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MOAB HAPPENINGS

Volume 34 Number 3

JUNE 2022

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JUNE EVENTS

- ARTS & AGJUNE 2 & 16
- RODEO JUNE 3-4-5
- MOAB ARTWALKJUNE 11
- FREE CONCERT SERIESJUNE 24
- MENTAL HEALTH HIKEJUNE 26

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P.O. BOX 698
MOAB, UTAH 84532

MOAB HAPPENINGS®

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

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

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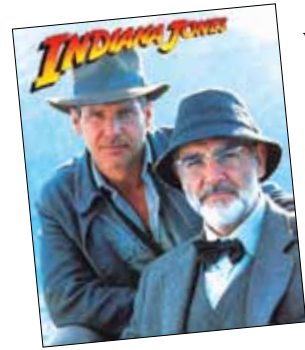
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River Road Happenings

Movie & Western Memorabilia Museum at Red Cliffs Lodge

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



The late George White was founder of the Moab to Monument Valley Film Commission, the longest ongoing film commission in the world.

In the museum one can learn more about film locations, how the sets are built, and how the filming process is managed on nature's own sound stage.

On display in the museum are production photographs, movie posters, autographed scripts, props from the many pictures filmed in the area, and displays about the western ranching heritage. For information, call Red Cliffs Lodge at 435-259-2002.



Through the magnificent landscapes of southeastern Utah, writers

have been inspired and stories born here. Zane Grey, the famous western novelist, traveled through the area in 1912.



His visit inspired him to write his book Riders of the Purple Sage. The book was made into a movie starring Ed Harris and Amy Madigan, and filmed on locations around Moab.

A partial list of stars that have made movies in Moab
 John Wayne, Maureen O'Hara, Henry Fonda, Lee Marvin, Rock Hudson, Jimmy Stewart, Richard Boone, Anthony Quinn, Mickey Rooney, Shirley Temple, Kris Kristofferson, Billy Crystal, Robert Duvall, Gene Hackman, Bill Murray, Jack Palance, Susan Sarandon, Geena Davis, Ted Danson, Tom Cruise, and many more.

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2022 Moab Area Events

- Jun 2 & 16Arts & Ag Market
- Jun 3, 4, 5 .Canyonlands PRCA Rodeo
- Jun 10-11 ..Kokopelli Relay (road cycling from Moab to St. George)
- Jun 19-25 ..Desert Rats Kokopelli 150 (footrace from Fruita to Moab)
- Jun 24Moab Free Concert Series
- Jun 25Bears Ears Ultra, (Monticello)
- Jul 4 4th of July Celebration
- Jul 8 & 29...Moab Free Concert Series
- Aug 10-13 .Grand County Fair
- Aug 19.....Moab Free Concert Series
- Sep 1-15Moab Music Festival
- Sep 3-5RR4W Labor Day Campout (four-wheel drive event)
- Sep 12-18 ..Full Size Invasion (4x4 offroad)
- Sep 16Soup Bowl Fundraiser
- Sep 17Golden Bears Ears Ultra, (Monticello)
- Sep 16-17...Green River Melon Festival
- Sep 17-18....Moab Century Tour (road bicycling event)
- Sept 23-24 Ut High School Mt Bike Race
- Sep 24 Youth Garden Harvest Festival

- Sep 30-Oct 2..Outerbike (Mountain Bike Expo)
- Oct 7-11Moab 240 Endurance Run
- Oct 8.....Arches Marathon & Half, 15k
- Oct 14-16..'Scots on the Rocks' Moab Celtic Festival
- Oct 22-23Red Canyon Powwow
- Oct 27-29...Jeep Jamboree
- Oct 27-30....Moab Ho Down (mountain bike festival)
- Oct 29-30.... Madness in Moab 24 hour (running events)
- Oct 30.....Day of the Dead Celebration (multicultural event)
- Oct 30-Nov 4Moab Folk Camp
- Oct 31Trunk or Treat
- Nov TBA.....Utah Fallen Peace Officers Trail Ride
- Nov 4-6Moab Folk Festival
- Nov 4-7..... Moab Craggin' Classic (rock climbing event)
- Nov 5-6Moab Trail Marathon, Half Marathon, 5K & Kids K
- Nov 19Dead Horse Ultra (footrace 30k, 50k, 50 mile)
- Dec 3.....Christmas Lights Parade

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Moab Events

June

Jun 1 Live Music at Blu Pig- Community Music Night

Jun 1 Weed 'n' Feed- Join us at Youth Garden Project every other Wednesday to help out with weeding in the garden, meet new people, and enjoy a garden-fresh meal prepared by volunteer chefs. 6-8pm, free and open to all ages! youthgardenproject.org

Jun 1 Bluegrass night with Quicksand Soup.

High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 8pm Moab Backyard Theater Outside Food and Drink welcome. 56 W. 100 South

Jun 2 Tiny Fossils and the Big Picture: Mammals from the Age of Dinosaurs presentation by Brian Davis. Every kid knows that dinosaurs are the biggest, fiercest, and most inspiring creatures to ever have walked the Earth, but they are only part of the story. The ancient world was a diverse and vibrant place, and dinosaurs lived alongside a cast that included the earliest mammals. Come and learn what our ancestors were like and what their tiny fossils reveal about their lives: while most survived by scurrying between the feet of dinosaurs, others swam, glided, and even had dinosaurs for lunch! 5:00 pm, Moab Information Center, sponsored by Canyonlands Natural History Association (CNHA) and Moab Museum.

Jun 2 Arts & Ag Market Moab Arts & The City of Moab are hosting the market at Swanny City Park. Peruse local artist's goods, buy fresh and locally grown vegetables from our beloved food producers, and say hello to your neighbors! Friendly reminder that dogs are not allowed at Swanny. 5-8pm/dusk info: 435-259-6272

Jun 2 Juniper Drive. Honky Tonk with a twist 8pm Moab Backyard Theater. Free Admission Outside Food and Drink welcome. 56 W. 100 South

Jun 2 Live Music at Blu Pig- Rick Gerber

Jun 3-5 Canyonlands PRCA Rodeo- Doors open at 6:00 pm, Pre-show 6:30 pm, Rodeo begins at 7:00 pm. Sunday Matinee: Doors open at 2:00 pm, Pre-show 2:30 PM, Rodeo begins at 3:00 pm. Old Spanish Trail Arena, 3641 S Highway 191 .Info at moabcanyonlandsrodeo.com See ad pg 15A

Jun 3 Free Movie Moab Summer Film Series- Luca - Bring blankets, chairs and water. Popcorn provided. Swanny City Park about 8:30pm

Jun 3 Friday Family Skate for all ages at the Sun Court by Star Hall. \$10 adults, \$7 youth and \$5 bring your own skates. 6-8pm

Jun 3 Magic Show with Rick Boretti, the Four Corners most acclaimed magician. The only functioning outdoor magic show in the Southwest! Prepare to laugh be mystified! 8pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Jun 4 Supplement Saturday- Co-op owners, stock up and save on supplements on the first Saturday of every month at Moonflower! All dietary supplements, vitamins, minerals, tinctures, medicinal herbs, and other items in this department will be 10% off for co-op owners only. Synergy products will not receive any further discounts. 8am - 8pm at Moonflower Co-op

Emergency Room (ER) Access

at Moab Regional Hospital will be through Main Entrance at front of facility, for several months, due to a hospital-wide renovation/expansion project.

Jun 4 30th Annual National Trails Day® - Taking place the first Saturday in June, National Trails Day® is a day of public events aimed at advocacy and trail service. Thousands of hikers, bikers, rowers, horseback riders, trail clubs, federal and local agencies, land trusts, and businesses come together in partnership to advocate for, maintain, and clean up public lands and trails.

Jun 4-5 Live Music at Gloria's Corner Cafe- Jon O, Saturday 4-6pm and Sunday 5-8pm

Jun 4-5 Golf Tournament- Wing Dinger Mixed Eclectic, mixed. Info: moabgolf@citlink.net, 435-259-6488, Moab Golf Course

Jun 5 Live Music at Blu Pig- Rick Gerber

Jun 7 Live Music at Blu Pig- Lost Buffalo

Jun 8 DIY Yoga Mat Spray Class- Join Moonflower Co-op and local certified yoga instructor Crystal Bunch to make your very own all natural yoga mat cleaner spray! It's a safe, easy, effective way to keep your yoga mat clean and cared for, and help you avoid germs so you can stay healthy. Supplies will be provided. Free and open to the public; however, class size is limited to 20 participants. 7pm at Moonflower Co-op. Sign up at bit.ly/yogamatclass or in the store!

Jun 8 Bluegrass night with Quicksand Soup. High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 8pm Moab Backyard Theater Outside Food and Drink welcome. 56 W. 100 South

Jun 8 Live Music at Blu Pig- Community Music Night

Jun 9 Juniper Drive. Honky Tonk with a twist 8pm Moab Backyard Theater. Free Admission. Outside Food and Drink welcome. 56 W. 100 South

Jun 9 Live Music at Blu Pig- Lost Buffalo

Jun 10 Science Moab Movie and Talk: Waterworld and Water We Doing Here? Why Lake Powell's Water Level Dropped So Low? What would it be like to live in a world with too much water? Here in Southern Utah, we'll never know. The lake levels in our largest reservoir, Lake Powell, have dropped drastically. Recently, the lake reached its lowest point since Glen Canyon Dam was built. Here, we speak with Jack Schmidt, a hydrologist who has spent years studying the Colorado River, to tell us what this decline means for the lake, the river, and those who depend on it. Swanny Park at 8pm

Jun 10 Family Skate Night for all ages at Old Spanish Trail Arena Pavilion. \$10 adults, \$7 youth and \$5 bring your own skates. 6-8pm

Jun 10 Magic Show with Rick Boretti, the Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh be mystified! 8pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Jun 10-11 Kokopelli Relay- See pg 2B

Jun 10-11 Live Music at Blu Pig- Crossroads

Jun 11, Propagation Workshop and Visit to Mayberry Propagation Site. Canyonlands Chapter of the Utah Native Plant Society is excited to welcome retired USU professor of horticulture who will instruct us at Moab. In the afternoon, we anticipate hearing from Kara Dohrenwend at Mayberry Propagation Site. She will be updating us on the current propagation work that is taking place on-site. Info: dianeackerman13@yahoo.com

Jun 11 Moab ArtWalk- View a variety of fine art and handmade crafts; enjoy refreshments and mingle with local and visiting artists. Most exhibits run for a month or more so feel free to stop in anytime at participating locations! See pg 8B

Ongoing Events:

Yoga in Old City Park

Sundays NEW TIME 9-10:15am. Classes by Donation. Alternating Yoga Teachers: Star Kolb, Angela Houghton, Kristi Paul, Porscha Doucette & Kelly Michaud. www.sundariyogamoab.com/classes for schedule.

Moab Community Yoga

Tuesdays 6:30-7:30 at the Moab Arts and Recreation Center (MARC) in the dance room. 111 E 100 N

Arts & Ag Market

1st and 3rd Thursdays, May - October Moab Arts & The City of Moab are hosting the market at Swanny City Park. 5-8pm/dusk info: 435-259-6272

Free Community Lunch

Thursdays from 11:30am to 1:00pm at the St. Francis Episcopal Church (250 Kane Creek Boulevard, Moab). Free lunches for all who come by. Homemade soups (always several choices) or sandwiches, bread (chips with sandwiches), dessert, coffee and water. Call St. Francis Episcopal Church at 435 259-5831 for information.

Free Community Food Pantry

Fridays from 4-6pm at the St. Francis Episcopal Church (250 Kane Creek Boulevard, Moab) No ID, no name, no address, no personal information needed. We always have canned goods, bagged goods, meat. We often have bread, fresh produce, milk, cheese, fruit juice, eggs. Also personal toiletries, cleaning supplies, diapers, dog food. Feel free to pick up for someone who can't get out, or someone who is working. Call St. Francis Episcopal Church at 435 259-5831 for information.

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More Events

Jun 11 Moon Hike – Sand Flats Recreation Area. 9:30pm-11pm. To sign up email stargazemoab@gmail.com.

Jun 11 Magic Show with Rick Boretti, the Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh be mystified! 8pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Jun 11-12 Golf Tournament- Arch & Horsehead 2-man, men blue tees. Info: moabgolf@citlink.net, 435-259-6488, Moab Golf Course

Jun 12 Live Music at Blu Pig- Eddie Green

Jun 14 FLAG DAY

Jun 14 5% Day for Boulder Outdoor Survival School- Every second Tuesday of the Month, Moonflower donates 5% of the day's sales to a local organization that aligns with our mission. This month, Moonflower's 5% Day will be donated to the Boulder Outdoor Survival School in Boulder, Utah. Join us in supporting BOSS by shopping the co-op! 8am - 8pm at Moonflower Co-op

Jun 14 Live Music at Blu Pig- Alicia Stockman

Jun 15 Weed 'n' Feed- Join us at Youth Garden Project every other Wednesday to help out with weeding in the garden, meet new people, and enjoy a garden-fresh meal prepared by volunteer chefs. 6-8pm, free and open to all ages!

Jun 15 Bluegrass night with Quicksand Soup. High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 8pm Moab Backyard Theater Outside Food and Drink welcome. 56 W. 100 South

Jun 15 Live Music at Blu Pig- Community Music Night

Jun 16 Arts & Ag Market Moab Arts & The City of Moab are hosting the market at Swanny City Park. Peruse local artist's goods, buy fresh and locally grown vegetables from our beloved food producers, and say hello to your neighbors! Friendly reminder that dogs are not allowed at Swanny. 5-8pm/dusk info: 435-259-6272

Jun 16 Juniper Drive. Honky Tonk with a twist 8pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Jun 16 Live Music at Blu Pig- Rick Gerber

Jun 16 Moab Information Lecture Series- Robert Anderson presents *Founding Fathers: The Creation of Canyonlands National Park*. The vision of Charlie Steen, Bates Wilson and Stewart Udall paved the way for the creation of Canyonlands National Park. Charlie Steen represents the Atomic Energy Commission who provided access to the White Rim Sandstone via the White Rim Road. Bates Wilson Represents the vision of having a National Park that would protect the confluence. Wilson wanted to protect a million acres of wild canyon country and generate a sustainable economy via tourism. Stewart Udall provided the political support needed in order to push the idea of a National Park through Congress. Join Park Ranger, Robert Anderson, as he discusses each of these men and their vision for Canyonlands National Park. 5:00 pm, Moab Information Center, sponsored by Canyonlands Natural History Association (CNHA) and Moab Museum.

Jun 16 From Grand County to the Real Alaska- Join Alaskan fiddler, writer, and storyteller, Ken



Waldman, for a program that will take us from the beauty and grandeur of Grand County to the beauty and grandeur of Alaska. Author of 20 books and 9 albums, Ken combines Appalachian-style string-band music, original poetry, and smart storytelling for a truly unique performance. It's his first

public show in Moab since 2004 and he's also here to celebrate his brand-new novel, *Now Entering Alaska Time*. Free! 6 pm. Presented by Grand County Public Library, 257 E. Center St. Info: 435-259-1111 or www.moablibrary.org

Jun 16 Third Thursdays in Montezuma Park- Cortez downtown market. See ad pg 7A

Jun 17 Family Skate Night for all ages at Old Spanish Trail Arena Pavilion. \$10 adults, \$7 youth and \$5 bring your own skates. 6-8pm

Jun 17 Lilliehouse- Alternative indie band from Salt Lake City. 8pm Moab Backyard Theater. Food Truck onsite, Outside Food and Drink welcome. 56 W. 100 South

Jun 17 The Karate Kid -Free Movie Moab Summer Film Series- Bring blankets, chairs and water. Popcorn provided. Swanny City Park about 8:30pm

Jun 17 Live Music at Blu Pig- The Gravities

Jun 17-18 The Lazy Man's Olympics presented by Moab Senior Games and the Moab Golf Club benefit the Moab Junior Golf Team, Ages 21 to 100. Call 435-259-6488 to register. See pg 18A

Jun 18 Painted Mountain Tour – Public Land-Inspired Jazz FREE EVENT - The Bureau of Land Management is pleased to welcome jazz trumpeter Delbert Anderson and his ensemble D'DAT to Bears Ears National Monument as a part of our Artist in Residence Program and the Painted Mountain Tour. 7:00pm, San Juan High School Auditorium, 311 North 100 East, Blanding. www.blm.gov/visit/bears-ears-national-monument. See article pg 7A



Jun 18 Magic Show with Rick Boretti, the Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh, be mystified! 8pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Jun 18 TEDx Grand Junction event- Avalon Theater. See article pg 8A

Jun 19 FATHER'S DAY

Jun 19 JUNETEENTH

Jun 19 Live Music at Blu Pig- Rick Gerber

Jun 19-25 Desert RATS 150 - a six day supported foot race adventure that covers a distance of approximately 143 miles. Fruita, CO to Moab, UT. geminiadventures.com

Jun 19 Sunday Family Skate for all ages at the Sun Court by Star Hall \$10 adults, \$7 youth and \$5 bring your own skates. 1-3pm

Jun 20 Live Music at Blu Pig- Josh Womack

Jun 21 Live Music at Blu Pig- Lost Buffalo

Jun 22 Bluegrass night with Quicksand Soup. High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 8pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Jun 22 Live Music at Blu Pig- Community Music Night

Jun 22 Music in the Grapevines- is presenting an Exit 42 (country rock) concert at Two Rivers Winery. Gates open at 6pm, concert at 7pm. Picnics are encouraged. Two Rivers Wine available. Tickets \$15 in advance; \$20 at gate. Info and tickets at artcenterguild.org

Jun 23 Moab Information Lecture Series- Mallory Sandoval Lambert presents *Ecological Interactions between Mountain Goats and American Pikas*. Mountain goats (*Oreamnos americanus*) and American pikas (*Ochotona princeps*) are naturally co-occurring across most of their overlapping distributions in western N. America. The southern limit of the natural range of mountain goats is in Idaho, whereas American pikas occur naturally as far south as New Mexico. However, the mountain goat range has been extended southwards with the establishment of translocated subpopulations in Utah and Colorado. These mountain goats now share habitat with pikas, providing an opportunity to study potential ecological interactions between these two alpine specialists near the southern limits of their current ranges. Join Mallory Sandoval Lambert as she talks about how her research is exploring this previously unstudied system through field-based experimentation, with a focus on the La Sal Mountains in southern Utah. 5:00 pm, Moab Information Center, sponsored by Canyonlands Natural History Association (CNHA) and Moab Museum.

Jun 23 Finally! Someone has written a book about how to make peace! Barbe Chambliss, professional mediator and author of *Women Peacemakers: What We Can Learn from Them*, will speak at the Moab Library, on bringing forth conscious acts of peace in a progressively chaotic world, and discuss stories of the women change agents featured in her book. Free! 7pm. Presented by Grand County Public Library, 257 E. Center St. Info 435-259-1111, or www.moablibrary.org

Jun 23-Juniper Drive. Honky Tonk with a twist 8pm Moab Backyard Theater. Free Admission. Outside Food and Drink welcome. 56 W. 100 South

Jun 23-24 Live Music at Blu Pig- Owen Cook

Jun 24 Free Locals Skate Night for all ages at Old Spanish Trail Arena Pavilion. \$10 adults, \$7 youth and \$5 bring your own skates. 6-8pm

Jun 24 FREE Concert Series- Jeremy Garrett is known as an innovative fiddle player, expressive singer and soul-searching songwriter in the GRAMMY Award-winning band, The Infamous Stringdusters, who broke onto the national scene in 2007, scooping up 3 International Bluegrass Music Association awards, including Album and Song of the Year. Since then, the group has become a national ambassador for progressive bluegrass, playing to club, theater, and festival audiences around the country. 6-9pm Swanny Park

Jun 24 Magic Show with Rick Boretti, the Four Corners most acclaimed magician. Prepare to laugh, be mystified! 8pm Moab Backyard Theater. Outside Food and Drink welcome. 56 W. 100 South

Jun 25 Service Saturday at Arches - Show your love for Arches National Park by helping clean up litter or pull weeds at a popular parking lot or trailhead (Time TBD)! All equipment will be provided and all ages and abilities welcome. Location and other details will be determined one week from the date of event. Each participant will receive a special thank-you item for volunteering time to care for the national park. For more information or to sign up, please contact Sofia Nicholson at sofia_nicholson@nps.gov or 435-719-2214.


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More Moab Events

Jun 25-26 Live Music at Blu Pig- Tyler Gould

Jun 25 Magic Show with Rick Boretti, the Four Corners most acclaimed magician. The longest running outdoor magic show in the Southwest! Prepare to laugh, be mystified! 8pm Moab Backyard Theater.. Outside Food and Drink welcome. 56 W. 100 South

Jun 25 The Dog Paddle- Fun, family, pet friendly day at Ken's Lake with paddleboard yoga, games, prizes, music, and more!
www.underdogrescuemoab.com

Jun 25-26 Golf Tournament- Arch & Horsehead 2-man/2-lady, sr men wht tees /all women. Info: moabgolf@citlink.net, 435-259-6488, Moab Golf Course

Jun 26 Mental Health

Hike- Join Canyonlands Field Institute from 1PM - 6PM for an afternoon in the mountains focusing on building community and prioritizing mental health. We will be doing various activities to connect to nature and ourselves including hiking, journaling, and art. Let's come together to renew our spirit in the aspen forests and wildflower meadows of the La Sal Mountains. This event is free, snacks and shuttle provided. Email development@cfimoab.org for information.



Canyonlands Field Institute
Allison Anders photo

Jun 26 Live Music at Glorias Corner Cafe- Joey Ganino, 11pm-1am

Jun 28 Live Music at Blu Pig- Lost Buffalo

Jun 29 Summer Harvest Sale- Stock up and save when you shop at Moonflower Co-op during our Summer Harvest Sale! Owners save 15% off any purchase and all customers receive 5% off everything in the store! 8am - 8pm

Jun 29 Weed 'n' Feed- Join us at Youth Garden Project every other Wednesday to help out with weeding in the garden, meet new people, and enjoy a garden-fresh meal prepared by volunteer chefs. 6-8pm, free and open to all ages!

Jun 29 Bluegrass night with Quicksand Soup. High powered music from one of the Four Corners most legendary bluegrass bands. Free admission. 8pm Moab Backyard Theater Outside Food and Drink welcome. 56 W. 100 South

Jun 29 Live Music at Blu Pig- Community Music Night

Jun 29 Adult Disco Skate Night 18+ at the Old Spanish Trail Arena Pavilion from 7-10 pm. DJ tba, \$15 with skate rental, \$10 bring your own or off skate entry.

Jun 30 Juniper Drive. Honky Tonk with a twist 8pm Moab Backyard Theater. Free Admission. Outside Food and Drink welcome. 56 W. 100 South

Jun 30-Jul 1 Live Music at Blu Pig- The Teccas

July

Jul 2 Independence Day Community Celebration
See ad on this page

Jul 2 La Sal Mountains Butterfly Count- Join us to learn about, and participate in our annual survey of butterflies of the La Sal Mountains. We'll meet at the Moab Information Center 25 E Center St, Moab, UT. Saturday, July 2, 2022, at 8:00 AM..The North America Butterfly Association participation fee is \$3.00 per person. Join the conversation



Common Alpine, *Erebia epipsodea*

about butterflies and moths of Southeastern Utah
<https://www.facebook.com/groups/S.E.UT.Leps/>
See pg 7B

Jul 2 Guardians of the Galaxy -Free Movie Moab Summer Film Series- Bring blankets, chairs and water. Popcorn provided. Swanny City Park about 8:30pm. Alcoholic beverages will be sold.

Jul 4 INDEPENDENCE DAY

Jul 7 Arts & Ag Market Moab Arts & The City of Moab are hosting the market at Swanny City Park. Peruse local artist's goods, buy fresh and locally grown vegetables from our beloved food producers, and say hello to your neighbors! Friendly reminder that dogs are not allowed at Swanny. 5-8pm/dusk info: 435-259-6272

Jul 8 Moab FREE Concert Series- Con Brio a San Francisco Bay Area seven-piece that plays energetic soul, psych-rock and R&B that's as fresh and freethinking as the place they call home, will take the stage. Collectively operated and constantly evolving, Con Brio is a creative hub for some of the Bay Area's most gifted veteran musicians. As of 2021, Con Brio features singer Sarah Clarke — known for her vocal range and magnetic stage presence — as well as guitarist Benjamin Andrews, keyboardist AJ McKinley, trumpeter Brendan Liu, saxophonist Marcus Stephens, bassist Jonathan Kirchner and drummer Andrew Laubacher. 6-9pm at Swanny City Park

Jul 8 & 9 Canyon Country Stewardship Training- Transform your recreation into stewardship! SUWA's Stewardship Program works every year to remediate, rehabilitate, and reclaim impacts to the wilderness character of our public lands. Help us accomplish our goals by becoming a part of our Wilderness Stewardship Program in Grand County. Become involved with our public lands monitoring initiative, increase our on-the-ground presence across Utah, and help us directly counter increasing impacts to our wild places. Info: volunteer@suwa.org To Register: suwa.org/apply

Jul 9 KZMU Annual Golf Classic- in memory of Jeff Flanders. Registration and information call Moab Golf Club 435-259-6488

Jul 13 Weed 'n' Feed- Join us at Youth Garden Project every other Wednesday to help out with weeding in the garden, meet new people, and enjoy a garden-fresh meal prepared by volunteer chefs. 6-8pm, free and open to all ages!

Jul 15 Friday Family Skate for all ages at the Sun Court by Star Hall. \$10 adults, \$7 youth and \$5 bring your own skates. 6-8pm

Jul 15 Inside Out -Free Movie Moab Summer Film Series- Bring blankets, chairs and water. Popcorn provided. Swanny City Park about 8:30pm

Jul 16-17 Golf Tournament- Global Scramble Challenge, mixed. Info: moabgolf@citlink.net, 435-259-6488, Moab Golf Course

Jul 19 Music in the Grapevines- is presenting Wild Flight (contemporary and jazz) in concert at Two Rivers Winery. Gates open at 6pm, concert at 7pm. Picnics are encouraged. Two Rivers Wine available. Tickets \$15 in advance; \$20 at gate. Info and tickets at artcenterguild.org

Jul 21 Weed 'n' Feed- Join us at Youth Garden Project every other Wednesday to help out with weeding in the garden, meet new people, and enjoy a garden-fresh meal prepared by volunteer chefs. 6-8pm, free and open to all ages!

Jul 21 Arts & Ag Market Moab Arts & The City of Moab are hosting the market at Swanny City Park. Peruse local artist's goods, buy fresh and locally grown vegetables from our beloved food producers, and say hello to your neighbors! Friendly reminder that dogs are not allowed at Swanny. 5-8pm/dusk info: 435-259-6272

Jul 22-23 Jam Skate Camp! Old Spanish Trail Arena. Info at facebook.com/skatemoab

Jul 23, 24, 25 Country Jam - Grand junction

Jul 23 Service Saturday at Arches - Show your love for Arches National Park by helping clean up litter or pull weeds at a popular parking lot or trailhead (Time TBD)! All equipment will be provided and all ages and abilities welcome. Location and other details will be determined one week from the date of event. Each participant will receive a special thank-you item for volunteering time to care for the national park. For more information or to sign up, please contact Sofia Nicholson at sofia_nicholson@nps.gov or 435-719-2214.

Jul 23 Star Party at Sand Flats Recreation Area stargazemoab@gmail.com

Jul 24 PIONEER DAY

Jul 27 Adult Disco Skate Night 18+ at the Old Spanish Trail Arena Pavilion from 7-10 pm. DJ tba, \$15 with skate rental, \$10 bring your own or off skate entry.



Jul 27 Weed 'n' Feed-

Join us at Youth Garden Project every other Wednesday to help out with weeding in the garden, meet new people, and enjoy a garden-fresh meal prepared by volunteer chefs. 6-8pm, free and open to all ages!

Jul 29 Moab FREE Concert Series- Los Mocochetes, a Chicano Funk band from Denver, CO, will perform. This colorful cast of characters fuses thoughtfully brazen, socio/politically charged song lyrics, groovilicious melodies and high-energy stage antics to create an immersive experience unlike anything you've ever seen before. They have chosen to use their music to inspire and encourage positive social change, and they have a ton of fun along the way! Music is medicine, laughter is medicine, community is medicine. 6-9pm Swanny City Park.

Jul 29-30 Saints to Sinners Bike Relay- Ride from the Heavenly Heights of Utah to the Infernal Heat of Las Vegas in this year's annual Saints to Sinners Bike Relay! register today for the best time you can have on two wheels! www.SaintsToSinners.com

Jul 30 Stateline Bar & Grill Car Show- Bubba Bartosh and the Redrock Outlaw Band performing. Dove Creek, Colorado.

Independence Day Community Celebration 2022

Saturday, July 2
beginning at 11a.m.
Swanny City Park, 100 West & 400 East

Activities in the Park 11 a.m.-4 p.m.

Games
Volleyball
Music
Firetruck Water Spray Hourly
Watermelon Eating Contests
Donut-on-a-String Eating Contests
Food
Beer Garden
Photo Booth
DJ Music
Vendor Booths

Movie screening –
“Guardians of the Galaxy” (9 p.m.)

Activities at the Moab Recreation & Aquatic Center

Bingo – 2-4 p.m. – Prizes!
Free swim at the pool – 11 a.m. - 7 p.m.

Sponsored by:



Listings in the

Moab Happenings

Events Calendar are FREE!!

DEADLINE: JUNE 20, 2022

for JULY Events Calendar

Live Music

Outdoor Entertainment Thrives in Moab at the Backyard Theater

It's June and things are warming up in Moab. With the warmer weather show times have shifted to 8pm at one of the only open air family entertainment venues in the Rocky Mountains, the Moab Backyard Theater. Owned and operated by husband and wife team, Sand and Sunnie Sheff, the theater is in its 9th year of operation, and has entertained thousands of locals and visitors over the years. It is a throwback to another era, when culture was something people created for themselves, and not what was fed them from entertainment corporations in the big cities through hypnotizing electronic mediums.

During the Pandemic-while music, magic and comedy were largely relegated to cyberspace, one venue remained open: The Moab Backyard Theater. It's advantage over other places? The venue is completely open air and



financial overhead is very low. In fact, it's just a stage beneath a Cottonwood tree with some chairs and straw bales around. But don't let the minimal frills fool you, the theater offers some of the best entertainment in the west.

Wednesday is the theater's famous Free Bluegrass Night featuring regional favorites Quicksand Soup. Thursday is an unusual blend of jazz and country--with Juniper Drive. Fridays are sometimes Magic, and on the 17th Alternative Indie band Lilliehouse,

Saturdays, back by popular demand, the world-famous magic and humor of Rick Boretti is featured in the longest-running open-air magic show in America! It is great fun for all ages.

The southwestern style food truck, El Local, is now open for business onsite.

Shows start at 8pm in June. The Moab Backyard Theater is located at 56 W. 100 South in downtown Moab, just behind Zax restaurant. See you in June!

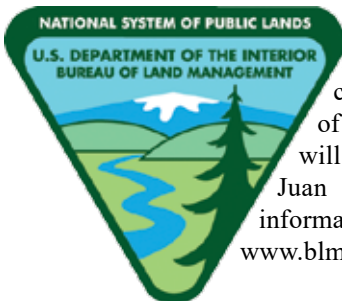


Painted Mountain Tour— Public Land-Inspired Jazz

*Rachel Wootton, Public Affairs Specialist (she / her)
Bureau of Land Management - Moab and Monticello*

The Bureau of Land Management is pleased to welcome jazz trumpeter Delbert Anderson and his ensemble D'DAT to Bears Ears National Monument as a part of our Artist in Residence Program and the Painted Mountain Tour. Anderson and D'DAT will seek inspiration from the landscape in Bears Ears National Monument and perform at a free public concert. Anderson and D'DAT combine jazz, funk, and hip hop yielding a unique and compelling sound appealing to people of all backgrounds. This performance will be Saturday, June 18, 7:00pm, San Juan High School Auditorium, 311 North 100 East, Blanding. More details, including information about how to attend the public workshop the day before the concert, can be found on www.blm.gov/visit/bears-ears-national-monument.

FREE EVENT!



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PRESENTED BY: AND PARTNERS:

EVENT INFO AND VENDOR SIGN-UP: shopcortez.com/third-thursdays/

THE DOG PADDLE
AT KEN'S LAKE
June 25, 2022

TICKETS ON SALE!

A fun, family and pet friendly, day at the lake with paddleboard yoga, games, prizes, music, and more!
for more information visit www.underdogrescuemoab.com

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Grand Junction Happenings

Listen to compelling stories during TEDx Grand Junction

by Sharon Sullivan

Listen to “ideas worth spreading” during the fifth annual TEDx Grand Junction event at the historic Avalon Theatre in downtown Grand Junction, Saturday June 18.

Eighteen presenters – from around Colorado, as well as California and Texas will speak on a wide range of topics – based on the rules and format of the well-known TED talks – the inspiration for the local Grand Junction event.

Nearly 100 applicants from around the country responded to tedxgj.com’s call for 2022 presenters – 20 were chosen (including back-up speakers) to participate in this year’s event.

“We read them all,” said TEDx Grand Junction co-founder Mary Watson. “Some really awesome applications came in. We chose what we thought best fits our theme,” which this year is “re-imagine.” All presentations must be original, related to the theme, and be a compelling story and idea “worth spreading.”

The western Colorado event includes talks titled “Multi-tasking is the Mindkiller,” “The Neural Reboot,” “Action Cures Fear,” and “This is Not a Dress Rehearsal.”

Watson acquired a license from TED.com to create the Grand Junction TEDx event. She assigns coaches to work with each presenter virtually, by phone, and/or in-



Mary Watson and Dave Wall from SNOB productions

person to ensure talks are vetted, and that speakers abide by the TED guidelines. Sales pitches and preaching are not allowed.

Watson was first inspired to create the local speaking event after a friend told her about Bryan Stevenson’s compelling 2017 TED talk about America’s justice system. Stevenson is the founder of Equal Justice

Initiative and author of the book “Just Mercy.”

After watching Stevenson’s talk Watson began viewing TED talks daily, and began researching how to create a TEDx event in Grand Junction.

“We have intelligent, dynamic, interesting people in our community,” she said.

TEDx Grand Junction has taken place annually, since Watson and co-founder Josh Hudnall first launched the local event in 2018. Presentations were

held virtually (via FaceBook Live) last year due to the pandemic. This year TEDx Grand Junction returns in-person to the Avalon Theatre. 645 Main Street.

Organizers have added mini-workshops this year that will be held at the Avalon prior to the main-stage presentations which begin at 11 a.m. Doors open at 10 a.m. and the mini-workshops – “Mindfulness 101,” “Adventures in the Grand Valley,” and “All About Interpersonal Relationships,” will take place from 10:15 to 10:45 a.m.

There will be an hour break for lunch, with presentations concluding sometime later in the afternoon. An after-party will take place at Ciara’s Cantina, on 7th Street, across the street from the Avalon Theater.

Tickets are \$39 and available at the Avalon box office, at the door, or online via www.ticketmaster.com/event/1E005C79A7C028FF?camefrom=FC_AVALONGJ_AWSTedxGJ22.

Be sure and use the above web site to avoid higher prices from other resale sites.

TEDx Grand Junction thanks sponsors Atlasta Solar Center, Long Point Digital, and Enstrom’s Candies for their support.



Dalton Trumbo sculpture outside Avalon Theatre



Master of Ceremonies Josh Hudnall

Monday thru Friday 8am-5pm
Saturday 9am-1pm

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info@moabhappenings.com

Food Happenings

Street Dogs



Moab Street Dogs is the new gourmet hot dog truck. Located at 39 W 100 N, food truck park. They are serving waffles and gourmet hot dogs.

Street Dogs has 17 signature hot dogs and 15 waffles on the menu. You can pick signature dogs and waffles from our menu and you can also build your own dog and add any topping on a waffle. Street Dogs has a variety of traditional dogs: Chicago, Detroit, Chili Cheese, New Yorker etc. If you want to try something new, try the Mac & Jack Russel. It is loaded with Mac & cheese and green chili, with chili sauce covering the beef frank, plus crumbled bacon on top.

Street Dogs is vegan and gluten free friendly. They have 2 popular signature vegan dogs called Deserts Vegans and Vegan Dogs.

Street Dogs has a really good atmosphere, with french music and outdoor seating.



The owner, Mustafa Uyan is from Turkey. He has 2 other businesses, one in Cambodia and one in Turkey. He came here to create a unique business. He opened that business on Christmas Eve 2021. His friendly nature is sure to entice plenty of return business.

Street Dogs has 10% local discount if you want to stop by at the Moab Food Truck Park, Spot #4!

STREET DOGS
BEST HOT DOGS AND WAFFLE IN TOWN
☎ 435 459 3827
f g+ s i+ @moabstreetdogs
moabstreetdogs@gmail.com
www.moabstreetdogs.com
39 W 100 N, Spot 4, Moab Food Truck Park

Street Dogs Food Truck
39 W 100 N. (Spot 4) Food Truck Park 435-459-3827
Breakfast • Lunch
Open 10am - 7:30pm Mon - Thurs
8:30am-8pm Fri - Sun

Street Dogs serves tasty waffles and gourmet hot dogs. There are 17 signature hot dogs and 15 waffle on the menu. Vegan and gluten free friendly! Come try the best hot dogs and waffles in town!



Street Dogs is open 10am-7.30pm Monday through Thursday and 8.30am-8pm Friday through Sunday.

They will be open till winter time.

Street Dogs has a really funny slogan, "Do Not Philosophize eat a Hot Dog".

And make sure to mention you read about it in *Moab Happenings*.

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HOURS
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Noon - 6pm
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Info@moabwinery.com | 435-634-1010
www.moabwinery.com

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Restaurant Guide

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 www.gravelpitlanes.com

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Open Mon-Sat 4pm-Close Open Sun 4pm
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Antica Forma
 267 North Main Street 435-355-0167
 Lunch • Dinner
Open Sun-Thur 11am-10pm
Fri & Sat 11am-10:30pm
 The name Antica Forma means "The old form." We serve pizza made by master pizzaiolo (pizza maker) Israel Hernandez who was trained in the art of pizza made in its birthplace: Naples, Italy. Authenticity and quality are important to us, so our ingredients are either imported from Italy or made fresh in house everyday.

BANGKOK HOUSE TOO
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 www.BangkokHouseToo.com
 435-355-0168
 Full Liquor License

Bangkok House Too, Sushi Bar & Asian Bistro
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 Lunch • Dinner • Take-Out • Delivery
Open 11:30am until 10:00pm
Every Day Except Wednesday
 Our chefs prepare authentic dishes using the highest quality ingredients. We have a large menu including Thai, Sushi, Bento Boxes, Pho and Ramen. There are many Vegetarian and Gluten Free options. Plus a kids menu! We also offer Lunch Specials, To-Go and Delivery. Full Liquor License.

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Doughbird
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Restaurant Guide

¡El Arte De Comer Bien!
The Art Of Good Eating!

Authentic Mexican Cuisine

812 S. Main Street 435-355-0854

See Our Menu & Order Online

El Charro Loco Mexican Grill
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Lunch • Dinner
Sun-Thur 11am - 10pm Fri-Sat 11am - 11pm

Serving authentic Mexican cuisine 7 days a week. Family owned and operated using the freshest ingredients and traditional recipes. Lunch Specials served daily from 11am-3pm. Come enjoy our intimate and friendly atmosphere. ¡El Arte de Comer Bien! The art of good eating! Large enclosed patio available for large parties.

840 S. Main St. Moab 740-550-3199

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Open 8am - 10pm Every Day

The Giddy Piggy offers an amazing variety of gourmet grilled cheese sandwiches and much more! Try our Buffalo Ranch Chicken Grilled Cheese, Philly Cheesesteak Grilled Cheese, BBQ Chicken Grilled Cheese, Taco Grilled Cheese, or you can spice up your life with our Jalepeño Popper Grilled Cheese. We also have vegan and vegetarian options. You can finish off your meal with a decadent dessert like our S'mores Griller or Fruit Pie Griller.

Open 6am-2am

Try our Sopas and Gorditas \$5.00ea
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396 South Main Street 435-259-1678

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Newest location of family owned chain of restaurants. Enjoy the same authentic Mexican cooking as our other restaurants in Arizona, Colorado and Utah. Traditional Mexican recipes including Lengua and Menudo. Mexican bottled Coca Cola, Horchata, Rica Jamaica, Tamarindo and orange whip.

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Dinner 5pm-Last Seating at 9pm

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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.

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Catering Available

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www.facebook.com/LaPreferida2020

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Open Daily 11am - 5pm

Delicious authentic Mexican food for a great price! Come try everyone's favorite Red Birria Tacos and our Mexican burger, carne asada fries, multitas, tortas, burritos, quesadillas, and vegetarian options. We are located in a nice cozy setting away from the traffic and crowds, with plenty of outdoor seating and parking. Catering Available.

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Open Daily 11am - 8pm

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Breakfast • Lunch • Dinner

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Breakfast • Lunch • Dinner
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540 S Main St 435-259-4848

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Breakfast • Lunch • Dinner
Open Daily 7am-Close

Taste the wild West at our Western style dining experience. We open early and stay late to serve you a wide variety of delicious food options from our new menu. Come try our ½ pound burgers fresh off the grill, vegan pizza, or Mexican chocolate cake. Start your day with our breakfast served from 7 AM to 11:30 AM.

Restaurant Guide

Hot Breakfast & Lunch
Served Daily in the Datura Deli
Grab n' Go Meals, Soups, Sandwiches, & Salads
Freshly Baked Pastries & Breads



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moonflower.coop

Moonflower Community Cooperative
 39 East 100 North 435-259-5712
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Moonflower's Datura Deli offers hot breakfast burritos, a hot lunch bar featuring a freshly cooked entree and rotating soups, and a wide selection of grab & go sandwiches, salads, spreads, and snacks. Our deli bakes a variety of muffins, scones, cookies, cakes, and breads every day. Gluten-free and vegan options are always available.

Open Daily 6:30 AM



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 Breakfast • Lunch
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Open for Lunch & Dinner
North Carolina BBQ in Moab



Restaurant
 12-9 Sun - Thurs
 12-10 Fri - Sat

Bar
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Live Music
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spitfiresmokehousemoab.com
 2 West 100 South 435-259-2654

Spitfire Smokehouse
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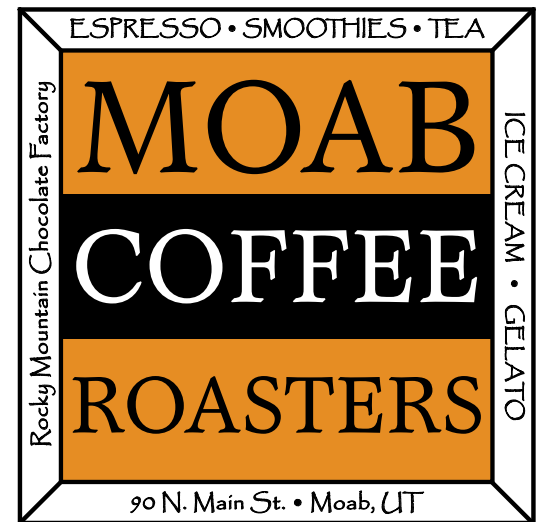
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Flying Happenings

Heli X Uses the 10X Rule to Get the Job Done

Moab Heli X has just finished their second month in business at Canyonlands Regional Airport.

Like any new business, Grant Cardone's 10X rules applies. Ten times as much work, money and perseverance gets the job done. The staff at Moab Heli X has certainly done the 10X thing. A turbine helicopter was ferried to Moab from Kenosha, WI and spent an extra four days waiting out weather in Bloomington, IL. One of the 1,000 hour pilots ran around the West procuring necessary commercial ratings and medical



requirements. The ground staff installed beautiful desert landscape planter boxes and ran drip irrigation along the berm to enhance the airport entrance. They completed the landscaping process with the hanging of oversized American and Ukrainian flags.

Moab Heli X has been reaching out to local businesses to diversify its product offering. When was the last time you visited

Cisco? Buzzards Belly, Cisco's very unique general store has graciously offered landing rights to Moab Heli X. It's a very clever tour. The store is great and Cisco is now sprouting some very interesting art installations. For those of you in your 60s, you may remember the movie Vanishing Point. The helicopter / car chase scene was filmed in Cisco. Moab Heli X is working to recreate the scene for the cult like fans. The company has struck up relationships with resorts and local outfitters to boost the expedition side of the business.

Moab Heli X has been living up to its promise to "fly with respect". The company has a strict policy in place regarding low flying and canyon flying. They have met with the BLM and SUWA for guidance especially as it pertains to flying into sensitive raptor and desert big horn habitat. The company pulled the Mexican Mountain trip off its website citing that since it is now designated wilderness it no longer plans to fly into the landing strip there.



A Moab Heli X partner commented that 10X is paying off. "I've been believer in Grant's 10X rule for a long time in other businesses. We have recently gone from one tour a week to one a day. Our clients today paid us a huge compliment. They loved our website but couldn't complete the booking. They kept on and went to Facebook and booked it. This was couple from Oregon that was in Moab on a brief layover on a drive to Texas. They drove back to the airport just to take the 20 minute Poison Spider tour. They said they were not going to leave without trying us to get a chance to see the area from the air. They had a great time and then doubled back to Moab to check out and continue their drive."

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And make sure to mention you read about it in *Moab Happenings*.



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Museum Happenings

Butch Cassidy Was Here: Temporary Summer Exhibit Highlights Historic Inscriptions

By: Moab Museum Staff

Across the West, Indigenous people, ranchers, homesteaders, miners, trappers and traders, outlaws, Spanish and Mormon missionaries, and others have signed their names and left their mark on the landscape. Today, leaving your mark in these ways constitutes vandalism, but historically people left their mark to communicate to future passersby and to record their history as it unfolded. Historic inscriptions invoke wonder, inspire curiosity, and tell stories to visitors about how people of the past have traveled across this varied and rugged landscape, and may come in a various forms: carved, pecked, or chiseled into sandstone, etched into the bark of aspen trees, or scrawled on historic buildings.

A temporary exhibition entitled *Butch Cassidy Was Here: Historic Inscriptions of the Colorado Plateau*, opens on June 7th at the Moab Museum. The exhibit dives deep into the history of the region's inscriptions and showcases a selection from the rich photographic archives of history experts and backcountry adventurers James Knipmeyer and Mike Ford. Beginning in the 1970s, this pair of history enthusiasts and backcountry adventurers began a decades-long effort to explore and photograph lesser-known sites throughout the southwest.

Knipmeyer's research focus has long been on historic inscriptions. To date, Knipmeyer has composed over 1,600 images of remote historical inscriptions across the region, amassing a collection that is invaluable for researchers and is presented in his 2002 book *Butch Cassidy Was Here: Historic Inscriptions of the Colorado Plateau*.

Ford's photography, also on exhibit, provides complementary context to the inscriptions: depicting the landscapes through which Ford and Knipmeyer traveled on their adventures. From sweeping vistas to desert wildflowers, Ford's photographs help tell the story of two friends on their quest to explore the human history of the vast landscape.

"Methods for communicating messages have changed drastically from what they were during the early 19th century and prior. Without phone or a speedy post, people relied on carving to convey vital messages of survival, discovery, or claim to property. This exhibit offers visitors the chance to reflect on how and why travelers historically left their mark, and how we commemorate our travels now," comments Tara Beresh, Curatorial and Collections Manager for the Moab Museum.

The Moab Museum is open Tuesday through Saturday from 10 a.m. through 6 p.m. *Butch Cassidy Was Here: Historic Inscriptions of the Colorado Plateau*, opens on June 7th and will be on exhibit through the summer. For more information, please visit moabmuseum.org.

www.moabmuseum.org • 118 East Center Street, Moab, UT • 435-259-7985



Historic inscriptions found across the southwest help tell the story of human history through time. Photographs by James Knipmeyer.

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4	Homewood Suites by Hilton	435-259-7000	www.homewoodmoab.com
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6	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
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University Happenings

Porscha Doucette: First USU Statewide Peak Summer Research Fellow

Utah State University Moab student Porscha Doucette has been awarded the Peak Summer Research Fellowship, becoming the first student from a USU Statewide campus to receive the prestigious fellowship. Doucette is a junior majoring in social work in USU's College of Humanities and Social Sciences.



Doucette will join other Peak Summer Research Fellows in the program which starts May 16. She will work with USU faculty member Chris Babits, a post doctoral teaching fellow in the Department of History.

"This is the highest honor that CHaSS awards," Doucette said. "I appreciate this research fellowship

program because I excel as an independent learner. The opportunity to delve deeply into a topic, with only my own goals and deadlines, is exciting - but it is even more exciting to be able to do so with a mentor and the support of the university and faculty."

Endowed by David and Terry Peak, the Peak Summer Research Fellowship funds a select cohort of highly engaged undergraduate students in the Peaks' colleges—the College of Science and the College of Humanities and Social Sciences—through a summer research experience. These

fellows will spend 10 weeks actively engaging in research with faculty mentors, have access to special trainings and workshops, and will come out of this fellowship poised to succeed in competitive applications for graduate school and national fellowships and grants.

Together, Doucette and her mentor will be researching how the history of social work is taught in undergraduate programs and will seek to find out how more diverse voices could be included in curriculum. The project hopes to create a multicultural and diverse understanding of the history of social work.

"As I've seen so far, the history of social work is largely framed around the contributions of white middle- and upper-class women and ignores the similar contributions of racial and ethnic minorities," Doucette said. "Through this research fellowship, I hope to engage in effective social justice by influencing the history of social work which is taught at USU, and hopefully, all undergraduate social work programs."

Babits encouraged Doucette to apply for the fellowship and will act as her primary mentor during the 10-week research project. Babits is excited to see how the project evolves, seeing its potential to have an impact in the social work landscape.

"Porscha's promise as a researcher and as an advocate for change are on full display in her Peak Fellowship project," Babits said. "Investigating the Erasure of Diverse Perspectives in Social Work's History' expresses a dire need for greater historical literacy in social work education.

UtahStateUniversity

Porscha has outlined an impressive research endeavor for this summer— one that has the potential to transform how social work educators teach the history of their profession, both at USU and throughout the nation."

Doucette is a non-traditional student, having returned to school after 20 years of being out of college. She reenrolled in college in spring 2021. She chose USU Moab because of its proximity to her home and the flexibility the campus offered a non-traditional student such as herself.

"I have been living and working in Moab for the last 14 years," Doucette said. "The ability to go to school without moving was essential in my decision to go to USU."

Located in the outdoor recreation paradise of Moab and boasting one of the greenest buildings on any USU campus, Utah State University Moab offers students the personalized attention and small class sizes of a small-town college with the resources of a large university. With programs such as Nursing, Elementary Education, Recreation Resource Management and Social Work, technical education in Health Professions, Automotive and Business, and degree options ranging from associate to doctorate degrees, USU Moab offers programs that help fuel local economies and empower individuals and their communities. Learn more at moab.usu.edu.

USU Names Irungu as Inaugural VP of Diversity, Equity and Inclusion

Jane Irungu will join the Utah State University executive cabinet as the school's first vice president of diversity, equity and inclusion. Her hiring was announced following a six-month national search.

"We want to ensure Utah State is a place where all people feel they belong and can thrive," said President Noelle E. Cockett. "Dr. Irungu has years of experience working with students, faculty and staff in strategic leadership roles, as well as being a teacher. We're excited to bring her to USU and confident she'll be an effective leader."

Irungu has been serving as the associate provost of inclusive excellence at the University of Oklahoma. Her previous roles have included interim vice president for diversity, equity and inclusion and chief diversity officer for that university, as well as assistant vice president in the division of equity and inclusion and director of the Center for Multicultural Academic Excellence at the University of Oregon.



At USU, Irungu will be the university's executive-level strategist responsible for guiding practices and creating opportunities to define, assess and promote inclusive excellence, access and cultural proficiency for students, faculty and staff

"The opportunity to lead USU in this important role gives me a measure of excitement but also an awareness of the hard work ahead of us," Irungu said. "I appreciate that there are many ongoing DEI initiatives at USU's different campuses, and I look forward to working with university leadership, faculty, staff, students and other stakeholders to take us to the next level."

The creation of the vice president position was a top recommendation from the Diversity and Inclusion Task Force created by President Cockett in spring 2019. That task force has also made recommendations on the university's approach to diversity, equity and inclusion, which Irungu will review before leading the university in creating a strategic plan.

UtahStateUniversity

In June 2021, USU released results from its first diversity and inclusion survey in 2019. The survey found that students with an underrepresented identity status reported a lower sense of belonging on campus. In addition, students with a disability, LGBTQIA+ students, students of color and international students reported feeling less safe in the classroom and found USU to be less welcoming. Complete survey results are at diversity.usu.edu.

Irungu is looking forward to stepping into her new role on July 1. "I would like to start by learning more about USU's vision for a diverse, equitable and inclusive community," she said. "There is enthusiasm and commitment to inclusion, and with a collaborative approach – a shared sense of purpose and responsibility – I believe we can collectively continue the advancement of a caring and welcoming community for all."

For more information on diversity, equity and inclusion at USU, visit usu.edu/about/diversity-and-inclusion.

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Pet Happenings

Are Two Dogs Really Better Than One?

When it comes to adding a dog to your family, you may assume that two pups are better than one. However, if you asked most dog trainers and veterinarians, they would likely try to talk you out of adopting two puppies from the same litter. The truth is, there's no right or wrong answer when it comes to adopting a sibling pair, but there are careful considerations that must be made.

In the right environment and with proper training and ongoing socialization, adopting two dogs from the same litter may be the perfect addition to your family. But be prepared that extra work and commitment on your part may be required.

Potential Problems With Sibling Puppies

Whole Dog Journal, detailed some of the most common reasons why dog training professionals often try to discourage would-be pet guardians from choosing a sibling pair. Among them:

- They may bond more to each other than to human family members
- Housetraining may be more difficult and require twice as much effort
- The time required to ensure each puppy gets individualized playtime, attention and training, in order to grow into a confident, social dog even when not in their sibling's presence

Littermate syndrome is another term, based on anecdotal evidence, used to describe two siblings adopted together that bond intensely with each other, to the exclusion of their human family. Littermate syndrome is somewhat controversial, as it certainly doesn't happen in every case, but it is something to consider, especially if pet parents are not focused on intentionally developing individual, separate relationships with both dogs.

Fighting among littermates can be severe, and should also be considered prior to bringing home two puppies from the same litter. In my experience, sibling rivalry is worse with same-sex siblings, and more pronounced in certain breeds.

One pup can also develop an unhealthy emotional dependence on the other, becoming highly anxious if he's separated from his sibling. *Whole Dog Journal's* training editor is among those who advises against adopting two puppies at once. Explaining "The biggest challenge of adopting two new puppies is their tendency to bond very

closely with each other, often to the exclusion of a meaningful relationship with their humans. They can become inseparable. Also, owners often underestimate the time commitment required to properly care for and train two puppies; as a result the pups often end up untrained and undersocialized."

How to Help Siblings Live in Harmony

If you do adopt littermates, you can help them adjust and grow into well-adjusted dogs, as well as increase bonding with you, by using separate crates, training sessions and playtime, so each dog has a chance to grow and develop on its own.

Teaching your puppies how to grow into confident, independent and secure dogs starts with separate crates, which should be in someone's bedroom initially so you can hear them when they whine to go out in the middle of the night. Training your pups should also be done separately. "It's much more difficult to get and keep any semblance of attention from either puppy if the other is present as a distraction. Eventually you can each work with them at the same time in the same room, and sometime in the future one person can have fun working with them both at the same time. But that's down the road somewhere, after they've both learned their good manners lessons very well."

Each puppy should also be given opportunities for individualized playtime. While they can certainly play together sometimes, allowing each pup a chance to play with you one-on-one ensure that the less assertive pup will get a chance to shine. "For example, if you always play 'fetch' with the two together, you're likely to see that one pup repeatedly gets the toy and brings it back, while the other runs happily along behind."

If you watch closely, you may even see the more assertive one do a little body language warning if the other tries to get the toy — a hard stare and stiffened body, perhaps. The less assertive one defers to her sibling by letting go of the toy and looking away."

The same is true of going for walks. You'll need to walk each puppy individually so they can develop



Provided by Jessica Turquette, owner of Moab BARKery

confidence on their own. If you don't, and instead only walk them as a pair, "the less confident pup will come to rely on the presence of the more confident one to be brave in the real world."

Are Two Dogs Really Better Than One?

If you can commit to the extra time and commitment that a sibling pair requires, you can likely learn to live in harmony together, but preventing sibling issues is a far better approach than managing issues once they start. A common statement I hear as a vet is, "I've raised many sets of siblings and never had a problem, until now." Preventing rivalry and over-bonding should be a conscious effort when siblings come home together, beginning day one.

Another option is to adopt one dog at a time, giving each a chance to bond with you and develop into a well-socialized and trained dog before adding another pup to the mix. "Consider instead adopting one puppy now and another later, or better yet, one puppy now and an adult dog later."

In general, if you're considering two dogs for your household, choose dogs of the opposite sex to maintain harmony, as dogs of the opposite sex tend to get along better than same-sex pairs. Often, larger males and smaller females work well together in the same household, though you can also consider dogs of the same breed. Fortunately, when it comes time to adopt, many shelters allow you to "try before you buy," and bring a dog home with you for a set time, to make sure you have a match made in heaven.

No matter which route you choose — a sibling pair, multiple dogs adopted at different times or a dog that's an "only child" — make sure to ask yourself these questions and consider the answers carefully before making the big commitment of being a dog guardian:

- Has the dog you're considering been behavior-tested?
- What is the dog's history?
- What veterinary care has your prospective dog received?
- What are the steps involved in the adoption?
- What food has your new dog been eating?



Dear Family,

- Please make sure the ID info. on my collar is up to date. It would be horrible if I got lost and couldn't be reunited with you.
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Underdog Animal Rescue At Ken's Lake

Meet Underdog Rescue at Ken's Lake on June 25, 2022, for a day of fun in the sun. Their first annual Dog Paddle will take place at the lake with games, prizes, paddleboard yoga, food, beverages, and dogs! This dog and family-friendly event will be one you don't want to miss as the proceeds support Underdog's mission



can across the Four Corners area. Located inside Moab city limits, you can support Underdog by volunteering, rescuing their



many pups looking for forever homes, or supporting this event through sponsorship. If you are interested in learning more about Underdog and how you can help or want to purchase your Dog Paddle ticket, please visit the website at underdogrescuemoab.org.



of rescuing dogs from the Four Corners reservation communities. Underdog is the only rescue in Utah dedicated to serving the Native American communities, including Navajo reservation land which is the largest reservation in the U.S. Over 250,000 stray dogs live on Navajo lands alone and Underdog is on a mission to save as many dogs as they

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2021-22 Sculpture Exhibition

You can still catch MoabArTrails current public sculpture exhibit on display until September of this year.

The "Art Trail" is a pedestrian loop through the heart of downtown Moab, featuring 11 new works, all of which are for sale. "Inclusion" by Sue Quinlan, located at the Southwest corner of Center and Main, won Best In Show for this, the 4th annual Public Sculpture Exhibition. Honorable Mention went to Ted Schall, for "Rift", which stands in front of the HooDoo by Hilton on 1st West.

Each year, the program purchases a piece for the public's permanent collection. Last year, local artists Tim McCallister, MIK's, piece, was purchased and added to that permanent collection. Over 90K of art has been donated to the public through the program. Votes for the final selection of the sculpture that best fits Moab can be cast at www.moabartrails.org/peopleschoice

The call to artists for next year's show will go live for submissions June 5, 2022.

Mark your calendars! Moab ArTrails 5th Annual Exhibition and ArtStroll is scheduled for Saturday, September 24, 2022.

The volunteer selection committee rotates annually, broadly representing the community at large. Interested individuals can reach out to moabartrails@gmail.com, or call 435 259-2709.

Tax Deductible donations go directly to art for the community's enjoyment. www.moabartrails.org/donate

Moab ArTrails is a 501c3 through the sponsorship of the Moab Arts Council. Supporting partners in the program include Moab City, Grand County Travel Council, private donors, corporate and foundational support. The mission of Moab ArTrails is to conserve the cultural and economic health of the community through the exhibition and acquisition of enduring public artworks which connect beauty, people and place on shared trails through time.



- 1 Awareness--Nathan Brimhall--\$15000
- 2 Existence Totem--Kevin Shaffer--\$6500
- 3 Desert Trumpet--Reven Swanson--\$18000
- 4 Untitled--Pavia Justinian & Dave Davis--\$60000
- 5 The Rift--Ted Schaal--\$10500
- 6 Overcoming--Deveren Farley--\$8900
- 7 Serpent Waver--Mel Whitcomb--\$15000
- 8 Breakwater--Paul Reimer--\$7000
- 9 Inclusion--Sue Quinlan--\$12500
- 10 Inseparable--Michael Ford Dunton--\$60000
- 11 Consciousness Rising--Nathan Brimhall--\$15000
- 12 Harmony--Paul Reimer--\$7000
- 13 Continuum--Sue Quinlan--\$5600

All pieces are available for purchase contact Moab ArTrails at 435-259-2709 or info@moabartrails.org



All pieces are available for purchase. Contact Moab ArTrails at 435-259-2709 or info@moabartrails.org



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Volume 34 Number 3

Section B

June 2022

5th Annual Moab Free Concert Series June - July - August 2022

Friends of the Moab Folk Festival is proud to announce the return of our free summer concert series. Four free concerts will be held on select Fridays at Swanny City Park. The free concerts are open to the public, and folks are encouraged to come with their friends and families. Beer and wine will be available for the adults. The concert stage will be set up adjacent to the pavilion, providing a perfect picnic spot for all under the large cottonwoods and a playground for the kiddos. Showtime is 6 to 9 PM. KZMU Community Radio will livestream on 90.1 FM and kzmu.org.

The series opens June 24th with the Jeremy Garrett Bluegrass Band. Jeremy Garrett is best known as an innovative fiddle player, expressive singer and soul-searching songwriter in the The Infamous Stringdusters, who broke onto the national scene in 2007 scooping up 3 International Bluegrass Music Association awards, including Album and Song of the Year. Jeremy will be touring with his own bluegrass supergroup.

On July 8th Con Brio, a San Francisco Bay Area seven-piece that plays energetic soul, psych-rock and R&B that's as fresh and freethinking as the place they call home, will take the stage. Collectively operated and constantly evolving, Con Brio is a creative hub for some of the Bay Area's most gifted veteran musicians. As of 2021, Con Brio features singer Sarah Clarke — known for her vocal range and magnetic stage presence — as well as guitarist Benjamin Andrews, keyboardist AJ McKinley, trumpeter Brendan Liu, saxophonist Marcus Stephens, bassist Jonathan Kirchner and drummer Andrew Laubacher.

On July 29th Los Mocochetes, a Chicano Funk band from Denver, CO, will perform. This colorful cast of characters fuses thoughtfully brazen, socio/politically charged song lyrics, groovilicious melodies and high-energy stage antics to create an immersive experience unlike anything you've ever seen before. They have



Los Mocochetes

chosen to use their music to inspire and encourage positive social change, and they have a ton of fun along the way! Music is medicine, laughter is medicine, community is medicine.

The Series concludes on August 19 with Big Richard. Big Richard is a neo-acoustic super group made up of four well established Colorado musicians. Formed in late 2021, the band gained immediate notoriety for their charismatic stage presence and their vocal/instrumental prowess. After selling out all of their club shows Big Richard quickly started confirming festival appearances across America.

Each show will feature local/regional opening acts including The Family Trade, The Nanites, Shangalu and Lizzy Plotkin and Natalie Spears. Opening acts begin at 6 PM. Main Stage performers will start at 7 PM.

www.moabfreeconcerts.com or <https://www.facebook.com/moabfreeconcerts/>

Funding for this project is generously provided by the Moab Area Travel Council, Utah Arts and Museums and the Utah Legislature, the City of Moab, Rocky Mountain Power Foundation, George S. And Dolores Dore Eccles Foundation, and The Sorenson Legacy Foundation, as well as many additional business sponsors. The series is produced with cooperation from Moab Folk Festival, Moab Arts and Recreation Center, and KZMU. Our non-profit organization will use income earned from beer and wine sales and local sponsorships to continue and expand the series in the future. The series is a labor of love for music and community for all those involved.

Friends of the Moab Folk Festival (Friends) is a 501 (c) (3) non-profit organization founded in 2005. Our programming efforts include: The Moab Folk Festival (Festival), the Moab Folk Camp (Camp), educational outreach within the Grand County school system, senior citizen outreach, and the Moab Free Concert Series.



Jeremy Garrett Bluegrass Band



Con Brio

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- Circle-O
- Rockin' A
- Bar-B Loop
- Deadman's
- Long Branch
- Killer-B

This map represents just one of many trail systems available in the Moab area.

• **KOKOPELLI RELAY, June 10-11, 2022.** There are many interpretations of who/what Kokopelli is...for us, he represents what we love best about Southern Utah. Native Americans venerated him as a god of abundance and good spirits. You may have seen his image (often hump-backed, playing a flute) in and around Moab and St. George. Whatever others may think of him, to us he symbolizes joy, freedom, goodwill, and mettle; all characteristics you will experience at the Kokopelli Relay!

• **MOAB CENTURY TOUR - Road Cycling Tour, September 17-18, 2022** Choose from 38 - 100 mile routes with breathtaking views of Moab's sandstone marvels and the Colorado River. Ride to Dead Horse Point State Park with vistas from the edge of the earth on Saturday; on Sunday choose the recently-paved La Sal Loop Road through the mountains with 5550' elevation change and views of fall colors before carving down through red rock canyons and finishing along the Colorado River. Every registration includes a donation to the Moab Healthcare Foundation benefitting the Cancer Treatment Center. For more information visit skinnytireevents.com or call 435-260-8889.

• **OUTERBIKE September 30-October 2, 2022.** Test ride all of the latest and greatest bikes and gear on the world-class trails of Moab, UT. For three days, the world's premier bike and gear manufacturers set up at the Outerbike expo site. You can browse the latest innovations, pick a bike you'd like to try and take it for a ride. Repeat as needed. www.outerbike.com

• **MOAB ROCKS A TRANSROCKIES RACE SERIES - March 25-27, 2023.** Transrockies Race Series, Moab Rocks takes some of the regions best classic and new routes including Klondike, Porcupine Rim and Mag 7 and combines them into a 3-day xc masterpiece in a fully supported format. TransRockies Events pioneered Mountain Bike Stage Racing in North America with the TransRockies Challenge in 2002, and the 3-day race format with the TR3 starting in 2009. For info: transrockies.com

• **ANNUAL GRAN FONDO MOAB, May 2023.** 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 5500 feet in 60 miles. Contact info 435-259-6294

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Nature Happenings

Pronghorn at Home on the Range

by Damian Fagan

Interspersed between the spectacular Utah canyonlands and high plateaus are vast tracts of sagebrush and dry grasslands. These areas, broken only by small ridges or thirsty washes, form a stark, often bleak, contrast to the region's colorful redrock canyons and snow-capped mountain peaks.

North of Arches National Park, Interstate 70 slices through two such landscapes known as the Cisco and Green River deserts. Though travelers tend to speed through this region as quickly as possible, little do they realize what they are missing.

Certainly, it's not the nightlife of Thompson Springs, Crescent Junction, or the living ghost town of Cisco, a skeleton of its former self. Even the muted colors of the geologic layers which dominate this area, made up of ancient mudflats and shallow brackish seas, doesn't hold one's attention very long.

But what these areas may lack in geologic beauty is more than made up by the richness of wildlife that inhabits these landscapes.

Chief amongst the inhabitants living in these regions are white-tailed prairie dogs, desert cottontails, black-tailed jackrabbits, and an assortment of small rodents including kangaroo rats, bushy-tailed woodrats, and various species of mice. These creatures feed on grasses, seeds, and woody vegetation in this near-waterless region. In turn, these small mammals attract predators such as bobcats, coyotes, kit foxes, and the occasional wandering bear or cougar. Aerial specialists such as golden eagles, ferruginous and red-tailed hawks, burrowing owls, and great horned owls hunt for prey from above. It's an American Serengeti on a vastly different scale.

Of all the creatures that exist out in this landscape, the American pronghorn, *Antilocapra americana*, stands out above the sagebrush. Though often referred to as an "antelope" - even in the famous song Home on the Range, "Where the deer and the antelope play...", these creatures are the sole surviving member of an ancient lineage of even-toed ungulates (*Antilocapra*) which existed in North America. The closest living relative of the American pronghorn today are giraffes.

Adult pronghorn, named for the two "prongs" on their horns, are pale brown to reddish-brown in color with a white belly and a unique black and white facial pattern.

Their white rump is especially visible when the animals are alert to danger. The white hairs enlarge and create a visual warning sign to other members of their herd. And if danger is near, the pronghorn uses their incredible speed to run away from predators. As the fastest land animal in North America, these hoofed animals can sprint up to 60 miles per hour or maintain a 30-mph pace for several miles at a clip. In

addition to their speed, pronghorns have excellent eyesight to spot predators.



In spring, females bear young spotted fawns, sometimes as twins. Though able to walk soon after birth, the young cannot outrun predators as newborns. Instead, they rely on camouflage and lying motionless in shrubby areas to avoid predators such as coyotes, bobcats, and golden eagles. The young develop quickly and travel with their mothers in small herds foraging on grasses, sagebrush, wildflowers, and other woody plants. In order to obtain the maximum amount of nutrients and moisture from this plant material, pronghorn regurgitate this material and rechew the cud into smaller pieces.

Once abundant across Western North America,



A NATURAL HISTORY WRITER.

Former Moabite, now based in the Pacific Northwest, Damian Fagan is a freelance natural history writer and nature photographer who focuses on the flora and fauna of the American Southwest and the Pacific Northwest. Of course, this gives him a good excuse to go hiking.



pronghorn populations declined due to hunting, encroachment by settlers, and habitat conversion to agriculture. The declines were so severe in certain regions that early 20th century biologists feared the animals would become extinct. Fortunately, protections were enacted to maintain these magnificent creatures to continue at home on the range.





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People in Paleo: Kenneth Carpenter, an all-round dino-doc. by Martin Lockley, Moab Giants

The last five *People in Paleo* contributions dealt with paleontologists who came of age in the early part of the 20th century. Giving my age away, we can now switch to those of the baby boomer generation who came of age in the Dinosaur Renaissance decades (1970s - 1980s). One such individual Dr. Kenneth Carpenter (most colleagues call him Ken) would be completely at home if you dropped him in the desert in the soon-to-be-inaugurated Utahraptor State Park.

After taking degrees at the University of Colorado and working on Cretaceous marine reptiles from Wyoming, and ever-ubiquitous Jurassic dinosaurs, Ken aspired, as he had since childhood, to work at the Denver Museum of Nature and Science. Hard-working and intellectually curious he would, after stints at various museums working in exhibits and preparation he would achieve this goal. He developed wide-ranging interests in field excavation, laboratory preparation, restoration, artistic reconstruction and exhibits (i.e., often wrestling with giant dinosaur restorations).

Like many paleontologists Ken combined hands-on, dig-in-the-dirt field paleontology with the academic business (often unpaid) of scientific publication. However, Ken proved more of an "all-rounder" than most. Besides his interests in the Cretaceous dinosaurs of the Cedar Mountain Formation in the *Utahraptor* State Park area, Ken developed a keen interest in *Eggs Nests and Dinosaur Babies*, the title of one of his books which featured the work of "Dinosaur Egg Man" Karl Hirsch (*Moab Happenings April 2022*). He also wrote or edited books and articles on the history of paleontology including Dinosaur National Monument (*Moab Happenings Feb. 2022*), the armored dinosaurs, the theropod *Acrocanthosaurus*, probable trackmaker of the large three-toed footprints at Mill Canyon. He co-edited and contributed to other dino-books (dino-docs.) including volumes on *T. rex*, dinosaurs of Mexico, horned and beaked dinosaurs, thunder lizards (AKA sauropods) and another on the sometimes-confusing field of dinosaur nomenclature. For good measure he coauthored a book entitled *The Official Godzilla Compendium*. Reportedly his love of paleontology was kindled when his mother took him to see a Godzilla movie at the tender age of five. Evidently, he was not scared off!

After working 22 years at the Denver Museum of Nature and Science, much of

it during the heyday of its 'make over' when the elaborate Prehistoric Journey exhibit was installed, the lure of the Dinosaur Diamond proved too strong. Ken applied for the Job of Director at the Prehistoric Museum in Price where



Dr. Kenneth Carpenter, former Director of the Prehistoric Museum, Price Utah looks happy beside one of his favorite dinosaurs the tank-like armored dinosaur *Gastonia*. I have dubbed him "Doc all-around" for his wide-ranging paleontological expertise. Photo by Donna Barry.

true to his all-round inclinations he revamped the exhibits, educational programs and improved the organization of the research collections. After 10 years as Director, Ken was quoted as saying that all these self-appointed tasks had been "fun to do." Those who know "Doctor all-around" know that with his love of fossils, particularly dinosaurs, he will likely never retire from the 'fun' business of paleontological research.

If asked what his favorite dinosaur was, Ken might pick the tank-like armored dinosaur *Gastonia burgei*. Why? Because it is one of the Prehistoric Museum's treasures, which Ken helped describe along with Utah State Paleontologist Jim Kirkland (more news of him next month). *Gastonia*, was found buried alongside *Utahraptor* in 135-140 million year old early Cretaceous deposits in what is now the newly-created *Utahraptor* State Park area (just entering its construction phase). Named for Dinosaur restoration expert Rob

Article Archive
 To find previous *Moab Happenings* articles go to moabhappenings.com and click on the Article Archive. It will take you to previous copies of complete *Moab Happenings* as well as previous articles by topic.

Gaston, a Dino Diamond resident with his studio in Fruita, and Don Burge, former director of the Prehistoric Museum this armored quadruped has given its name to Moab's local Gastonia Chapter of the Utah Friends of Paleontology (UFOP), a very down to earth organization, not to be confused with any UFO-related stuff. With four feet on the ground, highly authentic complete skeletal reconstructions of *Gastonia* are on display at Moab Giants and the museum in Price.

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Geology Happenings

A New Name for an Old Rock Layer Abandoning the name Dakota Sandstone for the Naturita Formation in Utah

by Allyson Mathis

A thin but conspicuous rock layer (a *formation* to geologists) is found in southeastern Utah; one that tells an important geologic story. This layer consists of tan sandstone, along with some low-grade coal and carbonaceous shale, that was deposited approximately 98 million years ago. It sits just below the imposing gray cliffs of the Mancos Shale in the Book Cliffs north of Moab. Near the base, the layer has a type of cross-bedding and other features that indicate that these sands were transported by rivers. The coal, carbonaceous gray shale, and the plant fossils therein provide evidence for ancient



Low-grade coal, carbonaceous shale, and sandstone in the Naturita Formation

swamps and backwaters. Beach sands and marine fossils such as oysters are sometimes present in the upper part of the unit indicating that this part of the layer was deposited in marine conditions at the shoreline of an ancient seaway.

This type of sedimentary sequence, e.g., one that reveals a change in depositional environment from fluvial to shallow marine indicates a *transgression*, or a rise in relative sea level that causes the sea to transgress, or flood what previously been land as the shoreline moves inland.

This particular tan sandstone indicates the transgression of the Western Interior Seaway, a vast inland sea that stretched across the heartland of North America from the Gulf of Mexico to the Arctic during the Cretaceous Period, a time of high sea level worldwide. As sea level rose, the shoreline moved across Utah from east to west leaving its telltale sedimentary sequence of river sand, swamp coal and shale, and beach sand and oyster fossils.

Until recently, the layer that recorded this transgression in Utah had long been known as the Dakota Sandstone. But detailed *stratigraphy* (the science of rock layers) research as well as a careful application of rock layer nomenclature conventions as defined in the *North American Stratigraphic Code* has revealed that these rocks are actually not part of the Dakota Formation and are more properly known as the Naturita Formation.

From the earliest days of the great geologic and geographic surveys of the West in the 1860s and 1870s, the sediments that recorded the transgressions of the Western Interior Seaway were known as the Dakota Sandstone



The Naturita Formation exposed north of Arches National Park and south of I-70.

everywhere they were found. The Dakota Sandstone was first described from outcrops along the Missouri River, on what would have been the east coast of the Western Interior Seaway. As these pioneering geologists continued to explore the west, they brought the name Dakota with them and applied it to rocks in Colorado and Utah that were deposited on the opposite (west) coast of this sea.

However, the packages of rocks on the east and west coasts of the Western Interior Seaway cannot belong to the same rock unit according to the definition of a formation, regardless of how similar they may appear or the fact that they were deposited in broadly similar environments. The rocks on the two coasts of the seaway must belong to



Fern and other plant fossils from the Naturita Formation

different formations because they do not form a continuous unit as they are separated by the marine rock units of the seaway itself. Further, the eastern rivers flowed west to reach the sea, whereas in Utah, they flowed east to do so, and the two river systems eroded rocks in different source areas. Finally, the North America Stratigraphic Code has a strict prohibition on applying a single name to different bodies of rock.

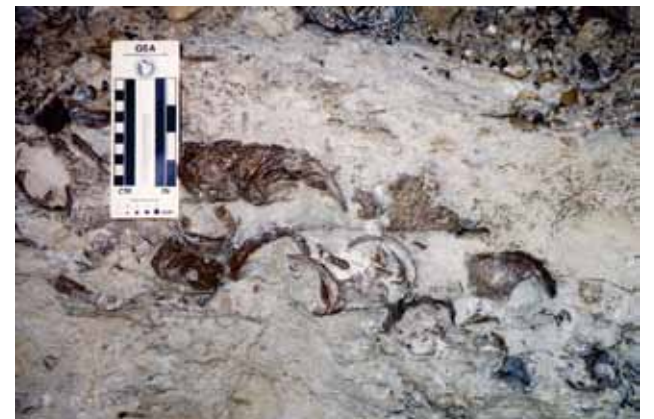
The Naturita Formation was named after the small town in western Colorado where these rocks were described in the 1960s. Although the Naturita Formation was scientifically described nearly 60 years ago, it has only been in the last decade or so that geologists have been applying the term to the transgressive tan sandstone layer across most of Utah. (A separate transgressive sequence of sediments known as the Muddy Formation is present north of the Book Cliffs).



Because the sandstone in the Naturita Formation is resistant to erosion, it can hold up low hogbacks where the rock layers are tilted.

A self-described “rock nerd,” Allyson Mathis is a geologist, informal geoscience educator and science writer living in Moab.

To learn more about Moab’s geology, visit the Geology Happenings archive online at www.moabhappenings.com/Geology.htm.



Oyster fossils in the Naturita Formation in Capitol Reef National Park

As for any change where people’s habits and language are engrained, it will take time for the new terminology to be widely adopted and understood. Most of the existing geologic maps, reports, and studies on the Cretaceous in Utah use the term Dakota Sandstone. The field is also still in the transitional period where the new term is replacing the old. In fact, a scientific paper published in 2016 by Utah State Paleontologist Jim Kirkland and coauthors referred to these rocks as the “Naturita Formation (= Dakota Formation)” every single time they were mentioned.

The name change for these rocks is a good example of scientific progress and the processes of science. Similar changes include revisions to scientific names for organisms based on greater understanding of genetics and the relationships between species and the realization that not all dinosaurs are extinct since birds actually belong to the group of theropod dinosaurs.

While abandoning the name Dakota Sandstone in Utah probably will not provoke feelings as strong those associated with some scientific changes, such as the reclassification of Pluto to a dwarf planet, it is still a change. And changes take time—just hopefully not geologic time.

Special thanks to Jim Kirkland and Douglas Sprinkel.

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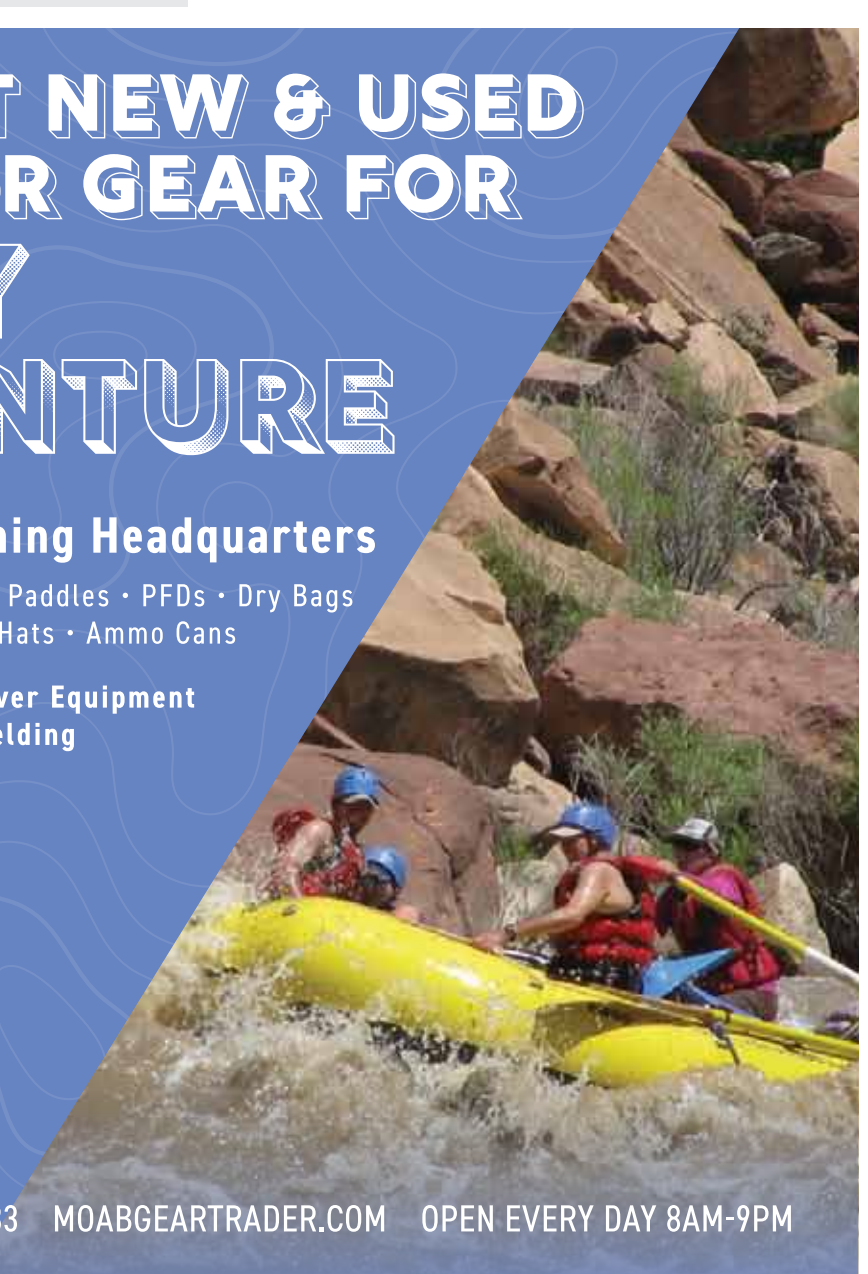
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Dark Sky Happenings

Night Lights: Aurora, Noctilucent Clouds, and the Zodiacal Light

by David Prosper, NASA Night Sky Notes



Aurora are caused when a magnetic storm on our Sun creates a massive explosion that flings a mass of particles away from its surface, known as a Coronal Mass Ejection (CME). If Earth is in the path of this CME, its particles interact with our planet's magnetic field and result in auroral displays high up in our ionosphere. As we enter our Sun's active period of its 11-year solar cycle, CMEs become more common and increase the chance for dazzling displays! If you have seen any aurora, you can report your sighting to the Aurorasaurus citizen science program at aurorasaurus.org



Have you ever seen wispy clouds glowing an eclectic blue after sunset, possibly towards your west or northwest? That wasn't your imagination; those luminescent clouds are noctilucent clouds (also called Polar Mesospheric Clouds (PMC)). They are thought to form when water vapor condenses around 'seeds' of dust from vaporized meteorites - along with other sources that include rocket launches and volcanic

eruptions - around 50 miles high in the mesosphere. Their glow is caused by the Sun, whose light still shines at that altitude after sunset from the perspective of ground-based observers. NASA's AIM mission studies these clouds from its orbit high above the North Pole: go.nasa.gov/3uV3Yj1



You may have seen the zodiacal light without even realizing it; there is a reason it's nicknamed the "false dawn"! Long known to be reflected sunlight from interplanetary dust orbiting in the plane of our solar system, these fine particles were thought to originate from comets and asteroids. However, scientists from NASA's Juno mission recently published a fascinating study indicating a possible alternative origin: dust from Mars! Read more about their serendipitous discovery at: go.nasa.gov/3Onf3kN

Curious about the latest research into these night lights? Find news of NASA's latest discoveries at nasa.gov

Moab Dark Skies

Live and Play under the Milky Way

Moab Dark Skies mission is to promote the appreciation and conservation of Moab's valuable and rare dark skies. Moab Dark Skies was established by the Friends of Arches and Canyonlands Parks in conjunction with the National Park Service and Utah State Parks Division of Natural Resources

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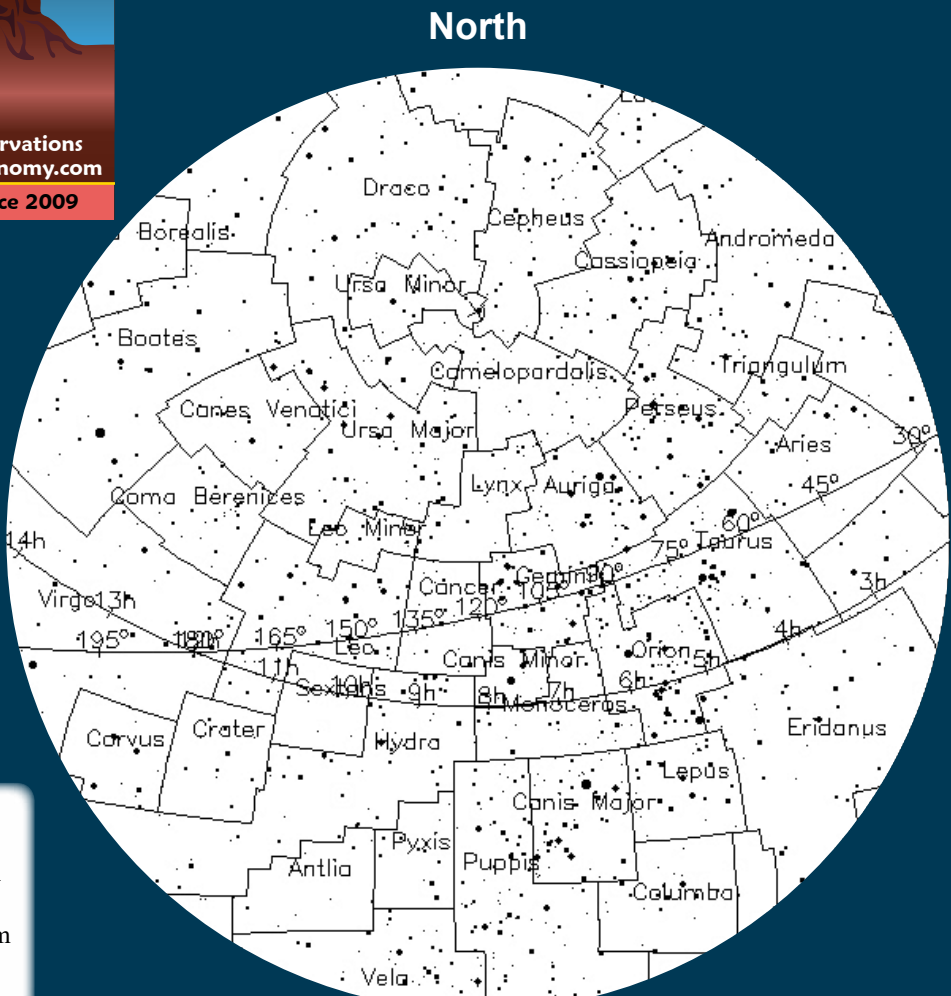
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 June 14 - Full Moon 7:52am
 June 20 - Last Quarter at 11:11pm
 June 28 - New Moon at 10:53pm

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

DATE	SUNRISE	SUNSET
Wed, Jun 1	5:55 am	8:36 pm
Thu, Jun 2	5:55 am	8:37 pm
Fri, Jun 3	5:54 am	8:38 pm
Sat, Jun 4	5:54 am	8:38 pm
Sun, Jun 5	5:54 am	8:39 pm
Mon, Jun 6	5:54 am	8:40 pm
Tue, Jun 7	5:53 am	8:40 pm
Wed, Jun 8	5:53 am	8:41 pm
Thu, Jun 9	5:53 am	8:41 pm
Fri, Jun 10	5:53 am	8:42 pm
Sat, Jun 11	5:53 am	8:42 pm
Sun, Jun 12	5:53 am	8:43 pm
Mon, Jun 13	5:53 am	8:43 pm
Tue, Jun 14	5:53 am	8:43 pm
Wed, Jun 15	5:53 am	8:44 pm
Thu, Jun 16	5:53 am	8:44 pm
Fri, Jun 17	5:53 am	8:44 pm
Sat, Jun 18	5:53 am	8:45 pm
Sun, Jun 19	5:53 am	8:45 pm
Mon, Jun 20	5:53 am	8:45 pm
Tue, Jun 21	5:54 am	8:45 pm
Wed, Jun 22	5:54 am	8:46 pm
Thu, Jun 23	5:54 am	8:46 pm
Fri, Jun 24	5:54 am	8:46 pm
Sat, Jun 25	5:55 am	8:46 pm
Sun, Jun 26	5:55 am	8:46 pm
Mon, Jun 27	5:55 am	8:46 pm
Tue, Jun 28	5:56 am	8:46 pm
Wed, Jun 29	5:56 am	8:46 pm
Thu, Jun 30	5:57 am	8:46 pm

Sustainable Happenings

Agroforestry in Moab

Agroforestry is the intentional integration of trees and shrubs into crop and animal farming systems to create environmental, economic, and social benefits. This USDA definition succinctly shows that agroforestry is a holistic tool in creating sustainable systems, but what does it look like on the ground? It is cooperation between roots that aerate and stabilize soil, animals that pollinate and disperse seeds, and fungi and bacteria that cycle nutrients. Cooperative, verdant beauty.

SWAAN, or the Southwest Agroforestry Action Network, came through Moab recently and many professionals in this field shared their knowledge, their case studies, and brainstormed ideas on how to make the southwest more resilient. A field trip



to various spots around Castle Valley and Moab revealed that this area is quite the role model for agroforestry in the southwest.

In Castle Valley, a marvelous orchard helps create healthy soils for grass and alfalfa. Underneath the shade of the trees, excitable baby goats feast on the undergrowth, hopping around, providing entertainment and manure. Similarly, in Moab, the Youth Garden Project orchard is guarded by chickens strutting and bawking in the shade, eating droppings from the trees, and leaving droppings of their own.



At the "old" USU campus, curb-cuts, a green infrastructure concept, allow for stormwater to flow into park strips. Non-point source pollution gets absorbed into

by Richard Lory, Moab City Sustainability VISTA



the soil and cleaned instead of flowing into the Colorado River. This extra water reduces the culinary water demand for the trees and shrubs that are flowering and providing habitat for pollinators.

Under the shady comfort of trees, a complex web of interactions occurs between an incredible assortment of lifeforms, microscopic and macro. The spread of agroforestry in all communities is about taking advantage of these interactions and providing a resilient source of clean water, delicious fruit, happy animals, and beautiful scenery.

Annual Butterfly Survey in La Sals

Join us to learn about, and participate in our annual survey of butterflies of the La Sal Mountains. We'll meet at the Moab Information Center 25 E Center St, Moab, UT. Saturday, July 2, 2022, at 8:00 AM.

The North America Butterfly Association participation fee is \$3.00 per person.

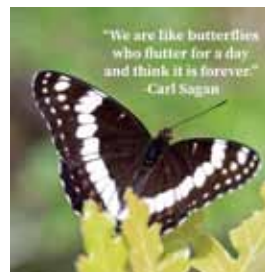
The study area is generally along the LaSal Loop Road, but some gravel roads may require at least medium clearance 2WD.



Bring what makes you comfortable for the outdoors, including lunch, water and snacks. Short, moderate walks 9000' or lower elevations are all that is expected.

The trip leader and

others may stay in the mountains until 3:00 PM, but leaving earlier or later may be up to each participant.



Also helpful, but not necessary to bring would be aerial nets, field guides, binoculars and cameras.

No expertise in butterfly identification is required. Attending experts will help you build your knowledge about the lives of butterflies.

Join the conversation about butterflies and moths of Southeastern Utah:

<https://www.facebook.com/groups/S.E.UT.Leps/>

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Moab Artwalk Happenings

Moab Museum 1
118 E. Center St. • 435.259.7985

Join us at the Museum for the June Art Walk: we are highlighting a temporary exhibition at the confluence of history and photography. Across the West, countless inscriptions can be found scratched, drawn, and pecked on sandstone by Indigenous people, ranchers, homesteaders, miners, trappers and traders, outlaws, missionaries, and others. These historic markings invoke wonder, inspire curiosity, and tell stories about how people have traveled across this varied and rugged landscape. A temporary exhibition opening in June, entitled *Butch Cassidy Was Here: Historic Inscriptions of the Colorado Plateau*, showcases a selection of the rich photographic collections of history experts and backcountry adventurers James Knipmeyer and Mike Ford. Together, Knipmeyer and Ford have taken over 1,600 images of remote and little-known inscriptions across the region, amassing a collection that is both visually arresting and invaluable for researchers. We hope you'll join us at Art Walk to explore *Butch Cassidy Was Here: Historic Inscriptions of the Colorado Plateau!*




Moab Bag Co. 2
55 E. 100 S.

Bag Co. will be open for the June Art Walk! Come by to see work from a mix of local artists from Moab Made. Suzy W. will have her studio open as well and will be showcasing her handmade jewelry.

Gallery Moab 3
59 S. Main St. Suite #1 • 435.355.0024

Friends and painting buddies Bruni Mason and Sue Rydman, are the gallery's Guest Artists for June. Both enjoy exploring the versatile medium of watercolor and often paint together at Sue's kitchen table.

Carolyn Tibbetts, featured gallery member for the month, enjoys the challenge of painting the cliffs, skies, and river reflections she sees every day in the landscape. Her eye for color is evident in her highly sought after paintings






Tom Till Gallery 4
61 N. Main St. • 435.259.9808

Tom just took this beautiful photo titled "Arches Spring Primrose". Check out the new photos and other images by Tom from Moab and around the world. Visit during ArtWalk and enter a raffle to win a Tom Till print! See you there or visit us online at tomtill.com.



Moonflower Co-op 5
39 E. 100 N. • 435.259.5712

Local oil painter Andy Savarese has been painting Southern Utah since arriving on the Navajo Reservation to work in 1994. While there, he gained an appreciation for the region, its people, and its unspoiled beauty. Andy later moved to Bluff and then eventually to Moab. Andy's inspiration is everything he sees and experiences and has seen and experienced for more than half a century. He draws further inspiration from his wife and 3 artist children, from whom he continues to learn.

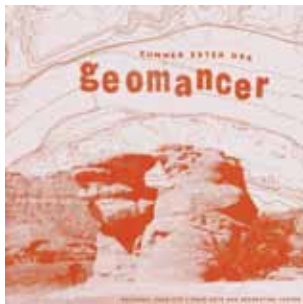


View a variety of fine art and handmade crafts; enjoy refreshments and mingle with local and visiting artists. Most exhibits run for a month or more so feel free to stop in anytime at participating locations!

Moab Arts 6
111 E. 100 N. • 435.259.6272

Using both found-object, made-object, illustration and photo-collage, Geomancer documents a hypothetical future—one where the American Southwest has succumbed to MEGADROUGHT. As institutions and companies collapse, remaining fringe-dwellers have taken up folk magic traditions and occult-based rituals to find sources of deeply-hidden water and other precious objects underground the surface of an inhospitable planet. What they find asks the question—Who will inherit an Earth without water?

Summer Ester Orr is an emerging multidisciplinary artist currently based in Green River, Utah. Her work often utilizes ceramics, illustration, and printmaking to document living in an increasingly hostile environment—the American West. Largely self-taught, Orr is active in the DIY community and frequently organizes workshops and classes to further arts education outside of academia. She has previously exhibited work outside of Utah in Nevada, Colorado and Maine. She is an active-bird watcher, frog-catcher, rock collector and observer of the natural world.



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Gallery Happenings

June at Gallery Moab

Gallery Moab, an artist-owned and operated cooperative gallery, was formed in 2014 to collectively support local artists and build community through the arts. In this spirit, our June Guest Artists are a perfect example of what can



Brunni Mason

happen when creative friends get together to have fun with paint! Brunni Mason and Susan Rydman, long-time friends and painting partners, have over the years encouraged each other to create lively, colorful watercolors which will be shown at Gallery Moab during June.

Mason was a textile designer by trade, and describes her artistic path since retirement: "I am a 'wanna be' artist and mostly procrastinate. Yet sometimes I get together with friends and we paint or take an art class ... so after a long time my friend Sue and I are going to show off some of our paintings. We both enjoy watercolors and are forever learning how versatile this medium is."

Rydman has always loved watercolor paintings. After taking one class she decided painting was not her strength. She recounts, "Ten years later I was sitting on the front porch with my



Watercolor by Brunni Mason

brother admiring the view of the Uintas and I told him I would really love to be able to paint that view but did not have the talent. He said, 'Just do it, nobody has to see it,



Watercolor by Susan Rydman

just have fun.' So, that's what I have been doing. Having fun, taking some more classes, and really, really enjoying myself sitting around the kitchen table in Moab, with cousin Nancy, good friend Brunni and other friends and family, encouraging me and painting our brains out. My brother was right!"



Susan Rydman

And now, fortunately, we all get to see the delightful results of this collaboration! Come enjoy their display of imaginative watercolors that exude fun and joy.

Featured Artist Carolyn Tibbetts is a lifelong Utah resident. Growing up among



Watercolor by Brunni Mason



Watercolor by Susan Rydman

intense, brilliant colors of the landscape she loves. Her 3 children and 7 grandchildren keep her busy. All of her grandchildren have a special request painting from Grandma, and she is currently teaching each of them the joy and skill of painting and drawing.

Join our creative community during at Art Walk, Saturday, June 11, 5:00 -8:00 p.m. Mason, Rydman, Tibbetts and other gallery artists will be there. We'd love to meet you and show you the wide selection of original art and artisan crafts locally made by our co-op members.

the majestic mountains of Northern Utah inspired a love of nature's beauty and stirred the creativity that she continues to express through paintings of her adopted hometown of Moab. She moved here in the early 1970's and with her family explores southeastern Utah, finding "some truly hidden and wonderful places" that have inspired her most recent paintings. The color, texture and symbolism of the desert surrounding Moab and her love of place shines through in each painting she finishes.

Although mostly self-taught, Tibbetts has taken several classes and workshops and has worked in several mediums. Oils are by far her favorite for reflecting the



Carolyn Tibbetts



Oil painting by Carolyn Tibbetts

Open Sunday and Monday 12 p.m. - 3:00 p.m.; Tuesday through Saturday 12 p.m. - 6:00 p.m. Call 435-220-0891 and we will gladly open by appointment during other hours. Moab, Gallery Moab LCA, 59 South Main Street #1, Moab, Utah 84532 • 435-355-0024 • gallerymoab.com • Visit us on Facebook and Instagram

Be sure to mention that you read about Gallery Moab in *Moab Happenings*.



The Road to Beef Basin by Carolyn Tibbetts

by Thea Nordling

Welcoming Artist in Residence Justin Tyler Tate

The Moab Arts Re-Use Residency (MARR) is excited to welcome its second artist in residence, installation artist Justin Tyler Tate, for four weeks this July.



Justin Tyler Tate received his Bachelor of Fine Arts from NSCAD University in Nova Scotia and a Master of Fine Arts from Helsinki Academy of Fine Arts in Finland. His work combines elements of sculpture, installation, media, performance, and social art. Architecture, carpentry, botany, cooking, electronics, chemistry, new-media, and more are all merged under a single umbrella of researched-based artistic production in response to contemporary problems. He has exhibited more than 100 projects in 20+ countries on 4 continents throughout the last decade as a professional artist!

While in Moab, Justin will be working on constructing playground equipment out of waste materials such as steel, wood, tires, DC motors, LEDs, Li-ion batteries, and USB devices. The work will emphasize play as a source of power—the installation created during the residency will illuminate the night and charge devices.

MARR began in 2020 with the mission of providing an alternative option for waste management and challenging the perception of waste culture. The residency provides a unique platform for artists at the intersection of art, community, and waste systems. Through partnerships with the Solid Waste Special Service District #1 and WabiSabi Thrift Store, artists source their materials directly from Moab valley's waste stream. Resident artists are asked to provide opportunities for community engagement, whether they be open studio events, workshops, or otherwise, in addition to the donation of one work of art created during the duration of the residency. Upcoming events and the location of Tate's installation will be announced in June.

Subscribe to the Moab Arts newsletter at www.moabarts.org and follow @moabarts on Instagram to receive notice of upcoming events. For more information about the residency, contact Melisa Morgan, Associate Director of Moab Arts, mmorgan@moabcity.org or (435) 259-6272. To see more of Justin Tyler Tate's work, visit his website at www.justintylertate.weebly.com.

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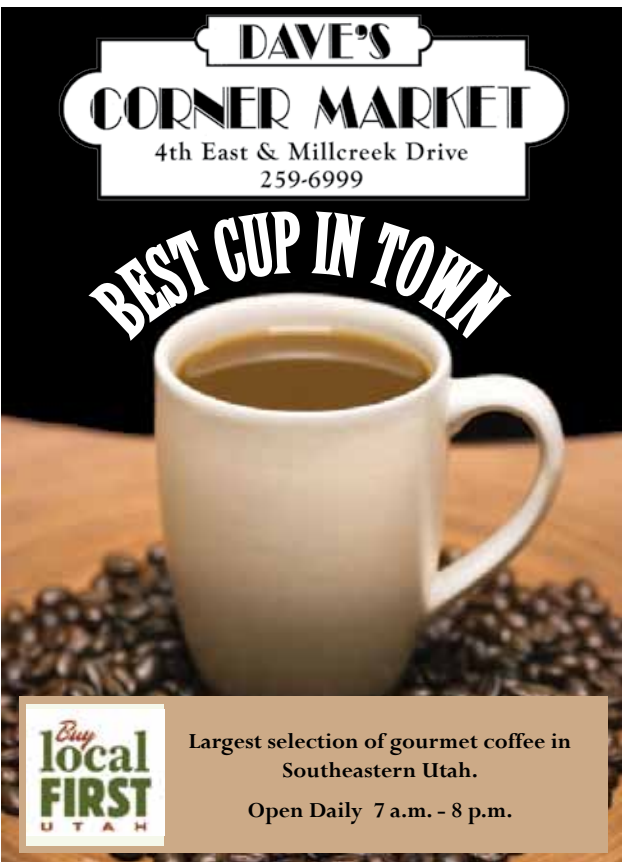
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Shopping Guide



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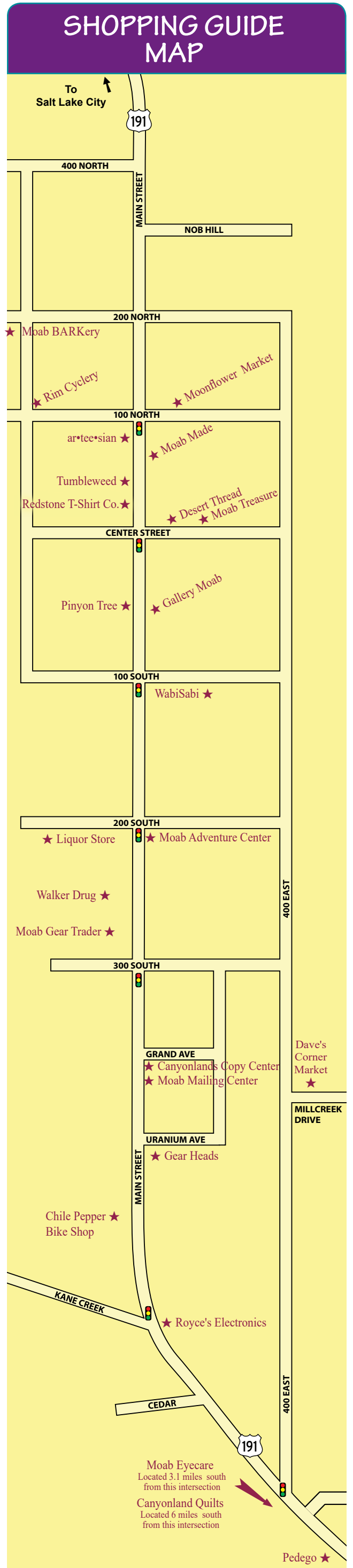
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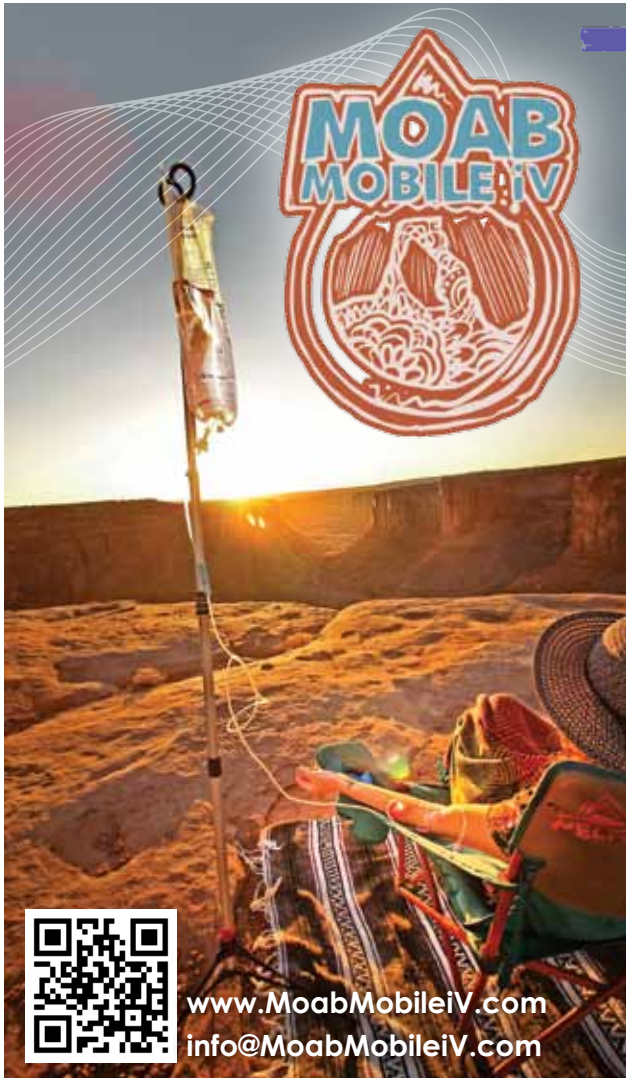
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Healthy Happenings



Dehydration, Signs, Symptoms, and Solutions

by Moab Mobile iV

Moab Mobile iV is Moab's first and only mobile iV therapy company. Next month we will be celebrating our one year anniversary of opening as a business. We have enjoyed the process of growth and better serving our community and visitors to the area over the past year.

All of our iV therapy treatments include a liter of Normal Saline, and various cocktails of vitamins and medications, aimed at improving the health and wellness of our clients. As the summer is in full swing, the temperatures outside are continuing to increase and taking in enough fluids in this dry, hot desert is becoming more and more difficult. People often begin to feel the effects of dehydration and heat injury, but what exactly does that mean?

By definition, dehydration is fluid volume depletion within the body, including both water and salts. This can occur through a multitude of ways including sweating in the heat. Believe it or not, when exercising in a hot, dry climate (Summer time in Moab) we can easily lose more than 1-2 liters of fluid per hour through sweating! If this fluid isn't being replaced, dehydration occurs.

Symptoms of dehydration can range from mild to severe, depending on how much fluid volume has been lost. Symptoms are caused by decreased blood volume leading to less blood and oxygen being delivered to different areas of the body. Early symptoms include fatigue, muscle cramps, low urine volume, and dizziness.

When we sweat, we lose salts from our bodies as well as water. This loss of salt can lead to electrolyte imbalances.

Symptoms of electrolyte imbalances include muscle weakness, confusion, increased rate of breathing, and can even cause seizures at extreme levels. If you think you are someone with you is experiencing severe dehydration and electrolyte imbalances, get to an emergency room.

So what can we do to prevent dehydration in this hot, dry climate? First step is to know your limits! When planning your trip to Moab, take into consideration the elevation and climate of your home, your level of physical fitness, and general health. Plan accordingly. If you begin to feel overly fatigued, dizzy, nauseated, it's time to take a break in some shade. Second, bring plenty of water to drink and include electrolyte mixes to replace electrolytes lost. It is recommended to bring 1 liter of water per hour of hiking in hot environments. Don't forget that in this dry climate, sweat evaporates quickly so you could be losing much more fluid than you even realize. Hydrating beforehand can also be helpful in preventing a dehydration situation.

If you finish your hike, mountain bike, trail run, day of climbing, jeeping, day on the river, or whatever the case may be and feel you may have over done it, give Moab Mobile iV a try. Our Normal Saline solution provides water and salts in the same concentration as your blood and is the fastest and most efficient way to replace fluid volume lost. We can have you back to feeling your best in no time! Visit our website at www.moabmobileiv.com to learn more or book an appointment and stay safe out there! And be sure to mention you read about it in the *Moab Happenings*.



www.MoabMobileiV.com
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Thank you for taking great care of our community!

Healthy Happenings

You Don't Have to Live with Pain

by Ray Andrew, MD

In the 1970s, I was enamored by the television shows The Six Million Dollar Man and The Bionic Woman. In the former, USAF Colonel Steve Austin suffered life-threatening injuries during a NASA test flight accident. His body was rebuilt with superhuman strength, speed, and vision due to bionic implants. Subsequently, professional tennis player Jaime Sommers became critically injured during a skydiving accident. She, too, was rebuilt with bionic surgical implants, enabling her to hear low volumes over long distances, jump great heights, and run faster than 60 mph.



part of our complete healing program. Whereas the now-outlawed stem cell injections required an investment of thousands of dollars per treated area, we are able to treat damaged tissues for a fraction of the cost.

Imagine not needing surgery for that joint, tendon, or muscle pain! Whereas surgery can be a godsend in cases of acute trauma, you can recover remarkably fast and well from a wide range of injuries and conditions without ever subjecting yourself to the risks and irreversibility of the knife. Save that for the more severe and life-threatening problems. For everything else,

wouldn't it make more sense to let your own body do the healing?

How can you do this? Founded upon sound scientific principles, our program enables you to restore healthy function not only to the damaged area, but also to your entire body. This is important because no damage—whether you break a bone, tear a ligament, bruise a muscle, herniate a disc in your spine, or wear out a joint—occurs in isolation. Multiple forces contribute to the injury or impairment. Those same forces will both impair healing and lead to additional dysfunction down the road.



For example, when you have arthritis in a joint, the shrinking of the cartilage doesn't just come from the proverbial "wear and tear." Low-grade chronic infection, systemic inflammation, reduced blood flow, vitamin and mineral deficiencies, hormonal disturbances, metabolic dysfunction (including insulin resistance), toxicity, and impaired energy production in each cell all contribute to joint pain and cartilage loss. Even if you do undergo surgery, if you have not identified and treated these other contributing

factors, you have only bought yourself some time until that same or another joint suffers the same problem again.

In medicine today, we have been conditioned to believe that the site of pain is where the problem is. This makes logical sense. If you break your arm and your arm hurts, it's pretty obvious that's where the problem is. When you have chronic pain, however, whether it's in your wrist, knee, back, head, or anywhere else, this often stems from a combination of local and systemic problems. If your only goal is to get rid of that pain temporarily, you can take an anti-inflammatory drug or pain pill, receive steroid injections periodically, or undergo surgery.

But if you want to both get rid of the immediate pain and prevent future pains and long-term health problems, you want a true regenerative medicine program. This means removing toxic and infectious interference, restoring mitochondrial (energy-producing) function, recruiting stem cells to sites of tissue damage, stimulating your own body's repair processes, and increasing blood flow.

To get started, a simple thing you can try at home is to eliminate from

your diet inflammatory foods like sugar, dairy, and gluten for a month. Many people find that dietary modification alone is life-changing. When the problem is more serious than that, we recommend a comprehensive regenerative medicine program of evaluation and treatment tailored to your specific needs.

Pain is like a warning light on your car's dashboard. You can put a piece of tape over it in the form of a daily drug, but this does not address the underlying danger.



Nor does it restore the health and vitality you need to enjoy hiking, biking, traveling, dancing, gardening, playing with kids or grandkids, or whatever it is that brings you meaning, joy, and rejuvenation.

Our unique program gives your body the tools it needs to heal faster than ever so you can get back to doing what you love without pain and without drugs. Call our offices at 435-210-0184 to schedule an appointment to see if our program is right for you.

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Nearly 50 years after these popular TV shows, biomedical engineers and surgeons have yet to endow humans with the powers given to Austin and Sommers. However, in recent years, we have been able to harness the miraculous power of the human body to heal itself with the assistance of stem cells, exosomes, platelet-rich plasma, ozone, peptides, and related treatments. Recovery from injuries and dysfunction that used to be thought impossible has become commonplace. Instead of merely suppressing pain for hours at a time using manmade chemicals, the tools of regenerative medicine have enabled countless people to lead normal lives again, free of pain. Such people have been able to go back to activities they thought were a thing of the past in their lives.

Whereas many of our patients have benefited from these remarkable advances, some of these treatments are regrettably no longer available in the United States, in spite of their remarkable track record. Fortunately, continued innovation has enabled Prestige Wellness Institute—in Springville and Moab—to become the first regenerative medicine office in Utah to offer noninvasive stem cell signaling technology as

MOAB REGIONAL HOSPITAL IS EXPANDING!

We are excited for additional services that we will be able to offer our community in the very near future, including: state-of-the-art Emergency Trauma rooms, dedicated Urgent Care, expanded clinic space for more specialists, retail pharmacy, and increased capacity in our diagnostic departments (e.g. lab and radiology). Our new Recovery Center, opening in June, will offer treatment options for opioid, alcohol, and other substance use disorders. The construction project is scheduled to take approximately 2.5 years.

PLEASE NOTE
 Beginning at 6 am on Monday, May 2nd, **ER access** will be through **Main Entrance at front of hospital** for next several months, due to construction.

Expanded ER and new Urgent Care that will offer increased hours.

New Recovery Center opening in June offering expanded addiction treatment options.

ER Entrance (Temporary - During Construction).

New Retail Pharmacy and Expanded Clinic Space for additional specialists.

Existing Hospital is rendered in grey. Additions are rendered in full-color.

We recognize that construction projects can be disruptive and we appreciate your patience. If you have any questions or concerns, please contact us at constructioncomments@mrhmoab.org or 435-719-3514.

Astrology Happenings

Aries or Aries Rising: March 21– April 19

Week 1: Owning real estate has been a wise investment lately. Your home may have increased in value. Now could be an opportunity to sell and reap the profits.

Week 2: Warm and fuzzy feelings are the name of the game this week. Real world and online friends are sending love and support your way, and this helps you in any endeavor.

Week 3: If a difficult problem arises in the days ahead, seek the council of someone older or with more experience. He or she can guide you accordingly and assuage doubts.

Week 4: Friendships are worth their weight in gold, Aries. That is good news considering you could make an important friend this week, but only if you put yourself out there.

Week 5: You are on fire lately. There's seemingly nothing you touch that won't turn to gold afterward. This trend will continue, but try not to let it go to your head.

Taurus or Taurus Rising: April 20 – May 20

Week 1: You want to advance your relationship? The best way to do that is to have some serious conversations with your romantic partner. Discuss everything.

Week 2: Try reaching out to colleagues you admire in the days to come. They can be an important network of people who help you make smart decisions regarding your career.

Week 3: Realize that you may have to tone down your reactions and behaviors this week. This will earn the respect of those around you. Others are seeking calm and stability.

Week 4: You just may be at your best this week. Others will take notice of this immediately. Work finally begins to pay off, and it's a good time to begin a project.

Week 5: Unless you take swift action, you could be heading for a financial free-fall. Start to pull back spending for a while and see if the situation will right itself.

Gemini or Gemini Rising: May 21 – June 21

Week 1: Rework your budget. You likely have some home renovations that you want to tackle over the next few weeks, and now is as good a time as any to get started.

Week 2: Don't be afraid to speak your dreams to the universe. This week you just may find out that the cosmic climate is ready to provide for you and make things happen.

Week 3: Some of your to-do items may need to be postponed this week. You simply have too much going on and no wiggle room if projects or meetings run late.

Week 4: There is something waiting for you in the great outdoors. You have to gather the gumption to go out there and find it. You will have plenty of opportunities this week.

Week 5: It's time to make amends with someone who did you wrong. Life is too short to hold grudges, and this person has mended his or her ways since.

Cancer or Cancer Rising: June 22 – July 22

Week 1: Your mystique has others interested in emulating your style. They can try, but they won't be able to completely replicate your special nature.

Week 2: Concerns within your circle of friends that you thought were over and done with may resurface. Don't let them adversely affect your happiness.

Week 3: It could be time to focus on self-improvement. Spend a few days figuring out where you can do better. Maybe that's focusing on spirituality or relationships.

Week 4: Something impressive takes hold of your attention, and then you can't get it out of your mind. This could be the inspiration you need to start something new.

Week 5: When plans change on a dime, you are ready to roll with the new situation. Higher-ups could get a peek at your quick thinking, which can land you a promotion.

Leo or Leo Rising: July 23 – August 22

Week 1: You may be thinking about starting a new long-term project. Put your vision on paper first so you can map out your plans and see if it is feasible with your current budget.

Week 2: Energy will be intense this week. Use it to your advantage to sail effortlessly through your list of chores or professional responsibilities. You'll have extra fuel for fun as well.

Week 3: This is an ideal time to spend with your family. Plan a grand meal with extended family members and host a reunion of sorts. Catch up and share memories.

Week 4: A particular person may play a key role in your life today, particularly as he or she interacts with forces at work. There is a chance for this relationship to grow.

Week 5: Make the most of every opportunity that comes your way this week. You may not get many chances to prove your worth in the weeks to come, so it's important to act now.

Virgo or Virgo Rising: August 23 – September 22

Week 1: You will be surrounded by plenty of people interested in social engagement in the days ahead. That is fine news for you, as you enjoy being out on the town.

Week 2: Try to stay the course as best as possible even when others are throwing distractions your way left and right. Simply keep your head down and plow through.

Week 3: Change may be a tad scary at first. But before you know it, you will be an old hand at what you are delving into. Just stick with it until reach your comfort level.

Week 4: You have made a decision to get your life in order. This week marks the first steps toward that goal. Accept help when it is given for an additional leg up.

Week 5: It is important to remember that your online presence never goes away. Watch what you post and say in social media groups, as it could come back to bite you.

Libra or Libra Rising: September 23 – October 22

Week 1: Efforts at work have not gone unnoticed. What you have worked toward has impressed those who are in position to move you further along in the company.

Week 2: You are not one to rock the boat, but don't be afraid to get a little loud and rowdy in the name of a good time this week. Self-expression can be a good thing.

Week 3: There may be misunderstandings with others unless you are very clear with your words and intentions. Watch your tone so things are not misconstrued.

Week 4: Let your artistic side out to play. It's not something others play witness to that often, but you can be quite imaginative when you set your mind to it.

Week 5: Something that started out as a part-time venture could turn into much more. Figure out if this is the path you see yourself going and then jump on it.

Scorpio or Scorpio Rising: October 23 – November 21

Week 1: They may not be on the top of your mind, but legal matters must be worked out soon. This is a good week to revisit your long-term plans if it's been awhile.

Week 2: Lay some ground rules at home, especially for when you are working out of your home office. Others have to know there are limits to interruptions.

Week 3: Don't get too caught up on your cash flow right now, Scorpio. You have certain projects on the horizon that may bring in more money that will tide you over for some time.

Week 4: Family matters may not be cut and dried, but that doesn't mean they have to be challenging. Enjoy things that are not run-of-the-mill, especially with the family.

Week 5: Let loose and have fun for a change. Don't delay when others want to invite you out for a night on the town or even a brunch. Say 'yes' to any and all opportunities.

Sagittarius or Sagittarius Rising: November 22 – December 21

Week 1: Projects worked on this week will have a significant impact on your future. You have a magic touch of sorts, so put it to good use in the days to come.

Week 2: Don't worry if you feel disorganized or preoccupied right now. By the end of the week, you'll be back into the groove and things will move along smoothly.

Week 3: You may discover you have been spending a lot of time focused on the job or another task that pulling you away from loved ones. Reconsider your priorities.

Week 4: An exchange that takes place this week could have long-lasting after effects. You won't know the particular event in advance, so enjoy the anticipation.

Week 5: There's a lot going on right now and it may have your head spinning. Delegate some of your workload if you can. Don't be too hard on yourself.

Capricorn or Capricorn Rising: December 22 - January 19

Week 1: Relationships in your life are strengthened over the course of this week. It is because you communicate effectively and with honesty and affection.

Week 2: You don't need permission to treat yourself to a little luxury and indulgence, Capricorn. This week you can book a spa visit or maybe a spending spree to spruce up your wardrobe.

Week 3: Inspiration and imagination are soaring for you this week. Now is the time to put any creative ideas in play and see how they turn out.

Week 4: Sometimes change only requires transforming the way you look at things. Try to see your daily life in a new light and maybe you'll be more satisfied with it.

Week 5: Family matters come to the forefront this week. You must dig in deep to address them. There are two sides to every story, so try to get all the facts first.

Aquarius or Aquarius Rising: January 20 – February 18

Week 1: You are interested in health and nutrition, including certain nutrients, exercise programs or other forms of alternative therapy. Study up on the subject.

Week 2: Try not to grow impatient this week and expect immediate results on something you started. It could take some time before all of the pieces fall into place.

Week 3: You may be hoping to improve communication with a loved one, whether a child or even a sibling. Engage in conversation when you are distraction-free.

Week 4: Get in touch with your desires and goals this week, Aquarius. Your plan and focus may have changed and you might need to realign your approach in this new direction.

Week 5: Just when you started to lose hope, that new horizon you were seeking comes into view, Aquarius. It is well-deserved and there will be smiles for the weeks ahead.

Pisces or Pisces Rising: February 19 – March 20

Week 1: Artistic pursuits are piquing your interest, so focus your efforts on practical creative pursuits, like cooking or interior design.

Week 2: It's time to make peace with any issues with which you have been struggling, Pisces. Friends can help if you let them.

Week 3: Someone who visits you could bring interesting news that ends up being the focus of the conversation. You'll get your say with time.

Week 4: Let go of some of the patterns in your life that simply aren't working. You'll free up plenty of time for new pursuits.

Week 5: If you find yourself with too much extra time on your hands, why not volunteer with the community to pass the time?

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Arches National Park

To enter the park from April 3 to October 3, 2022, visitors will need a **Timed Entry Ticket**. We encourage you to reserve yours on [Recreation.gov](https://www.recreation.gov) up to three months prior to visiting. Limited tickets will be available for next-day purchase at 6pm on [recreation.gov](https://www.recreation.gov).

All park passes are available for purchase at park entrance stations. Get more information on park entrance fees and visiting Arches National Park: www.nps.gov/arch. From April 3 through October 3 2022, Timed Entry Reservations will be required for entrance into the park.

The following facilities are OPEN for public access:

- All Arches' roads, trails, and restrooms
- Devils Garden Campground.
- Staff and exhibits at Arches Visitor Center to help people learn about the park. (Open 8am-6pm)
- Arches' park store operated by Canyonlands Natural History Association during open hours.
- Commercial services previously permitted.
- Backcountry permits for Arches NP are available only at the Backcountry Permit Office, 2282 SW Resource Blvd, south of Moab.
- Ranger led programs, including Fiery Furnace hikes..
- Self-Guided Fiery Furnace Exploration permits will be available for reservation on www.Recreation.gov or by calling 1-877-444-6777.
- Water is only available at the Visitor Center, Devils Garden trailhead and Devils Garden campground.

Areas CLOSED:

- The park film theater at Arches Visitor Center remains closed

Dead Horse Point State Park

The park is **OPEN** 6am-10pm. It is recommended making camping and yurt reservations prior to arriving at the park. The visitor center and gift shop is open 9am-5pm and customers are required to wear a mask.

www.stateparks.utah.gov/parks/dead-horse/.

BLM-Managed Campgrounds & Sand Flats Recreation Area

All the Bureau of Land Management-managed trails, dispersed camping and developed campgrounds (except some seasonal closures) within the Moab Field Office area in Grand County are **OPEN** for public use. Ken's Lake Campground campsites are now reservable through [recreation.gov](https://www.recreation.gov).

Within the Sand Flats Recreation Area, all campgrounds and trails are **OPEN**.

Bears Ears National Monument and Cedar Mesa

The monument includes lands managed by the USDA Forest Service and the Bureau of Land Management (BLM) and is jointly managed by the two agencies. The monument is also managed cooperatively with the five Tribes mentioned in the designating Presidential Proclamation - the Hopi Nation, Navajo Nation, Ute Tribe, Ute Mountain Ute Tribe, Ute Indian Tribe of the Uintah Ouray, and Zuni Tribe.

Permits and passes are required to visit many areas in the Cedar Mesa and Bears Ears region. These permits and their associated fees help protect and manage this sensitive landscape. If you are planning a trip to this area, we encourage you to purchase your passes online and ahead of time. During the winter months, the BLM Kane Gulch Ranger Station is closed. Please contact the Monticello Field Office with questions.

Bears Ears National Monument (BENM) has a rich cultural heritage and is sacred to many Native American tribes who rely on these lands for traditional and ceremonial uses. The lands within the monument provides outstanding opportunities to hike, visit cultural sites, backpack, mountain bike, float the San Juan River, and ride OHVs. Other world-class activities include scenic driving, photography, rock climbing, camping, paleontological exploration, and wildlife viewing.

Canyonlands National Park

All park passes are available for purchase at park entrance stations. Get more information on visiting Canyonlands National Park at www.nps.gov/cany.

The following facilities are OPEN for public access:

- All Canyonlands' roads, trails, and restrooms.
- Campgrounds at Island in the Sky and The Needles
- Visitor assistance and exhibits inside park visitor centers. Park stores operated by Canyonlands Natural History Association at Island in the Sky and The Needles.
- Hours at the **Island in the Sky VC** are 8am-5pm daily. **Needles visitor center** hours will be 8am-5pm daily. **Hans Flat Ranger Station** is open 8am to 4:30pm daily.
- Commercial services previously permitted

Backcountry and river permits are being issued online. Day use permits may be obtained up to 24 hours in advance of trip start.

Areas remaining CLOSED until further notice:

At the Needles and Island in the Sky visitor centers, theaters showing park films remain closed.

Natural Bridges & Hovenweep National Monuments

Facilities and services now OPEN:

- Roads, trails, and restrooms.
- Both Hovenweep and Natural Bridges Visitor Centers are open 9am-5pm daily.
- Natural Bridges and Hovenweep park bookstores operated by Canyonlands Natural History Association
- Natural Bridges Campground is open.
- Hovenweep Campground is open.

Facilities and services now CLOSED:

- Natural Bridges Visitor Center interior exhibits remain closed.
- Hovenweep Visitor Center indoor exhibits remain closed to public access.
- Hovenweep Cutthroat Unit is closed due to physical security access concerns.

June Climate Summary

	Moab	Monticello	Green River	Arches NP	Canyonlands NP	Natural Bridges NM
Average Max. Temperature	92.6	78.0	91.5	93.0	84.5	83.7
Average Min. Temperature	56.1	46.3	52.5	60.8	59.9	52.7
Average Total Precipitation	0.42	0.62	0.33	0.39	0.45	0.44
Average Total Snowfall	0.0	0.0	0.0	0.0	0.0	0.0

Data are from the Western Regional Climate Center

Visiting Arches?

To enter the park **April 3–October 3, 2022**, follow these steps:



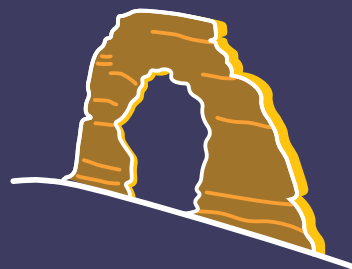
Secure your timed entry reservation

Available in advance online at [Recreation.gov](https://www.recreation.gov) or by phone



Show your park pass OR pay the entrance fee, and have your ID

At the entrance station



Enjoy your park!

Already booked an activity?

Camping, commercial tour, special use permit, or Fiery Furnace ticket holders do not need a timed entry reservation.



For more information visit: go.nps.gov/ArchesTicket

River Happenings

Indigenous Teens Learn to Guide on the San Juan River

June 21st, 2022 is the launch of the 10th annual Native Teen Guide in Training Program. This is an immersive, overnight trip along the San Juan River in Southeastern Utah. This experience is open to 13 – 17 year old Indigenous kids from any tribe or nation across the country. The trip lasts 8 days and 7 nights, and food, camping gear, and instruction are included. Thanks to a grant from the Val A. Browning Foundation, the trip costs \$50 per participant.



This unique camp incorporates many different curriculum objectives. In general, this program helps nurture the healthy development of Native Teens by connecting them with nature through experiences like whitewater rafting, visiting cultural heritage sites, engaging in unplugged camping, and fostering community. The curriculum is run by Native guides with years of experience teaching technical skills and connecting people with the environment.

Under the mentorship of Indigenous guides, program participants will learn many marketable skills, including technical whitewater boating, public speaking, first aid, natural and cultural history interpretation, commercial cooking, and more! Past program alumni have gone on to develop careers in outdoor recreation and the guiding industry. Program instructors seek to develop relationships with the students and can serve as professional references or mentors after the trip.

The curriculum was run by the Canyonlands Field Institute (CFI). CFI is a nonprofit organization that runs outdoor educational programming in the Moab desert. Previous participant testimonials and quotes:

Beau grew from his experience at Canyonlands Field Institute's Native Teen Guide-In-Training. He's already passionate about the outdoors, and this trip solidified his gratefulness for our lands, people, and culture. His eyes filled with tears as he described the beauty of a sunset out there. Words can't describe how proud I am. - Chris F., Participant's Parent

It is so heartwarming! I love seeing these kids on the river, whether they are from the Rez or the city, just being in their element. We don't see many groups like this on the river in my experience. This is just definitely a diamond in the rough program! - Brandi A., Camp Guide & Educator

These canyons were echoing with the laughter and with Indigenous humor, and it was not only filling the canyons with laughter but was really filling my heart and the other guides' hearts. Really just replenishing the faith in humanity. - Avery Old Coyote, Camp Guide and Educator

Thank you very much for this opportunity. I learned how to tie knots, to paddle raft and to jump into a swimming hole for the first time. This was my first raft trip and I hope to come back next year. Thank You. Keilani, program participant



CANYONLANDS FIELD INSTITUTE

NATIVE TEEN GUIDE IN TRAINING
 San Juan River trip for Indigenous Teens
 Curriculum created and led by Native Guides
 \$50 per participant for 8 day river trip
cfimoab.org

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Motorized Happenings

Crump Reese Moab Ford is Proud to Be a Part of the Thriving Moab Community

Moab is more than just a great town to spend a day at—it's a thriving, warm, and vibrant community full of adventurous and driven people. And the team at Crump Reese Moab Ford is so proud to be an active member of it. Located just a few miles from Green River UT and Monticello UT, our Ford dealership is always looking for new ways to work with, get involved with, and give back to our local community. Whether you visit our dealership location or just browse online, we're always happy to have you.

Why do Utah drivers love to visit us? It could be the exceptional deals we offer on new 2021-2022 Ford inventory--find the perfect new Ford F-150, Superduty, Fusion, Mustang or Escape model within our well-stocked showroom; it could be the great selection of used cars for sale, as well as pre-owned trucks, SUVs, even luxury cars; or, it could be our friendly staff of sales advisors, who are on-hand to help you compare vehicles, explore your financing options for a Ford car lease or loan, and take advantage of great deals.



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Not sure if Crump Reese Moab Ford is the right fit for your automotive needs? Get to know us! Give us a call, contact us online, or visit us on-location to ask questions or get a quote. We look forward to working with you.

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San Juan Happenings

Off-roading Through Utah's Canyon Country

Feel a sliver of adrenaline pump through your body as you start up the engine of your 4x4 and slip it into gear. Get a rush from kicking up the red dirt, while surrounded by towering canyon walls. The rejuvenating wind whips past



Arch Canyon
Photo by Allison Yamamoto-Sparks

as you ride through juniper trees and ponderosa pines. The freedom to explore miles of trails and off-roading right here in San Juan County- Utah's Canyon Country.

Just south of Moab, San Juan County is filled with backcountry trails, scenic drives and an array of terrain to keep your wheels turning. Whether you're loading up your



River House Ruin - Wild Expeditions Tour
Photo by Emily Sierra



ATV Safari - Arch Canyon
Photo by Allison Yamamoto-Sparks

ATV or riding down in a Jeep or Bronco there's a trail or road for you.

Roads like the Moki Dugway will have you on the edge of your seat with stunning views overlooking Valley of the Gods while climbing the carved-out road along the plateau. The unpaved, but well-maintained scenic drive is well worth the trip. Just remember to drive carefully and be aware of other drivers. Other favorite roads to take your Jeep or Bronco along for fun rides and amazing views include Elk Ridge Road Scenic Backway, Needles Overlook Scenic Backway or UT-211 Indian Creek Scenic Byway.

For 4x4s and ATVs, there are trails that will lead you to the tops of mountains or all the way down into valleys. Bridger Jack Mesa outside Monticello will have you winding around a red-rock mesa painted in washes of reds, coppers and burnt oranges. Catch sight of some of the local wildlife and spot arches spanning across the desert landscape when you follow Arch Canyon Trail near Blanding. If you're in or near Bluff, you can follow the River House Ruin Trail. Keep your eyes peeled for pictographs and petroglyphs that line the canyon walls along the way.

by Utah's Canyon Country

Whether it's your first or hundredth-time off-roading, you'll find the perfect challenge level — all while surrounded by the Wild West's best landscapes. Plus, Utah's Canyon Country has a number of experienced guides who can show you the hidden wonders of the area. However you choose to ride, remember to plan ahead, pack plenty of food, water and sunscreen, stay on the trails and respect the wildlife, artifacts and others out enjoying the trails.



San Juan County- Utah's Canyon Country is home to many, wonderful destinations and experiences. From wide-open spaces to historic neighborhoods, we invite you to experience the beauty of the county but please remember to **#RecreateResponsibly**.

Do what your mother says.
Visit Utah's Canyon Country.



LEARN MORE AT UtahsCanyonCountry.com

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For more information please call the Edge of the Cedars State Park Museum at (435) 678-2238

For more information, follow us on [facebook.com/edgeofthecedars](https://www.facebook.com/edgeofthecedars)

stateparks.utah.gov/parks/edge-of-the-cedars



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JUNE 3 • FRIDAY
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JUNE 4 • SATURDAY 7:30AM-11:30AM
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CONQUISTADOR GOLF COURSE
June 4-5 • Guys and Dolls Couples
June 10 • Rob Yates Memorial
June 11-12 • CMGA 2 Man Best Ball
fourcornersgolf.com

JUNE 16 • MONDAY-SATURDAY 7PM
NATIVE AMERICAN DANCERS
Cortez Cultural Center Plaza
cortezculturalcenter.org

JUNE 9-11 • THURSDAY-SUNDAY
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FRAZIER SHOWS CARNIVAL
Montezuma County Fairgrounds
utemountainroundup.org

JUNE 16 • THURSDAY 5PM-8PM
3RD THURSDAYS CORTEZ DOWNTOWN MARKET
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Business Happenings

Moab Cowboy Offroad Adventures, Offers year-round tours, seven days a week

by Sharon Sullivan

Moab Cowboy Offroad Adventures is adding a new tour to their collection of utility-terrain-vehicles (UTV) and jeep adventures. This spring, the company will begin taking clients to dark sky areas around Moab to view planets and constellations with a telescope.

Other trips offered by Moab Cowboy include the “Sunset Tour,” the company’s most sought-after adventure, said Beverlie French, co-owner of the business with her husband David French.

“We go out well before sunset to ‘Hell’s Revenge’ – a world-famous trail in Moab,” French said. “We watch the sunset over the Moab rim.”



made up until 15 minutes before the tour – as long as there is availability. However, during the busy autumn and spring seasons, it is best to make your reservations early to ensure a spot.

Moab Cowboy Offroad Adventures is open year-round, with phone service available from 8 a.m. to 8 p.m. The first tour of the day starts at 9 a.m., with the daily last tour returning by 9:30 p.m.

The Frenches grew up riding off-road vehicles. Originally from Kentucky, the couple would come to Moab on vacations to ride for weeks at a time, said French.

Moab Cowboy Offroad Adventures have been in business for 12 years.

French said she’s typically out on the trail seven days a week, 14 hours a day guiding clients.

“We put our heart and soul into what we do,” she said.

Moab Cowboy is also available to help host weddings, anniversaries, and even proposals!

For more information visit: moabcowboy.com or call 435-220-0746.

And be sure to mention you read about it in *Moab Happenings*.



Moabcowboy.com describes the terrain as “like a slow-moving roller coaster on twisting, turning trails that lead you over some of Moab’s toughest slickrock.” The tour includes views of the La Sal Mountains, the Colorado River, the Moab Faultline, Arches National Park, Sandflats Recreation Area, and the town of Moab. Morning tours are also available.

Each week clients come from all over the United States and world to experience the renowned trail, said French.

There’s also the “Half and Half 3-Hour Tour” that follows the “Hell’s Revenge” as well as the “Fins and Things Trail.” Guides lead the way as clients follow along in their own rented off-road side-by-side vehicle. Vehicles can accommodate up to four people.

Jeep rides – with guides doing the driving while teaching bits of Moab history along the way – are also available. Or, you can drive your own jeep and rent a guide to lead the way.

Depending on the time of year, reservations can be



See add page 20 of section A

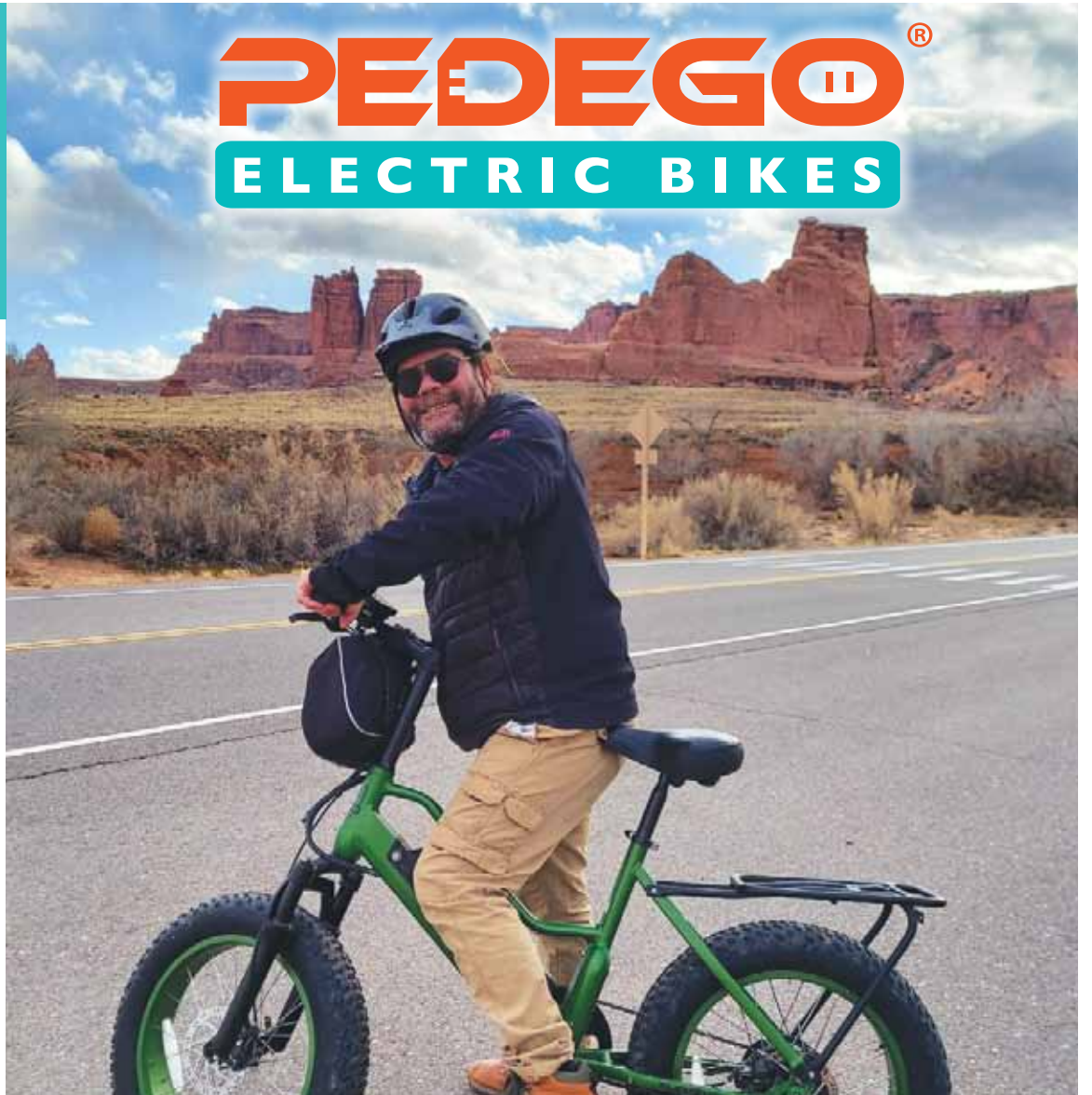
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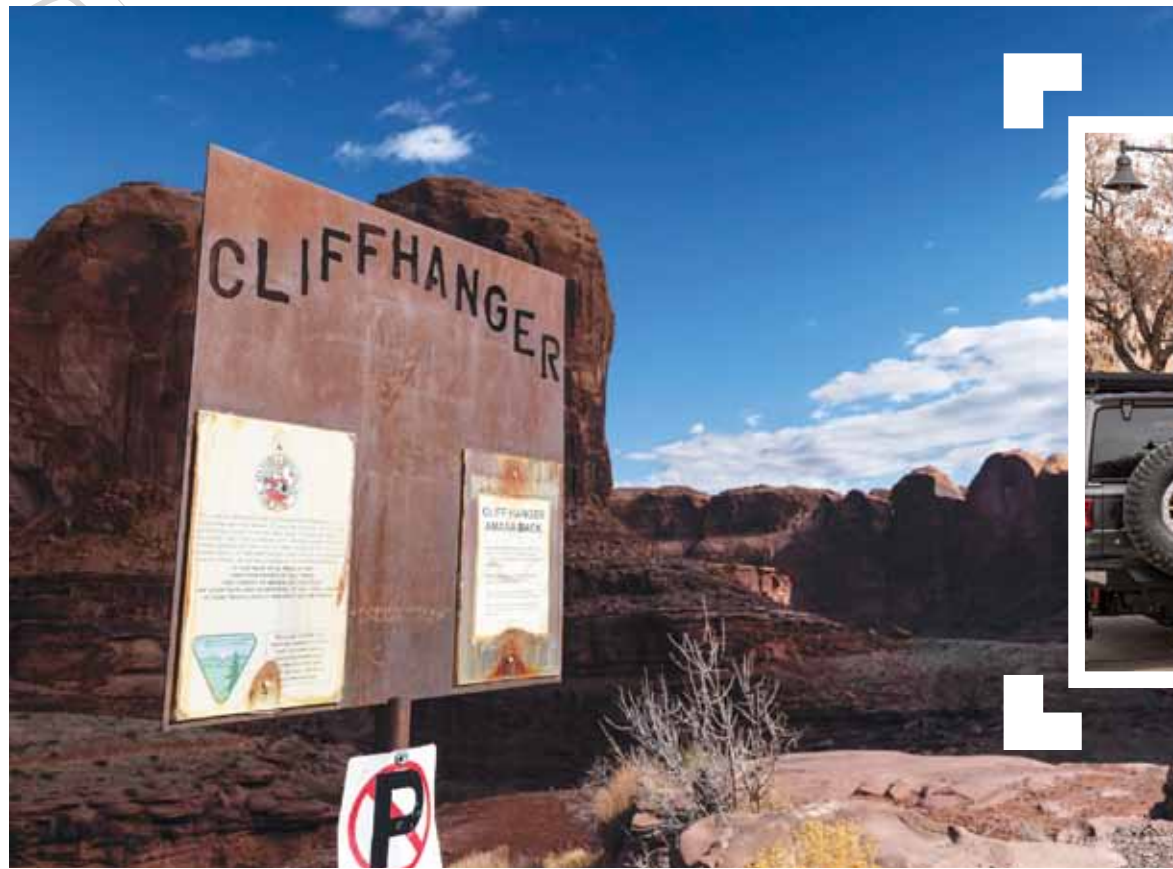
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