about the Hall of Fame, please contact John Hagner (Founder) at 435 260-2160. email: johnhagner@hotmail.com

Hall of Fame website: www.stuntmen.org

Stunts Stars And Legends: Ronnie Rondell

One of the most outstanding stuntmen, stunt coordinator and director of motion pictures and television, is the son of the late actor and assistant director Ronald R. Rondell. Ronnie, together with Hal Needham and Glenn R. Wilder founded the stunt organization Stunts Unlimited back in the early 1970's.

His career spans 50 years, he started his acting career in the early 1950's in the "Ma and Pa Kettle" series. In the 1950's Rondell began as a stunt performer in such television series as "Mike Hammer", "Richard Diamond", "Soldiers of Fortune" and "Cimarron City".

In the 1960's and into the 1990's he worked on more than twenty television series, including "Charlie's Angels", "Dynasty", "T.J. Hooker", "Baywatch", and "Falcon Crest". He was also in more than 100 feature films such as "Spartacus", "Diamonds Are Forever", "McQ", "The Karate Kid", "Lethal Weapon" and "The Hunt for Red October". He came to Moab in 1991 to work in "Thelma



and Louise". It was then that several stunt pals and he helped out at the Hall of Fame, and participated in the footprinting ceremonies of over 20 stuntmen and women and actors who were also in town on that film.

He was also the father of stuntman Reid Rondell, who, at age 22 died while filming a helicopter stunt for the television series, "Airwolf", in 1985. Ron's second son is also

a stuntman and stunt coordinator, R. A. Rondell.

Ronnie is an honored inductee into the Hollywood Stuntmen's Hall of Fame. He joins some of elite stunt performers in the business ... all of which are legends,

including Yakima Canutt, Cliff Lyons, David Sharpe, Hal Needham, Duke Green, Tom Steele, Helen Thurston, Polly Burson, Babe DeFreest, Jeannie Epper and many of her family including her father, Johnny Epper.

The Hollywood Stuntmen's Hall of Fame is a non-profit organization that is dedicated to preserving the history of the stunt profession and to honoring stunt people the world over.

Ronnie Rondell is one who has supported the Hall of Fame since its beginning back in 1973 in California and continues to do so. Anyone who is interested in learning more about the Hall of Fame may go to www.stuntmen.org. Then, on Facebook look up Stunt Stars and Legends, then Falling For Stars, then Artist of the Stars.

If you would like to participate in the further growth to locate a facility to move the collection into, contact: John Hagner (Founder) at 435 260-2160 or write him at 81 W. Kane Creek Blvd. #12, Moab, Utah 84532.

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Sept. 10-15: Utah Navajo Fair - Bluff
Sept. 12-14: San Juan ATV Safari - Monticello
Oct. 3-10: Amelia Davey Blanding Celebration
Oct. 17-20: Bluff Arts Festival - Bluff

Learn more on our web site!

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FILM FESTIVAL HAPPENINGS

Moab International Film Festival September 20th-22nd

Festival passes and some tickets are now available for the Moab International Film Festival in Moab, Utah. The festival is staged to surround Moab with an aura of film for the weekend of September 20th to the 22nd. Most screenings are to take place at Star Hall at 159 East Center Street. Tickets are available through moabfilmfestival.org, or locally in Moab at local businesses; The T-Shirt Shop, Sgt. Pepper's Music and Video, or Back of Beyond Books. Ticket prices are \$5 for most screenings, festival passes are also available. Moab International Film Festival is a Utah non-profit organization whose mission is "to showcase stellar independent films of cultural and educational value for film-goers to enjoy. We aim to share uniquely powerful stories, concepts, and ideas from around the world. In addition, we seek to further independent films which have a positive effect on society." -moabfilmfestival.org

Festival organizers have only released a few of their selections as their film entries deadline is still open until August 19th, and final selections may be made up until

commentary. Cameo appearances include Paul Newman, Burt Lancaster, Anthony Quinn, Clarence Williams III, Joanne Woodward, Harry Belafonte, Ruby Dee, Ben Gazzara, Charlton Heston, and James Earl Jones. The film archivally presents the eight-year period leading up to the 1963 March on Washington, D.C., and the legendary I have a Dream Speech. It celebrates from his roots to his rise as a leader for all human rights. The documentary originally screened for one night only in 1970 as a charitable benefit. Selected by the Library of Congress for the National Film Registry, it was recently featured on NPR's Democracy Now! with Amy Goodman after its digital debut and carries a 7.7 rating on Imdb. Because festival organizers feel the film is of great educational value, an admission free screening has been arranged for Grand County High School students. A study guide, and guided question and answer session with Richard Kaplan will follow.

The New Black is a hot new film which screened at the Los Angeles Film Festival in June, won the Audience

International Film Festival, "Rather than separate the divide, this film brings people together."

War, deception and art come together in Rick Beyer's new documentary *The Ghost Army*, the astonishing true story of American G.I.'s — many of whom would go on to have illustrious careers in art, design and fashion — who tricked the enemy with rubber tanks, sound effects, and carefully crafted illusions during the Second World War. From coast to coast, the critics agree; "Fascinating, detailed and oddly delightful" -LA Times. "Remarkable...fresh details and a compelling narrative" -New York Times. In June 1944, a secret U.S. Army unit went into action in Normandy. The weapons they deployed were decidedly unusual: hundreds of inflatable tanks and a one-of-a-kind collection of sound effects records. Their mission was to use bluff, deception, and trickery to save lives. Many were artists, some of who would become famous, including a budding fashion designer named Bill Blass. They painted and sketched their way across Europe, creating a unique visual record of their journey. The



Tickets: The T-Shirt Shop ~ Back of Beyond Books ~ Sgt. Peppers Music and Video ~ moabfilmfestival.org

September 20-22 ~ \$5 per show



September 10th. The film line-up already includes several award winning, highly-acclaimed, and talked about hits.

On Friday, September 20th at 7:00 pm *Bidder 70* will be introduced by acclaimed documentary filmmakers Beth and George Gage. Gage and Gage Productions has granted the Moab International Film Festival permission to also screen seldom seen additional footage which was made after the release of *Bidder 70*. Film Synopses: "*Bidder 70* centers on an extraordinary, ingenious and effective act of civil disobedience demanding government and industry accountability. In 2008, University of Utah economics student Tim DeChristopher committed an act which would redefine patriotism in our time, igniting a spirit of civil disobedience in the name of climate justice. Follow Tim, *Bidder 70*, from college student to incarcerated felon. Redefine justice for yourself. Choose your side."

Richard Kaplan, Associate Producer in charge of production will introduce *King: A Filmed Record: Montgomery to Memphis* for the general audience on Saturday evening at 7:00 pm. It is an Academy Award nominated documentary, which the Philadelphia Bulletin referred to as "Perhaps the most important film documentary ever made." The 2 part, 3 hour film consists almost entirely of newsreel footage, with the exception of cameo appearances from Hollywood stars, and has no added

Award at AFI Docs, and is on IndieWire's list of "The 50 Indie Films We Want To See in 2013."

Mark Taylor at KQED and NPR calls *The New Black*, "The best among several films that tangle with the role religion plays in the lives of America's queers." "*The New Black* is a documentary that tells the story of how the African-American community is grappling with the gay rights issue in light of the recent gay marriage movement and the fight over civil rights. The film documents activists, families and clergy on both sides of the campaign to legalize gay marriage and examines homophobia in the black community's institutional pillar—the black church and reveals the Christian right wing's strategy of exploiting this phenomenon in order to pursue an anti-gay political agenda. *The New Black* takes viewers into the pews and onto the streets and provides a seat at the kitchen table as it tells the story of the historic fight to win marriage equality in Maryland and charts the evolution of this divisive issue within the black community." - Film Synopses. The film is being presented in harmony with Moab Gay Adventure week as one of their week of events leading into the Moab Pride Festival.

"This film can help bring people together despite how they feel about marriage equality," said Nathan Wynn, Director of Administrative Affairs for the Moab

story of what these men accomplished was hushed up by the Pentagon for more than forty years.

In addition to feature length films, There will be several sessions of short films. Festival organizers have only released a partial list of shorts and say that most selections are yet to be announced. Announced short film selections include; *Animation Hotline*, which screened at the Cannes Film Festival, world premiere, *Treibjagd* (German for "The Driven Hunt"), *Crackdown!*, a comedy about raising chickens illegally in Toronto, *Gelati E Granite* from Italy, and *Under the Acorn Tree*, a music video from Canada.

In addition to film screenings, festival organizers have arranged group houses and parties for filmmakers and media. Parties and musical guests will be going on at local restaurants and bars. Musical guests include Darrel Draper from Park City and Scott Ibex of Moab, who will be playing at the Star Hall. Others, t.b.a.

Information for film-goers, filmmakers, media, and others is available at moabfilmfestival.org, by calling +1 (435) 259-2393, or via post at: Moab International Film Festival, 11 N. Main Street Suite 6 Moab, UT 84532 U.S.A.

Be sure you tell them you read about it in *Moab Happenings*.

EXHILARATING HAPPENINGS



Red Rockin' ATV & UTV EVENT Moab UT

Charity: Fallen Peace Officers

September 25-29 2013

11 Trails: Local Guides
⊕ Easy ⊖ Moderate ⊓ Difficult

Moab Rim Trail • Cliff Hanger • Kane Creek • Chicken Corners
 Hells Revenge, Hells Gate, Escalator • Behind the Rocks •
 Fins & Things • Trailered Rides: Poison Spider • Golden Spike
 • Gold Bar • Fallen Peace Officers Trail

Vendors • Skills & Thrills Competition • Drawing • Prizes

Registration: \$75.00

Online registration or at the **Arena** on September 25, 1-6 PM
 Old Spanish Trail Arena, 3641 South Highway 191
 moabatv-utv.com moabatv.utv@gmail.com 435-260-9628



SPANISH TRAIL ARENA

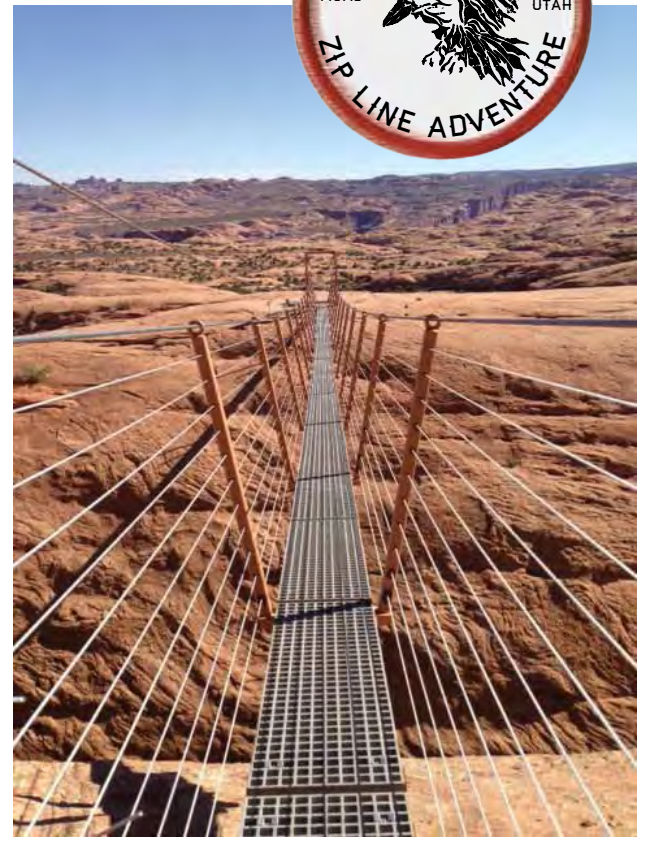
September 28, 2013 - 7:30 PM

COUNTRY Concert

\$5 Discount on Advance Tickets available at:

- Moab Tourism Center
- Canyonlands Copy Center

Raven's Rim Raises the Bar with Sixth Zip Line and 100' Suspension Bridge.



We have just upped the ante by adding a 100 foot long suspension bridge, which connects to our sixth Zip Line, "Tanaya Take-off". We have raised the bar for our awesome off-road/zip line adventure. Raven's Rim is not only among the best Zip Line courses in the country, it's also a "full-on" off road adventure- great fun for first-timers and experts alike. Enjoy remarkable views of Arches National Park, Colorado River Canyon, and the La Sal Mountain Range. For a limited time only, we are offering the discounted rate of \$109 for adults and \$79 for youth (15 and under). Tours leave at 8am, 11am, 3pm, and 6pm; they book up fast so save your spot! Come see us across from Denny's on the north side of town or give us a call at 435-260-0973. It's the ultimate Moab experience, but don't take our word for it- check us out on Tripadvisor.com! Come Zip with us!



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ARTISTS & ATHLETES

Helper Arts and Music Festival

The Helper Arts Festival, now in its 19th year, will begin this year's festival season with a street party in honor of a traveling art exhibit provided by the Utah Arts Council. The exhibit, which consists of thirty panels, honors the art of renowned, Mexican artist, Frida Kahlo. The exhibit will run through August according to festival co-chairman, David Johnsen, and will be displayed at the Helper Civic Auditorium.

"Many may remember this artist from the movie by the same name, Frida, starring Salma Hayek, which honored her work. Frida Kahlo channeled the pain of a crippling injury as well as her tempestuous marriage to Mexican muralist, Diego Rivera, to become one of Mexico's most well know artists. She is primarily known for her self-portraits," Johnsen said.

"This is a wonderful opportunity to spend an August Friday night in Helper," suggests Kristen Taylor who is co-chairing this year's festival with David Johnsen. "This First Friday (August 2) is an extension of the tradition started by Helper artists and business owners to have galleries and businesses open on the first Friday of every month to encourage area residents and friends to browse in the galleries and eat dinner in Helper."

Frida Kahlo First Friday, to be held August 2, will begin at 7:00 p.m. at the Helper Civic Auditorium so that

visitors can preview the exhibit. A mariachi band and traditional dancers will perform for one hour beginning at 8:00 p.m. Food vendors will be part of the celebration keeping with the First Friday tradition of dinner in Helper on Friday night.

"We are thrilled to have this exhibit", explained Johnsen. "We want everyone to bring their portable seating and plan to stay the evening to hear the music, watch the dancers and feast on treats from our vendors. The galleries will also be open as well as businesses on Helper Main."

"The Helper Arts and Music Festival begins Friday, August 16th thru Sunday, August 18th", explained co-chair Kristen Taylor. "The festival is a celebration of Helper and its community of working artists. The art galleries will be open and the street will be lined with many vendors coming from outside the community and state as well. Be prepared to eat at the vendor trucks and in our local restaurants. Children can enjoy a day of free swimming at Helper's Swimming Pool on Saturday or participate in the Children's Art Yard. Many children and adults have participated in classes taught by our local artists and those projects will be displayed as well. The stage in Festival Park on Helper Main Street will feature

many outstanding musicians and bands. Of course, everyone is really excited about the revival of Helper Idol. We love our artists, and we sincerely invite everyone to join us for this annual celebration."



Fall Moab MRAC Attack Mini-Triathlon

The Moab Recreation and Aquatic Center will kick off its annual fall MRAC ATTACK Mini-Triathlon on Saturday, September 14, 2013. This community event is open to competitors of all ages and is a great exercise in sportsmanship as well as a fun family bonding experience.

Each event combines a run, a bike ride, and a swim competition. Participants are required to supply bicycle, helmet, swimsuit, and proper footwear; competitors are also encouraged to bring towel, swim goggles, sunscreen and drinking water. Smaller kids may use life vests and kickboards for the aquatic leg of the race. The MRAC has several loaner bike helmets, kickboards and life vests should they be needed.

The most challenging competition of the event is the "Elite" category, which

involves a 5K run, a 10-mile road or mountain bike ride, and a half-mile swim. The shorter "Open" category consists of a one-mile run, a 5K mountain bike ride, and a 300-yard swim. The "Youth" category, for those under age 12, features a half-mile run, a one-mile bike ride, and a 150-yard swim. The event is designed for athletes of all ability levels and awards will be given for the top five places in each of the three categories for both males and females. All participants will receive a certificate of completion and all youth who do not receive an award for finishing in the top 5 will receive a participation ribbon.

Race registration, start, and finish lines for all categories of the event will be at the Moab

Recreation and Aquatic Center, 374 Park Avenue, Moab. Participants may preregister online at www.activityreg.com through September 13, 2013 or at the front desk up until 8:15 a.m. on September 14. The MRAC will open its doors at 7:30 on the day of the event. Event fee for preregistered participants is \$10.00 per person; day-of race registration is \$15.00. Race orientation outlining routes and event

sequence will commence at 8:30 a.m. and the starting gun will go off promptly at 9:00 a.m.



Hadley Kasprick, MRAC's youngest triathlete (2 1/2 years old)



Stryder Young proudly displays his hard-earned awards.



Jenna Woodbury, women's elite division winner



MOAB SENIOR GAMES

THE GAMES RETURN
November 6-9, 2013

REGISTRATION BEGINS
AUGUST 1ST

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Basketball, Golf, Pickleball, 5K Run/Racewalk,
Tennis, Weightlifting, Table Tennis and Track & Field

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www.moabseniorgames.com

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Saturday, August 24
WINE TASTING, MUSIC, ART & FOOD
FEATURING EXCLUSIVELY COLORADO WINERIES
12-5 PM, CORTEZ CITY PARK • \$20 IN ADVANCE, \$25 AT THE GATE
INCLUDES A COMMEMORATIVE WINE GLASS & WINE TOTE

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(970) 565-8227
OR VISIT OUR WEBSITE: www.mesaverdecountry.com



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	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
Bikers Against Child Abuse (B.A.C.A.)	210-4421	Moab Masonic Lodge #30	www.moabmasons.org 260-9169
Boy Scouts of America (Kent Dalton)	259-6521	Moab Music Festival (Andrew Yarosh)	259-7003
Canyonlands Field Institute (Karla Vander Zanden)	259-7750	Moab Poets & Writers (Marcia Hafner)	259-6197
Canyonlands Film Society (Becky Thomas)	259-2286	Moab Rock Club (Jerry Hansen)	259-3393
Canyonlands Rodeo Club (Kirk Pearson)	260-2222	Moab Quarter Horse Assoc. (Kathy Wilson)	259-8240
Colorado Outward Bound School – Moab basecamp (Chris Benson)	435-259-5355	Moab Rotary April Action Car Show	260-1948
Community Rebuilds (Emily Niehaus)	435-260-0501	Moab Roller Derby (Jessica O'Leary)	575-635-3898
Canyonlands Wildlife Federation (Dave Bierschied)	259-8217	Moab Ropers Club (Terry Lance)	259-9972
Center for Water Advocacy (Harold Shepherd)	259-5640	Moab Solutions (Sara Melnicoff)	www.moab-solutions.org 259-0910
Daughters of Utah Pioneers (Hallie Tibbetts)	259-5225	Moab Sportsmen's Club (Frank Darcey)	259-2222
Deadhorse Motorcycle Club (Terry Flynn)	259-3878	Moab Taiko (Stephanie Dahlstrom)	259-2264
Delicate Stitchers Quilt Guild (Shauna Dickerson)	259-0906	Moab Teen Center-Club Red	259-9991
Elks Lodge #2021 (Dan Stott)	259-7334	Moab Trails Alliance (Kimberly Schappert)	260-8197
Fallen Arches Square Dancers (Bob & Flora Erickson)	259-2724	Moab Valley Multicultural Center (Zaida Agreda or Leticia Bentley)	259-5444
Friends of Arches and Canyonlands Parks (Joette Langianese)	259-0108	Mutual UFO Network (Elaine Douglass)	259-5967
Friends of Canyonlands Health Care (Tom Edwards)	260-1504	Order of the Eastern Star (Fran Townsend)	259-6469
Friends of Indian Creek (Sam Lightner, Jr.)	259-6639	Parent Teacher Association (Tiffany Saunders)	259-5830
Friends of the Grand County Library (Adrea Lund)	259-1111	PleinAir Moab (Sandi Snead)	435-686-2545
Grand County Public Library	259-5421	Plateau Restoration/Conservation Adventures (Tamsin McCormick)	259-7733
Girl Scouts of The U.S.A. (Cynthia Williams)	259-6683	Red Rock Astronomers	259-4743
Grand Area Mentoring (Dan McNeil)	260-9645	Red Rock Forests	259-5640
Grand County Democratic Party (Mike Binyon)	259-1633	Red Rock 4-Wheelers (Ron Brewer)	259-7625
Grand County 4-H (Marion Holyoak)	259-7558	Retired Senior Volunteer Program RSVP (Jody Ellis)	259-1302
Grand County Extension (Michael Johnson)	259-7558	Rotary Club (Kyle Bailey)	259-6879
Grand County Food Bank	259-6456	The Salvation Army, Moab Service Extension, (Lenore Beeson)	435-260-2135
Grand County Hospice (Tracey Harris)	259-7191	(or Sara Melnicoff)	259-0910
Grand County Prevent Child Abuse	260-1039	Seekhaven Crisis Center (Jaylyn Hawks)	259-2229
Humane Society of Moab Valley	Animal Services 259-4862	Senior Center (Verleen Striblen)	259-6623
Ladies Golf Club (Chris Corwin)	259-5344	Sierra Club (Marc Thomas)	259-3603
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 (Theresa King)	259-2742	Trail Mix Committee (Sandy Freethy)	259-0253
Moab Arts Festival (Gayle Weyner)	259-2742	Utah Conservation Corps (Rachel Senft - southern office / Moab)	259-0029
Moab Arts & Recreation Center (Laurie Collins)	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	Young Life Moab	260-0285
Moab City Recreation (John Geiger)	259-2255	WabiSabi (Jeff Cohen) www.wabisabimoab.org	259-3313
Moab Community Dance Band (Miriam Graham)	259-8311	Word Watchers (Nancy Kurtz)	259-0734
Moab Community Theater (Kaki Hunter)	259-8378	Youth Garden Project (Delite Primus)	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



21st Annual Festival
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ASTROLOGY HAPPENINGS

Your Horoscope for August 2013

By Robert Wells

During the first week of August Saturn and Neptune show us the world in a bigger, better way. Everything should be improved in some way. Also, creative energy is abundant and that means that love is in the air. Unfortunately, from the 7th to the 14th there could be powers struggles between labor and management in the workplace. From the 15th to the 21st Mercury and Uranus have us all back at the drawing board or easel with our latest creation. It's a very pleasant time, but it cautions us all not to overindulge or we pay the price. By the 25th the lights give us a day of inspired thinking, but within twenty-four hours we must be careful to avoid falling into a pit of self-deception. These conflicting influences continue to the end of August. Enjoy, imbibe, partake on the one hand and slow down, be careful and cautious on the other. Your self-discipline is rewarded on the 31st, however.

New Moon: 6th, Full Moon: 20th.
No national holidays this month.

July 23 - Aug. 24 **Leo:** Normally, you have the spotlight on you this month, but this time it's on your home. You could be opening your doors to show it off to the world during the first week of the month. Romantic opportunities and social contacts could refuel a creative project of yours that's been gathering dust by the 6th. You face a power struggle in the work place on the 7th to the 13th. A bright idea breaks the deadlock on the 14th everything starts moving again. Don't make promises you can't keep on the 20th. Avoid being manipulated on the 24th. From the 25th to the end of the month be cautious and careful with everything. It all pays off on the 31st.

Aug. 24 - Sept. 22 **Virgo:** Truly sincere words come to you and from you during the first week of August. Not sappy, drippy stuff, but solid, well thought out things. You could charm someone on the 2nd and write a great short story by the 6th. A lover or a child put a power play on you on the 7th and then everyone stops talking it until the 13th out of stubbornness. The 14th breaks the ice and you can solve the problem then. Don't over promise to a creditor on the 20th. Again, someone may be trying to manipulate your feelings on the 24th to the 26th. Don't fall into a self-deception on the 27th over it. Enjoy yourself but don't go overboard on that same day. Self-discipline and restraint are rewarded on the 31st.

Sep. 23 - Oct. 23 **Libra:** You could be hosting a spiritual gathering for you friends this first week on August. It would be a good time to assemble the crowd under your roof for some good times. Someone is trying to shoot you down at the office. Don't get caught wearing a target on the 7th. You may have trouble convincing another about your point of view on the 11th. Best wait until the 14th when aspects are more to your benefit. Don't make promises you can't keep to you spouse or partners of the 20th. Don't let someone's moves of manipulation throw you a curve on the 24th. A passing flirt may be just that on the 26th. Let it go. An office planning session could wind-up at the local watering hole and that's not good for you on the 27th. Steer clear and bring home the big prize on the 31st.

Oct. 24 - Nov. 22 **Scorpio:** You relate to the things you create in a bigger way this first week of August. This is your manifestation in the world. How does it look? A decision is reached in a legal fight on the 7th. You are in a verbal dispute on the 11th. Share your ideas from the 12th to the 20th. Make no promise you can't deliver on the 20th and watch out for covert dealings on the 24th. Your head is in a whirl on the 24th and 25th and this isn't good because a whirlwind romance can start on the 26th and you could talk yourself into a situation that won't end well. Don't over do at a party on the 27th and get ready for a blast of good news on or around the 31st.

Nov. 23 - Dec. 21 **Sagittarius:** The first week of the month you can see what steps must be taken in your life to ensure your security in the later years of your retirement. I maintain that you are never too young to start planning for it. A flirt at the office is fun on the 2nd but don't let it be turned against you on the 7th in the form of blackmail. Your creative side will get a boost from the 12th to the 18th. Don't trust promises from children or lovers on the 20th. On the 24th don't let the confusion of a situation be used to manipulate you. The bright ideas you have about love on the 25th turn to self-deception by the 26th. Avoid drowning your sorrows on the 27th. Get ready for a big day at the office on the 31st.

Dec. 22 - Jan. 20 **Capricorn:** You receive feedback from friends during the first week that bolster your sense of personal worth. You see yourself in a larger context than before. The first six days ring like a bell for you. On the 7th however, you will be at odds with someone. Neither



side is willing to communicate and the deadlock could last up to three days or longer. A bright idea on the 14th gets your life moving again, just don't get carried away with it all and promise someone the moon by the 20th. Someone in the office is trying to manipulate on the 24th you so be aware. The pretty face that turns your head on the 26th may not be anything you think it is. A creative idea could blossom into something big by the last day of the month. Be ready to pull and all-nighter to get it there.

Jan. 21 - Feb. 18 **Aquarius:** Your finances get a huge boost the first week of this month. Three big planets line up to pour money in you pockets from the 1st to the 6th. There is also the chance for a new romance to enter your life and for you to make a breakthrough creative endeavor all by the 6th. Your good fortune may prompt a power trip move from someone on the 7th and the sparks could fly until the 13th. The third week of August is spent exploiting another of your ideas. Don't promise anything to anyone on the 20th. Covert forces continue to manipulate you on the 24th. You're up not up to the battle, so avoid the confrontation if possible. Whatever your big idea is comes to fruition on the last days of the month and you reap the rewards by the 31st.



Feb. 19 - Mar. 20 **Pisces:** This first week of August you are being setup for the Big Fall into love and if you're already there, it just gets better and better. There is a power struggle coming from a controlling friend on the 7th. You could find yourself with your back to the wall on the 11th. Don't give in. A bright idea helps resolve the problems on the 14th, but don't promise more than you can deliver on the 20th. Covert manipulations work you over on the 24th. Examine the fact that you could be deceiving yourself on the 26th. The last few days of the month returns you to your earlier happy state with a big win coming around the 31st.



Mar. 21 - Apr. 20 **Aries:** Your personal security is benefit by aspects the entire first week of August. You could be bolstering everything from the security lighting in your yard to your retirement package in your portfolio by the 6th. You have storm brewing in the office as someone has control issues with you and is about to make the rest of you month very interesting. Refuse to give in during the second week from the 7th to the 13th. Bright thinking on your part smoothes out your life from the 14th to the 19th but the culprit is back on the 20th for round two. The situation blows up in the villain's hands on the 24th allowing you to bring a great suggestion into the world that benefits most around you at work. The last week of the month is quite nice for you and you could receive a worthy reward for your efforts on the 31st.



Apr. 21 - May 21 **Taurus:** You are inspired and bolstered by the words and actions of those near and dear to you during the first week of August. Friends, spouses and partners of all kinds support you and let you know from the 1st to the 6th. You must deal with a possible legal matter on the 7th that may not go well. There could be something of an impasse that could last until the 13th. Promote an idea on the 14th for maximum benefit. Do not over commit to anything on the 20th. Don't get railroaded into anything on the 24th and watch you personal thinking on the 26th to avoid self-deception. The last week of August, further promotion of your plans gains ground and you could pocket a big win by the 31st.



May 22 - June 21 **Gemini:** Normally this time of the year you are very busy with errands and communications but the stars have other plans for you. They concern you cash and security. Things are happening for the better for you and you realize it from the 1st to the 6th of August. Your good fortune could draw the attention of someone who does not have your best being in mind on the 7th. This situation proves a sticky one from the 11th to the 13th with no one talking. A bright idea sets the tone for the third week of August. Refuse to give more than you can on the 20th. Sidestep your grumbling adversary on the 24th. They are about done. From the 25th to the end of the month you enjoy life again and everyday is a party for you. That idea you were promoting could win big on the 31st.



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."

June 22 - July 22



Cancer: Wherever you go and whatever you do during the first week of August you are the star of the show. It's like having a second birthday in the same year. From the 1st to the 6th expect the days to be a bit lively. A partner of yours may try to put a lid on your fun on the 7th and this suddenly shows their true colors. It could be revealing and you may have to wait them out to talk to them from the 8th to the 14th. Again they raise their hand to move behind the scenes on the 24th but a confused state of mind undoes their plan. From the 25th to the end of the month you return to your happy state of being and by the last day of the month something you have been working on pays off big time.

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HEALTHY HAPPENINGS

Grand County Wellness Center Focusing On What Really Matters

by Dr. Ray Andrew

Menopause is more than just mood swings and hot flashes. Don't forget memory loss, heart disease, breast cancer, osteoporosis, and much more. Don't despair! We can help.

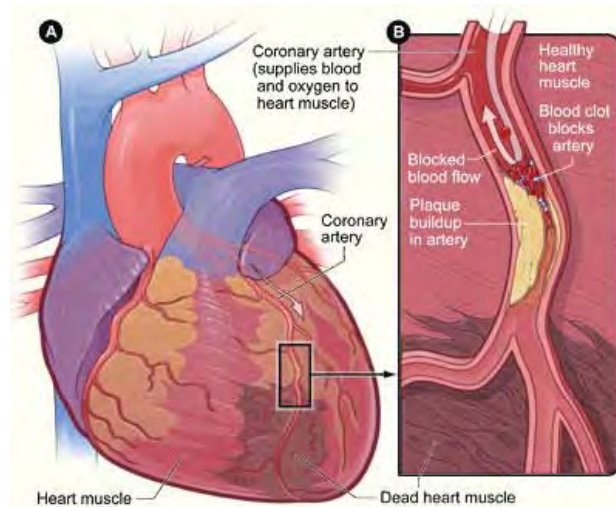
GRAND COUNTY
Wellness Center

Ray Andrew, M.D.
435-259-4466
255 W. Williams Way Moab Utah 84532



These days, everyone's attention is focused on cancer. This makes sense since it is estimated that one in eight American women will have breast cancer during her lifetime, and that's just one of many cancers that plague Western society. However, what might come as a surprise to some is that heart disease kills more American men and women than all forms of cancer combined.

Why aren't we as a society doing a better job of preventing and treating heart disease? As with everything in medicine, the answer has to do with money. But that is the subject of another article. While Grand County Wellness Center cannot change what government, insurers, hospitals, and other doctors do, staff providers routinely help one patient at a time identify and change specific risk factors, thereby preventing disease instead of waiting until it happens.



Twelve years ago Dr. Andrew trained with a group of preventive cardiologists who taught him that standard cholesterol testing has very limited value in predicting heart disease. It is stunning that even today, patients and doctors alike talk about the traditional cholesterol numbers as if they mean something. When studies demonstrate that half of people with heart attacks have normal cholesterol—and many of these are already taking statin drugs—this should be a clue that the cholesterol theory of heart disease is missing the boat. Doctors are looking at the wrong numbers and trying to make those numbers better with drugs instead of identifying and treating the true underlying causes of heart disease. It should not surprise anyone then, when they get a "clean bill of health" from their doctor shortly before their heart attack!

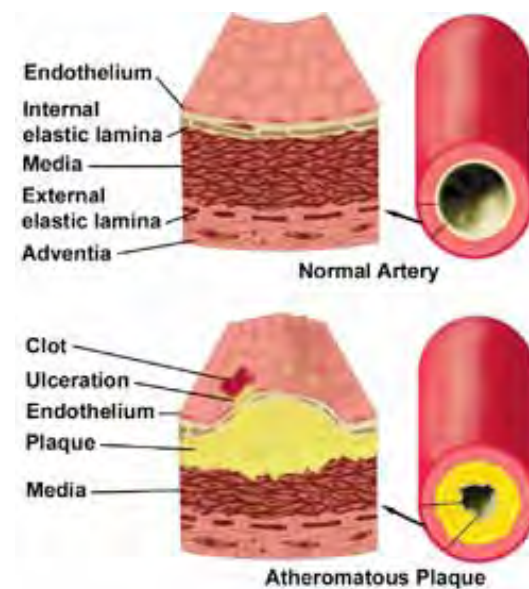
Grand County Wellness Center staff do not waste patients' money on traditional cholesterol testing. Instead, they order advanced tests that reveal a lot more about what's going on in patients' arteries. They sit down with patients to review test results, discuss any abnormalities identified, and provide options. Because drugs are the least-effective and highest-risk agents for preventing and treating heart disease, those who are looking for an artificial chemical solution to their problems will usually be disappointed. Ironically, medical schools do not teach future doctors about several of the causes of heart disease.



Dr. Ray Andrew and Physician Assistant Keely Fitzgerald

Why? Because there is no drug to treat them. Instead, the treatments are already found in nature. As much as multinational drug conglomerates would like to, they can't patent the foods, vitamins, minerals, herbs, and hormones that have prevented and treated heart disease—and so many other diseases—for thousands of years.

Fortunately—the body being a wondrous symphony of chemical and electromagnetic activity—many of the factors that prevent heart disease also prevent cancer and other diseases. Thankfully, patients don't have to leave Grand County to find cutting-edge diagnostic and treatment regimens to restore that symphony. In fact, many come to Moab from Salt Lake City, Denver, and places even farther away because they are unable to obtain these services in the big cities. Not surprisingly, GCWC patients often discover that treatments they have been receiving for years are now starting to be recognized by their cardiologists and even some popular media medical advisers. GCWC is continually expanding its services, bringing breakthroughs from around the world to bear on common problems for which drugs and surgery have limited effectiveness. Due to a relentless pursuit of the latest in medical science and technology, you can always count on GCWC to be ahead of the curve—even in Moab.



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PET HAPPENINGS

BARF! (Cooking for your dog)

So what does BARF stand for? Biologically appropriate raw food or bones and raw food.

There are many reasons to cook for your dog, the main one being that dogs thrive on living food just like we do! We need to eat a balanced diet of fresh vegetables and proteins to ensure a healthy body and so do our canine companions. Commercial dog food is convenient, easy to ship, stores well and holds for up to a year but it is a lot like cereal in its nutritional value. Think about only being able to eat your favorite boxed cereal daily, sounds delicious right? Even if your dog is willing to scarf down every morsel they get without a fuss, there are some amazing and easy recipes you can make to add fresh food to their diet.

Dr. Karen Becker, who writes a bi-weekly newsletter for Mercola Pet, ranks a balanced fresh diet as the number one thing to feed your pet. Next in line is a commercially produced raw diet, then human grade canned food, almost at the bottom is dry dog food (even the best stuff) and last would be an unbalanced home cooked diet. She ranks an unbalanced home cooked diet last to drive home the point that a huge bowl of white rice with some boiled chicken added is the worst thing to feed your dog as a regular diet. Remember that dog food in a bag is a relatively new invention, compared to how long dogs have been our companions. The first dog food was made in 1860 out of wheat, beet root, vegetables and beef blood. Since then a barrage of products from biscuits, feed pellets to dehydrated foods have been marketed as dog food, but very few have balanced nutritional value.

Up until 1974 the National Research Council (NRC) developed the protocol for the nutritional values needed in pet food. A new organization was formed, called the American Association of Feed Control Officials (AAFCO). This group was organized by the pet food industry. They decided to change the standards of the NRC (National Research Council) testing procedures from extending feeding trials of the dog food over a period of time, to simple testing of the chemical analysis of the dog food. In 1985 the NRC created a new standard for dog food, but it has never been adopted, or even taken seriously, and all dog food companies use the 1974 AAFCO standards. The dog food industry is way behind in how we make and test dog food, so we have taken it upon ourselves to find what is best for your furry companions, after all we love our pets and we know you do too! Here are some excellent recipes, cooked and raw for you to try, but first some important information.

If your pet has only been eating kibble their entire life, consider that fresh (especially raw) foods can be a shock to the system, so go slow! Incorporate no more than 25% of their daily diet as fresh foods, maybe even a fresh snack at first. Slowly build more fresh into their diet so you can ensure they tolerate the change without digestive upset. When I converted my dogs, it took one of them 3 days to acclimate and the other 2 weeks. Every dog is different!

At least 60-80% of your dog's fresh food diet should consist of raw meat. (Remember that this meat should never come from a commercial grocery store, only human grade meat from butchers or food companies that make meat meant to be consumed raw should be used). Further broken down, that meat allowance should be roughly 20% organ meat, 20% skin and fat, and 35% muscle meat. All meat should, obviously, be uncooked if possible, and may include: Eggs (with shell), beef, buffalo, venison, elk, chicken, turkey, emu, ostrich, rabbit, and fish. Vegetables may be combined with meat, to account for 20-40% of your dog's diet. Appropriate vegetables include: Broccoli, squash (all types), Romaine lettuce, carrots, cabbage,

celery, and asparagus. If your dog gets bloated or gassy, reduce or eliminate the broccoli and cabbage. If you are uncomfortable giving or handling raw meat, it can be cooked (but bones have to be removed!!). Just remember that cooking the meat kills all the essential amino acids and probiotics so you will need to add these back into the meal at the end. Notice that there is no room left for grains in these fresh food recommendations? That's because dogs do not thrive on grains no matter how wholesome they are. Many good recipes include whole grains to help with cost, and making Fido feel full but they are unnecessary. You may add

them, but they are useless calories. Some of the recipes we included have grain in them, but you can increase the meat and take them out for the best results.

How much do you feed? 2-3% of total body weight is appropriate for most dogs. Very young dogs may need a bit more, while older or inactive dogs require less. To calculate, multiply weight, in pounds, by 16 to get total body weight in ounces. Feed 2-3% of that weight, daily.

For example, if your dog weighs 50 pounds...

50 lb. x 16 oz. = 800 oz. (total body weight in ounces)

800 oz. x .02 = 16 oz. (total daily minimum food weight)

OR

800 oz. x .03 = 24 oz. (total daily maximum food weight)

Paws up for Raw (raw)

- 1 lb. raw ground meat
- 2 cups ground or pureed vegetables
- 2- 4oz. raw organ meat (liver, gizzards, etc.)
- 1/2 cup apple cider vinegar
- 1-2 cloves garlic
- 1 T ground kelp
- 1/2 cup plain yogurt
- 3 eggs with shells
- Handful of parsley

Mix all ingredients (chop, puree, or leave in large chunks, depending on your dog's preference) and store in the refrigerator or freezer. This mixture should account for 20-40% of your dog's daily diet.

Organic and Easy (raw)

- 1/2cup organic cottage cheese
- 1/2 cup organic grated carrots
- 4-5 organic skin-on raw chicken wings (or cooked organic chicken, with bones removed)

Pile up your dog's bowl, and watch it disappear!

Yummyloaf (cooked)

- 3 cups ground buffalo (lean)
- 2 eggs
- 1 1/2 cups old fashioned oats
- 3/4 cup grated mixed vegetables, including zucchini, broccoli, carrots, and sweet potato
- 1/2 cup cottage cheese

Preheat oven to 350 degrees F. Hand-mix all ingredients and press into a loaf pan. Bake for 40 minutes. May be refrigerated, or frozen in slices for easy serving. Substitute ground turkey, chicken, or beef, if desired.

Easy Casserole (cooked)

- 1 cup cooked chicken or turkey
- 1/2 cup steamed vegetables (carrots, broccoli, squash, spinach, sweet potato)
- 1/2 cup prepared brown rice or quinoa
- 4 Tbsp. no-sodium broth

Combine all ingredients.



by Jessica Turquette, co-owner of the Moab BARKery

These foods can be prepared in advance, refrigerated and even frozen but feed them no more than 4 days after they are made for best results. We keep ours in the fridge, individually portioned out for ease of use. If you can't cook for your dog every day that's fine, but incorporating fresh food at least once or twice a week can give them some much needed variety and wholesome fresh food their body will thrive on! To ensure they are getting the full range of vitamins and minerals, we recommend a nutritional supplement like Nupro, Missing Link or FidoNutrients be added to your home cooked meals.

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

August 17 - Cat Adoption Day at the Moab BARKery from 11am - 1pm

August 24 - Dog Adoption Day at City Market from 10am -12pm

Be sure to check out our website, www.moabpets.org for other ways you can support the HSMV.

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(OPEN days shown)

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•	•	•	14	15	16	17
•	•	•	•	22	23	24
•	•	•	•	•	•	31

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Summer

Summer

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