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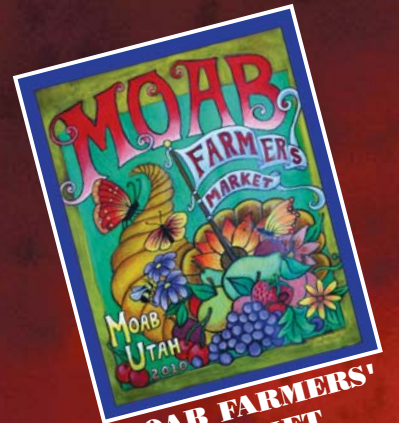
MOAB HAPPENINGS

Volume 22 Number 5

FREE COPY AUGUST 2010



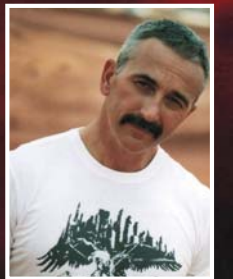
SPLORE REGATTA
AUG 28



MOAB FARMERS' MARKET
AUG 7, 14, 21, 28



MOAB STUDIO TOUR
SEPT 4-5



SAN JUAN COUNTY FAIR
AUG 6-14

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MOAB HAPPENINGS

MOAB HAPPENINGS®

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

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

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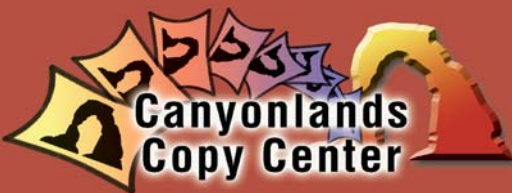


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OUTDOOR ADVENTURE HAPPENINGS

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The First Annual Red Rock Regatta, hosted by Splore on August 28, 2010, will launch on the Colorado River at Rocky Rapid put-in and conclude after Whites Rapid. Build your own craft or join us at Red Cliffs



Lodge for food, family activities, give-aways, and live entertainment. The fun starts at 4 p.m. and ends at 10 p.m. All proceeds from the event benefit individuals who participate in Splore's outdoor recreation programs.

The Red Rock Regatta is open to all abilities, all water-worthy crafts, and all walks of life. Experience what outdoor adventure means – find inspiration, achieve empowerment, feel a rush of adrenaline, and discover the magic of Splore. Outdoor adventure is in the heart of the canyonlands surrounded by red rock cliffs on the Colorado River.

See the renowned Castleton Tower before launching on the Rocky Rapid Rally, an all-crafts costume contest and flotilla. From there, join in the frenzy for the Whites Rapid Dash, an all-crafts white water dash for glory. Finish the festivities with family activities and live music on the lawn at Red Cliffs Lodge. Flaunt your feathers, grab your glory, feed your belly, and get your jam on with Marinade.

Splore is a Utah-based, non-profit organization that specializes in promoting empowering experiences in an active friendly world through affordable, customized, inclusive recreation and education programs for people of all abilities. Splore ran its first accessible rafting program in Moab during the summer of 1977. Since then, Splore has served more than 40,000 individuals with disabilities including volunteers, care providers, friends and family members.

Contact Information: Ann Dalton, Splore Southern

Utah Development Coordinator 801.484.4128x502, ann@splore.org, splore.org/events.html





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MOAB AREA EVENTS CALENDAR

August 2010



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Moab, UT

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- Arcade
- Mini Golf
- Air Hockey
- Bumper Boats
- Carnival Swing
- Air Slide
- Kiddie Playground

Mon thru Sat 12 noon - 10:00pm
Call for Private Party

5 Moab Reads 2010 Kickoff Party. 2010 book selection = *The Secret Knowledge of Water* by Craig Childs. 7:00-8:00 p.m. in the Library's Large Meeting Room, 257 E. Center Street. One Book, One Community! Call 435-259-1111 for details.

5 Moab Information Center Lecture Series 7pm FREE to the public. Center and Main - Logan Hansen "Preparing Grand County for a Sustainable Future"

6 Moab's fifth annual Relay for Life - All-night community event, raises money for the American Cancer Society, held on the football field and track of Grand County High School, 608 South 400 East, Moab. Everybody is invited. See Article on Page 6A.

6 Youth Garden Project presents: *Willamena Wright and the Magical Garden Gnome* Bring the kids to watch a performance of locally written, garden inspired childrens' theater! The play is the grand finale of our 9th Summer Camp Week, YGP on Broadway, features Moab kids acting and creating. Snacks will be provided and it's fun for the whole family! Free! 3:45pm, Star Hall, 125 East Center Street, Moab.

6-14 San Juan County Fair - Cowboy Boots and Country Roots
Aaron Tippin performance - Rodeo - see article page 13B

6-7 Women's Redrock Music Festival held in Torrey, Utah at the Robber's Roost Bookstore outdoor stage. Music begins at 5:00pm on Friday and noon on Saturday. Food by Diablo. Beverages and food available at the venue. For more information redrockwomensfest.com

7 Bull Hollow Raceway San Juan County Fair Kickoff - Four Corners Shoot Out - Family Fun Day - see ad page 5A

7 Moab Farmers' Market sponsored by the Youth Garden Project at Swanny City Park - 100 West and Park Drive, 8 AM to Noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. Food stamps accepted. For Information contact Gayle Weyher 259-0242.

Youth Garden Project presents: Farm Day at the Moab Farmers' Market. Celebrate the people that raise our food and get hands on fun with all things farm! Come and enjoy a petting zoo, an observation beehive, local honey for sale, fun farm themed contests for all ages, bluegrass music, a farm costume area, children's activities and more! At the Moab Farmers' Market, Swanny City Park Cost: Free!

7-8 XRRA Extreme Rock Racing, Cortez Colorado. See page 13B.

10-13 Young Explorers Base Camp for 4-6th graders. 4 days & 3 nights camping in the mountains with last day rafting the Colorado River. Camping, river gear, meals provided. Scholarships available for regional kids. \$100/child Call CFI for more details (435) 259-7750 or email info@canyonlandsfieldinst.org. www.cfimoab.org.

11 Second Wednesday Book Club at the Library. *Stones from the River* by Ursula Hegi is August's book selection. All are welcome - 6:00 p.m. in the Library's Large Meeting Room.

12 Moab Garden Club will be meeting at 7pm. Mike Johnson, County Extension Agent, will speaking about "Preserving The Harvest". He will have hand outs and ideas to extend our use of our bounty from our gardens. Contact Tricia Scott @ 259-6342 for more info or email at moabgardener@yahoo.com

14 Poetry Slam - Moab Poets & Writers open mic competition to see who can bounce the best rhymes of the rim. moabpoetsandwriters.org, 259-7082

14 Moab Farmers' Market sponsored by the Youth Garden Project at Swanny City Park - 100 West and Park Drive, 8 AM to Noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. Food stamps accepted.

19 Thursday Night Movie Night at the Library. Film - "Invictus" starring Morgan Freeman and Matt Damon at 7:00 p.m. This event is FREE. Everyone is invited. Popcorn for this event is donated by the Moab Chevron. For more info visit the Grand County Public Library at 257 E. Center St. or call 435-259-1111.

20-21 Oral History Workshop with Dr. Dee Garceau at the Historic Horsethief Ranch near Dead Horse State Park. Develop interviewing and listening skills, explore issues of reciprocity and collaboration between researcher and subject, discuss storylines and interpretation. Camping and meals included in price: \$195/person or \$175/CFI member. To register/find out more about travel and lodging, contact Canyonlands Field Institute at 435-259-7750 or info@canyonlandsfieldinst.org For questions about workshop content, contact Dee Garceau at garceau@rhodes.edu.

For more info on events see www.moabhappenings.com



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Arches NP Sunset Tour

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DEADLINE for SEPTEMBER Events Calendar: AUGUST 20, 2010

Listings in the Moab Happenings Events Calendar are FREE!!

Do you know of an event for the Happenings calendar??

Call (435) 259-8431 or fax us at (435) 259-2418

e-mail: info@moabhappenings.com

MORE MOAB AREA EVENTS

August 2010 events continued

- 21 Moab Farmers' Market sponsored by the Youth Garden Project at Swanny City Park – 100 West and Park Drive, 8 AM to Noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. Food stamps accepted. Grand County Public Library presents story time at 10:30AM.
- 21 Benefit Dinner for Canyonlands Field Institute at the historic Horsethief Ranch. Featuring fine garden dining with regionally grown and produced foods, a ranch tour and history, live music, and silent auction. Tom McCourt, author of the recently released *Last of the Robbers Roost Outlaws: Moab's Bill Tibbetts*, colors our evening with tales of cattle ranching and rustlin' in canyon country. \$100/person. Proceeds benefit CFI's Outdoor Science School for Moab 8th graders. Limited seating – please reserve early for this special event! RSVP by August 17. Shuttle available to and from event. Call CFI (435) 259-7750 for more information.
- 21 Youth Garden Project presents: Dilly Bean Canning Workshop
Come learn to preserve those superfluous summer vegetables with the YGP's own Garden Crew Leader and pickling enthusiast Emily Klarer! This workshop will be a hands on demonstration into the art of vinegar preserving. Space is very limited, please call to reserve your place! August 10, 6:30-8:30, at The Youth Garden Project Kitchen, 530 S 400 E, Moab Cost: \$10, Tuition Assistance is available. RSVP: The Youth Garden Project, 435.259.2326
- 21 "Dog Days of Summer" Annual Bar-B-Q and Silent Auction Benefit 4:30-9:00pm at Buck's Grillhouse, sponsored by Humane Society of Moab Valley 435-259-4862
- 21 Bull Hollow Raceway - Bull Hollow Race Series Round 4
- 22 "Beat the Heat River Trip" with the Humane Society of Moab Valley, see ad on this page.
- 24 Full Moon Hike at Dead Horse Point State Park - Join park staff for a mile-long hike at sunset while the full moon is rising. Along the way we will discover some animals that are rising as other animals go to sleep for the night. Meet at the Neck, about one mile south of the visitor center at 8 p.m. for this hour-long program.
- 25 Seekhaven Book Club at the Library. *I Know Why the Caged Bird Sings* by Maya Angelou is August's book selection. All are welcome - 6:00 p.m. in the Library's Large Meeting Room. Books provided by the Utah Humanities Council are available for checkout at the Library.
- 25 Companion Planting Workshop - Everyone likes to be with their friends! Learn which plants grow best together to help control pests and produce healthy and happy gardens. This informative workshop will be led by the Youth Garden Project garden crew and will include a handout and tour of the garden. 6:30-8:30 pm at The Youth Garden Project, 530 S 400 E, Moab Cost: \$10 Tuition Assistance is available. RSVP: Please call the Youth Garden Project at 259.2326
- 26-27 Talks and Walks series with CFI. Join Dr. Tim Graham and CFI for a free lecture at the MIC Thursday Aug. 26th about the ecology of desert potholes. Then on Friday, August 27, join Dr. Graham and a CFI Naturalist for a 1/2 day walk to discover firsthand what does live in them! Call CFI for more details. (435) 259-7750. Walk is \$40/person, \$30/CFI members.
- 26 Moab Information Center Lecture Series 7pm - Tim Graham with Canyonlands Field Institute "Pothole Ecology" - FREE to the public. Center and Main
- 28 Moab Farmers' Market sponsored by the Youth Garden Project at Swanny City Park – 100 West and Park Drive, 8 AM to Noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. Food stamps accepted.
- 28 SPLORE 1st Annual Red Rock Regatta on Saturday, August 28, 2010. Centered at the Red Cliffs Adventure Lodge from 4 p.m. to 10 p.m. in Moab, Utah. The regatta includes a costume flotilla and all-crafts boat race as well as fun family activities, food, and live music. Proceeds from the Red Rock Regatta will provide scholarships to provide the opportunity for individuals to participate in Splore's adventures. see page 3A

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August 7 San Juan County Fair Kickoff
Four Corners Shoot Out - Family Fun Day

August 21 BHRS (Bull Hollow Race Series)
Round 4

See Event Calendar page for the full season schedule.

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September 2010

- 2-13 Moab Music Festival www.moabmusicfest.org 435-259-7003
- 2 Joint Glass Recycling Workshop at the Grand County Solid Waste Special Service District #1 trailer, located adjacent to the recycling center at 1000 Sand Flats Road, 4PM. Canyonlands Community Recycling and the District will jointly host this public workshop to discuss glass recycling options for the community, including transporting glass to the nearest buyer in Colorado and creating a local market for pulverized glass. For more information please email: moabrecycles@frontier.com, visit: www.moabrecycles.com, or call: 435-259-8640.
- 4-5 Moab Studio Tour, Nine Moab artists open their studios for the public this weekend. See article and ad on page 7B, visit www.moabstudiotour.com

Humane Society of Moab Valley

"Dog Days of Summer"
Annual Bar-B-Q and Silent Auction Benefit
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2010-2011 Events

August 6-7	Relay for Life
August 28	Red Rock Regatta by Splore
September 2-13	Moab Music Festival
September 4-6	Labor Day Red Rock 4 Wheelers Campout
September 4-5	Moab Studio Tour
September 11	Moab Art Walk
September 17-19	Moab Century Tour
September 22-24	Skydive Festival
September 23-26	Moab Fall Quarter Horse Show
October 1-7	Moab Plein Air Festival
October 7-10	Gem & Mineral Show
October 7-10	Moab Outerbike Demo Event
October 9	Moab Art Walk
October 9-10	24 Hours of Moab
October 17	The Other Half Marathon
October 21-24	Confluence: Celebration of Reading & Writing
October 29-31	Annual Chile Ho-Down Bike Festival
October 30	Annual Pumpkin Chuckin' Festival
November 5-7	Moab Folk Festival
November 13	Moab Art Walk
December 4	Electric Light Parade
December 4	Winter Sun 10k
December 5	Moab Studio Tour
December 11	Moab Art Walk
February 26, 2011	WabiSabi Fashion Show

FUND RAISING HAPPENINGS

MOAB'S 2010 RELAY FOR LIFE TO BE HELD AUG. 6-7 AT GRAND COUNTY HIGH SCHOOL

By Jeff Richards

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

The event will kick off with preliminary festivities, food, and games between 6 and 8 p.m. on Friday, Aug. 6. Although admission is free, donations are encouraged, since the relay is primarily a fund-raising event.

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

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

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

Between 6 and 6:30 p.m. Friday, Moab's event will officially kick off with an opening ceremony, which will include the lighting of a caldron with a torch and a "Survivors' Lap" around the track. Other special ceremonies planned for Friday night include a "Fight Back" ceremony, a "Luminaria Ceremony" and a "Ceremony of Hope".

"All of the various ceremonies during the event help highlight

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

"We appreciate the ongoing support of local businesses that help make Relay for Life a success," said Hackney, adding that additional sponsors are still needed to donate products or to host a vendor booth, or both.

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

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

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

"The relay goes all night long because cancer never sleeps," Hackney added. Many participants typically



the importance of fighting cancer," explained Dolphin, who is herself a cancer survivor.

Entertainment acts will also take the stage at various times during the evening and into the early hours of the morning. Time slots are still available, and local performers are encouraged to contact organizers if they are interested.

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

million people nationwide participated in Relay for Life last year. For more information about Moab's event, enter the ZIP code "84532" at the web page www.relayforlife.org/relay/findevent, then click "Event Website."

pitch tents on the field and take turns walking around the track for the duration of the event.

Moab's Relay for Life has raised approximately \$30,000 for the American Cancer Society for each of the past two years. Over 3.5

For cancer information 24/7 go to www.cancer.org or call 1-800-277-2345

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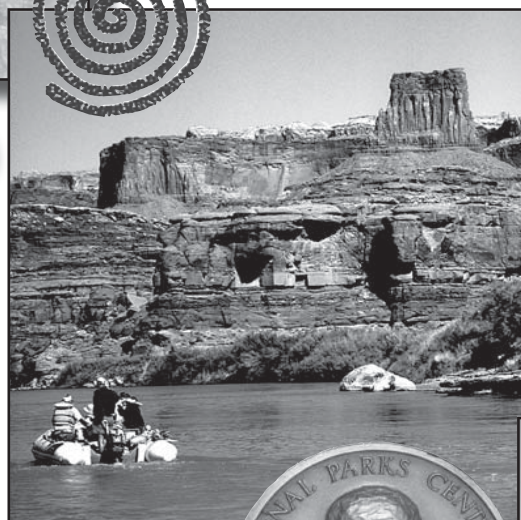
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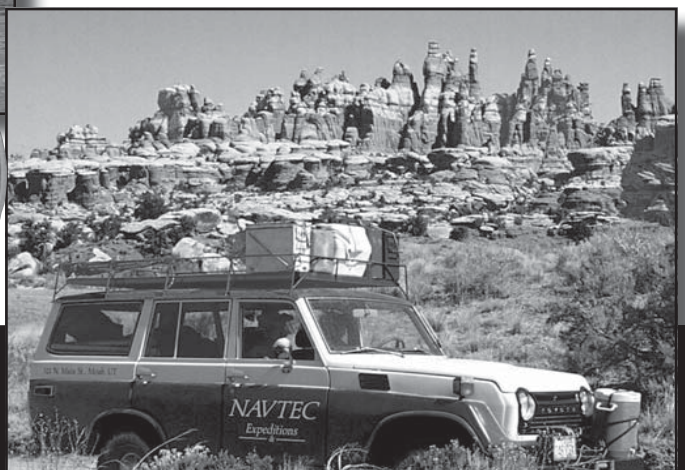
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- **Combination Island in the Sky 4WD & Colorado River Boat Tour** (Full Day including Lunch departing NAVTEC at 8AM)



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HISTORIC HAPPENINGS

New Robbers Roost Outlaw Book Could Become Film

by Vicki Barker

It isn't like news travels fast.

Back in the 1920s, two young Moab men found themselves crossways with the law, engaged in a range war with big cattle grazing the Canyonlands. What makes it news today is that author Tom McCourt has taken 50 years worth of local memorabilia and documented that ex-marshall Bill Tibbetts of Moab was once a Robbers Roost outlaw—an accused cattle rustler and convicted horse thief with cousin Tom Perkins, whose story, now told, presently is in the hands of several screen-writers eager to make it a film.

Last of the Robbers Roost Outlaws, published by the Canyonlands Natural History Association and released June 1, is already in its second printing and has caused quite a stir in the local community. In addition to the original 2,000 press run, CNHA has ordered a second printing of 1,600 copies. Back of Beyond bookstore owner Andy

Nettell teamed up with CNHA to also produce 15 leather-bound and 35 hardcover deluxe editions. These special edition copies are autographed by McCourt and Ray Tibbetts, Bill

surprised to discover few people had heard of Moab's outlaws of the Robbers Roost. The most famous outlaws associated with that area preceded Tibbetts and Perkins by about 30 years.

"People have not heard of this guy," McCourt said. "I think people will know him now. I think he'll be famous down there."

"It is a story of the Tibbetts family, and Bill, but it's a story of this area and this community," Hardgrave said. "It has a universal appeal, and people have just really enjoyed it."

"People in this community are thanking us for writing it, for telling their story," she continued. "Again, not Tibbetts family members, but telling Moab's story. Visitors, who have no idea about the family, are thanking us because life was simple then, life was hard then, and it makes them feel ... a sense of reverence for our ancestors that forged their way through the West, and they want to make that connection."

"For CNHA, the most fun part for us was the connection we've made with the community," Hardgrave said. "A lot of people have no idea who we are or what we do, and we got to touch a part of the old Moab community that had been here for generations that we would have never known about. That's been the thrill for us, to learn about the history."

Since the book's release, more facts have surfaced about the episode that included a jailbreak and manhunt that culminated in the deaths of numerous stock but not men. Among new findings is an eyewitness account of a Tibbetts inscription carved into stone in another cave in Stillwater Canyon of the Green River, according to McCourt. That's exciting news, because to date there'd only been one inscription found in a cave the pair hid out in near the White Rim. The newly-reported inscription helps track the exact trail of the outlaws during their successful getaway in 1924, which grew so perilous they resorted to jumping off ledges on their horses and eating grasshoppers to stay alive.

"Ray told me that he's never been all the way through on that trail, and he's not even sure where the old trail goes anymore, because nobody's used it for -- well, since his dad and Eph Moore were down in there, I guess. That trail probably hasn't been used since the early 1930s," McCourt said.

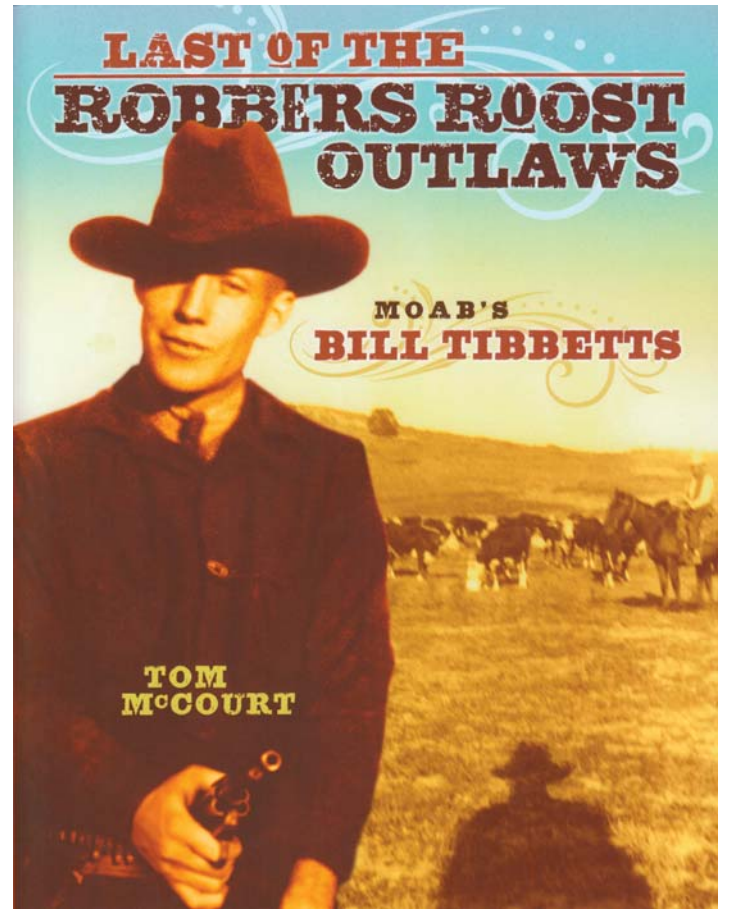
The story "starts with a bang," as Hardgrave puts it, and ends with a crash. Bill is brought into the world in an impromptu mid-wife performance by his teenaged Uncle Eph. Then in 1962, Bill and his wife, Jewel, died together in a car crash south of Moab.

Ephraim Moore, 18, assumed the role of mid-wife without much choice, delivering little Bill on a cold day in March 1898 in a cabin at Old La Sal, where Moore found his sister, Amy Moore Tibbetts, alone and in labor.

At the age of four Bill witnessed a drunk kill his father. A bloodied up woman was brought to their cabin and Bill's father stayed up to guard the woman from her angry husband. The woman was scared the husband was going to kill her, which he did.

Bill grew up strong-willed and defiant, disliking his stepfather but always seeing to his mother's welfare. With Perkins, he stole some horses when he was a juvenile, earned time in reform school, got out and joined the Army, then returned to partner with Uncle Eph in the cattle business.

Those were the days before cattle grazing was regulated on public domain. Tibbetts and Moore claimed some range along the Green River below the White Rim of Canyonlands (long before the area became a park), but eventually moved to the upper mesa of Island-in-the-Sky, competing for rangeland there with big-name



cattle companies. According to Tibbetts' account, he and Perkins were set up on false charges of cattle rustling and killing a calf. They were arrested and jailed in Moab, broke out with the aid of family and a pry bar, and made a run for it by boat and horses to the old range, Robbers Roost, and out-of-state. They avoided Moab long enough for the charges to die under the statute of limitations, and Bill returned, only to end up partners with one of his original accusers, and finally, fully redeemed and a family man, to take on the role of town marshal.

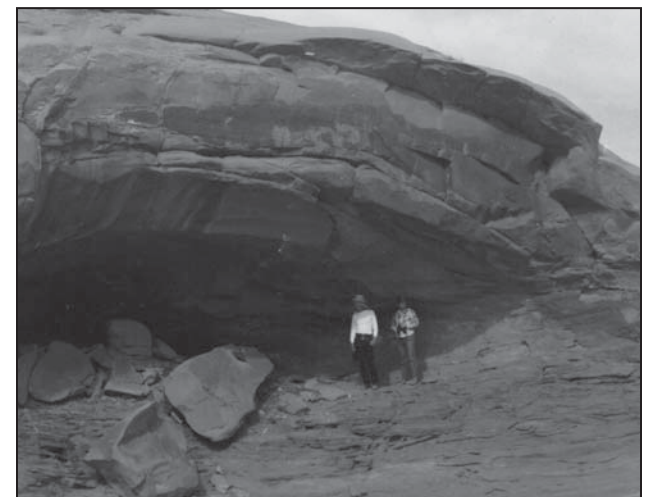
McCourt said he's received a lot of calls and attention because of the book, all positive.

"I'll tell you what

it's done. It's opened the eyes of a lot of people to the canyonlands country," he said. "I've had people contact me and tell me, 'I've been down there and I've seen that country. I've been on the Island-in-the-Sky and I've been over in the Maze and that, but I've got to go back now and see it again because now I know a story that happened there, and I want to go back and see it again, now that I understand something that happened there, and I can put a person there, and a place and a time and an event, and it makes it more real for me now.'

"That's kind of what I was trying to do when I was writing it was to give (a feel for) these places: Elaterite Basin, even the Robbers Roost...the Big Flat, and the White Rim," McCourt said. "I've had a lot of people say to me, 'Gee, I've looked out at the White Rim and it didn't mean a thing to me, but now: How the hell would you run cows down there? I've got to look at that again!'"

It was a big area for outlaws to hide in, about 600 square miles, and now it's a big story.



Alcove where Bill Tibbetts lived and left his inscription.
Photo Courtesy of Tibbetts Family



Bill Tibbetts

Photo Courtesy of Tibbetts Family

Tibbetts' youngest son, who got the project rolling.

"Sales are doing great!" exclaimed CNHA executive director Cindy Hardgrave. "Locally, because he is well-known locally—I think that was a big chunk of it. But what we have found is that the visitor who comes through Moab—and it's sold predominantly in this region—is pretty intrigued by the story. Some of the hoteliers here in Moab have decided to sell it, and the cover's really strong, and shelf appeal is everything, and I think there is an interest in this kind of Old West."

"A lot of our visitors—this is their first time through—and they saw all the John Wayne movies, and they want to make that connection, so I think that has a lot to do with it," she added.

The media promptly picked up on the new angle on Robbers Roost, a land made famous as the southern Utah hideaway for Butch Cassidy and the Sundance Kid, and of Matt Warner and other notorious outlaws. McCourt, an author based in Price, and his Tibbetts book were featured on Utah Public Radio in early June, as a full-page feature in Ogden's Standard-Examiner on Father's Day, The Sun Advocate in Carbon County and various papers. Most recently McCourt was contacted by The Deseret News, but also by "different groups exploring the possibility of making a movie out of it," McCourt said in an interview.

Author of four other books, including "The Moab Story: Cowpokes to Bike Spokes" (Johnson Books, 2007), McCourt said the Robbers Roost book reads like a fictional movie script, but is a well-documented true account from the Tibbetts family's perspective. He told UPR's Lee Austin that the story "is beyond fiction and imagination."

"I could not have made this up," he said. When approached by Ray Tibbetts and Hardgrave about compiling a book, McCourt was



Bill and Jewell Tibbetts

Photo Courtesy of Tibbetts Family



Bill transporting supplies down the Colorado River
Photo Courtesy of Tibbetts Family

NATURE HAPPENINGS

Skyscapes of August

by Damian Fagan

Here in Canyon Country the architecture of the landscape fills the senses. Towering walls of sandstone, incised canyons snaking across mesas, erosional remnants of arches and bridges that seem too spectacular to stand, all of these features define the land. But let us not forget another component that enhances the beauty of this desert – the skyscape.

Although you won't find 'skyscape' in the dictionary, its very presence betrays any definition. From the far-reaching brilliant blue of a summer day to a crystalline night sky, the skyscape compliments this rocky landscape. And during a typical August day this skyscape may become a dramatic addition to the viewshed.

An August day often starts out blanketed by a brilliant blue sky washed with warmth. As the mercury rises, so does the amount of moisture evaporating from vegetation and water sources. Invisible to the eye, this water vapor ascends like an augur's (an ancient Roman prophet) prediction, then begins to condense at higher and cooler altitudes to form clouds. At first there may be just a few random clouds; however, as the day progresses and evaporation and condensation increases, so too does the expansion of clouds.

During August the daily weather report usually calls for "a chance of afternoon showers." That covers everything from stray drizzles to thunder-boomers. Yet when the thunderheads show their dark underbellies, the meteorologists should be corrected from a "threat of rain" to a "treat of rain."

When thunder echoes off of the canyon walls or rattles through the mountain peaks, this may signal a Beethoven crescendo orchestrated by pulses of lightning and the percussion of thunderclaps. Sometimes a harmony of rain sweeps across the desert; sometimes the storms fizzle and fade and disappear towards Colorado. Even the short-lived storms may unleash a deluge of biblical proportions with flashfloods and ephemeral waterfalls plunging off of the sandstone cliffs. But the day's spectacular skyscape

does not necessarily end here as the clouds dissipate like the Roman Empire.

The Nocturnal Skyscape

Punctuating the transition from day to night may happen in the guise of fiery colorings in the western sky or blushing clouds peppered across the sky. Twilight pulls the shades

of the nocturnal skyscape down closing out the memory of the day.

This transition often indicates the show is over, but in reality, it's just beginning. The desert night sky offers a spectacular



viewing of the Milky Way Galaxy, zodiac constellations, distant planets and meteor shower shows that surpasses any Las Vegas night act. Because of southern Utah's isolation, this area experiences little light pollution thus making the viewing that much better. In



an urban setting you might be able to view 500 stars at night, but here under crystalline nighttime skies, over 15,000 stars are visible. I know because someone else counted them.

The Dark-Sky Association, based in Tucson, Arizona, dedicated Natural Bridges National Monument as the nation's first Dark Sky Park on March 6, 2007. The Association's mission is to

preserve the clarity of night skies and to educate the public about light pollution. Surrounded by thousands of acres of wild landscape and no major towns, Natural Bridges was a perfect choice to highlight the heritage of the night sky. More than just a ceremony, this dedication bridges the span of time between today and the Ancestral Puebloans who



roamed this landscape a thousand years ago. Those Ancient Ones looked up and saw the same night sky we see today (minus the air traffic and orbiting satellites, of course) and probably shared our same thoughts: What is out there?

Although I may have a more scientific understanding of the stars and phases of the

moon than these early canyon dwellers, I can easily share in the wonder and mystery that these inhabitants must have felt watching the moon wax and wane over time. That these Ancestral Puebloans paid more attention to the night sky than I do today is a given. An agrarian-based society needed to understand the seasonal changes associated with the movement of the stars to successfully plant and harvest their crops. Today, I can just look at the calendar (thanks, Augustus Caesar) and figure out my gardening schedule.

Count on the desert skyscape as a source of inspiration and awe. And during this month, treat yourself to a ringside seat for the Perseids Meteor Shower that will peak around August 12 or 13.



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

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

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

Moab has two local wineries and two microbreweries. Eddie McStiff's Restaurant & Brew Pub, is Moab's Oldest and Original Brewery. They have 12 beers on tap and a hassle free bar where you can get a glass of wine or a cocktail or beer without ordering food or joining a club. The Moab Brewery, Moab's only on-site microbrewery, offers a variety of locally brewed beers in their tavern, as well as being available at other restaurants in town. Many flavors are on sale at retail stores in Moab as well in the Salt Lake City area.



Castle Creek Winery is located at Red Cliffs Lodge, 15 miles from Moab on Scenic Highway 128 (The River Road). Spanish Valley Vineyards is located just off Highway 191, south of Moab about 6 miles on Zimmerman Lane. Both wineries have on-site tasting rooms and wine available for sale. Utah State Liquor Stores also sell many local wines. If you would like to try some of these award winning vintages, look for restaurants serving these Moab wines.

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



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

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

Beer (3.2% alcohol content) for take-out can be purchased at food stores and convenience stores for off-premise consumption only. On-premise beer (you can drink it here) is available at various licensed locations, including taverns, golf courses, bowling alleys, and restaurants that have the required beer license.

Utah law forbids open containers in or about any motor vehicle. A blood alcohol level of 0.08% (0.05% if you have a child in the car with you) is the maximum allowable under Utah Code to be declared "driving under the influence."



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Pancake Haus
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Pantele's Desert Deli
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Wake and Bake Cafe
 59 S. Main #6, McStiff's Plaza 259-2420

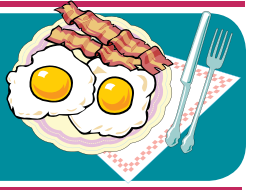
Wendy's
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Menu Guide" And tell them you found them in "Moab Happenings"



RESTAURANT GUIDE



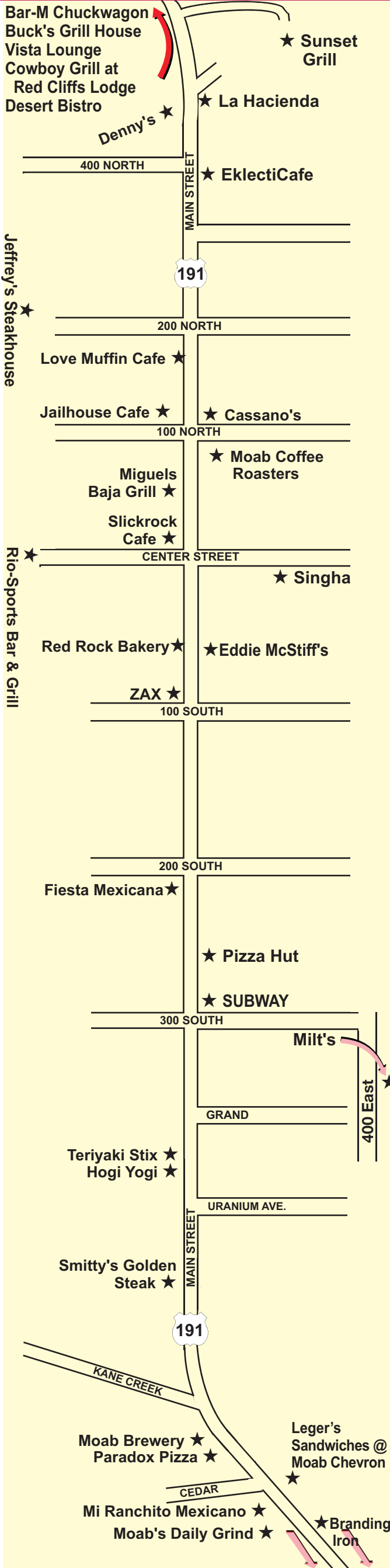
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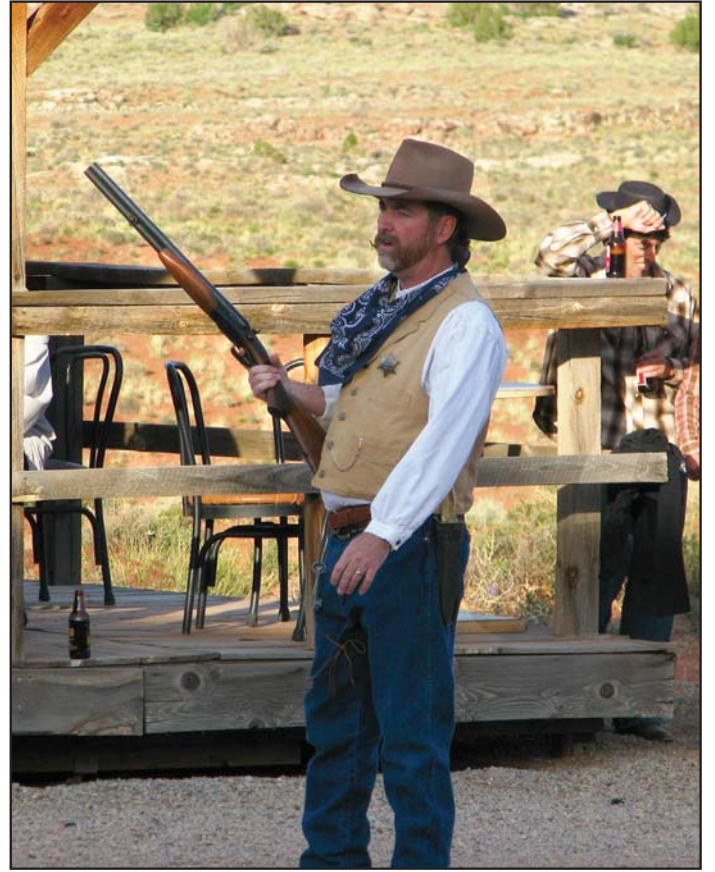
RESTAURANT GUIDE

COWBOY HAPPENINGS

Head 'em up and Move 'em out to the Bar-M Chuckwagon's Live Western Show & Cowboy Supper



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



The Sheriff's on the scene!

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



Outlaws in a gunfight!

The wild and wacky gunfight begins around 7:00! After the smoke clears, everyone enters the large barn-style dining hall to get ready for the cowboy supper. The mouth watering Cowboy supper begins at 7:30 sharp and is served trail-style on metal plates and cups. You get a choice of sliced roast beef in barbecue sauce or barbecue chicken served with baked pinto beans, baked potato, cinnamon applesauce, buttermilk biscuits, and spice cake. Cowboy coffee, lemonade and iced tea are included and there's seconds as well. A vegetarian meal is available with advance notice.

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

Just five miles north of the entrance to Arches National



Right after supper, the "Bar-M Wranglers" take the stage and perform an authentic, high-energy, professional western stage show full of fabulous vocals, thrilling instrumentals, ranch-style humor and audience participation. The "Wranglers" are Alan and Valerie Brown, Clay Maxam, and David Steward.

Two members of the "Bar-M Wranglers" are your hosts and owners of the Bar-M Chuckwagon, Alan Brown and Valerie Hunt Brown. Alan and Valerie both sing, yodel and play several musical instruments. Valerie an Alan met and married in Nashville, Tennessee. Originally from Salt Lake City, Valerie was a recording artist on MCA Records with the music/comedy trio "Ethel & the Shameless Hussies." Alan is a singer/song writer and is also the camp cook. Originally from Illinois, he toured with the internationally famous group "Up With People." In 1992, Alan and Valerie moved from Nashville to Moab and took over the Bar-M Chuckwagon.

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



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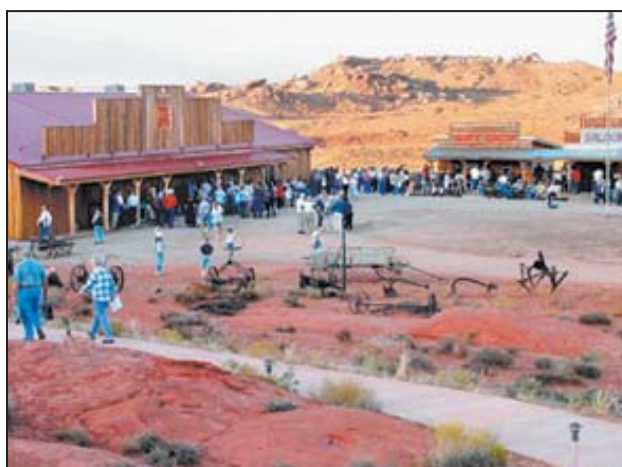
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Wednesday: Chimichanga ~ Beef or Chicken
Thursday: Tostada Deluxe
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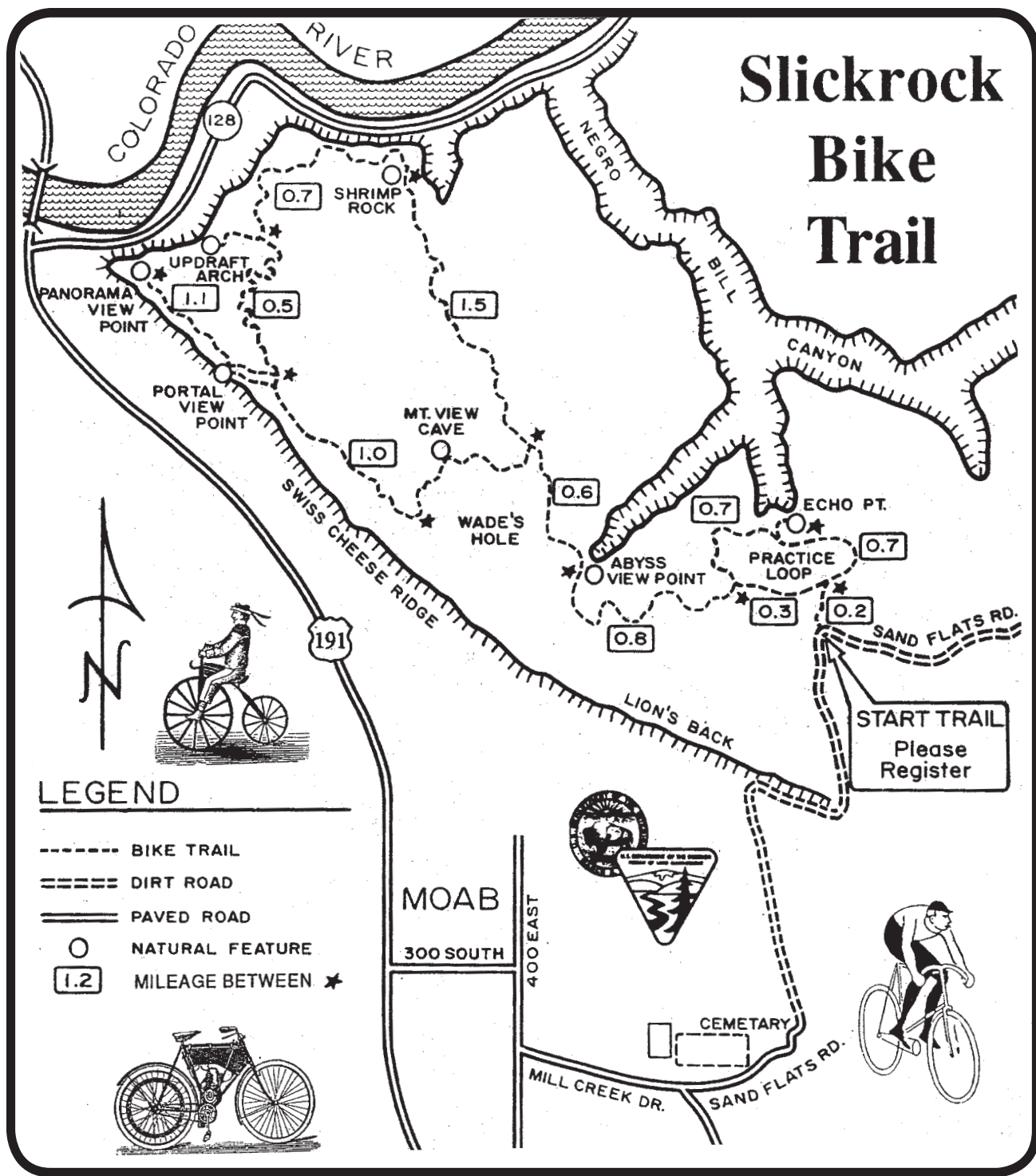
Buy one Breakfast Sandwich and a Medium Drink and get one free.

Expires September 15, 2010

Coupon valid at your Moab Subway

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MOUNTAIN BIKING



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

Mountain Biking Mecca

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

• **OUTERBIKE September 30 – October 3, 2010** - Outerbike is a consumer demo event for both road and mountain bikes. Exhibitors include: Cannondale, Fox, Ibis, Kona, Marin, Maverick, Pivot, Rocky Mountain, Santa Cruz, Specialized, Trek, Turner, and Yeti. There will be three different trailheads to give participants a chance to ride short and medium loops of all types. It is an opportunity to ride your dream bike on a world famous trail. Participants will receive demos for all four days of the event, lunch at the trailheads, and discounted tickets to evening parties and films. The Registration fee for the four day event is \$150. Proceeds will go to both IMBA and the Moab Trails Alliance. Sign up at outerbike.com.

• **24 HOURS OF MOAB October 9 & 10, 2010** - An endurance team race which is growing in popularity with each year. The four-man teams ride a rugged course approximately 12 miles south of Moab called the Behind the Rocks area. Produced by Granny Gear Productions. A world-class event that draws teams from all over the world. There is a field limit of 450 teams plus solos and the race books up faster every year, so get your team entered early. Don't miss this incredible race!

• **CHILE HO-DOWN October 29, 30, 31, 2010** - Come join Chile Pepper Bike Shop for 3 days of a rockin' good time! Bring your fat tire bike and your dancin' shoes. Group shuttles, a townie tour, bike industry vendors with demos and swag, a big air contest, and a mountain bike race DH style. Oh, and we can't forget the Halloween costume party with lots of rock'n roll. Sound like fun? You bet, so don't miss it!!!

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

• **2ND ANNUAL GRAN FONDO MOAB May 14, 2011** - The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates. That said, as any serious cyclist knows, there is also satisfaction with not only completing an epic ride but with comparing your times with other riders afterward.

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Full moon road and trail rides during summer months. Call.

TRAIL HAPPENINGS

The Hazzard County Trail – a Summer Hiking Opportunity

by Katie Stevens, Trail Mix member

Hazzard County is the curious name of a designated bicycle trail in the Manti-La Sal National Forest (Moab District) that also affords a slower group of users—hikers—a wonderful opportunity to enjoy their National Forest lands. The recently constructed single-track trail links the La Sal Mountain Loop Road and Warner Lake, gaining 1200 feet in elevation over three miles. It is usually ridden by mountain bikers as part of the Whole Enchilada Trail, which starts at Burro Pass, descends to Warner Lake, and continues on to Upper Porcupine Singletrack, Lower Porcupine Singletrack and the Porcupine Rim Trail to Highway 128.



Hazzard County starts off in a southerly direction into the gambrel oak at 8300 feet in elevation. Soon thereafter, the trail starts to ascend into several copses of aspen trees. Views of the surrounding desert and red rock country start almost immediately, and hikers can appreciate them while gaining elevation through the green vegetation. Hikers who started in the heat of the desert are cooled merely by being surrounded by the lush vegetation.

The aspen interludes provide welcome shade and a different life zone in the forest. After several of these aspen to oak interfaces, the trail enters a wide open area where hikers can enjoy views of Moab's valley and the higher peaks of the La Sal Mountains, as well as the more distant Abajo and Henry Mountains. Boulder Mountain is visible as well as a good slice of the Utah red rock desert from the town of Moab to Torrey. The Trail continues to ascend this upward sloping wide open area to a ridge. From the crest of the ridge, it feels like the top of the world with views in every direction. The trail then descends the ridge, and intersects the Warner Lake Road. It is a short walk on to Warner Lake, where there are restrooms, picnic tables and campsites.



Turning around to retrace your steps to the La Sal Mountain Loop is twice the fun, since the views are even more spectacular than the uphill route. The easy grade and excellent trail tread makes the downhill walk almost effortless, enabling you to concentrate on the scenery displayed before you.

The Hazzard County Trail was constructed by the U.S. Forest Service, with help from Grand County's Trail Mix Committee as well as other volunteers. The trail was the product of efforts to link Warner Lake and the Kokopelli's Trail, to provide downhill mountain bike opportunities from the higher elevations of the Forest all the way into the City of



Moab. Care was taken to site the trail with environmental issues in mind, especially the wildlife habitats which are found in the mountains. The layout and engineering of the trail, as well as its construction, were very carefully undertaken. Wide turns and easy ascents mean that elevation is gained almost without effort. The trail builders obviously worked hard to maintain the wonderful views of the mountains and the surrounding scenery. Inadvertently, a wonderful hiking opportunity was established in the La Sal Mountains.

Hazzard County also gives a glimpse of the "working forest". At certain times of the year, you may find cattle grazing on the mountainside. The communications lifeblood

of Moab, the Bald Mountain Repeater Site, can be seen from much of the trail. A constructed ditch, which provides water from the high country to the agricultural fields below, parallels the trail for a short time. And don't forget the animals including deer who find this prime grazing in the summer months.

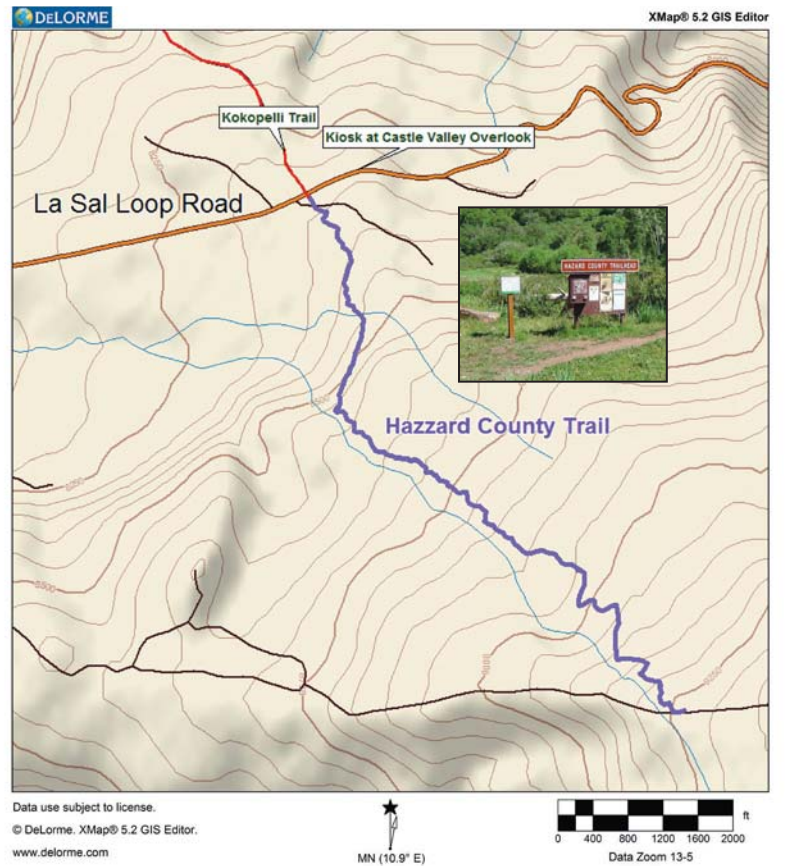
While Hazzard County is considered a mountain bike trail, it is open to all non-motorized users. Most mountain bikers take a shuttle ride to the top and ride downhill only. Hikers need to be aware that downhill bikers will be going much faster than walking speed, but there are generally very good sight lines. On a wonderful summer holiday weekend this year, only five bikers were encountered on a

Trail Mix is an advisory committee to Grand County in the development and maintenance of non motorized trails. The committee represents non motorized users including bikers, hikers, equestrians, and skiers. Many government agencies and private citizens make up the "mix" that makes this group work so well. Come join us on the 2nd Tues. of each month from 12-2 at the Grand Center (500W. 182 N.). Everyone is welcome. Contact Sandy Freethey 259-0253 or find us online at www.grandcountyutah.net/trailmix/. You may also reach us at moabtrailmixinfo@gmail.com.

round-trip hike. However, in the fall, which is prime biking season, hikers should expect to encounter many groups of downhill cyclists.

The origin of the name "Hazzard County" is uncertain. Hazzard County, Kentucky, a coal mining area, is one possibility, but it is more likely that the trail was named for the "Dukes of Hazzard", an old TV show. Whatever the origin of the name, this trail is a wonderful hiking experience.

To find the trailhead, drive south from Moab past



Ken's Lake taking the Mountain Loop Road. Drive past the turnoffs to Geyser Pass, Warner Lake and Sand Flats. Then look for a widening of the road with spectacular views of Castle Valley and Castleton Rock. Park here. The Hazzard County Trail (small sign) joins the La Sal Mountain Loop Road immediately south of where the Kokopelli Trail (large sign) leaves the Loop Road.

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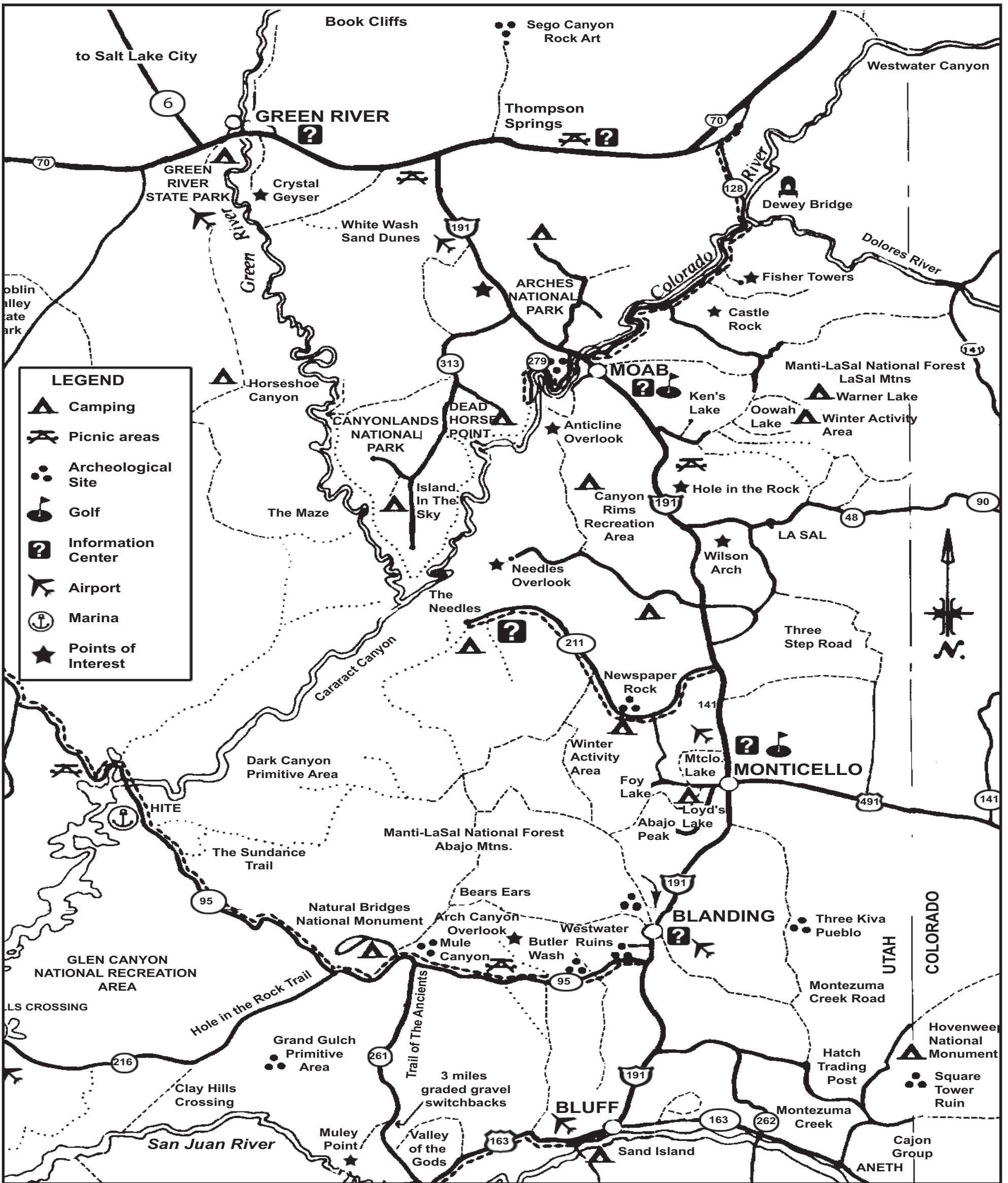
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SKY HAPPENINGS

The Sky for August 2010

By Faylene Roth

AUGUST SUNRISE AND SUNSET TIMES

DATE	SUNRISE	SUNSET
1	6:20am	8:29pm
2	6:21am	8:27pm
3	6:22am	8:26pm
4	6:23am	8:25pm
5	6:23am	8:24pm
6	6:24am	8:23pm
7	6:25am	8:22pm
8	6:26am	8:21pm
9	6:27am	8:20pm
10	6:28am	8:19pm
11	6:29am	8:17pm
12	6:30am	8:16pm
13	6:31am	8:15pm
14	6:32am	8:14pm
15	6:32am	8:12pm
16	6:33am	8:11pm
17	6:34am	8:10pm
18	6:35am	8:08pm
19	6:36am	8:07pm
20	6:37am	8:06pm
21	6:38am	8:04pm
22	6:39am	8:03pm
23	6:40am	8:01pm
24	6:40am	8:00pm
25	6:41am	7:58pm
26	6:42am	7:57pm
27	6:43am	7:56pm
28	6:44am	7:54pm
29	6:45am	7:53pm
30	6:46am	7:51pm
31	6:47am	7:50pm

The Milky Way passes through the Summer Triangle and plunges into Sagittarius. Vega (Lyra), Deneb (Cygnus), and Altair (Aquila) form the Summer Triangle. Sagittarius is at its highest point in the southern sky.

MAJOR CONSTELLATIONS OF AUGUST

Overhead

Aquila
Cygnus
Hercules
Lyra

Northward

Cassiopeia
Cepheus
Draco
Ursa Major
Ursa Minor

Eastward

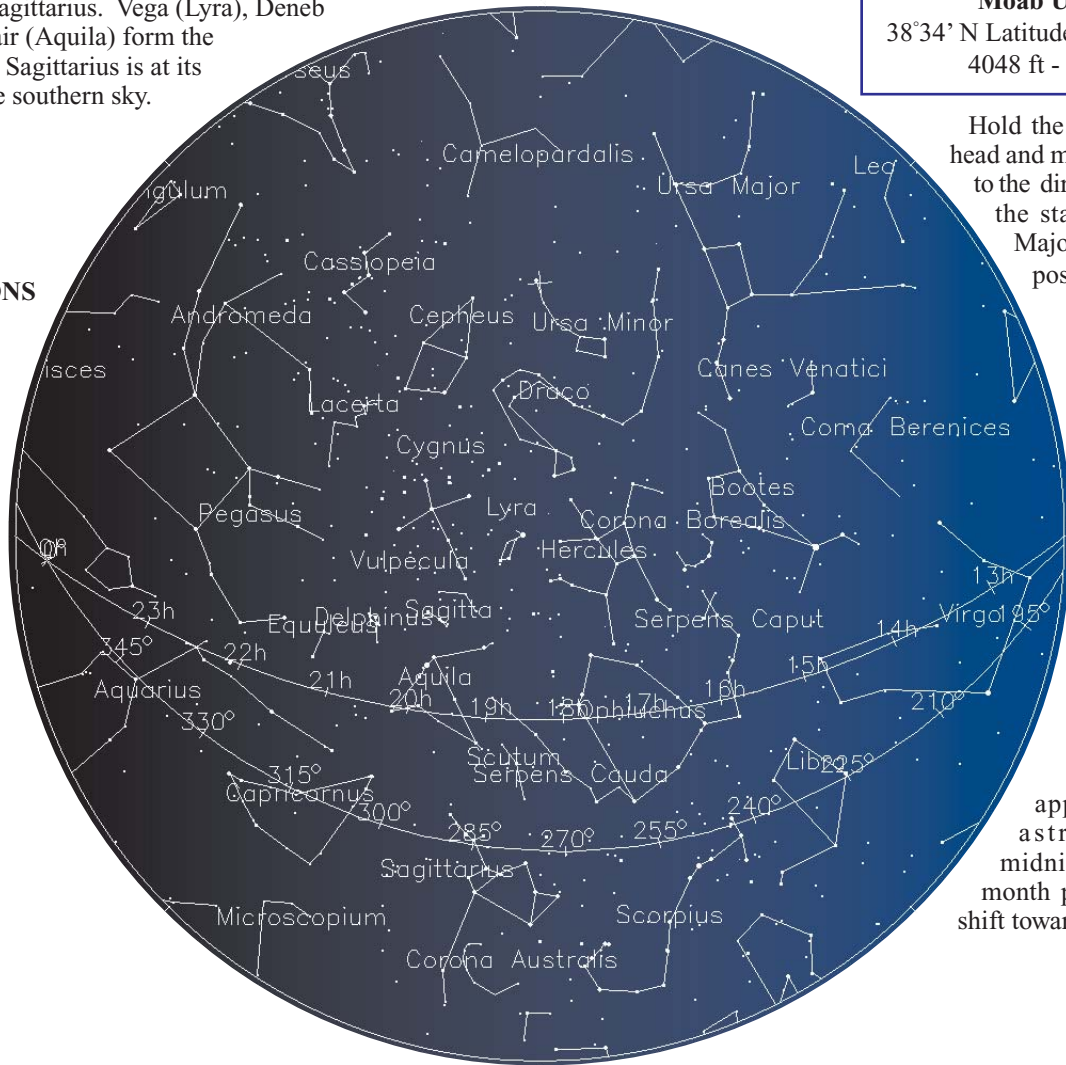
Andromeda
Aquarius
Pegasus
Perseus

Southward

Capricornus
Ophiucus
Sagittarius
Scorpius

Westward

Bootes
Corona Borealis
Libra
Virgo



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

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

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

Look for the moon above the Pleiades in the early morning twilight of August 4. It joins the conjunction of Venus, Mars, and Saturn on the evenings of August 13 and 14. On August 17 it appears one degree above Antares (Scorpius) in the evening sky. The full moon of August 24 is smaller than usual because it is at its greatest distance from Earth for the year.

STAR MAGNITUDE

Astronomers use two types of magnitude scales to measure the brightness of stars. Absolute magnitude reflects actual differences in size and the intensity of a star's light as if all stars were the same distance from Earth. Apparent magnitude, more useful to stargazers, ranks a star's brightness based on what we actually see from Earth. A small star near Earth appears brighter than a large more distant star. The current scale for apparent magnitude extends from -26.8 to accommodate the brightness of the sun to +27 to accommodate the faintest objects seen with the largest telescopes. A full moon has an apparent magnitude of -12.6; Venus varies from -3.9 to -4.7; Sirius, the brightest of all stars, is -1.6; the brighter stars like Rigel, Capella, and Vega are designated magnitude 0. Notice that the brightest objects have lower numbers. The faintest stars visible with the unaided eye is 6th magnitude for most people.

Under dark sky conditions some people will see 7th and 8th magnitude stars. Go to a dark sky location on a moonless night to test your vision and to determine the quality of your dark skies. Find the constellation Cygnus. Its brightest star, Deneb, is part of the Summer Triangle. Deneb, (tail of the swan) is a 1st magnitude star. The star to its right (center of the wings) is a 2nd magnitude star. Use the hand-distance scale (in italics below) to find the following stars. About 15 degrees to the right of the central wing star is Albireo (head of the swan). It is a 3rd magnitude star. Ten degrees to the left is a 4th magnitude star. Move two degrees to the right to find a 5th magnitude star. Another three degrees to the right reveals a 6th magnitude star. With excellent eyesight and the darkest of skies, an even fainter 7th magnitude stars appears a little farther right.

METEOR EVENTS

August nights promise meteors from the south, east, and north; but one of the best meteor event of the year spreads across the northeastern sky from Perseus. The Perseid Meteor Shower peaks August 12/13. A faint waxing crescent moon sets before midnight leaving dark skies for most of the night. Viewing will be good August 11-14. Meteor activity extends through the first three weeks of August and can produce 60 meteors per hour at its peak. Best viewing times for most meteor showers is when the radiant constellation is directly overhead and improves as dawn approaches.

LOCAL STAR COUNT

Join Red Rock Astronomers at Old City Park on Sunday, August 8, at 9:15 pm for a tour of the night sky and telescope viewing. Meet at the southwest corner of the park below the bandstand and the duck pond. Bring a chair or blanket for easy viewing. Sponsored by WabiSabi and all ages are welcome. For information call 259-4743 or 259-3313.

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

Primary Sources: USGS; U.S. Naval Observatory; Your Sky at <http://www.fourmilab.ch/yoursky/>

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

VISIBLE PLANETS

Jupiter - The second brightest planet of our solar system claims the night sky before midnight. It rises almost due east with Aquarius about the same time the early evening planets are setting. Look for it high in the western sky at dawn. (Magnitude -2.7)

Mars - The red orb of Mars dims slightly as it recedes from Earth. Be sure to follow its do-si-do with Saturn and Venus as the three planets switch positions during the month. After August 6, Mars appears east of Saturn. Mars is in Virgo. (Magnitude +1.5)

Saturn - Mars and Saturn slide past one another during the first week of August. On August 5 the two planets set within one minute of one another. Saturn's position against the background stars shifts eastward through Virgo. (Magnitude +0.3)

Venus - It's hard to miss Venus's brilliance in the evening sky. On August 5 it forms a triangle with Mars and Saturn. By August 12 the three planets have reconfigured with Saturn now to the west of the others. Venus moves towards the southwestern horizon during the last half of the month approaching Mars with Saturn positioned below. All are in Virgo. (Magnitude -4.0)

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

DAYLENGTH

The period between sunrise and sunset decreases by 66 minutes in August. By month's end, the sun rises 27 minutes later and sets 39 minutes earlier. Twilight progresses in three stages. Civil twilight lasts about one-half hour after sunset. Nautical twilight continues for another 30-45 minutes with color and shapes still apparent. Astronomical twilight begins when color and detail disappear from the surrounding view. The lingering summer twilight continues to push back the best time for stargazing until after 10:00 pm until midmonth. By the end of the month, the skies are truly dark by 9:30 pm. The reverse progression applies to dawn.

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

MOON HAPPENINGS

August 2 - Last Quarter Moon rises at 11:56 pm
August 9 - New Moon occurs at 9:08 pm
August 16 - First Quarter Moon sets at 12:03 am
August 24 - Full Moon rises at 7:47 pm

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

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MUSEUM HAPPENINGS

Movie & Western Memorabilia Museum at Red Cliffs Lodge

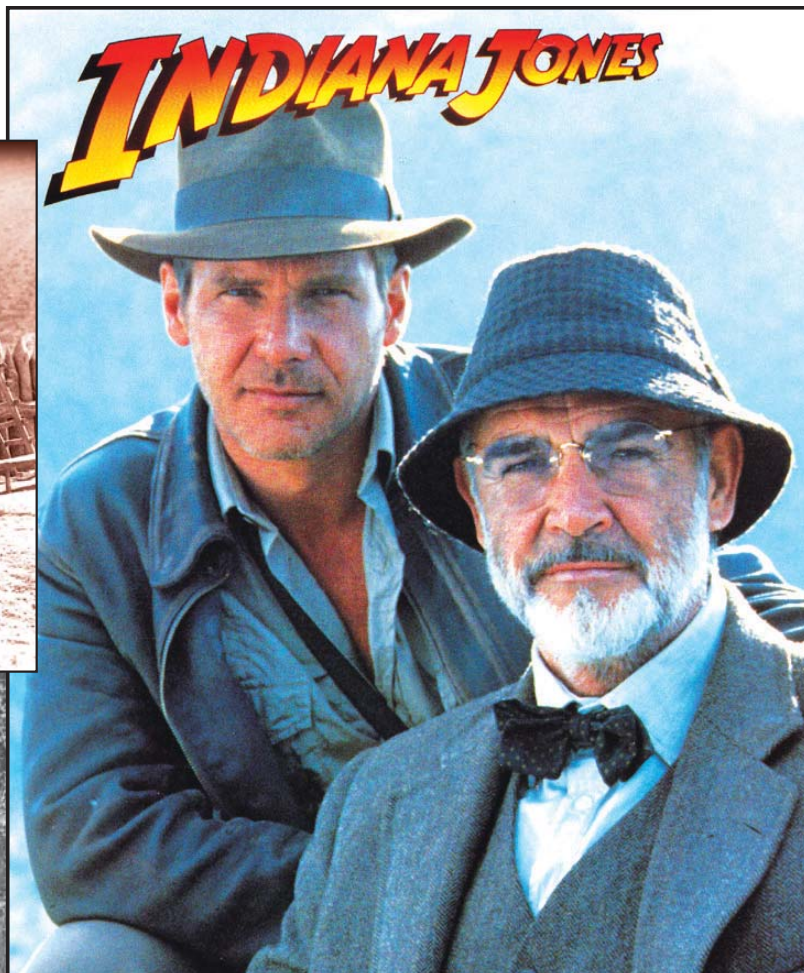
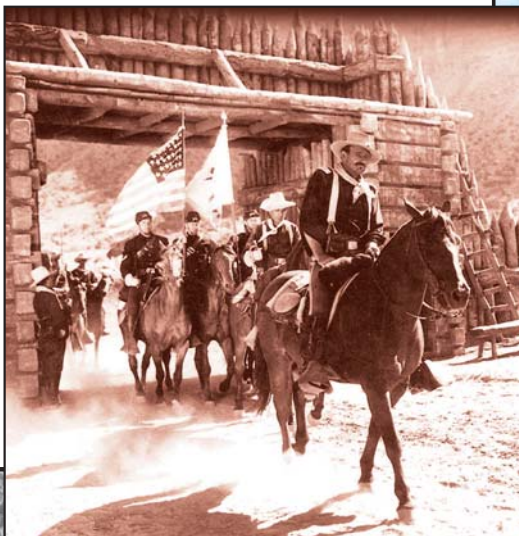
Red Cliffs Lodge, on the banks of the mighty Colorado river, is home for the Moab Museum of Film & Western Heritage. The lodge is built on the old George White Ranch, a key location for nine of the big westerns including *Rio Grande*, *Cheyenne Autumn*, *Ten Who Dared*, *The Comancheros*, and *Rio Conchos*.

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

In the museum one can learn more about film locations, how the sets are built, and how the filming process is managed on nature's own sound stage. On display in the museum are production photographs, movie posters, autographed scripts, props from the many pictures filmed in the area, and displays about the western ranching heritage. For information, call Red Cliffs Lodge at 259-2002.

Through the magnificent landscapes of southeastern Utah, writers have been inspired and stories born here. Zane Grey, the famous western novelist, traveled through the area in 1912. His visit inspired him to write his book

Riders of the Purple Sage. The book was made into a movie starring Ed Harris and Amy Madigan, and filmed on locations around Moab.



A partial list of stars that have made movies in Moab

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

Billy Crystal

by John Hagner

William Edward "Billy" Crystal, born March 14, 1948 is an American actor, writer, producer, comedian and film director. He gained prominence in the 1970s for playing Jodie Dallas on the ABC sitcom "Soap" and became a Hollywood film star during the late 1980s and 1990s, appearing in critical and box office successes "When Harry Met Sally" and "City Slickers" I and II. He has hosted the Academy Awards eight times.

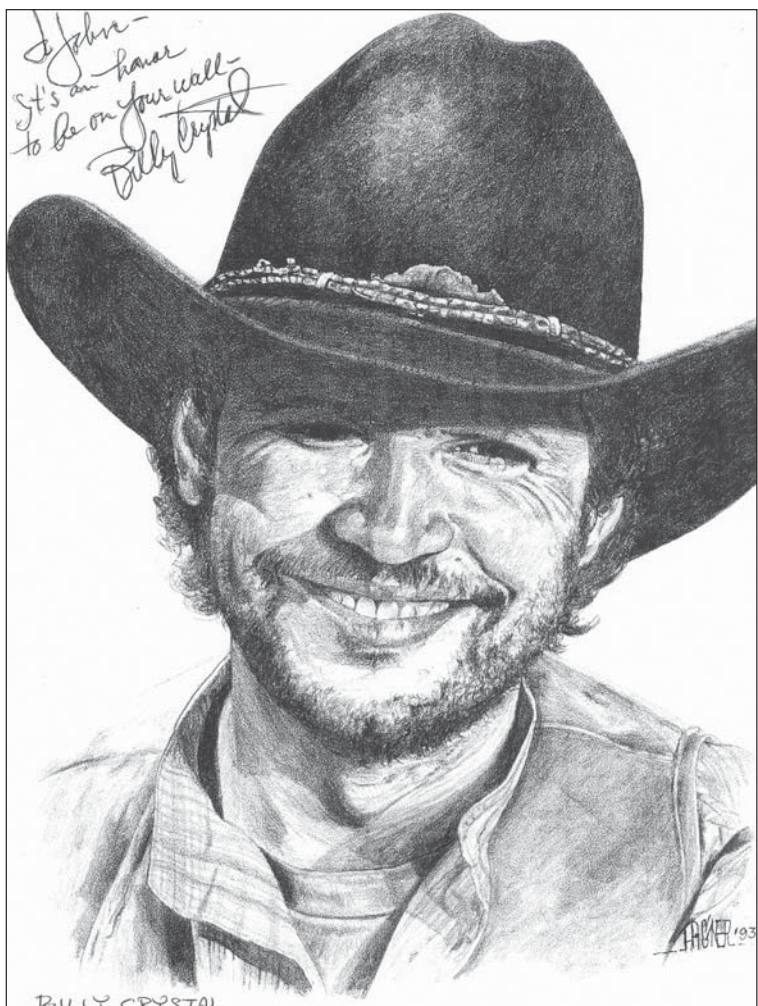
Billy and his wife Janice have two daughters, actresses Jennifer and Lindsay, and are now grandparents. They reside in Pacific Palisades, California.

Crystal won the 2005 Tony Award for Best Special Theatrical Event for 700 Sundays, a two-act, one-man play, which he conceived and wrote about his parents and his childhood growing up on Long Island. He toured the U.S. with the show in 2006 and Australia in 2007.

In the movie "City Slickers", Crystal wore a New York baseball cap. In the movie "When Harry Met Sally" the second scene starts with him and his closest friend in the movie (Bruno Kirby, who also starred in "City Slickers") at a Yankees game.

In "City Slickers II: The Legend of Curly's Gold" was a 1994 comedy, filmed in Moab, Utah. Although a financial success, the film did not quite reach the popularity of the first movie, receiving a generally mixed response.

When the film company was in Moab, Billy Crystal used the theatre room of the Hollywood Stuntmen's Hall of Fame to hold their screening sessions in the evenings. It was then that John Hagner (Founder) of the Hall of Fame and "Artist of the Stars" did a special portrait drawing (shown here) of Billy, who signed the original with a nice compliment. In 1996, the Hall of Fame vacated the building they were in since 1989, which is located just off Main Street at 100 E. 100 N. This building was originally the Mormon Church built in 1925. The Hall of Fame is presently looking for a building to relocate to and reopen to the visiting public. Anyone interested in helping this project may become a Sponsor with a donation of any amount to the Hollywood Stuntmen's Hall of Fame, 81 W. Kane Creek Blvd. - #12, Moab, Utah 84532. Cell phone: 435-260-2160 (John Hagner). Anyone interested in having a DVD of the Hall of Fame when it was open, may contact Mr. Hagner. Website for the Hall of Fame is: www.stuntmen.org



Museum of Moab

This regional museum tells the story of Moab and Grand County's past, from prehistoric and Ute Indian artifacts to the explorations of Spanish missionaries. Photos and artifacts show pioneer Moab life, much of which centered around ranching or mining. The museum also features an extensive rock and mineral display and massive bones from dinosaurs. Adults and children alike will love the museum's "hands on" policy with many of the displays.



Museum of Moab
118 E. Center, Moab
moabmuseum.org
Voice: (435) 259-7985
Fax: (435) 259-7989

Summer Hours: March 1-October 31
Monday-Friday 10am-6pm
Saturday 12 pm-5pm
Closed Sunday

ASTROLOGY HAPPENINGS

Your Monthly Horoscope - August 2010

By Rob Wells

July 23 - Aug. 24



Leo: Happy Birthday Leo. You emerge this month roaring and ready for action. Take care how you communicate during the first week of August. There are dark forces in motion. It's a romantic roller coaster ride during the second week and not all that bad. You'll love it. Plan a business trip for the 16th when you can combine it with pleasure. Afterward, the events could affect your health or your job. Hang in there and things should improve by the 25th to well into next month.

Nov. 23 - Dec. 21



Sagittarius: A lack of romantic opportunities could be the result of changing financial circumstances that seem to be beyond your control. You spend the first week of August straightening out this problem. Don't let romantic interests wrest your finances away from you during the second week after you worked so hard. There is a showdown coming on the 16th over this matter. After the 21st when you thought you were moving away from problems they return until the 25th when you finally lay them to rest and cruise into September with a smile on your face.

Mar. 21 - Apr. 20



Aries: Sudden changes you make in your self could change your life and the lives of those close to you during the first week of August. Let your home be your base from which you launch in a new direction. Take it out into the world during the second week and don't be discouraged you have one last hurdle and by the 25th you should be at the end of the race and a winner.

Aug. 24 - Sept. 22



Virgo: Money restrictions affect your ability to wage romance during the first week of August. Things improve after the 7th when a new love falls right in your lap. It could be an interesting on again, off again ride, romantically, for the second week. You're back to budgeting on the 16th and hopefully you'll find the balance you seek. After the 21st a romantic blowout could sap your energies, but love will rise from the ashes anew on the 25th to carry you into September.

Dec. 22 - Jan. 20



Capricorn: The planet Pluto is changing you. No matter what your age, you're growing up. This creates stresses in your home and your career. Let your partner, business or spouse, lead you during the first week of August and then later in the month. Don't let a promotion create unhappy changes at home during the second week. You can get back to balanced on the 16th. After the 21st these pressures continue and are finally relieved on the 25th. You'll breathe a little easier and a little richer as you slip into September.

Apr. 21 - May 21



Taurus: You face a reoccurring array of aspects this month that force you to speak up and take a stand in your life especially during the first week. You could find that realizations hit you from out of the blue. Further these conditions during the second week and by the 16th you will be standing on new ground. After the 21st you face one more test of your ability to communicate and then by the 25th you'll be free and clear. What a great way to ease into September.

Sep. 23 - Oct. 23



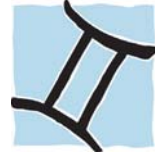
Libra: Dream big this month for the coming year. Balancing home, career, partnerships and your own needs becomes the theme for the month and it starts with a crash during the first week to get your attention. Changes you make move smoothly along during the second week of August. Your partner requires a long reassuring talk on the 16th. After the 21st more changes may be required in the areas mentioned above, but by the 25th you have them under control as you sail smoothly into September.

Jan. 21 - Feb. 18



Aquarius: Your communication skills will be tested during the first week of August and this will be your theme for the month. If you manage people, stop and look to see if you are getting the information from, or to, underlings so that all moves smoothly for you. Listening to suggestions is very important. Implement them during the second week and weigh the results on the 16th. After the 21st this theme is back for a review and for final changes to your liking on the 25th. With these changes made you'll just stroll into September with a smile.

May 22 - June 21



Gemini: Pressures from a child or a romantic partner are requiring you to change your hopes and dreams and this changes the way you hold your jointly held assets. Hold tightly your values and your cash this month and work through the first week making allowances. During the second week you'll feel some relief but this comes from well-made choices on the 16th. After the 21st it all heats up again as you put it all to rest on the 25th. Using your head and not letting go of what matters most will see you through the month and safely into September.

Oct. 24 - Nov. 22



Scorpio: Health issues may require the help of a professional caregiver, so don't waste time getting to them for the attention you may need. Spend the second week getting back up to speed. Keep current with your job duties if you can. The 16th will tell you if you've been doing what you're supposed to. After the 21st, dream big for the future year. The theme for the month comes around again on the 25th for review. If you've stayed the course you will reap the benefits. If not you could face more health issues next month.

Feb. 19 - Mar. 20



Pisces: Upsets and changes to your values and financial situation cause you concern this month especially during the first week. Advice from someone younger could clear a path for your advancement, so listen carefully. Put that advice to the test during the second week and see if it helps. You should see positive results on the 16th. After the 21st these re-alignments return for a final review and all is well by the 25th. You end the month on a very positive note as you waltz into September in style.

June 22 - July 22



Cancer: Changes come in your career and the balancing act between it and home forces your partner to change as well. You must hold tightly to your self-image during the first week and the remainder of the month. Matters are up and down during the second week, but you make headway on the 16th. After the 21st there is another flair-up but it's all set right by the 25th and it paves the way for a quiet segue into September



Rob has been an Astrologer for over 30 years. A student of Carol Green and the Ray of Light School in Salt Lake City, Rob is a member of the American Federation of Astrologers. "Astrology is a tool for living. It can be used in every aspect of life."



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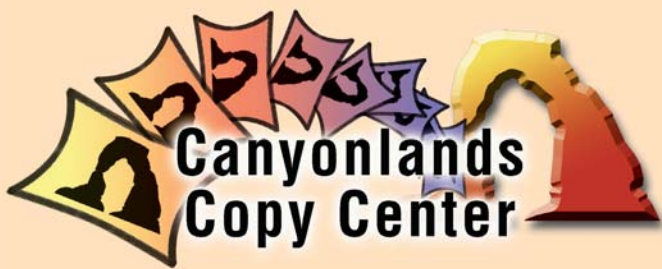
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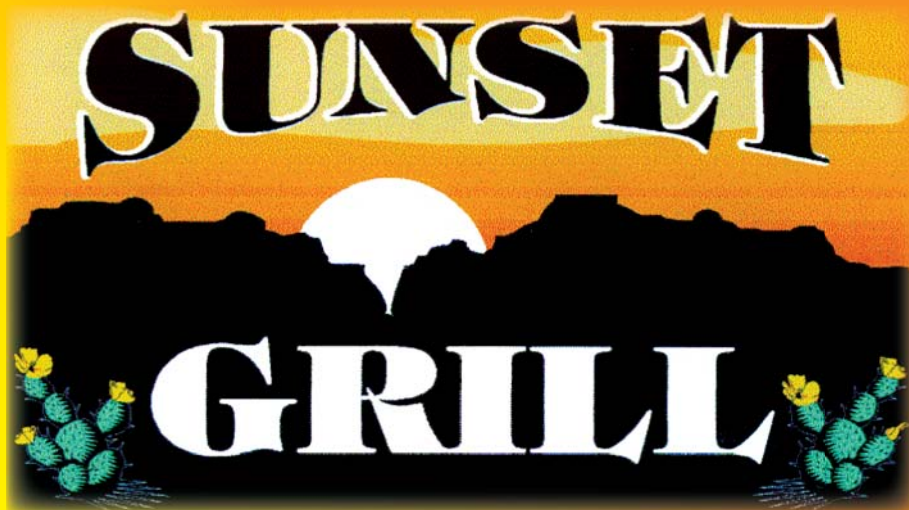


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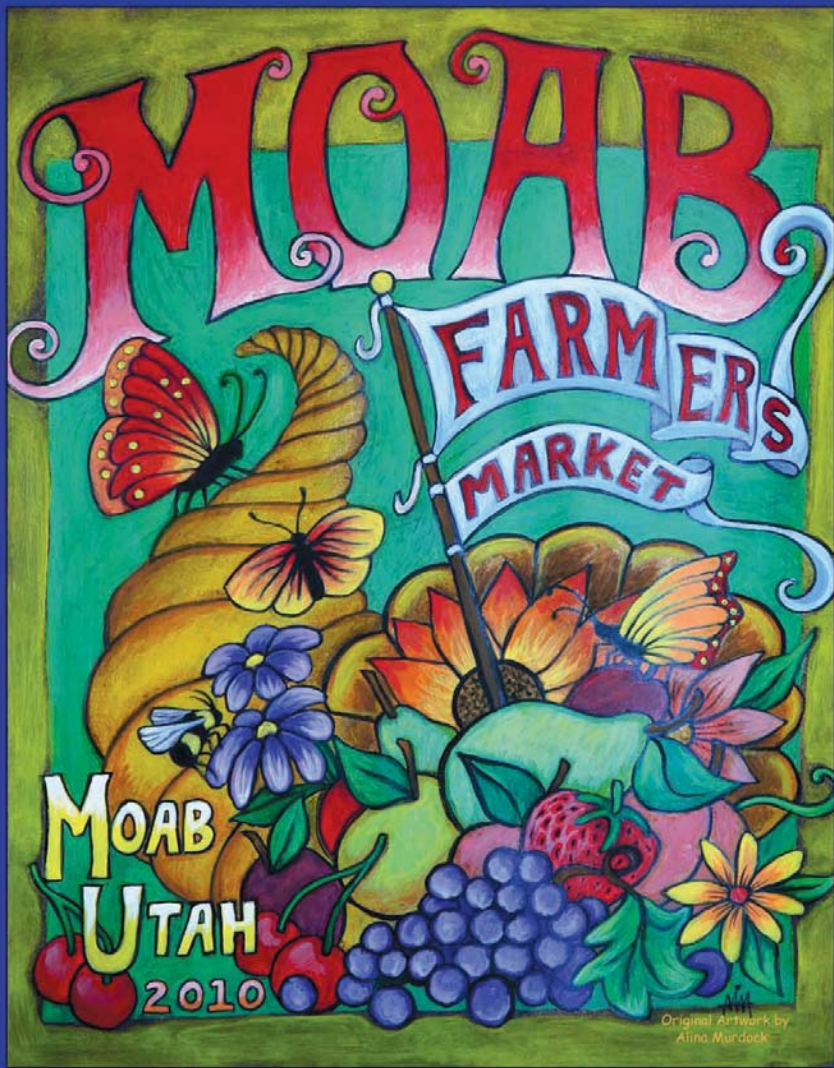
MOAB HAPPENINGS

ENTERTAINMENT
NIGHT LIFE

Volume 22 Number 5

Section B

August 2010



Farm Fresh Produce • Crafts • Baked Goods • Flowers
May - October, Saturdays 8:00 a.m. - Noon
Swanny City Park 100 West 400 North



Sponsored by the Youth Garden Project

Moab Farmers' Market in Full Swing

Moab Farmers' Market brings fresh food to the community at Swanny City Park every Saturday morning. Enjoy fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, and hot coffee at the sponsor booth. Food Stamps are accepted. With support from our sponsors the Moab Farmers' Market is able to provide a direct market venue which supports local farms supplying fresh, high quality food. This is helping to raise awareness about the economic, social and ecological benefits of buying local. Thank you! Youth Garden Project, Arches Book Company, Ye Ol' Geezer Meat Shop, Moonflower Market, Red Rock Bakery, Canyon Color Graphics, Moab Happenings, KZMU, and the Times Independent.

Swanny City Park is located at 100 West and Park Drive.



For information about the Farmers' Market please call Gayle Weyher, Farmers' Market Manager at 435-259-0242.

Artist Alina Murdock, winner of the 2010 Farmers' Market Poster Contest, was inspired by horticultural publications from the 1800s with cornucopias of butterflies, fruits and vegetables capturing the variety of items available at the Moab Farmers' Market. The poster is for sale at the Farmers' Market Sponsor Booth.

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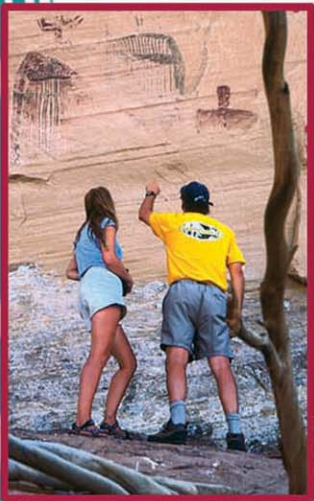
The Mountain View Trail – A View From The Other Side *by Marcy Hafner*



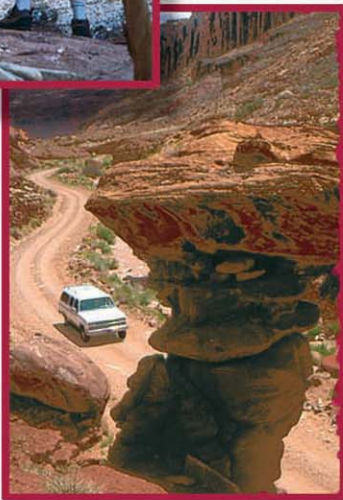
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The La Sal Mountains were formed over twenty-five to thirty million years ago. At that time intrusive molten magma cooled into igneous rock and the overlying, less resistant sandstone eroded away, resulting in the formation of fourteen peaks over 12,000 feet. Covering an area in both San Juan and Grand Counties that is 25 miles long (north-south) by 15 miles wide (east-west), the La Sals are the second highest mountain range in Utah. Those of us lucky enough to live here are blessed to have these high altitude crown jewels in our backyard. Divided into three distinct groups - north, middle and south - this massive landmark with its distinctive profile dominates the horizon from both western Colorado and southeastern Utah, and whenever I'm on the road it's my beacon signaling me that I am getting close to home.

We are very fortunate that the majority of this mountain range, this land of many uses for water, timber, grazing, minerals and recreation, is not privately owned. Instead, under the protection of the Manti La Sal National Forest, which was established in 1907, it remains open to the public where everyone has access to this delightful mountain wonderland. With a huge gain in elevation, residents and visitors alike seek this alpine refuge - especially in the summer to escape the baking desert heat, but also in the winter to cross-country ski and snowshoe.

Warner Lake, at 9400 feet with its idyllic mountain scenery, which is dominated by Haystack Mountain, is an ideal place to pass a lazy afternoon. Close to the lake there's a picnic area and a campground (\$10.00 a night) with twenty sites, while the group camping area accommodates fifty people. The water in the campground, however, is not safe for drinking.

It takes less than an hour to drive the estimated 35 miles to Warner Lake. To get there from Moab, go south on Highway 191 approximately 7.5 miles and turn left at the sign for the Ken's Lake-La Sal Loop Road. Continue half a mile to the stop sign at the tee and turn right on to the Spanish Valley Drive-La Sal Loop Road. Go past the turn offs for Pack Creek Ranch, Geyser Pass Road and Oowah Lake. The next major road on your right after Oowah Lake will have a sign for Warner Lake. This five-mile graveled road is suitable for any vehicle, but it is only open during the summer-early fall season. By late September-early October, depending on the weather, the possibility exists that the road will be closed for the winter.

Warner Lake is the hub for a lot of trails; some are heavily used. I decide to take the less traveled Miners Basin Trail, which provides access to the Mountain View Trail. The signed trail begins at the information kiosk. Not far up the trail another sign has the following information: Miners Basin-Warner Trail #040, three miles to Miners Basin, Mountain View Trail #185 - .07 miles.

This foot trail starts in the richness of dark blue lupines that flanks me on both sides. After two very easy open-and-close gates I take a right on to a dirt road and immediately look for the next sign with an arrow pointing for another right turn. Soon I'm following a wide switchback through the aspens to the trail register. Then the thick branches of Engelmann spruce and sub-alpine fir umbrella me in rippled shade where the mountain chickadees "dee-dee-dee" their trademark calls while red-breasted nuthatches "yank-yank-yank" a tinny trumpeted song that mingles with the enchanting fluted chorus of the hermit thrush.

This steady uphill trail with its lovely bouquet of blue columbines, red columbines and bluebells clings next to the stream as it wanders past the sloping jumble of loose rock called scree. I easily tiptoe across the only stream crossing and when the firs and spruce give way to an aspen lined meadow, I am at a signed junction - right for the Mountain View Trail, left for the Miners Basin Trail. I go right to walk about a mile to the end of the trail.



Layered with pine needles, shredded bark and mangled cones, this path is cushy underneath my feet as I listen to the voices of a western tanager, juncos, pine siskins and a ruby-crowned kinglet. Well marked with rock cairns and notched trees this trail starts out along a small endearing stream that once again reminds me there's nothing more soothing than the rhythmic beat of moving water. At one spot I pause to admire a miniature waterfall that drops into a small pool.

Since this trail is on the shady, mossy north side of the mountain it collects excessive amounts of snow. With an above average snowfall this winter, sections of it stayed buried until the very end of June. In these deep woods of spruce and fir a plentitude of fallen trees adds to the dank mysterious mood. The flowers bloom late in the summer season, but sometimes in an open meadow where the sun breaks through there's a big splash of color—the soft blue of the Jacob's ladder with leaves patterned in the shape of a ladder along with the bright yellow of the golden pea and the nodding charm of the bluebell.

At one of those meadows it takes a few seconds for it to register what is moving behind that mule deer doe - her wobbly-legged, heavily spotted twins are no bigger than a medium-sized dog! She watches intently for any sign of danger so that she and her adorable fawns can safely wander off into the tall, thick green grass that completely hides the little ones.

As the trail climbs up from the stream towards the ridge I hear the jackhammer pounding of woodpeckers. I scan the dead trees and find two "three-toed woodpeckers" - a male sporting a yellow cap accompanied by a drabber looking female. Most woodpeckers have four toes - this rarely seen species has only three, which compromises the ability to climb but instead helps deliver a stronger forceful blow.

The trail tops out at a meadow edged with aspens filled with parsley, yarrow, golden pea and larkspur. It ends shortly thereafter on a rock field of scree where a huge stone monument marks this astounding site of backside views

of Mount Tukuhihivatz, Tuk No, Mount Peale, pre-Laurel ridge with the weather station, Laurel Peak, Haystack Mountain, Mount Mellenthin, Tomasaki Peak and Manns Peak. On the western slope I look down on the steep cliffs of Mill Creek Canyon, Bald Mesa and the winding Loop Road. Down on the valley floor, the faint image of Moab appears, and beyond that are canyonlands stretching clear to the Henry Mountains on the far distant horizon.

According to the map, this route is called Don's Trail, but recent signage has renamed it Mountain View. The name fits the description well for it delivers the unusual views, the other side views, off the beaten path views. Until recently, I didn't even know it existed. What a wonderful discovery to see these familiar mountains from an entirely different perspective.

HEALTHY HAPPENINGS

Hospice Specialty Care

Most people have heard of hospice, but some people, who have not had personal experience with it, may have misconceptions.

One common misperception is that hospice care is only for the last week of life. Actually, the sooner hospice begins to work with the individual and family the greater

the-less. Hospice recognizes the importance of “family” and “community”, and the consequences of an individual’s illness upon those that care for them.

To care for a loved one during a medical crisis or grave illness can bring great rewards, and great challenges. Hospice is designed to provide



Tracy Harris, RN; Lois Mackenzie, RN; Dee Gullledge, RN; Carla Bird, RN

the impact to the life and death of the individual. Hospice neither prolongs life nor hastens death however, it is designed to anticipate and avert crises and improve the comfort of the dying individual. A very common statement from the families of hospice patients is “I wish I had asked for hospice care sooner.” The breadth of support that hospice can provide, from nurses’ aides to medications, to inpatient respite care is more useful before the last week of life. Often hospice is only requested when a crisis occurs. However, bringing the service on early allows relationships to form and valuable support to blossom to more fully alleviate unnecessary challenges in the inevitable process that lies ahead.

Another common misperception is that hospice is only for the individual who is dying. However, Hospice is designed to assist the family as well as the patient. Every individual exists within the context of their “family”, whether by blood or of their own choosing. As humans we are interconnected and the troubles and travails of one individual affect the lives of others. Like the waves formed when a pebble is thrown into a pond, the closer one is to the person who is suffering, the greater the impact on our own lives. When a loved one, family or friend is ill it affects us as well. Although we may not give voice to our fears, or concerns, the emotional burden is still present none-

assistance to families and to even provide respite should that be necessary as well. Even after the friend or family member has passed away, the journey of those that cared for that person is far from over. In the days, weeks, and months that pass, those that remain behind must endeavor to learn how to live without their loved one, family member and friend. They may complete the journey on their own, or with the help of friends, counselors or support groups. Hospice is available after the loss of the loved one to aid this part of the grieving process as well.


Hospice is a program designed to provide specialty care to individuals who have been diagnosed with a terminal illness or nearing the end of life, as with advanced age. The goals of hospice are to allow an individual to preserve their dignity and maintain their right of self determination and allow the individual to remain in their home, is so desired, throughout the remainder of their life.

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

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We shape the places where we live in crucial ways every day. Each time we purchase goods or services from a particular shop or office, we are making choices about our community. For every dollar they

bring in, locally owned, independent businesses give back a demonstrably higher public return to the community. They give back more in other ways as well--economically, culturally, aesthetically, socially, and environmentally--enriching these places we call home in the process. Hence our motto,

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SHOPPING GUIDE MAP

Old Mission Store at Canyonlands by Night ★
Canyon Voyages ★
It's Sew Moab ★
Desert Thread ★
Starshine Gifts ★
Moab Barkery ★
Raven Image ★
Pinyon Tree ★
Hogan Trading Co. ★
Walker Drug ★
WabiSabi Thriftique ★
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GALLERY HAPPENINGS

Treasures From the Southwest at Hogan Trading Company



On a windy day in downtown Moab – and that’s many days in Spring-time – it’s hard to miss the Hogan Trading Company. It’s the tan adobe-style building with all the metal wind sculptures along its sides, and they’re quite a sight when spinning busily in the breeze.

Owned and operated since 1989 by Vern Erb, the Hogan Trading Company has been at its present location at 100 South and Main Street since 1994. The wind sculptures outside, designed and built by Utah’s Lyman Whitaker, really draw the eye. But don’t get the idea that they’re all the Hogan has to offer. Upon stepping into the store, many people are heard to exclaim about the beauty and diversity of items that are on display. The friendly staff is available to help and guide customers to find just the right things to complement their visit to Moab, but without any big sales pitches or pressure.

Vern makes personal trips every year to purchase jewelry, art, and many other items of fine workmanship from both native and non-native craftsmen in the Four Corners region. All of these are brought back and then attractively displayed throughout the three levels of the store. Here’s just a sampling of the things you’ll find inside Hogan Trading Company, most with a Southwestern theme, but altogether something for everyone:

- Jewelry: finest Native American jewelry in a wide price range to fit anyone’s budget.
- Metal art: objects created from copper, brass, stainless steel, and combinations of metals. Part of one large wall is covered with various-sized metal plates.

- Gourd art by five artists.
- A variety of alabaster and bronze sculptures.
- Several walls of paintings and photographs that display the character and grandeur of the Moab region.
- Pueblo pottery from Acoma, Hopi, Jemez, Santa Clara and Zuni Pueblos.
- Navajo rugs.
- Zapotec rugs made by the Zapotec Indians of Mexico.
- Southwestern Furniture designed by several artists in the Four Corners Region.
- Stoneware pottery from Utah and Arizona.
- Copper water fountains from tabletop size to six feet.
- And finally the “whimsical” • check out the selection of porcelain frogs and lizards, and the big-insect ornaments for the garden.

The Hogan is pleased to display and stock many products made by local and regional artists and craftsmen.

Are you hesitant to buy that prized item you found in the Hogan because you can’t take it back home with you? Not to worry – the Hogan Trading Company can ship any item anywhere in the world.

So find the wind sculptures along Main Street and come in and see us. You will be amazed.





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Now at Canyonlands Copy Center:
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ART HAPPENINGS

Moab Studio Tour – Fall 2010

Known as an uplifting desert oasis and loved as the great American red rock adventure getaway, Moab, Utah is also a wellspring of dynamic creative energy. Inspiring artists of all types for generations, the area's dramatic landscape coupled with the inhabitants' joie de vivre (joy of life) make it the perfect place to make, find and enjoy great art.

Many of the artists living in the area speak about experiencing a heightened sense of creative flow and technical focus due to the

balances they find here, allowing them to bring a unique sense of passion to their art. In its 7th year, the Moab Studio Tour continues to allow both residents and visitors to connect to this creative power by inviting the public into the artists' studios, and continues to help preserve the legacy of this area as one of the world's great treasures.

The Studio Tour will offer a sampling of the artists' work during Intermission of the Friday night September 3rd Music Festival Performance located at Star Hall. The artists will have their studios open Saturday, September 4th and Sunday, September 5th from 10 AM until 4 PM for all to visit at their leisure. Maps and driving directions will be available at the tour website: www.moabstudiotour.com and at the artists' studios. The Overlook Gallery (83 East Center) will serve as the information hub for the studio tour.



Gourd artist and grower Bob Ridges

The Artists:

Bob Ridges found his artistic passion in the uncommon medium of gourds. He grows all of his gourds here in Moab. Using wood burning tools, inks and dyes, he transforms these versatile vegetables into unique pots, bowls, dippers, musical instruments and a variety of other useful and ornamental objects.

Jacci Weller is a full time painter, dedicated to exploring the desert and the ways its beauty can be communicated through her painting. Her work depicts intimate glimpses of spring blossoms and grasses, as well as more expansive scenes radiating the light and shadows typical of the high desert environment in all seasons.



Jacci Weller at work in her studio

to 2006 he showed on the national art festival circuit, resulting in his paintings being acquired by collectors from across the country, and around the world. Jonathan Frank is a signature member of the National Watercolor Society, the Colorado Watercolor Society, the Western Colorado Watercolor Society, and the Texas Watercolor Society. He has received numerous awards, and has been recognized in a variety of print media for his achievements so far.

Nick Eason's work blends the smooth curves and subtle lines of the natural world with the unique characteristics of the hardwoods he carves. His work has led to numerous awards from competitions and juried shows, and his sculpture can be found in a growing number of collections. He states, "Creating art is largely a solitary activity. Each year I look forward to the winter months when outside activities slow down, and full attention can be focused upon turning scattered observations and rough concepts into the foundations for new work. Participation in the Moab Studio Tours is a great way to share that creative experience with others."



Full Circle, a wood sculpture by Nick Eason

North Frank is exploring the ideas of heaven and earth and the essence of mirth through fine art painting. It is a life long pursuit, and she feels lucky to have chosen Moab to make a home with her husband where they can both happily paint and be creative. She works both in a studio setting and plein aire in acrylics, watercolor and water soluble oils on canvas and paper.



North Frank in her home studio

Her canvases are colorful, skillfully executed and reflect the joy and gratitude with which they are created.

Jonathan Frank is a full-time, self-taught artist, living and working in Moab. Since 2000, He has participated in numerous juried state, national, and international exhibitions. From 2003

Robin Straub has been painting with oils, acrylic and watercolor for 15 years in California and Utah. Bold and colorful landscapes, still life and figures are done in a sensual style. Most of her paintings are completed outdoors (plein air) in the stunning Utah high desert or along the Pacific coast. Finishing touches, still life and figures are created in her Moab studio. Please preview her work at petragallery.com.

Serena Supplee travels with her sketchbook and watercolors. Upon returning to Moab she frames her watercolors, creating a story of her travels, and the detailed sketches are transformed into oil paintings. This year she traveled to the Grand Canyon and to the rainforest of South America. A spectacular selection of prints, watercolors, and oils will be on display at her studio and sandstone inspired sculptures adorn her yard.

T.J. (Tim) Morse has been a working artist for more than 20 years. He is a watercolorist and an oil painter. He works with a variety of subject matter, both in the studio and in plein air. He's been part of the Moab arts community since 1991 and founded The Overlook Gallery in 1996.



Moab Petros, a new image by watercolor artist Tim Morse

Bruce Hucko is a fine art photographer, author and educator whose inspiration comes from the landscape of the American west and the relationship people have with it.



Waterform 23 by Bruce Hucko

He divides his time between his own creative work, local community work and serving as Art Coach for Moab's Red Rock Elementary School. For this tour, he will feature new black and white ice photos, intimate images of desert water along Millcreek, greeting cards and his classic area landscapes and portraits. For those interested he'll demonstrate how he digitally builds an image for printing and if it's cool enough the darkroom will be open. Hucko will have his studio/home open on **SUNDAY ONLY**.

Whether you bike, hike, skate, scoot, walk or drive, the artists of the Moab Studio Tour will be home to welcome you!

Moab Studio Tour

Visit 9 Moab Artists in their Native Habitat
September 4 & 5 10 am - 4 pm



Nick Eason

Serena Supplee
Nick Eason
North Frank
Jonathan Frank
Jacci Weller
Bob Ridges
Tim Morse
Robin Straub
Bruce Hucko



Robin Straub



Jonathan Frank



Serena Supplee

Tour Maps available at all studios and Overlook Gallery
 for more information visit www.moabstudiotour.com
 background image - Jacci Weller

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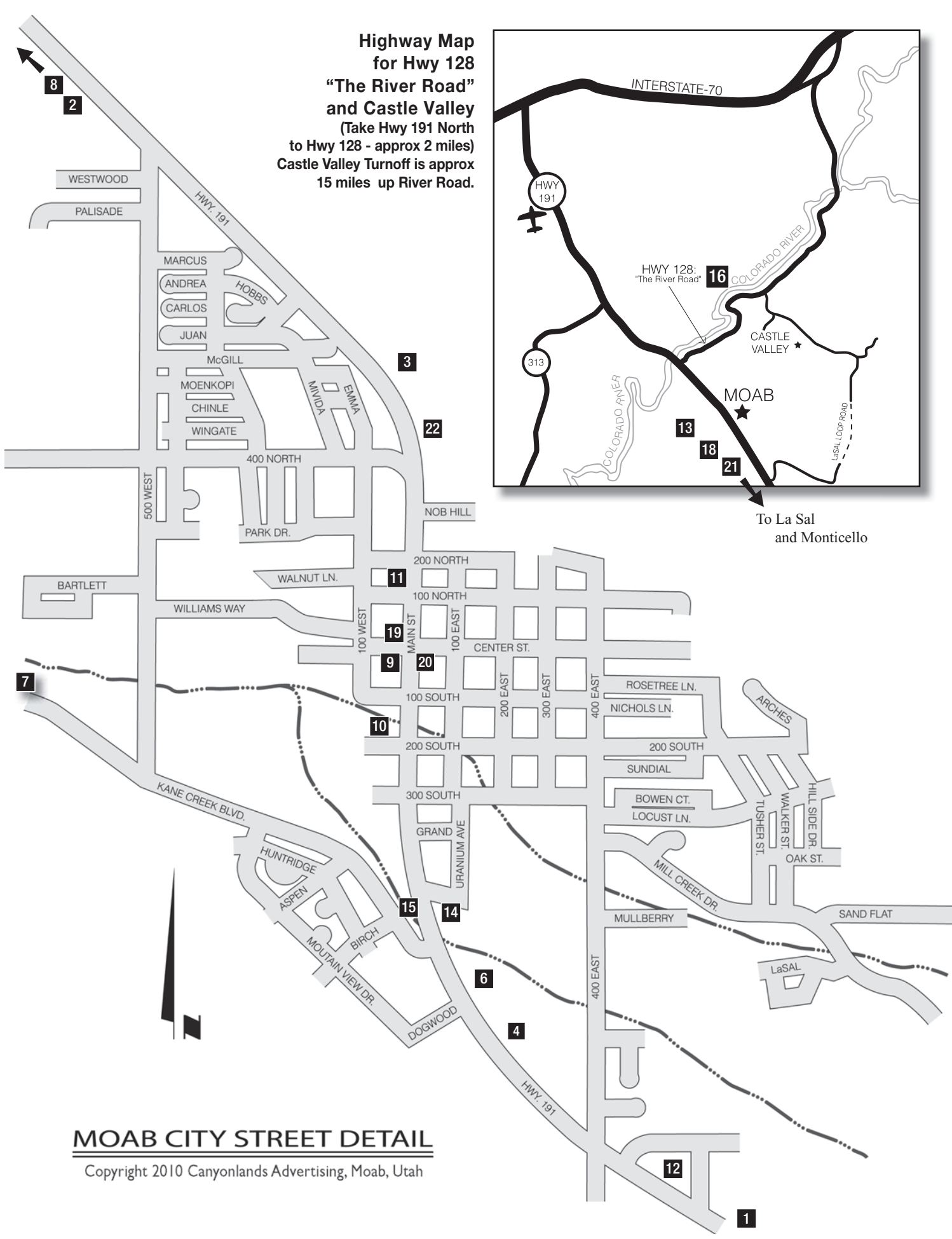
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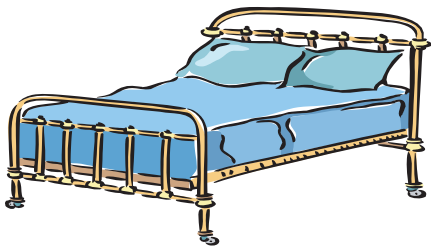
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Key to Lodging Guide

1.	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
2.	Holiday Inn Express	435-259-1150	www.HIExpress.com/moabut
3.	Hampton Inn	435-259-3030	www.hampton.com
4.	La Quinta	435-259-8700	www.laquintamoab.com
5.	YOUR BUSINESS HERE		
6.	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
7.	Adobe Abode	435-259-7716	www.adobeabodemoab.com
8.	Aarchway Inn	435-259-2599	www.aarchwayinn.com
9.	Canyonlands Best Western	435-259-2300	www.canyonlandsinn.com
10.	Gonzo Inn	435-259-2515	www.gonzoinn.com
11.	Bowen Motel	435-259-7132	www.bowenmotel.com
12.	Sleep Inn	435-259-4655	www.moab-utah/sleepinn
13.	The Monticello Inn	435-587-2274	www.themonticelloinn.org
14.	Red Stone Inn	435-259-3500	www.moabredstone.com
15.	Big Horn Lodge	435-259-6171	www.moabbighorn.com
16.	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
17.	Moab Rustic Inn	435-259-6177	www.moabrusticinn.com
18.	Hidden Oaks Lodge	435-459-9444	www.hiddenoakslodge.com
19.	Accommodations Unlimited	435-259-6575	www.moabcondorentals.com
20.	Moab Lodging	435-259-5125	www.moabutahlodging.com
21.	Rodeway Inn & Suites	435-587-2489	www.rodewayinn.com
22.	Days Inn	435-259-4468	www.daysinn.com

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17

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- Internet
- Bikes ok in room
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- Adjacent to bike path

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 www.moabrusticinn.com

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MOAB AREA ROCK ART

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

WHAT IS INDIAN ROCK ART?

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

THE PEOPLE

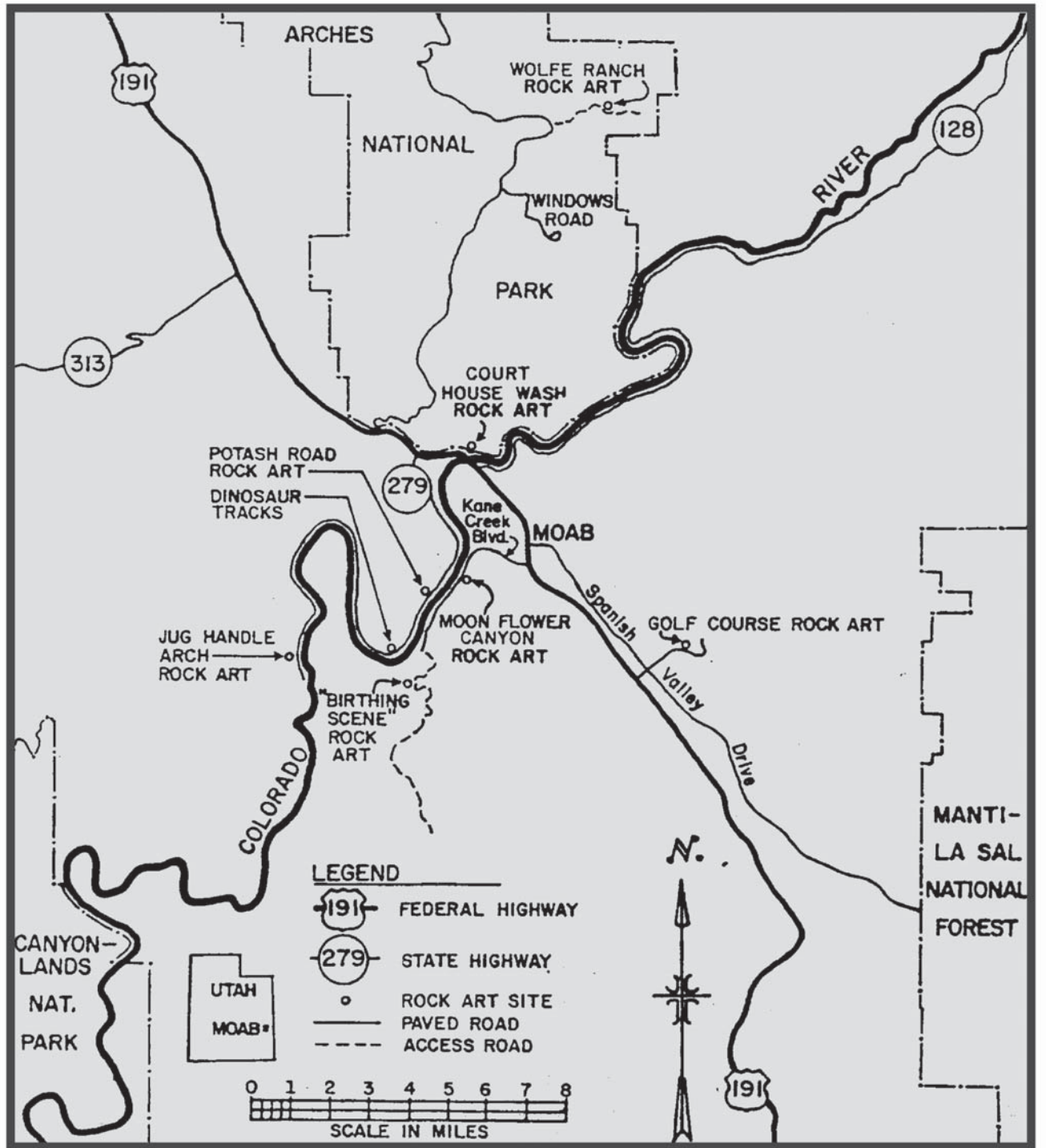
Rock art was produced by a number of prehistoric and historic peoples over thousands of years. Their histories in the area are very complex. A big game hunting people, known as Paleo-Indians, are considered to be the first human users in the area. Their game included now-extinct Pleistocene fauna such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

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

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

SITES

If you have trouble locating rock art once you are near a site, don't be discouraged. You will develop a sense of which types of rocks and surfaces are appropriate areas to look for petroglyphs and pictographs. Petroglyphs are commonly found



on the black or brown surface (called desert varnish) of rock cliffs. The straight, smooth, red sandstone found in the Navajo and Wingate formations is a good area to look for -pictographs. As you spot one image, look carefully around the adjoining surface areas. Often there are numerous images at any given site. The main panel might have one or more subpanels nearby. Some of the images may be very faint, having faded or eroded through the years.

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PARK HAPPENINGS

Answers to Frequently Asked Questions at Dead Horse Point State Park

Dead Horse Point State Park staff thought it would be useful to answer some commonly asked questions about the park.

The number one question after a long drive is, “Where are the restrooms?” The restrooms are located outside the visitor center, around the building. They are modern restrooms with flushing toilets and drinking water. Modern restrooms are also located at the Point overlook and at the campground.

“What are those blue ponds?” The blue ponds visible from Dead Horse Point State Park are evaporation ponds from the Intrepid Potash Mine. Water is pumped into an underground salt deposit. The salt water is then dyed blue (to make it evaporate faster) and pumped into shallow ponds where it evaporates, leaving the salt behind. The salt is processed at the facility (not visible from the visitor center) and sold mainly as plant fertilizer. These ponds have been in place since 1971.

“How do you get water to the park?” We bring water to the park by truck four days a week during the busy season and a couple times a month during the winter. There are four holding tanks in the park so we can offer flushing toilets and drinking water. We do not provide water for RV tanks and there are no showers in the campground.

“Where is the spot where Thelma and Louise drove into the canyon?” Thelma and Louise was not actually filmed inside the park but if you look down into the canyon

you see the dirt road they were using. This is called the Potash Road, which is accessible from Highway 279 or from the Shafer Trail at Canyonlands National Park, Island in the Sky. Other filming projects inside the park include Against a Crooked Sky (1975), Space Hunter: Adventures in the Forbidden Zone (1982), MacGyver, Pilot episode (1985), Mission Impossible 2 (1999) and Touched by an Angel (2001).

“Do you sell ice cream?” No, but I wish we did! We do have ice available at the visitor center. We also sell soft drinks, water and snacks.

“Why do I have to pay \$10 just to come into the park?” The entrance fees provide for the care, protection and enhancement of the park. It also helps fund interpretive programs, mountain bike and hiking trail maintenance, and new exhibits for the museum and art gallery.

“Is my dog allowed on the trails?” Pets are allowed on the hiking trails but they must be kept on a maximum six-foot leash. Please clean up after them. Dogs are not allowed on the Intrepid Trail System.

“Is there camping here?” Yes! We have a 21-unit campground with electrical hook-ups but no water or sewer hook-ups. There is also a sanitary dump station. To make reservations, call 1-800-322-3770 (open M-Th from 7 A.M. to 5:30 P.M.) or go to www.reserveamerica.com. Reservations must be made at least two days in advance. For more information, visit our website at www.stateparks.utah.gov/dead-horse.

“Do you allow weddings at the park?” We do! To plan a wedding or other special event, contact the park manager at (435) 259-2614. There is a form online for special events at www.stateparks.utah.gov/about/specialevent.

The last question is, of course, “How did Dead Horse Point State Park get its name?” Cowboys used to herd mustangs across a narrow neck of land connecting Dead Horse Point with the rest of the mesa. The Neck is only about 30 yards wide and the rest of the Point is surrounded by 400-foot cliffs. All the cowboys had to do was build a brush fence across the Neck and the horses were trapped. They then chose the horses they wanted to sell in town and left the rest on the Point. As the legend has it, the cowboys either left the fence up or the horses somehow got trapped, 2000 feet above the Colorado River where they died of thirst.

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313 at the end of the highway. Visitor Center hours are 8 a.m. to 6 p.m. daily. Admission to the park is \$10. For more information contact the park at 435-259-2614.



Photography Show at the Park

Michael Broughton’s exhibit, ‘Capture Your Vision Series: Nature and Landscape Photography’ is featured in the Visitor Center Gallery at Dead Horse Point State Park through August 31.

Broughton is a full-time nature and landscape photographer. He wanders through diverse, beautiful landscapes in search of captivating images. He returns to places that capture his attention at different times of year, during different weather conditions, and shoots thousands of images. A 35mm camera launched his career in photography in 1975. Broughton was as captivated by the mechanical beauty of the camera as he was by its creative possibilities. The exhibit at Dead Horse Point State Park near Moab, Utah showcases landscapes from the Moab area. Broughton’s work may also be viewed at www.mbroughton.com.



MILEAGES TO MOAB

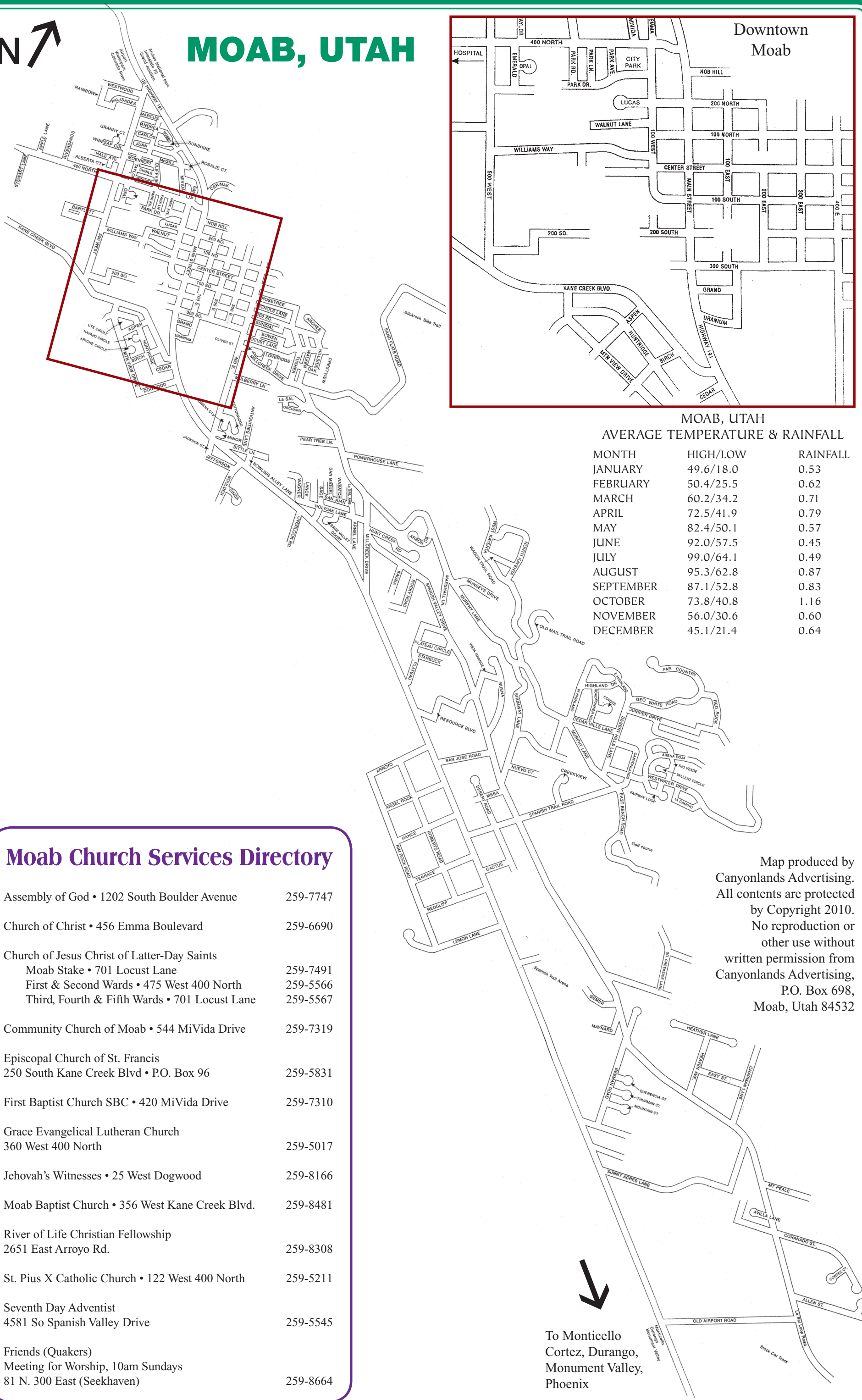
Distances used on this chart are based on main numbered routes from point to point. Shorter distances may be available using different routes.

MILEAGE CHART

	Albuquerque, N.M.	Arches	Blanding, Utah	Bluff, Utah	Bryce Canyon N.P.	Canyonlands N.P.	Canyonlands Needles	Canyon Rims	Capitol Reef N.P.	Cortez, Colorado	Dead Horse Point	Denver, Colorado	Durango, Colorado	Gooseheads	Grand Canyon N. Rim	Grand Canyon S. Rim	Grand Junction, CO	Green River, Utah	Hovenweep	Lake Powell Halls Csg.	Lake Powell Hite	Las Vegas, Nevada	Los Angeles, CA	Mesa Verde N.P.	Mexican Hat, Utah	Moab, Utah	Monticello, Utah	Monument Valley	Natural Bridges	Newspaper Rock	Page, Arizona	Phoenix, Arizona	Price, Utah	Salt Lake City, Utah	Zion National Park				
Albuquerque, New Mexico																																							
Arches National Park	367																																						
Blanding, Utah	329	81																																					
Bluff, Utah	355	107	26																																				
Bryce Canyon National Park	608	361	279	301																																			
Canyonlands National Park	398	31	113	139	310																																		
Canyonlands N.P. Needles	359	62	58	84	347	109																																	
Canyon Rims Rec. Area	353	80	74	100	353	86	70																																
Capitol Reef National Park	487	244	158	180	100	275	230	236																															
Cortez, Colorado	249	119	83	82	361	151	106	112	244																														
Dead Horse Point	396	29	111	137	418	2	107	84	273	149																													
Denver, Colorado	444	356	446	477	553	377	434	411	422	421	375																												
Durango, Colorado	218	165	130	152	406	196	151	157	289	45	194	339																											
Gooseheads	389	142	56	30	331	169	114	130	209	139	167	462	183																										
Grand Canyon North Rim	535	499	322	296	219	435	380	396	319	405	433	750	450	266																									
Grand Canyon South Rim	407	325	242	220	159	359	314	320	259	324	367	681	337	261	214																								
Grand Junction, Colorado	430	110	196	222	308	142	188	165	177	204	127	246	170	252	505	417																							
Green River, Utah	415	49	130	152	221	80	126	103	75	158	78	346	271	186	404	372	101																						
Hovenweep	291	116	45	35	320	158	113	119	199	47	156	468	92	65	277	255	241	175																					
Lake Powell Halls Crossing	419	171	90	110	282	203	148	164	161	172	201	536	220	138	404	324	286	220	127																				
Lake Powell Hite Marina	416	168	87	107	192	200	145	161	71	169	198	533	217	135	401	321	283	217	124	90																			
Las Vegas, Nevada	587	447	358	332	205	478	524	501	336	566	392	758	575	439	237	283	510	398	491	562	559																		
Los Angeles, California	805	722	630	604	477	750	796	773	608	838	664	1031	847	711	509	555	782	664	763	838	831	272																	
Mesa Verde N.P., Colorado	278	149	99	125	390	180	135	141	273	29	178	550	54	168	434	357	233	197	76	201	198	595	867																
Mexican Hat, Utah	382	134	52	26	323	165	120	126	202	128	163	490	143	8	270	194	247	184	61	134	131	432	704	163															
Moab, Utah	362	5	74	103	356	36	73	50	239	115	34	361	160	101	396	320	115	53	122	164	161	451	717	144	129														
Monticello, Utah	307	60	22	48	301	91	46	52	184	60	89	416	105	78	344	268	170	108	67	112	109	506	779	89	74	54													
Monument Valley	324	159	73	51	277	190	145	151	227	159	188	519	168	32	236	169	248	203	86	155	152	307	579	188	25	151	99												
Natural Bridges Natl Monument	376	129	47	65	232	150	115	121	111	129	148	493	174	92	361	287	243	177	84	43	40	525	797	158	91	120	72	118											
Newspaper Rock	335	58	47	74	327	89	20	50	209	85	87	414	130	188	370	263	168	106	92	137	134	512	784	115	99	53	28	125	94										
Page, Arizona	456	285	199	173	151	316	271	277	353	285	314	638	294	158	123	139	395	329	210	281	278	281	553	314	151	289	225	126	244	231									
Phoenix, Arizona	449	480	393	367	378	506	451	467	509	475	504	826	520	348	347	217	590	519	402	471	468	287	376	504	341	475	415	316	432	440	272								
Price, Utah	548	110	192	214	280	142	188	165	134	220	140	408	333	248	466	434	163	62	237	171	96	460	602	259	242	115	168	265	136	168	391	663							
Salt Lake City, Utah	730	230	321	343	324	262	308	285	257	359	260	512	404	377	413	583	285	182	366	411	408	419	691	388	373	235	299	394	368	334	420	645	123						
Zion National Park	575	404	322	296	86	435	390	396	217	404	433	764	413	277	127	297	493	241	331	400	397	121	393	433	270	294	344	245	363	370	119	382	281	306					



MOAB, UTAH



MOAB, UTAH AVERAGE TEMPERATURE & RAINFALL

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

Moab Church Services Directory

- Assembly of God • 1202 South Boulder Avenue 259-7747
- Church of Christ • 456 Emma Boulevard 259-6690
- Church of Jesus Christ of Latter-Day Saints
Moab Stake • 701 Locust Lane 259-7491
First & Second Wards • 475 West 400 North 259-5566
Third, Fourth & Fifth Wards • 701 Locust Lane 259-5567
- Community Church of Moab • 544 MiVida Drive 259-7319
- Episcopal Church of St. Francis
250 South Kane Creek Blvd • P.O. Box 96 259-5831
- First Baptist Church SBC • 420 MiVida Drive 259-7310
- Grace Evangelical Lutheran Church
360 West 400 North 259-5017
- Jehovah's Witnesses • 25 West Dogwood 259-8166
- Moab Baptist Church • 356 West Kane Creek Blvd. 259-8481
- River of Life Christian Fellowship
2651 East Arroyo Rd. 259-8308
- St. Pius X Catholic Church • 122 West 400 North 259-5211
- Seventh Day Adventist
4581 So Spanish Valley Drive 259-5545
- Friends (Quakers)
Meeting for Worship, 10am Sundays
81 N. 300 East (Seekhaven) 259-8664

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To Monticello
Cortez, Durango,
Monument Valley,
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IN AND AROUND MOAB

San Juan County Fair, August 6 – 14, 2010

It's time for "Cowboy Boots and Country Roots" and the San Juan County Fair. This year's festivities will begin Friday, August 6 and finish Saturday, August 14, in Monticello.

Friday, August 6, is PINK day at the Fair to raise awareness and funds for the fight against breast cancer. To support this cause, everyone who attends the rodeo wearing pink will have a portion of their ticket price donated to the Susan G. Komen Foundation. Pink ribbons, stickers, and t-shirts will be available for purchase at the Fairgrounds, and all profits will be donated as well.

On Saturday, Unique Creations will host a Scrapbooking Contest from 11:00am–5:00pm. The Four Corners Shoot-Out at Bull Hollow Raceway will begin at 12:00pm, and the day will wrap up with a Hypnotist and the Blue Mountain Round-up Rodeo.

Throughout the week there will be various events for all ages, including a talent show and mud volleyball tournament. The Fair exhibits will be open to the public beginning Tuesday night at 6:00pm.

This year, the Fair welcomes Aaron Tippin and Charlie Jenkins to perform live in concert. Aaron Tippin has more than 30 charted singles on the Billboard Hot Country chart including "That's As Close As I'll Get To Loving You," "There Ain't Nothing Wrong With The Radio," "Kiss This," "Where the Stars and Stripes and the Eagle Fly," and many more. The concert will take place Thursday, August 12, at 7:30pm at the Fairgrounds. Tickets are available in advance or at the gate. For more information regarding tickets, call (435) 587-2261.

Friday and Saturday will be days packed with fun activities including a comedy magic show, locals rodeo, family movie night, money dig for the kids, and more! The Jr. Livestock sale begins at 1:00 p.m. on Saturday following the Buyer's Barbeque, and the Blue Mountain Youth Rodeo will wrap up the Fair Saturday night.

Bring the entire family and be sure to check out everything the San Juan County Fair has to offer! If you have any questions regarding events, exhibits, etc., contact Anna Thayne at (435) 459-1826. Be sure to mention you read about the San Juan County Fair in the Moab Happenings!

SCHEDULE OF EVENTS

Friday, August 6

- PINK Day at the Fair for Breast Cancer Awareness
- 10am Open Horse Show
- 6pm Hypnotist—Shawn Fetters
- 8pm Blue Mountain Round-Up Rodeo

Saturday, August 7

- 11am Scrapbook contest at Unique Creations
- 11am Mud Bog at the Fairgrounds parking lot
- 12pm Four Corners Shoot-Out at Bull Hollow Raceway
- 6pm Hypnotist—Shawn Fetters
- 8pm Blue Mountain Round-Up Rodeo

Monday, August 9

- 6:30pm "FAIR"ly Fun Game Show Night

Tuesday, August 10

- 5pm MHS Wrestlers Navajo Taco Dinner
- 6pm Farm Bureau Talent Find
- 6pm Fair building exhibits open to the public

Wednesday, August 11

- 5:30pm Mud Volleyball Tournament
- 6pm Fair building exhibits open to the public

Thursday, August 12

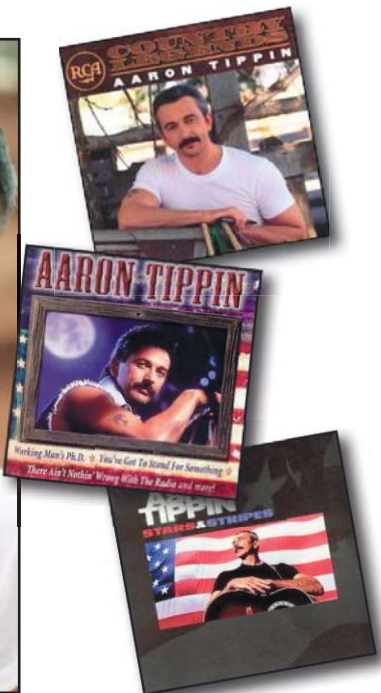
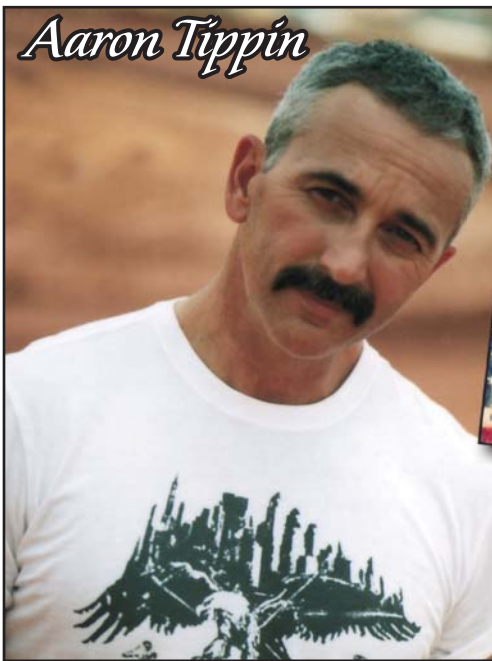
- 9am Fair building exhibits open to the public
- 11am Children's Fair
- 7:30pm Aaron Tippin live in concert with opening act Charlie Jenkins

Friday, August 13

- 9am Fair building exhibits open to the public
- 9am Market Livestock Shows
- 12pm Children's Fair
- 2:30pm Family Fun Games
- 5:30pm Dan Paulus—Comedian/Magician
- 7pm Local Rodeo/Horse Games
- 9:30pm Family Movie Night at the Fair

Saturday, August 14

- 7am Lion's Club FREE Breakfast
- 9am Fair building exhibits open to the public
- 11am Junior Livestock Buyer/Seller BBQ
- 11am Kids Money Dig—Sand Pit
- 11am Children's Fair
- 11:30am Live musical entertainment
- 1pm Junior Livestock Auction
- 5:30pm Dan Paulus—Comedian/Magician
- 7pm Blue Mountain Youth Rodeo



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NON-PROFIT HAPPENINGS

Changes Occurring at Canyonlands Community Recycling

The nonprofit organization Canyonlands Community Recycling (CCR) has been working to promote recycling in the Moab area since 1991. Until now, CCR has focused on operating and managing Moab's recycling center. On July 1, 2010 CCR transferred management and operation of the center to the Grand County Solid Waste Special Service District #1 (the District). Transferring oversight of the center will benefit both entities, by allowing the District to streamline its waste reduction and management efforts and CCR to focus its attention on encouraging lower rates of consumption, higher rates of recycling, and greater reuse of existing resources.

CCR's new mission is to enhance sustainability by empowering the Moab community to reduce, reuse, and recycle. To do so, CCR has embarked on a new education and outreach program, led by its first program director. One goal of this program is for CCR to collaborate with the District to divert at least 15% of the community's waste from our landfills by 2015.

According to 2005 statistics, our county - Grand County - produces 20% more municipal waste than the national average. Presumably this is partially the result of waste contributed by tourism. CCR is committed to finding innovative ways to minimize the waste produced in the area through increased education of local residents and tourists alike, and by making it easier to reduce, reuse and recycle in our community.

Whether you are visiting or living in Moab, you can help by:

- Only consuming what you need
- Reuse existing materials (forgot something at home - or have something you don't need anymore? Consider picking up or donating a used item at one of WabiSabi's thrift shops - your purchases and donations support local nonprofits)
- Make conscious choices about what you purchase, for example using refillable water bottles

instead of purchasing bottled water (need a free place to fill up your water jugs? visit Gearheads)

through the local company Green Solutions)

- Support local food producers (consider visiting the Farmer's Market Saturdays at Swanny Park from 8:00am-noon or shopping at the nonprofit Moonflower Market)
 - Recycle! The recycling center is located at 1000 Sand Flats Road, and open 8:00am-4:00pm Monday-Saturday. The center accepts the following items: brown, clear, and green glass; plastics #1-7; steel/tin cans; aluminum cans; mixed office paper; newspaper; and corrugated cardboard. Please note that we cannot accept plastic bags, styrofoam, paperboard, or magazines.

• Volunteer: CCR always welcomes volunteers. We'd love to work with you, so please contact us.

Available on a Wednesday morning? Consider joining the Wednesday Morning Recycling club organized by the all-volunteer group Solutions. Each week Club volunteers from Solutions and CCR help recycling center staff sort commingled recyclables from local parks and perform other helpful tasks.

Living in a small, remote community has its challenges in terms of transporting recyclables to larger markets where they can be reprocessed. Moab is currently

facing a challenge in getting its glass to the nearest vendor in Colorado. If you are interested in discussing creative solutions to this problem, please consider joining us at a joint CCR-District glass workshop on September 2nd at 4:00pm at the District office (located in the trailer adjacent to the recycling center at 1000 Sand Flats Road).

For more information, visit: www.moabrecycles.com, email us at: moabrecycles@frontier.com or write us at Canyonlands Community Recycling, PO Box 97, Moab, UT 84532 (435-259-8640).



- Encourage the businesses and individuals you interact with to compost and recycle (curbside recycling pick-up services are available for residential as well as business customers)

MOAB CLUBS & ORGANIZATIONS

For a community to prosper and grow, its residents have to be INVOLVED. If you would like to participate in any club or organization, PLEASE CALL THEM. Many of these groups are always looking for a helping hand or two.

AARP, Chapter 1539	259-6396	Moab Duplicate Bridge Club (Gail Darcey)	259-1733
Alcoholics Anonymous/Alanon	259-7556	Moab Friends For Wheelin' (Jeff Stevens)	259-6119
Alpha Rho Sorority (Bobbie Long).....	259-6758	Moab Garden Club (Tricia Scott).....	259-6342
American Legion Post (Bill Smith).....	259-3470	Moab Half Marathon (Ranna Bieschke)	259-4525
Arches Adult Education (Trish Hedin)	259-2293	Moab Horse Racing Association (Chuck Henderson)	259-4111
Arches New Hope Pregnancy Center (Debbie Nelson)	259-LIFE (5433)	Moab Horse Show Association (Tosha Audenried).....	260-9252
BEACON (Stephanie Dahlstrom)	260-1143	Moab Lodging Association (Britnie Ellis).....	259-6171
Boy Scouts of America (Kent Dalton)	259-6521	Moab Music Festival (Andrew Yarosh).....	259-7003
Canyonlands Field Institute (Karla Vander Zanden)	259-7750	Moab Poets & Writers (Marcia Hafner)	259-6197
Canyonlands Film Society (Becky Thomas)	259-2286	Moab Points & Pebbles Club (Jerry Hansen).....	259-3393
Canyonlands Rodeo Club (Kirk Pearson).....	260-2222	Moab Quarter Horse Assoc. (Kathy Wilson).....	259-8240
Canyonlands Wildlife Federation (Dave Bierschied)	259-8217	Moab Rod Benders (Jim Mattingly).....	259-5858
Center for Water Advocacy (Harold Shepherd).....	259-5640	Moab Ropers Club (Terry Lance).....	259-9972
Daughters of Utah Pioneers (Hattie Tibbetts).....	259-5225	Moab Sportsmen's Club (Frank Darcey).....	259-2222
Deadhorse Motorcycle Club (Terry Flynn).....	259-3878	Moab Taiko (Stephanie Dahlstrom)	259-2264
Delicate Stitchers Quilt Guild (Shauna Dickerson)	259-0906	Moab Teen Center-Club Red	259-9991
Elks Lodge #2021 (Dan Stott)	259-7334	Moab Trails Alliance (Kimberly Schappert)	260-8197
Fallen Arches Square Dancers (Bob & Flora Erickson).....	259-2724	Moab Valley Multicultural Center (Sarah Heffron or Leticia Bentley).....	259-5444
Friends of Indian Creek (Emma Medara)	259-3586	Mutual UFO Network (Elaine Douglass).....	259-5967
Friends Of the Grand County Library (Adrea Lund).....	259-1111	Order of the Eastern Star (Fran Townsend)	259-6469
Grand County Public Library.....	259-5421	Parent Teacher Association (Tiffany Saunders).....	259-5830
Girl Scouts of The U.S.A. (Cynthia Williams)	259-6683	Plateau Restoration/Conservation Adventures (Tamsin McCormick)	259-7733
Grand Area Mentoring (Dan McNeil)	260-9645	Red Rock Astronomers.....	259-4743
Grand County Democratic Party (Mike Binyon).....	259-1633	Red Rock Forests	259-5640
Grand County 4-H (Marion Holyoak).....	259-7558	Red Rock 4-Wheelers (Ber Knight)	259-7625
Grand County Extension (Michael Johnson).....	259-7558	Retired Senior Volunteer Program RSVP (Jody Ellis)	259-1302
Grand County Food Bank	259-6456	Rotary Club (Kyle Bailey).....	259-6879
Grand County Hospice (Tracey Harris).....	259-7191	Seekhaven Crisis Center (Jaylyn Hawks).....	259-2229
Grand County Prevent Child Abuse	260-1039	Senior Center (Verleen Striblen)	259-6623
Humane Society of Moab Valley	Animal Services 259-4862	Sierra Club (Mike Stringham).....	259-8579
Ladies Golf Club (Chris Corwin).....	259-5344	Solutions - www.moab-solutions.org - (Sara Melnicoff).....	259-0910
League of Women Voters (Cynthia Smith).....	259-5306	Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
Lion's Club (Tom Warren).....	259-7834	Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
Moab Aglow Lighthouse Fellowship (Murine Gray).....	259-5514	Southern Utah Wilderness Alliance (Liz Thomas).....	259-5440
Moab Arts Council (Bruce Hucko)	259-4176	Toastmasters International (Al Boyd)	259-5767
Moab Arts Festival (Theresa King)	259-2742	Trail Mix Committee (Sandy Freethey).....	259-0253
Moab Arts & Recreation Center	259-6272	Valley Voices (Marian Eason).....	259-6447
Moab Bird Club (Nick Eason).....	259-6447	Veterans of Foreign Wars (Fred Every).....	259-5428
Moab Chamber of Commerce (Kammy Wells)	259-7814	WabiSabi (Jeff Cohen).....	www.wabisabimoab.org - 259-3313
Moab City Recreation (John Geiger)	259-2255	Word Watchers (Nancy Kurtz).....	259-0734
Moab Community Theater (Kaki Hunter).....	259-8378	Youth Garden Project (Jen Sadoff)	259-BEAN (2326)
Moab Country Club (Rob Jones).....	259-6488		

VISITING ROTARIANS: Join us for Lunch every Monday 12 noon at La Hacienda Restaurant

VISITING ELKS: The Moab B.P.O.E. 2021 invites you up to the lodge Wed, Thurs, & Fri evenings. Up hill behind La Hacienda on North Main Street

PET HAPPENINGS

Canine Obesity – A Big Fat Problem

by Kaye Davis of Moab BARKery

Canine obesity is an important - and very common - medical condition with serious health implications. The American Veterinary Medical Association (AVMA) has estimated that there are 41 million pet dogs in the United States and some sources suggest that 40%, approximately 17 million, of these dogs are overweight or obese. It's easy to tell when you have added a few pounds, that favorite pair of jeans gets a little too snug; unfortunately, it is not as obvious with your dog. Most owners do not even know when their dogs are overweight.

According to the AVMA only 17% of owners believe their dogs have a weight problem, whereas vets reported that 47% of their client's dogs are overweight. The reason for the distortion could be that since almost half of all dogs are overweight or obese, fat dogs are beginning to look more like the rule than the exception. Heavy dogs are becoming the "norm," making dogs at a healthy weight appear undernourished.

You can tell that your dog is overweight or obese if you cannot feel their ribs or spine beneath their fat deposits, their fat deposits extend to the chest or tail and hindquarters. An obese dog will also have a waist that is distended or pear shape when viewed from above and an abdomen that sags when viewed from the side. Common health problems that occur in overweight and obese dogs are diabetes, joint problems, osteoarthritis, respiratory disorders, high blood pressure, heart disease, kidney and liver problems and cancer. If you are not sure if your dog is overweight or not you should consult your vet.

What is causing this obesity epidemic in our canine companions? The biggest contributor is that the majority of commercially available food produced by the pet food industry is made with no regard to the biological needs of your dog. While it is true that more holistic and biologically appropriate dog foods are available today, the reality is that these barely represent 10 percent of what is available on the market. The companies making these foods are the small players in the market.

The large companies that represent the other 90 percent of dog food sold in this country are not interested or motivated in creating nutritiously sound food for your dog; they are interested in developing marketable and profitable products. What that means for you as a consumer is that 90 percent of foods available commercially contain ingredients that are highly inappropriate for your dog but are also loaded with salt, sugar and fat.

Most owners that know that their dog is overweight or obese want to do something about it but many owners are getting bad advice about how to slim down their portly pets! Most people think that it is as easy as feeding their dog a low fat or diet formula and the pounds will drop off. However, the formulation of low fat and diet formulas available for dogs are NOT based on their biological or nutritional needs and this is why diet or low fat formulas can actually cause weight gain.

The first thing fat dog owners need to understand is that "low fat" food is "high carbohydrate" food. Carbohydrates added to commercial pet foods include corn, wheat, soy, rice, potato and oatmeal. Although these starches are low in fat they are high in calories and unless these extra calories are burned away through exercise it will be deposited as fat. Adding excessive amounts of carbohydrates to diet

foods also means that other vital nutrients are displaced, the main one being protein. Most low fat diets are 80 percent carbohydrates and 20 percent protein; some of the worst offenders are 90 percent carbohydrates.

Ten or even 20 percent protein is not enough for your carnivorous dog. Carnivores are designed by nature with a high protein requirement, as it is the essential fuel that is required by your dog. When your dog is protein deprived eventually they will develop symptoms of a serious nutritional deficiency which manifest in an increase in weight, flaky skin and nails, poor muscle tone and dry, dull and brittle coat with patchy hair loss.

Diet foods also contain a high level of fiber as well; the idea behind this being that it will make your dog

feel full. However, what it really does is cause your dog to poop excessively whilst blocking the absorption of healthy nutrients in the small intestine. Fiber may make your dog feel temporarily full but in reality all it is doing is creating chronic deprivation of nutrients at the cellular level, constant hunger and protein deficiency. Next to water, protein is the most important nutrient required by your carnivorous dog and when their cells are deprived of it a host of negative side effects can occur.

So how do you help your fat dog? The best way to keep your pet healthy is to prevent them from getting fat in the first place. However if you already have a porky pooch, here are some tips for helping them slim down...

Practice Portion Control - Remember that regardless of their weight, your dog still needs a diet high in protein. Feed your dog a high protein, low carbohydrate diet and moderate the portions to control the amount of calories they are consuming. Obviously, you can't serve an all-day, all-you-can-eat buffet to an overweight pet so have scheduled feeding times in the morning and evening.

Exercise With Your Dog - An overweight body slims down by moving more and eating less. So along with calorie restriction through portion control, it's also really important that you set up a good exercise program for your dog. Daily aerobic activity is one of the best ways to build muscle tone, and muscle tone decreases the amount of fat that your dog carries around.

Muscle mass also increases metabolism, which helps burn calories and not just the dog's calories.

Minimize The Treats - You can still give your dog treats, but make them protein-based and feed very small amounts at scheduled times throughout the day. Make sure to include the calories in treats as part of your portion control plan.

There's not a single more important step you can take for your pet's longevity and quality of life than to help your best furry friend achieve and maintain a healthy weight.



This page sponsored by:



Humane Society of Moab Valley August Events

August 7 & 21 Cat & Kitten Adoptions

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

August 14 & 28 Dog & Puppy Adoptions

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

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

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KZMU - Moab Community Radio 90.1 & 106.7 FM

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

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

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