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COLORADO RIVER P.M. HALF-DAY Raft from Rocky Rapid to Takeout. Includes BBQ lunch along the river. 11:00am - 4:00pm (min age: 5)	\$65	\$55
WESTWATER CANYON FULL-DAY Enjoy exciting whitewater rapids & lunch in this unique Canyon. 7:30am - 6:00pm (min age: 10)	\$175	\$175
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SUNSET SAFARI The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)	\$91	\$69

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HALF-DAY MOUNTAIN BIKING Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)	\$95	\$95
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	ADULTS	YOUTH (under 16)
ARCHES FIERY FURNACE HIKE Explore a maze of astounding hidden chasms with one of our guides on this unique hike. 7:15am - 12:30pm	\$81	\$61
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	ADULTS	YOUTH (under 16)
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HOT AIR BALLOON RIDES Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx 3.5 hours)	\$259	\$259
CANYONLANDS SCENIC FLIGHT See all 4 districts of Canyonlands NP in just one hour with a bird's eye view! Departs 9am	\$173	\$173
CASTLE VALLEY HORSEBACK RIDE 2.5 hours plus instruction on horses, with a stunning red rock backdrop. Departs 8am & 4pm (min age: 8)	\$80	\$80

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SUNSET JETBOAT & DINNER 1 hr Dutch-oven dinner plus 1.5 hr jetboat on the Colorado River near Canyonlands NP.	\$79	\$69
DINNER & NIGHT SHOW 1 hr Dutch-oven dinner plus 2 hr light show on slow-moving boat ride on the Colorado River.	\$69	\$59

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MOAB HAPPENINGS

Volume 25 Number 3

JUNE 2013

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CANYONLANDS PRCA RODEO

May 31st - June 1st

THELMA & LOUISE Half Marathon June 1st

MOAB HORSE SHOW June 8th - 9th

Moab June 8th Art Walk

Live Music evenings see the calendar pg 4&5



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MOAB HAPPENINGS P.O. BOX 698 MOAB, UTAH 84532

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.

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 Production, Graphic Design Steve Budelier, Patrick Paul René,
 Cliff Crutchfield, Jackqueline Davis,
 Megan Schafer, Susan Baffico & Theresa King
 Circulation..... Jeff Barron, Jason Jones
 Sales Aaron Davies, Theresa King
 Accounting Lisa DeRees, Heather Dalton
 Contributing WritersDamian Fagan, Rob Wells,
 Marcy Hafner, Faylene Roth,
 Joan Gough, & John Hagner
 PhotographyCliff Crutchfield, Steve Budelier
 WebmasterSteve Budelier, Jackqueline Davis

Canyonlands Advertising
 P.O. Box 698 • Moab, Utah 84532
 (435) 259 - 8431 • FAX (435) 259-2418
 e-mail: info@moabhappenings.com
 www.moabhappenings.com

Utah State University & Charter School Team Up

Utah State University-Moab students teamed up with Moab Charter School second and third graders for a Water Ecology Field Day at Ken's Lake. College students from the field course, Wild Land Recreation Use Assessment and Monitoring, mentored the younger students on May 15th at Moab's local watershed.

The field day included various lesson plans on the health and quality of Moab's local watershed at Ken's Lake. USU-Moab students taught the younger children how to assess and monitor the resource conditions around the lake. Activities included water quality testing, vegetation health and soil conditions.



"This is a great opportunity for our students to get hands-on experiences with the materials they are learning," said Robyn Ceurvorst, Assistant Professor for the Department of Environment and Society in the Quinney College of Natural Resources at USU. "Teaching and mentoring the younger students solidifies their knowledge base while bettering the community."

The Moab Charter School students had the opportunity to make connections between science and everyday uses of the resources, such as water use in the home, outdoor and recreational activities. The field outing provided

an opportunity to experience hands-on outreach. The undergraduate student's objective is to disseminate science to the community, and eventually find careers in the field that relate to the environment, society and the management of natural resources.

Majors such as recreation resource management, a degree available at USU-Moab, seek job opportunities as park rangers, resource managers, and private or non-profit environmental business owners.

The students wrapped up their day by assembling primitive fishing poles. They tried their luck at catching fish from the lake before returning back to Moab Charter School.

For more information on the Recreation Resource Management major and other degree options at USU-Moab, please visit: moab.usu.edu.



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WESTERN HAPPENINGS

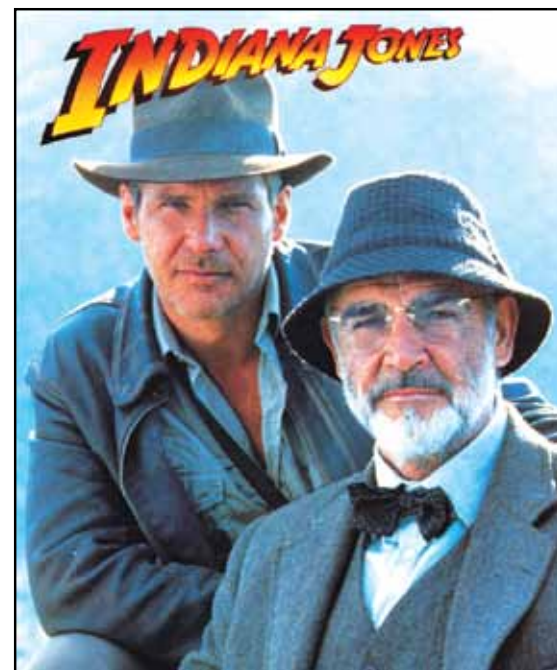
Movie & Western Memorabilia Museum at Red Cliffs Lodge

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

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

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

Through the magnificent landscapes of southeastern Utah, writers have been inspired and stories born here. Zane Grey, the famous western novelist, traveled through the area in 1912. His visit inspired him to write his book *Riders of the Purple Sage*. The book was made into a movie starring Ed Harris and Amy Madigan, and filmed on locations around Moab.



A partial list of stars that have made movies in Moab

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

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MOAB AREA EVENTS CALENDAR

June Events

6/1-6/29 Lyrical Landscapes - Fine art brought to you by the Moab Pastel Guild. Big Horn Gallery at Dead Horse Point State Park.

1 Bird Walk - The Moab Bird Club, in partnership with the U.S. Forest Service and Division of Wildlife Resources, will be leading a bird walk to Warner Lake. We will meet at 7 a.m. at the Moab Information Center and will carpool and/or caravan up the mountain to see as many kinds of birds as possible. At this time of year, males are singing to establish and maintain territories and to attract females. Males are brilliantly colored and easier to see and recognize than at any other time of year. Flowers are blooming, new leaves are budding, and mountain temperatures are comfortable. It's a great time to get out and enjoy nature! Please join us if you can.

1 Canyonlands PRCA Rodeo - Join us for 3 days of thrilling rodeo excitement at the annual Canyonlands PRCA Rodeo. Community events, carnival, vendors, Saturday parade, and the extreme sport we call rodeo! For more info visit moabcanyonlandsrodeo.com or call 435-259-4852. See ad on page 4B.

1 2nd Annual Thelma & Louise Half Marathon. It'll be a wild ride--run with your best friend, your mom, your daughter, or new friends through the intense, gorgeous landscape of the outlaw heroines' journey. Highway 279 (Potash Road) from Mile Post 6 (just before Gold Bar Campground) to the Potash Boat Ramp will be closed from 5:30am-10am on Saturday for the race. The race will inspire, challenge...and give back. Proceeds go to Girls on the Run and Seekhaven Family Crisis Center. For more info visit moabhalfmarathon.com or call 435-259-4525.

1 Annual Gear Sale - join Splore for a community gear sale! Lots of rafting and camping equipment and all proceeds benefit Splore's outdoor adventure programs for people with disabilities. The event runs from 9am to 2pm at the Splore boathouse at 610 Cermak Street, Moab, UT. Gear donations can be made on May 31 to Splore's River Manager, Becky, at 801-450-3192. Don't miss out!

1 Buck's Grill House Live Music - Sat June 1 Scott Ibex. Music from 7-10pm, 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.

1 Live Entertainment. Moab's Dog and Pony Show - Magic with Rick Boretti, live music, Comedy with the Uranium Players, Fire Dancing with Blazing outlaws, With host Sand Sheff--at Moab Backyard Theater 56 West 100 South (behind Zax downtown). Kids are Free. Adults 10 dollars at the door. 7:30pm.

4 Moab Garden Club - Our monthly meeting, 6:30p.m, will be held at 23 La Sal, the home of Terry Lewis. We will see her new gardens. She has removed trees, built raised beds and revamped her back yard. Time permitting you can walk to the Youth Garden Project, via bike path. Contact Tricia Scott 435-249-4959 or Patty Larson 435-259-7941.

4-8 Buck's Grill House Live Music - Tues June 4 Dave Steward Trio, Thurs June 6 Frank & Jeff, Fri June 7 Live Music, Sat June 8 Eric Jones. Music from 7-10pm, 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.

8 Rhinestones & Red Rocks - A Drag Show Extravaganza, Hosted by Alexandria Storm and Indi Skies Performances by Alexandria Storm, Indi Skies, Willard, Champagne, Cartel Fenice, Flame Fatale and Maiden Taiwan. DJ Young Wolfe. 10pm \$10 Admission, Eddie McStiff's Restaurant and Bar.

6 Uranium Seekers ~ Join Craig Royce for a presentation of Utah's legendary Howard W. Balsley and the Uranium Seekers. See rare images of personalities and Temple Mountain, Utah by world famous Hollywood photographer, Martin. Craig will also enlighten us with a short presentation on the first discovery of uranium in the U.S. in the Central City, Colorado area. Canyonlands Natural History Association (CNHA) lecture series at the Moab Information Center at 6:00 pm. Free to the public.

6-9 Grand Slam West 2013 - 16th annual Grand Cherokee only off-road event in Moab, UT. We run trails rated moderate up to extreme in our modified Grand Cherokees. Four days of trails with like-minded Grand Cherokee owners/builders which includes a final night dinner event on Saturday with door prize giveaways of goods donated by our vendor sponsors. This is a BLM permitted event. For more info visit grandslamwest.org or call 970-245-3727.

8 Flock Together, a benefit for Second Chance Wildlife Rehabilitation Center. The festivities kick off at the Nature Conservancy's Scott Matheson Wetlands, from 10AM to 1PM and continue with a silent auction and live music at Eddie McStiff's in Moab from 6PM to 9PM. Preserve activities include an owl hooting contest, artwork from HMK students, bat and bug experts, face painting, plus, Debbie Pappas, the director of Second Chance Wildlife Rehabilitation, will be on hand to explain about what she does best...care for injured wildlife. A fun family event! The silent auction at Eddie's is not to be missed. Featuring artwork and local goodies, you're sure to find something for yourself or a friend! Second Chance takes injured, orphaned and sick wildlife turned over by several agencies in Utah and the public and rehabilitates them with the intent of release back into the wild. Fifty % comes from Grand County and San Juan County. See article on page 5B.

8 Kickin Cancer "Hunt for Hope" Scavenger Hunt - Noon Saturday June 8th at Swanny City Park. Proceeds will go to Keith's Kicking Cancer Fund at Wells Fargo Bank, Delta Chi, Relay for Life, St. Judes and Moab Food Bank. Register your team by June 5th or call Tami at 435-260-2585 for more details.

8 Moab Artwalk - Downtown Moab businesses and community organizations open their doors from 6-9pm, on the second Saturdays of spring and fall months, to invite the public to stroll through featured art exhibits. 2013 dates are April 13, May 11, June 8, September 14, October 12, and November 9. For more info visit moabartwalk.com or call 435-260-0738.

8 Live Entertainment. Moab's Dog and Pony Show - Magic with Rick Boretti, live music, Comedy with the Uranium Players, Fire Dancing with Blazing outlaws, With host Sand Sheff--at Moab Backyard Theater 56 West 100 South (behind Zax downtown). Kids are Free. Adults 10 dollars at the door. 7:30pm. See ad on pg 2A and article on 8B.

8-9 Moab Horse Show - AQHA - APHA & OPEN at the Spanish Trail Arena, info and registration at www.moabhorseshow.org.

11-15 Buck's Grill House Live Music - Tues June 11 Bridget Otto, Thurs June 13 Frank & Jeff, Fri June 14 Sand & Sunnie Sheff, Sat June 15 Dave Steward Trio. Music from 7-10pm, 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.

13 In the Land of Standing Rocks ~ Mike Graf, a former TV weathercaster and elementary school teacher, will be at the MIC to share his "Adventures with the Parkers" series. Since becoming a full-time writer, Mike has written more than seventy books



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Moab's Ancient Past Rock Art Tour
Fridays, Saturdays, Sundays
8:30am to 12:30pm

Sunset Tour of Arches NP
Fridays, Saturdays, Sundays
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*Tour time changes with the seasons.

Call CFI to register:
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Bob or Flora 435-259-2724
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The Moab Farmers' Market is every Thursday evening from 5-8pm!
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DEADLINE for JULY Events Calendar: JUNE 20, 2012

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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

for children. He is a National Park fanatic and visits about twenty-five National Parks across the country every year. In one of his most recent installments to the Parker series, Mike will take us on a journey through Arches and Canyonlands National Parks. Join us at 6:00 pm at the Moab Information Center for a night of fun and adventure! Free to the public

- 15 Cardboard Boat Race** - Custom design your own boat and set sail upon Ken's Lake. Pick up registration packets at the library. Entries due by June 1, 2013. For more info visit moablibrary.org or call 435-259-1111.
- 15 Live Entertainment. Moab's Dog and Pony Show**- Magic with Rick Boretti, live music, Comedy with the Uranium Players, Fire Dancing with Blazing outlaws, With host Sand Sheff--at Moab Backyard Theater 56 West 100 South (behind Zax downtown). Kids are Free. Adults 10 dollars at the door. 7:30pm
- 16 FATHERS DAY**
- 16 - 21 Lower San Juan River Trip: Wildlife and Geology.** Come float the canyons of the Lower San Juan River with Canyonlands Field Institute from Mexican Hat to Clay Hills, Utah, including Goosenecks State Park. The Mexican Hat to Clay Hills section of the river is 56 miles long and is famous for its deep canyons and stunning geology. The river meanders through Goosenecks State Park with 1,000' canyon walls and forms fun splashy rapids as we make our way to Clay Hills. There are great hikes in the side canyons along the way and discoveries to be made of fossils, history and geology. Cost per Person: \$1,100 adult, \$860 youth 6-17, includes \$12 BLM Special Area Fee. Call 435-259-7750, email info@cfimoab.org or visit http://cfimoab.org/trips/lower-san-juan-river-trip/
- 16-22 Desert R.A.T.S.** (Race Across the Sand) - Desert R.A.T.S. is a supported foot race, with several stages (running/walking), over a distance of about 148 miles. Each participant must carry his/her own pack containing food, water, safety equipment and other essential material. The shortest distance covered in 1 day is 9 miles and the longest in 1 day is 52 miles. For more info visit geminiadventures.com or call Reid 303-249-1112.
- 18-22 Buck's Grill House Live Music**- Tues June 18 Bridget Otto, Thurs June 20 Frank & Jeff, Fri June 21 Sand & Sunnie Sheff, Sat June 22 Eric Jones. Music from 7-10pm, 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.
- 20 Free Film! MOONRISE KINGDOM** Presented by the Grand County Public Library and Utah Film Circuit: Moab. Directed by Wes Anderson and winner of 28 awards. Quirky, tender and funny, this movie is set on an island off the coast of New England in the 1960s. A young boy and girl fall in love and are moved to run away together. Various factions of the town mobilize to search for them and the town is turned upside down -- which might not be such a bad thing. 7 pm, Star Hall (159 E. Center St.) Call the library for more info 435-259-1111 or go to www.moablibrary.org

- 20 Sand Island** ~ Sand Island, located just west of Bluff, Utah, has countless rock art images in a BLM recreational area. A portion of these images were documented last spring by a volunteer crew of 36 folks from six different states. The images are representative of the Glen Canyon Linear, Basket Maker II, Ancestral Puebloan, Protohistoric, and more recent additions. The documentation process was based on photographs and field observations during an April week last year. A geologic study during this same week provides historic information on changes in the course of the San Juan River and possible age of the Sandstone cliffs. Join Archaeologist, Leigh Grench as she discusses this historic work in the Sand Island area. Part of the Canyonlands Natural History Association (CNHA) lecture series at the Moab Information Center at 6:00 pm. Free to the public
- 21 Moab Poets and Writers Open Mic, a potluck at Rotary Park** starting at 6:30 P.M. Cups, plates, forks & spoons will be provided. For more info contact Marcy at 435-259-6197 or marcymoab@yahoo.com.
- 22 Charity Golf Event** - sponsored by Grand Chapter Order of the Eastern Star of Utah. 4 man scramble with 8am shotgun start & \$10k hole-in-one contest. Lunch and awards ceremony to follow. For more info visit www.utoesgolf.com or call 435-260-8644.
- 22 Mountain Wildflowers 1-Day Seminar.** Canyonlands Field Institute is offering a one day field exploring the wildflowers of the La Sal Mountains. Learn to identify a multitude of species at the peak of their bloom. Locations depend on snow melt; general elevation of activity between 8-11,000 feet elevation, moderate, mostly on trail hiking.. Join local naturalist Joel Tuhy for a full day workshop that includes lunch, transportation, hikes and interpretive talks. Signup deadline June 17 by noon. \$100 Adult/youth 16+. Call 435-259-7750, email info@cfimoab.org or visit http://cfimoab.org/trips/mountain-wildflowers-1-day-seminar.
- 22 Live Entertainment. Moab's Dog and Pony Show**- Magic with Rick Boretti, live music, Comedy with the Uranium Players, Fire Dancing with Blazing outlaws, With host Sand Sheff--at Moab Backyard Theater 56 West 100 South (behind Zax downtown). Kids are Free. Adults 10 dollars at the door. 7:30pm.
- 25-29 Buck's Grill House Live Music**- Tues June 25 Bridget Otto, Thurs June 27 Eric Jones, Fri June 28 Sand & Sunnie Sheff, Sat June 29 Scott Ibox. Music from 7-10pm, 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.
- 28-29 Woody's Tavern Live Music** - 221 South Main Street. Fri & Sat featuring James and The Devil. For more info call 435-259-9323.
- 29 Writing Workshop** from 9:00 A.M. to noon at the MARC. This workshop on character development is presented by Diana Adams and sponsored by Moab Poets and Writers. For more info contact Marcy at 435-259-6197 or marcymoab@yahoo.com.
- 29 Raft for the Cure** - Join us in Moab for the event weekend of the summer! A Day of rafting on the Colorado River with all your friends, BBQ lunch, and then live music and dinner in the park that evening - all for the great cause of raising funds for breast cancer awareness and prevention - in partnership with the Komen Foundation, Salt Lake Affiliate. For more info visit raftforthecure.com or call 435-259-7019.
- 29 Dawg Days of Summer BBQ & Silent Auction** - Join us Saturday June 29 from 4:00-8:00 at Old City Park for our Annual Dawg Days of Summer BBQ & Silent Auction Benefit for The Humane Society of Moab Valley. Relax and enjoy the tunes of local musicians while treating your taste buds to a delicious BBQ. And, you won't want to resist bidding on the many luxury gift items at our silent auction! For tickets and more info call 435-259-4862 or visit moabpets.org.
- 29 Live Entertainment. Moab's Dog and Pony Show**- Magic with Rick Boretti, live music, Comedy with the Uranium Players, Fire Dancing with Blazing outlaws, With host Sand Sheff--at Moab Backyard Theater 56 West 100 South (behind Zax downtown). Kids are Free. Adults 10 dollars at the door. 7:30pm.
- 30 - July 4 Upper San Juan River Trip: Archaeology and Geology.** Join specialist naturalist guides on this rafting trip on the scenic San Juan River with Canyonlands Field Institute. Learn about the Ancestral Puebloan (Anasazi) culture, historic settlements, fossils, geology and more while rafting Class I-II rapids and enjoying beautiful sandstone canyons. Suitable for range of abilities, craft used depends on season and water level. Adults and children 6 years and older. Cost per Person: \$860 adults \$660 youth 6-17 plus \$6 BLM Special Area Fee. Call 435-259-7750, email info@cfimoab.org or visit http://cfimoab.org/trips/upper-san-juan-river-trip/

2013 MOAB EVENTS

May 30-June 1	Canyonlands PRCA Rodeo
May 31-June 1	Thelma & Louise Half Marathon
Aug. 29-Sept. 9	Moab Music Festival
August 23 & 24	The Lane Frost Bull Ride Challenge
September 20-22	Moab Century Tour
September 25-29	Red Rockin' Rendezvous
September 25-29	Mother of All Boogies (skydive)
September 27-28	Moab Pride Festival
October 4-12	PleinAir Moab
October 10-12	Rock Gem & Mineral Show
October 20	The Other Half
October 27-Nov. 2	Moab Folk Festival
November	Moab Trail Marathon
December 7	Winter Sun 10K

July Events

- 4 INDEPENDENCE DAY**
- 4 4th of July Fireworks Display** sponsored by Grand County, the Grand County Recreation District, and the City of Moab. Fireworks will be choreographed to a playlist and aired on a local radio station and show cased from Lions Back at around dark. Rain/wind date: within 2 days.
- 5-6 Woody's Tavern Live Music** - 221 South Main Street. Fri & Sat featuring Jack and Jill. For more info call 435-259-9323.
- 6 Live Entertainment. Moab's Dog and Pony Show**- Magic with Rick Boretti, live music, Comedy with the Uranium Players, Fire Dancing with Blazing outlaws, With host Sand Sheff--at Moab Backyard Theater 56 West 100 South (behind Zax downtown). Kids are Free. Adults 10 dollars at the door. 7:30pm.

August Events

- 9-10 Women's Redrock Music Festival** - "Music by Women for Everyone" Friday 6pm-10pm, Saturday 1pm-10pm. Torrey, Utah. Robber's Roost Bookstore (outdoor venue). 185 West Main, Torrey Utah 84775 - Friday \$35, Saturday \$45, Both \$80 - To purchase tickets and for complete details please visit our website at www.redrockwomensfest.com
- 23-24 Moab Bull Challenge** - A 2 day event of pro-level bull riding, this is the Lane Frost Challenge Tour Finals of 2013. Old Spanish Trail Arena (3641 S. Hwy 191) - Gate opens @ 6pm, show starts @ 7pm. For more info visit lanefrostchallenge.com or call 435-454-3549.

Lane Frost
CHALLENGE™
Tour 2013

Outcast Productions Winter Series (1st year sanctioned)
10 shows-Eagle & Rifle, Colorado December 15 - April 20

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*5<sup>th</sup> Annual "Tooele Valley Bull Challenge"*  
Tooele, Utah April 27

~~~~~

13th Annual "Lane Frost Challenge"
Vernal, Utah May 11

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*"Hotman Memorial Bull Riding Benefit"*  
Heber, Utah June 28

~~~~~

"Cherry Days" (4th year sanctioned)
Paonia, Colorado July 5

~~~~~

*"Deltarado Days" (3<sup>rd</sup> year sanctioned)*  
Delta, Colorado July 20

~~~~~

Monticello (2nd year sanctioned)
Monticello, Utah August 2

~~~~~

*1<sup>st</sup> Annual "Lyman Bull Challenge"*  
Lyman, Wyoming August 10

~~~~~

"Grantsville Bull Bash" (2nd year sanctioned)
Grantsville, Utah August 17

~~~~~

**4<sup>th</sup> TOUR FINALS**  
*2<sup>nd</sup> Annual "Moab Bull Challenge"*  
Moab, Utah August 23-24

www.ravensrim.com

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# ART WALK HAPPENINGS

## Moab Art Walk Saturday, June 8, from 6-9pm

On Saturday, June 8th, from 6-9pm, downtown merchants and the MARC and Museum of Moab will participate in the June Art Walk. The public is invited to stroll through the exhibits at their leisure to view a variety of fine art and handmade crafts, enjoy refreshments and mingle with local and visiting artists. Most exhibits will remain up throughout the month for those who are unable to attend the Saturday night walk.

**MARC (Moab Arts and Recreation Center)**  
111E 100N 435-259-6272 www.moabmarc.com

**Senior Group Show:**  
While a basketball player's career is often over at age 40, artists can continue to improve with age. Retirement means more time to explore passions. Come see what our seniors are creating.




**Moonflower Market**  
39E 100N 435-259-5712

**Julia Buckwalter:** A native Utahn, Julia is drawn to desert and mountain landscapes. Using oil paint, watercolor, and India ink she paints en plein air and from photographs. Julia draws inspiration from her travels and personal experience, and paints to express her love of red rock, open skies, clouds, and all the Southwestern landscape has to offer.



**Back of Beyond Books**  
83 N. Main St. 435-259-0782  
www.backofbeyondbooks.com

**Howie Garber:**  
Howie Garber lived in Moab as an ER Doctor for years and has photographed the Wasatch for 25 years and received national and international awards for his images. The photographs of wildlife, alpine scenery, and the human element share the diversity and splendor of a unique place.



**The Edge Gallery**  
137 N. Main St. 435-259-5855 www.bretedge.com

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




**Framed Image Fine Art**  
59 E. Center St. 435-259-4446  
www.framedimagemoab.com

**Logan Hansen:** Logan Hansen employs novel photography techniques to highlight the dynamic interplay of stone, sky, and life in the canyonlands region, seeking to synthesize fleeting moments and a seemingly timeless landscape.



**Over the Edge Moab**  
88 E. Center St.  
435-259-2273 www.overtheedgemoab.com

**Scott Rogers:** Local adventurers collaborate with precarious balance between the dimensions of time and nature. The Fisher Towers Recreation Area, Northeast of Moab, offers unlimited potential to those with unlimited ambition.




**Savage Spirit!**  
87 N. Main St. 435-259-2278  
www.facebook.com/savagespirit.moab

**Kenny Slade:** Kenny Slade creates jewelry which combines sterling silver with stones, beads and cabochons. All of his work begins with a vision. Each piece is unique, although the theme may run through a series of creations. All pieces are hand finished; Kenny believes that distinguishes hand made art from mass produced.




**Overlook Gallery**  
83 E. Center St. 435-259-3861  
www.theoverlookgallery.com

**James McKew and Tim J Morse:** Come rain or shine, wind or no-see-ums, James McKew and Tim Morse have braved the elements to create new plein air paintings and some larger studio pieces for the June ArtWalk display at The Overlook Gallery.



**Museum of Moab**  
118 E. Center St. 435-259-7985 www.moabmuseum.org

**Terby Barnes:**  
Desert Blooms from the flowers of the alpine La Sals to deep desertblooms. An avid photographer Terby Barnes aimed her camera and the flora of the Southwest. Terby's collection of wildflowers show the delicate life of the desert plateau.




**MOAB**

**ART @ WALK**

- 1 MOAB ARTS AND RECREATION CENTER**  
111 E 100 N
- 2 MOON FLOWER MARKET**  
39 E 100 N
- 3 THE EDGE GALLERY**  
137 N Main St
- 4 SAVAGE SPIRIT!**  
87 N Main St
- 5 BACK OF BEYOND BOOKS**  
83 N Main St
- 6 FRAMED IMAGE FINE ART GALLERY**  
59 E Center St
- 7 OVERLOOK GALLERY**  
83 E Center St
- 8 Over the Edge Moab**  
88 E Center St
- 9 Museum of Moab**  
118 E Center St

**www.moabartwalk.com**

|        | MAIN   | 100 E  | 200 E  | 300 E | 400 E |
|--------|--------|--------|--------|-------|-------|
| 200 N  |        |        |        |       |       |
| 100 N  | 3      | 2      | 1      |       |       |
| CENTER | 4<br>5 | 6<br>7 | 8<br>9 |       |       |
| 100 S  |        |        |        |       |       |
| 200 S  |        |        |        |       |       |
| 300 S  |        |        |        |       |       |

# EXHILARATING HAPPENINGS

## Life Beyond The Edge

There's hardly a shortage of cliffs in the beautiful Moab desert—an area that has served for decades as a mecca for hiking, biking, and climbing enthusiasts across the globe. Now, for the first time in history, these incredible red rock cliffs are gaining a whole new “edge.”

Born in the late 1970s, the sport of BASE jumping eventually became an obvious enticement in Moab.

Honing in on the fourth category of BASE (“earth”), experienced jumpers in Moab have spent years designating various exit points and considerably refining the sport’s unique equipment and techniques.

Enter tandem BASE, an adventure created by combining skydiving tandem systems with BASE equipment. Most commonly performed from bridges (or “span,” the S in BASE), this exhilarating adventure has recently found its way to Moab.

You can thank pro-aerialists Mario Richard and Steph Davis for that. In 2012, the married couple launched Moab BASE Adventures (MBA), currently the world’s only organization offering tandem BASE jumping from a cliff.

Novices no longer need to spend ample amounts of time and money to make their first BASE jump. Under MBA’s expert supervision, thrill-seekers under 185 pounds can now tandem-hurl themselves off of 900- to 1,400-foot cliffs with no prior experience.

Preparation is unhurried. After a semi-challenging scramble (protective gear provided) to the top of either Mineral Canyon or Parriot Mesa, the experienced folks at MBA take the necessary time to verbally explain and physically practice the entire jump sequence with each customer.

Fastened into a tandem harness (and clipped to a safety leash before free-fall), passengers then leap into the air, experience an extraordinary flight over Moab’s picturesque desert landscape, and land softly in the sand.

Although risky by nature, tandem BASE jumping at MBA is made possible by one of the best and most experienced

been hooked ever since. Now a Moab resident for over a decade, Richard has helped establish nearly all of the area’s BASE jumping exit points.

Equally qualified is MBA’s Steph Davis, a veteran jumper and world-class expedition rock climber. Famous for scaling up some of the most extreme rock formations on the planet, Davis specializes in technical crack climbing and desert tower ascents.

After polishing her climbing skills and spending the majority of her time summiting cliffs, it was only logical for Davis to enjoy the ride down, too (hence her zest for BASE, which is now just as much a part of her daily life).

The daring duo has traveled the globe together, pursuing their passions and racking up over 30 years of relevant experience. Now, through their new Moab business endeavor, they’re able to share their love for adventure with others.

Alongside Richard and Davis at MBA are talented aerial photographer Chris Hunter and expert safety supervisor Mick Knurbin. Additional MBA services include an extensive course for first-time cliff jumpers with a minimum of 50 BASE jumps, BASE guiding for experienced jumpers looking to access new exit points, and a two-day crack-climbing clinic at Indian Creek.

Experience Moab’s new edge with Moab BASE Adventures! To learn more, call 435-260-1832, visit [www.moabbaseadventures.com](http://www.moabbaseadventures.com), or stop by MBA’s downtown office (Moab Air Adventures), located at the corner of Main and 300 South, downstairs from Verizon and Moab Realty, and be sure to mention you read about it in Moab Happenings.



Photos by Chris Hunter

parachutists in the world. In addition to his 2,000+ BASE jumps and 7,000+ skydives, Mario Richard has designed and even built complete systems for the sport.

The distinguished aerialist made his first BASE jump 22 years ago (after acquiring a number of skydiving licenses and ratings), and he’s



374 Park Ave  
(435) 259-8226  
[www.moabcity.org/mrac](http://www.moabcity.org/mrac)



# Dive into Summer

## Indoor and Outdoor Pools Now Open!

Individuals, families and groups welcome!  
Daily passes available

- Open Swim
- Lap Swim
- Fitness Center
- Fitness Classes
- 2 Spring Boards
- Current Channel
- Water Slides & Features
- Water Aerobics



### Hours of Operation

**Lap Swim:**  
5:30 - 7:30 am - Monday, Wednesday & Friday  
11:15 am - 1:15 pm - Every Day  
5:30 - 7:00 pm - Monday through Thursday

### Open Swim:

1:30 - 5:15 pm - Monday through Thursday  
1:30 - 7:00 pm - Friday  
1:30 - 7:00 pm - Saturday  
1:30 - 5:00 pm - Sunday

### Fitness Center Hours of Operation

5:30 am - 7:00 pm - Monday through Friday  
9:00 am - 7:00 pm - Saturday  
11:00 am - 5:00 pm - Sunday

# COWBOY HAPPENINGS

## The Bar-M Wranglers Show Off a Lot of Musical Experience!

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

Just 7 miles north of Moab on Highway 191, the Ticket Booth, Gift Shop, Saloon, and grounds open at 6:30 PM. The always-entertaining gunfight begins around 7:00! After the smoke clears, everyone enters the large dining hall to get ready for the Cowboy Supper. The mouth watering Cowboy supper begins at 7:30 sharp and is served trail style with metal plates and cups.

Right after dinner, the "Bar-M Wranglers" perform an entertaining stage show full of fabulous vocals, yodeling, thrilling instrumentals, humor, and audience participation. They play many old west favorites like "Cool Water" and "Ghost Riders in the Sky." The Bar-M Wranglers are a professional 4-piece band that has recorded two CD's. The "Wranglers" are Alan Brown, Valerie Hunt Brown, David Steward, and Clay Maxam.

Two members of the Bar-M Wranglers are the hosts and owners of the Bar-M Chuckwagon, Alan and Valerie Brown. Valerie and Alan met and married in Nashville, Tennessee. In 1992, Alan and Valerie moved from Nashville to Moab, bought the Bar-M Chuckwagon and have been performing with the "Bar-M Wranglers" ever since.

Valerie Hunt Brown grew up in Cottonwood Heights and played with several country bands in Salt Lake City before moving to Nashville, Tennessee to tour with country artist Terri Gibbs. For several years, Valerie was one-third of the music/comedy trio "Ethel & the Shameless Hussies." The "Hussies" were recording artists on MCA Records, appeared on numerous TV shows and toured extensively throughout the U.S. and Canada. Valerie sings lead and harmony vocals, yodels, and plays acoustic guitar and mandolin in the Bar-M Show.

Originally from Illinois, Alan Brown worked as a singer/song writer and toured throughout the U.S., Canada, and Europe with the internationally famous group "Up with People." He studied music and guitar at Berklee College of Music in Boston. He played music for many years in New York City, Atlantic City, and Nashville before moving to Utah and taking over the Bar-M Chuckwagon.



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

At the Bar M, he is the Camp Cook and Sheriff in the old west shoot out. Alan is the Head Wrangler, sings lead and harmony vocals, yodels, plays acoustic and electric guitar, and bass guitar in the Bar-M Show.

Originally from New Jersey, singer, songwriter and instrumentalist Dave Steward adds hot guitar pickin', solid bass playing, vocals and yodeling to the show. Dave has lived in Moab for 26 years. He arranges the vocals for the group. Dave has been a guitarist most of his life and enjoys playing many styles of music including jazz, classical, and rock as well as cowboy music. Dave has his own band, "The Dave Steward Trio," and performs with many different ensembles around town. He studied guitar and music at the Guitar Institute of Technology in Hollywood, California. Dave has two CDs of original music one called "Wild West Heart" and his newest called "The Moab Tongue." Dave also has a CD of classic cowboy songs called "Call of the Canyon." Dave has been a Bar-M Wrangler since 2001.



Clay Maxam hails from the Northwestern United States and now resides in Moab with his wife Judi. A native of Oregon, Clay played steel guitar professionally in the 50's, 60's, and 70's and then took a break from his music career to pursue other goals. Clay Shines on the intricate pedal steel guitar and occasionally plays Dobro in the Bar-M show. Clay is featured nightly in the gunfight show. He is an integral part of the Bar-M operation and has been a Bar-M Wrangler since 1999.



The Bar-M Chuckwagon's season runs April through mid-October. Dates open vary with the season, please call for schedule. Admission price includes dinner, live western show, games, gunfights, and gratuity: \$31.78 for adults, children four to twelve years old are half price and kids three and under are free. Call 435-259-BAR-M (2276) to make your reservations today. You can visit their web site at [www.barmchuckwagon.com](http://www.barmchuckwagon.com). Tell them you read about the Bar-M in the "Moab Happenings."



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# RESTAURANT GUIDE

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

**NOAB BREWERY**  
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16 oz 4-Packs

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7% ABV

8-8.59% ABV

686 S Main St • www.themoabbrewery.com

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

Recent changes to Utah Liquor Laws have made it less confusing and easier to get an alcoholic drink. You can now go to **some** restaurants and without ordering food, you can order a drink.

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

Moab Brewery, Moab's only on-site microbrewery, offers a variety of locally brewed beers in their bar, Moab Brewery beer is available at other restaurants in town.



Many flavors are on sale at retail stores in Moab as well in the Salt Lake City area. Two upscale lounges are in Moab. Vista Lounge located inside Buck's Grill House and The Ghost Bar, upstairs at Jeffrey's Steakhouse. Both locations have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

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

The **Utah State Liquor Store** is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at **55 West 200 South** and is open from Monday through Saturday (11:00 am to 9:00 pm - May 1st to November 1st and from 11:00 a.m. to 7:00 p.m - November 1st to May 1st). They are closed on Sundays and Holidays. Moab Brewery now has a package agency open every day at 11:30 am where you can purchase their new higher volume beer selection.



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

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

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Home of the sweet potato fries

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Burgers • Sandwiches • Wraps • Salads  
Gluten free & Vegetarian • Beer & Wine

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

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Finest Quality Ingredients in Generous Portions

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7 days a week

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Backdoor Bar • Now Open  
Karaoke • Every Sat. Night

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

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\* 3 Miles South of Moab • 259-6275 \*

# RESTAURANT GUIDE



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Carnivores,  
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**Buck's Grill House**

Steaks & Game  
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 Open daily 2:00pm to close

**Vista Lounge**  
 "Feed Your Spirit"

Craft Beers • Fine Spirits & Live Music  
 For a schedule of live music, go to [www.bucksgrillhouse.com](http://www.bucksgrillhouse.com)  
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Authentic Mexican Food  
**FIESTA MEXICANA**

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

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

"Fiesta Margarita" Best Margaritas -Made from Scratch with Fresh Squeezed Limes and 100% Blue Agave Tequila

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

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

**The Blu Pig**  
 811 S. Main 435-259-3333  
 Lunch • Dinner • Take Out  
 Open Daily 11:30-close

Moab's only BBQ and Blues destination. We have created a casual, laid back establishment that you'll want to come back to again and again. Smoking your favorites all day, every day. LIVE MUSIC-Thurs. - Sat. Our covered patio, dining and internet bar are just some of the extras we offer for your enjoyment and convenience. Large Screen HD TV's. Don't forget to try the smoked pecan pie, it'll blow your mind!! Take out available. Ice cold beer. State liquor license. Moab's largest selection of Uinta Brews.

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

**Broken Oar**  
 53 West 400 North 259-3127  
 Open Nightly at 4pm  
 Closed Sunday

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

**Buck's Grill House & Vista Lounge**  
 1393 North Highway 191 259-5201  
 Dinner  
 Open Daily at 2:00 pm till close.

Don't think you can find casual elegance in the desert? Think again. Buck's Grill House offers fine dining in a relaxed, yet elegant atmosphere with some of the best food in the West. For a special evening out, this is the place to share an exceptional meal with your favorite friends. You'll never be disappointed at Buck's. Vista Lounge is a sophisticated adult environment offering cocktails along with dining. Check website for live music schedule. [www.bucksgrillhouse.com](http://www.bucksgrillhouse.com)

**Burger King**  
 606 South Main 259-2700

**Cabo Grill**  
 396 South Main St. 259-6565

**China Cafe**  
 812 South Main 259-7933

**City Market**  
 425 South Main 259-5181

**CK Desert Ice**  
 89 North Main

**Cowboy Grill at Red Cliffs Resort**  
 16 Miles up Highway 128 259-2002  
 Breakfast • Dinner

River front TABLES inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make your reservations for weddings and private parties.

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

**Denny's**  
 989 North Highway 191 259-8839  
 Breakfast • Lunch • Dinner

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

**Desert Bistro**  
 36 South 100 West 259-0756  
 Dinner

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

**Eddie Mcstiff's**  
 59 South Main Street 259-2337  
 Open Lunch • Dinner

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

**EklectiCafe**  
 352 North Main Street 259-6896  
 Breakfast • Lunch  
 Mon-Sat 7:00 a.m. - 2:30 p.m.  
 Sun 7:00 a.m.-1:00 p.m.

Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! "Wakame" recently featured in Sunset Magazine, April 2012.

**Fiesta Mexicana**  
 202 South Main Street 259-4366  
 Sun - Thur 11am - 10pm • Fri & Sat 11am - 11pm

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

**Frankie D's Bar & Grill**  
 44 West 200 North 259-2654  
 Lunch • Dinner

Open Daily 12 am Sundays 11am  
 Late night kitchen open until 1 am  
 Friendly service, covered outdoor patio, steaks, burgers, BBQ. Over 21 can enjoy a full range of beers, wines and alcohol beverages. Take out orders welcome. Live Weekend Entertainment, 5 ft at screen TV's. [www.moabfrankieds.com](http://www.moabfrankieds.com)

**Jailhouse Cafe**  
 101 North Main Street 259-3900  
 Open 7am - Noon

Moab's Breakfast Place located in Grand County's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

**Jeffrey's Steakhouse**  
 218 North 100 West 435-259-3588  
 Open at 5:00pm Call for reservations

Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American Kobe Beef. We are proud to serve local organic produce when available. Patio dining. Tucked away upstairs is the Ghost Bar. State Liquor License. Party and event reservations available throughout the week. [www.jeffreyssteakhouse.com](http://www.jeffreyssteakhouse.com)

**La Hacienda**  
 574 North Main 259-6319  
 Lunch • Dinner

Open Daily 11am  
**CELEBRATING 33 YEARS!** Superior Mexican specialties with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor Licensee.

**Leger's Sandwiches**  
 817 So Main (inside the Moab Chevron) 259-2212  
 Deli Open 5 a.m. - 8 p.m.

Feed your car and your belly 24 hours a day. Featuring Leger sandwiches, a favorite since 1977 and much more. Call in orders welcome. Bio-Diesel also available seasonally May-Sept. Store & Fuel open 24 hrs. Deli & call in orders open 5am-8pm.

**Los Dos Amigos**  
 2728 South Hwy 191 259-1123  
 Lunch • Dinner

Open Sun. - Thurs. 10am to 10pm  
 Open Fri. - Sat. 10am to 11pm

Our family owned and operated restaurant serves a range of traditional dishes and some family favorites. Our menu includes appetizers, salads and desserts along with a large selection of main course dishes. Our beverage list includes Jarritos, Tamarindo and Mexican bottled CocaCola. Our banquet room can be reserved for large or small parties. Come enjoy our Family Mexican Restaurant. Full service liquor license.

**Love Muffin Cafe**  
 139 North Main 259-6833

**McDonald's**  
 640 South Main 259-8800

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

**Miguel's Baja Grill**  
 51 North Main 259-6546  
 Dinner

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

**Milt's Stop & Eat**  
 400 East and Millcreek Drive 259-7424  
 Lunch • Dinner

Open Daily 11am - 8pm  
 Moab's oldest restaurant, since 1954. Milt's is pleased to serve local grass-fed, hormone-free beef burgers. We also serve classic diner sandwiches, buffalo burgers, hand cut fries, and delicious salads. Enjoy our homemade ice cream, shakes and old fashioned malts using milk from the McClish family dairy in Moab. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. Daily Specials. See ya'all at Milt's! [www.miltsstopandeat.com](http://www.miltsstopandeat.com).

For more information about these restaurants pick up a "Moab

**Moab Brewery**

686 South Main 259-6333  
Lunch & Dinner  
Open 11:30 AM DAILY.

Whatever the season, whether you're hungry or thirsty, come in and enjoy the comfortable atmosphere. Food & Beer to go. Moab's only onsite brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu, house made gelato & root beer. State Liquor Licensee.

**Moab Coffee Roasters**

90 N. Main St. 259-2725  
Open everyday 7:00am - 9:00pm

On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian sodas. Gelato made with all fresh ingredients, yummy scones, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference! Now offering fresh made pastries, sandwiches and salads from Sweet Cravings Bakery.

**Moab Diner & Ice Cream Shoppe**

189 South Main 435-259-4006  
Breakfast • Lunch • Dinner  
Mon-Sat: 6:00 am - 10:00 pm  
Fri-Sun: 6:00 am - 11:00 pm

Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners. Our Ice Cream Shoppe features Blue Bunny & ice cream.

**Moab Grill**

540 South Main 435-259-4848  
Breakfast • Lunch • Dinner  
Open 6am

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

**Pancake Haus**

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

**Pantale's Desert Deli**

98 East Center 259-0200  
Mon-Sat 10:30am-close  
Closed Sunday

Locals favorite. Greek style deli with old family recipes. Fresh made dressings and salads. Big sandwiches. Soup of the Day. Order box lunches to take with you on your adventure. Ask for early morning pick-up. Catering available.

**Paradox Pizza**

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

At Paradox Pizza, everything is made in house, from our pizza dough to the New York Cheesecake. Join us for a slice and a beer after your day in the desert, or have dinner delivered to you. Voted Best Moab Pizza by Salt Lake City Weekly. Dine in, take-out or delivery. Family friendly.

**Pasta Jay's**

4 South Main 259-2900

**Pizza Hut**

265 South Main 259-6345  
Lunch • Dinner  
Sun-Thur 11am-10pm Fri-Sat 11am-11pm

Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up, Dine-in and All Day Delivery. OPEN EVERY DAY

**Portal Grill at Moab Regional Hospital**

450 West Williams Way

**Quesadilla Mobilla**

83 S. Main 260-0289  
Thurs - Mon 11-4  
Thursday at Farmers Market 5-8  
Tue & Wed closed

Quesadilla Mobilla is Moab's first and only gourmet food truck serving up delicious gourmet quesadillas. Our menu is out of the ordinary but sure to get your mouth watering and we have seasonal specials throughout the year. Call us and see why we have quickly become a locals' favorite!

**Red Rock Bakery & Net Cafe**

74 S. Main Street 259-5941  
Breakfast • Lunch  
Open Daily at 7am

Serving fresh Moab coffee, milk & espresso, lighter & healthier breakfast & lunch. Great lunches for the trails. Free wifi. Featuring artwork from the Moab Pastel Guild.

**Rio Sports Bar & Grill**

1 block west of Main on Center 259-6666

**Sabuku Sushi**

90 East Center 259-4455

**Singha: Authentic Thai Cuisine**

92 East Center 259-0039  
Lunch • Dinner  
Lunch: Mon - Sat 11-3 Dinner: Mon - Sat 5-9:30  
Closed Sunday

For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Singha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemongrass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

**Slickrock Cafe**

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

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

**Sorrel River Grill Restaurant**

17 Miles Northeast on Scenic Hwy 128 259-4642

**Subway Sandwich Shop**

299 South Main 259-SUBS  
Breakfast & Lunch  
Open 7 a.m. everyday

NOW SERVING BREAKFAST ALL DAY! Create your own healthy sandwiches and salads. Five varieties of freshly baked bread. Load up your subs with lots of fresh veggies and one of SUBWAY'S special sauces. Located inside 7/11 Convenience Store (corner of 300 South and Main)

**Sunset Grill**

900 North Highway 191 259-7146  
Dinner

Steaks, Seafood, Pasta, Prime Rib. Fresh ingredients brought in daily. Children welcome. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. Open 5:00 daily. Closed Sundays. State Liquor Licensee.

**Susie's Branding Iron**

2971 South Highway 191 259-6275  
(3 miles south of Moab)

Lunch • Dinner  
Open 11am - 10pm  
Karaoke - Every Saturday night

Welcome to my ranch cookhouse. Come in, take off your hat, and sit a spell. Relax and enjoy a home cooked, hearty cowboy meal. Our signature Prime Rib is served every Wednesday, Friday and Saturday night after 5pm. Ribs served Tues. & Thurs. nights. To go orders are welcome. Backdoor Bar - Now Open.

**Sweet Cravings Bakery & Bistro**

550 North Main 259-8983  
Breakfast • Lunch  
Open Daily  
7am - 5pm

A yummy, fun little restaurant, offering baked goods (cinnamon rolls, breads, cookies, pies, etc) with incredible breakfast burritos and build your own panini's for lunch. Stop for breakfast and grab lunch to go along with a treat for later! Now delivering.

**Szechuan Restaurant**

125 North Main 259-8984

**Twisted Sistas' Café**

11 East. 100 N 435-355-0088

**Village Market**

702 South Main 259-3111

**Wake and Bake Cafe**

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

**Wendy's**

260 North Main 259-2595

**Wicked Brew Drive Thru**

132 North Main  
Open at 7 am Daily

Wicked Brew is committed to providing you unbeatable fresh and full flavored coffees and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from only environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest and most enjoyable coffee experience in Moab.

**Zax**

96 South Main Street 259-6555  
Lunch • Dinner • Family Dining • Catering

We have it all! We offer an extensive menu that includes the best burgers in Moab, sandwiches, pastas, salads, seafood and our famous All-You-Can-Eat pizza buffet and salad bar. Dine inside or out on our all-weather covered patio. Watch your favorite sporting event on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Featuring a full liquor license. Open 7 days a week. Locally owned and operated. Also think of Zax for your catering needs.

**Sweet Cravings**

Bakery + Bistro

Breakfast/Lunch  
Coffee & Lattes  
Sandwiches & Salads  
Endless Homemade Pastries  
Boxed Lunches • Catering

Now Delivering

Open Daily  
7am - 5pm

435-259-8983 • www.cravemoab.com  
550 N. Main Street, Moab, UT 84532

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**SLICKROCK CAFE**  
Family Owned & Operated  
Now serving  
Hand Tossed Pizza  
Italian Pasta Dishes  
Burgers  
Wraps  
Steaks  
Seafood  
and a whole lot more...  
Kids Menu, Daily Specials

Cassano's  
has merged  
with Slickrock  
and a whole lot more...

Open at 11:30

Lunch & Dinner Menu  
Full Service Liquor License  
CORNER OF CENTER & MAIN  
(435) 259-8004 • www.slickrockcafe.com

**PARADOX PIZZA**  
MOAB UTAH

EAST COAST STYLE, STRAIGHT FROM MOAB  
**WE DELIVER**  
EAST COAST STYLE PIZZA FRESHLY MADE TO ORDER  
**SLICES!** HOMEMADE SOUPS, BREADS & DESSERTS  
702 SOUTH MAIN ST. 435-259-9999

**ZAX**  
Moab, USA  
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www.ZAXMOAB.com  
96 S Main St  
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(435) 259-6555  
Largest selection of local  
Utah microbrews on tap!

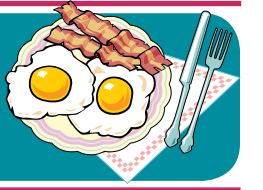
**Zax is catering!!**  
We have offsite menus available,  
Or dine in with our special  
group menu!  
Give us a call or email us at  
Info@zaxmoab.com

GREAT OUTDOOR PATIO • LARGE GROUPS WELCOME  
COME QUENCH YOUR THIRST AT THE WATERING HOLE

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



# RESTAURANT GUIDE



**Three-straw salute.** FREE WiFi

NEW! Strawberry Cheesecake Milk Shake

NEW! Blueberry Cheesecake Milk Shake

NEW! Lemon Icebox Pie Milk Shake

**OPEN 24 HOURS**

**Denny's**

989 North Hwy 191

Open Daily at 7am

**RED ROCK BAKERY**  
Moab's Oldest Scratch Bakery  
Serving Locally Roasted Fresh Moab Coffee & Espresso  
Dine-in or Take-out  
74 South Main • Moab, UT 84532 • 435-259-5941

*Desert Bistro*  
Casual Fine Dining  
Contemporary Southwestern Cuisine

Now located in the heart of downtown  
**36 South 100 West**  
Open Tuesday - Sunday 5:30 pm - 9:30 pm  
Closed Monday  
Reservations Highly Recommended  
259-0756 FULL LIQUOR LICENSEE

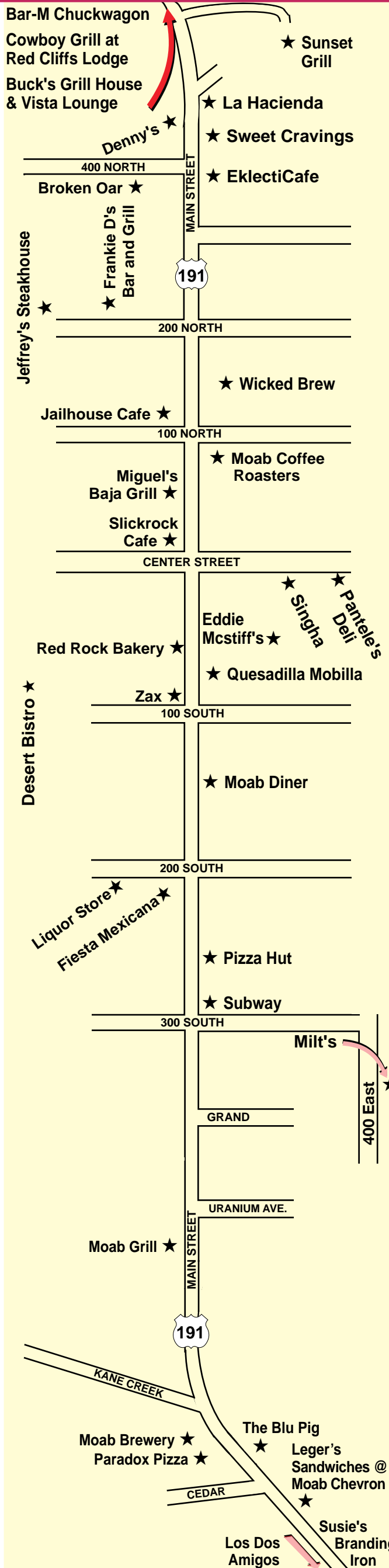
**SUBWAY**  
eat fresh.

GET THAT WARM, TOASTY FEELING. **NEW**

ADD WASH BROWNS TO YOUR BREAKFAST.

Breakfast and Lunch menu available all day

Located inside **7-ELEVEN** Convenience Store  
(Corner of Main St & 300 South)  
OPEN AT 7:00 AM EVERYDAY • 259-SUBS • 259-7827



**SUNSET GRILL**

"Dining with a Million Dollar View"

Steaks • Pastas  
Prime Rib  
Fresh Seafood

Patio • Catering  
Family Dining

**259-7146**

Open Nightly at 5:00 pm - Closed Sundays

Espresso  
Coffee  
Gelato

90 N. Main St.  
Moab, UT  
259-2725

**MOAB COFFEE ROASTERS**

Pastries  
Smoothies  
WiFi

FRESH ESPRESSO AND COFFEE BY THE CUP OR BY THE BAG, AND 18 FLAVORS OF FABULOUS GELATO  
NOW OFFERING FRESH MADE PASTRIES FROM SWEET CRAVINGS BAKERY  
open everyday 7am - 9pm

Established 1954

**Milt's Stop & Eat**

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

FEATURING  
LOCAL GRASS-FED, HORMONE-FREE BEEF BURGERS  
NATURAL BUFFALO BURGERS  
HAND-CUT FRIES  
CLASSIC DINER SANDWICHES  
FRESH DELICIOUS SALADS  
HOMEMADE SHAKES & OLD-FASHION MALTS

OPEN DAILY 11 AM - 8 PM

WWW.MILTSTOPANDEAT.COM  
EAT IN OR TAKE OUT. 435-259-7424

20th year

**JAILHOUSE CAFE**

101 NORTH MAIN STREET

**Moab's Breakfast Place**

"Good Enough for a Last Meal"



# RESTAURANT GUIDE

# RESTAURANT GUIDE



**MOAB GRILL**  
Open daily at 6am  
Breakfast, Lunch & Dinner

**CAJUN SEAFOOD BOIL**  
Live Music  
FAMILY FUN  
STYLE DINNER  
EVERY FRIDAY

Saturday & Sunday  
Slow Roasted  
Prime Rib

Saturdays  
\$1 a pancake Day

NEW MENU  
ITEMS

Live Music - Fri. & Sat.  
Full Wine & Beer Menu

540 S. Main  
(next to the Big Horn Lodge)  
435-259-4848 www.themoabgrill.com  
Bring in this ad for 10% OFF any meal.  
Dine between 4-5pm and receive additional 10% OFF



**Leggers**  
Sandwiches

**CHAMPS Chicken**  
Baked Fresh Daily

**BAKED GOODS**

**TACO BAR**

Chicken Pot Pie

Bread Sticks

Sack Lunches  
Orders to go

Made to order • Call in Orders  
5 a.m. - 8 p.m.  
259-2212

LOCATED INSIDE THE MOAB CHEVRON  
817 South Main Street

**Chevron**  
FOOD COURT & DELI

OPEN 24 HOURS

**Frankie D's**  
Bar & Grill

200 N 44 W Moab, UT  
435-259-2654

Live Entertainment  
Dance Floor, Pool Tables, Horse Shoes

Great Food  
To go orders, welcome  
Patio seating

Large or Small groups, catering available

www.moabfrankies.com

**EDDIE MCSTIFF'S**  
RESTAURANT & BAR

Moab's Largest Selection of  
Micro-Brews & High Point Beers

Moab's Finest

- Classic -
- Strawberry -
- Blueberry -

**Mojitos**

Quality Ingredients

Locally Sourced

Homemade

Organic

Gluten-Free

Full Bar  
HD Sports Everyday  
Foosball & Pool Table  
Lounge Area  
Thurs - Sat  
CASINO NIGHT

59 South Main St. 259-2337

## Great Gift Ideas for Dad

Father's Day is right around the corner and that means many children, spouses and other family members will be scrambling to locate the perfect gifts for the men in their lives.

Put away those coupons for neckties and remote control caddies. There's a good chance Dad wants something a little less cliché and more in tune with his interests. If you think carefully about gift ideas, there's bound to be something that will be a perfect fit.

### Sports

If Dad follows a particular team or sport, gifts inspired by his love of a favorite team are a surefire bet for success. Team jerseys, game memorabilia, tickets to the next at-home game, or an expanded satellite dish or cable TV sports programming package are some gift ideas that will coordinate with a sports theme. Some dads also may be content to simply hit the links or spend a few hours at the batting cages.

### Personalized Gifts

Personalized gifts can show that special man in your life that you care about him in a special way. Instead of a run-of-the-mill item pulled off a store shelf, a personalized gift can feature a name, date or sentiment right on the gift itself. Think about giving Dad a personalized plaque that designates his work area in the garage or a pocket lighter or photo frame engraved with a special message or his name. An embroidered bath robe, or a golf bag embroidered with his initials may also be a special treat.

### Fit for Foodies

As the adage goes, "The way to a man's heart is through his stomach." Take advantage of these words of wisdom by gifting your Dad with food or culinary-themed items. Dad may be an amateur chef and will enjoy a cookbook by his favorite Food Network(TM) personality. Or he may have a restaurant he insists on going to all the time, so guaranteeing a gift card to said restaurant will be a hit. If Dad appreciates not only the taste, but also the culture of food, plan a tour of food shops in the area or go on a wine- and cheese-tasting adventure.

### Gear Heads

Some dads get revved up about automotive gifts, especially if they spend the weekends pampering their prized cars or trucks. If he tends to have a wrench in hand and head under the hood, treat your father to some new supplies for his automotive pursuits. Quality car waxes and upholstery cleaners are always in demand. Or give him a gift certificate to his favorite hand-wash, auto-detailing center. Gas station gift cards or a new ratchet set are other good auto gift ideas.

### Techies

Some dads get excited about the latest tablets or smartphones. They may keep abreast of virus-detection software or think the technological gadgets sold in those speciality magazines and mall stores are must-haves. Chances are if you spend enough time with Dad you know just what he likes to dabble in, and you can get him an electronic device he'll find invaluable.

Although it may seem difficult on the surface to find a gift for Dad that he truly will enjoy and use, all it takes is a close examination of his likes to find something appropriate.



Make Dad feel like the king of the castle with gifts that cater to his unique tastes and interests.

**Blues, Brews and BBQ!**

- Take out
- Private Parties
- Catering Services
- State Liquor License
- Large Screen HD TV's
- Uinta Craft Brews on tap

**The Blu Pig**  
A BBQ and Blues Joint

OPEN DAILY  
11:30 - Close

LIVE MUSIC!  
Thurs. - Sat.

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www.blupigbbq.com

811 South Main Street  
Moab, Utah 84532

When The Food Matters, Let 'Em Eat BBQ!  
Between Moab Valley Inn and La Quinta

**Wicked Brew**  
DRIVE-THRU

A tasty experience of Organic Fair-trade coffees & espresso, 100% fruit smoothies & Italian sodas

Your day starts Right here!  
In the heart of town

132 N Main - Caffeinating daily @ 7am - 2pm

**LOS DOS AMIGOS**

Open  
10am-10pm Sun-Thurs  
10am-11pm Fri-Sat

Family Mexican Restaurant  
LUNCH • DINNER

Daily Specials  
Banquet room

FULL SERVICE LIQUOR LICENSE  
FAMILY OWNED AND OPERATED  
2728 SOUTH HWY 191  
435-259-1123

**COWBOY GRILL**  
MOAB, UT

- BUFFET BREAKFAST 6:30 - 10 AM
- SUNDAY BRUNCH 11:30-2 PM
- FULL MENU PATIO DINING 5PM

RIVERFRONT PATIO DINING

16 Miles east of Moab on Hwy 128  
435-259-2002 • 866-812-2002

# HIKING HAPPENINGS

## Behind The Rocks - Another Tale Of Two Arches

by Marcy Hafner



When I get up in the morning and look across the floor of Spanish Valley, the jagged profile of the Moab Rim is always there to greet me - a geological wonder that never ceases to amaze me. After all, how could I possibly get bored with

the powerful stance of this 1800 foot Navajo Sandstone precipice dominating Moab's southwestern skyline? Beyond the walls of this formidable fortress, known as Behind The Rocks, is a remote and rugged wilderness - a precious resource in which 12,635 acres have been designated as a Wilderness Study Area - a mysterious maze spanning miles and miles of slickrock, fins, domes, hidden gardens, giant caverns, deep pools, sharply cut canyons and numerous arches.



On this beautiful spring day I am raring to be off for an invigorating hike in the southern end of this spectacular region to visit two uniquely different arches - Moab Rim Arch and Tukuhnikivista Arch. Arches are fascinating geological creations and water erosion is usually the main factor in their formation. It all begins at weak points within the sandstone when chemicals in the water dissolve the cement that was binding the rock particles. Then expanding pressure from water and ice slowly breaks off pieces of stone until many of the fins collapse. But some with the right balance and hardness have survived as arches, and geologists believe that most of them were created within the last million years.

My access point is 12 miles south of Moab on Highway 191. When the road starts uphill, I take a right on a dirt road just before mile marker 114. After driving a very short distance, I conveniently park at the Behind The Rocks jeep trail sign.

Another well-used entrance at the top of Blue Hill is 1.4 miles further down the highway. Heading north this dirt road, which will get you very close to the arches, eventually requires a high clearance four-wheel drive vehicle. I, however, prefer to walk, rather than jounce around, and this route I am taking is the shortest, least crowded and most direct for a hiker.



Grabbing my pack, I start walking over a very extreme - jeep trail, but the path of black over the rock ledges proves it's been done many times! Traipsing through the pinyons, junipers, blackbrush, cliffrose and rabbitbrush, I stroll past the nostalgic remnants of a fence line as I tune into a very vocal pair of house finches.

Gradually the road ends at an intersection, and I take a right following the Behind The Rocks sign. At the beginning of this undulating section the lofty snow-covered silhouette of the Abajo Mountains, on the southwestern horizon, and the distinctive outline of Black Ridge, to the southeast, suddenly pop into view.

Staying on the main road I pass by a fork until I reach another intersection, where I continue straight on a dead end road rather than hang a left, skirting the boundary of



the Behind The Rocks Wilderness Study Area. Now the road drops steeply as it snakes a course along the rim, where rock formations of all sizes and shapes engulf me - protruding towers - hefty blocks - sharp jagged edges - rounded monoliths - and an endless series of lumpy, bumpy rocks.



Finally the Moab Rim Arch: At first glance it looks like a huge alcove - but when I see daylight pouring through, it dawns on me I am standing beneath a monster-sized arch. Now that I have achieved my first goal I am ready for a break, and I plop down to give this massive span my undivided attention. Gradually the thick veil of cottony clouds drifts away leaving behind a peaceful blue sky that contrasts sharply with the warm brown richness

of this arch. Sitting under this immense opening savoring the scene, I am treated to the enchanting three note song of a black-throated sparrow.

After that refreshing interlude, I continue down the road pausing often to soak in the brilliant red beauty of Indian paintbrush. Before long I'm staring at the odd shape of Tukuhnikivista Arch on the skyline - a curvature above the rock wall that has the striking appearance of a bent over finger - so small and fragile looking, I feel like a brisk wind could knock it over.

The road ends, and seeking the best route to this arch I pick my way over a faint trail of footprints angling to the right through some fins. At a wall of steep slickrock, I lose the trail and just keep heading for the ridge. After a lot of exertion, the top looks so close and yet it feels so far away! Step by step, however, I forge on, following the course of least resistance, where two rock cairns offer hope I'm still on track, even though the arch has disappeared from view. Suddenly it shows up again, and from this particular angle it resembles a horse's head.

Finally, I'm on the skyline. After a short stroll south, I'm standing next to this teeny-weeny arch. Wow! Determination has paid off! I feel like celebrating with a glass of champagne! Settling down for a long lunch break in the embracing arms of this small opening I can picture-frame Mt. Tukuhnikivatz, the feature that gave this arch its curious name.



Content on my bird's eye perch I survey my surroundings, where to the east I am peering down on the Ken's Lake campground, the road to Flat Pass, Mill Creek Canyon, the La Sal Mountain range, Pack Creek Ranch and the busy ribbon of traffic on Highway 191. Shifting my gaze west, no long distance view: instead my vision bumps up against the next rock wall with its crevices, indentations, the defining edges of its rough texture.

This scene atop the backbone of Behind The Rocks is too special to be rushed, and so I linger awhile contemplating the tale of two very different arches - the shy hidden giant versus the cocky midget that jauntily stands out on the skyline. Each has its own special personality and appeal, which is what has made this journey so intriguing.

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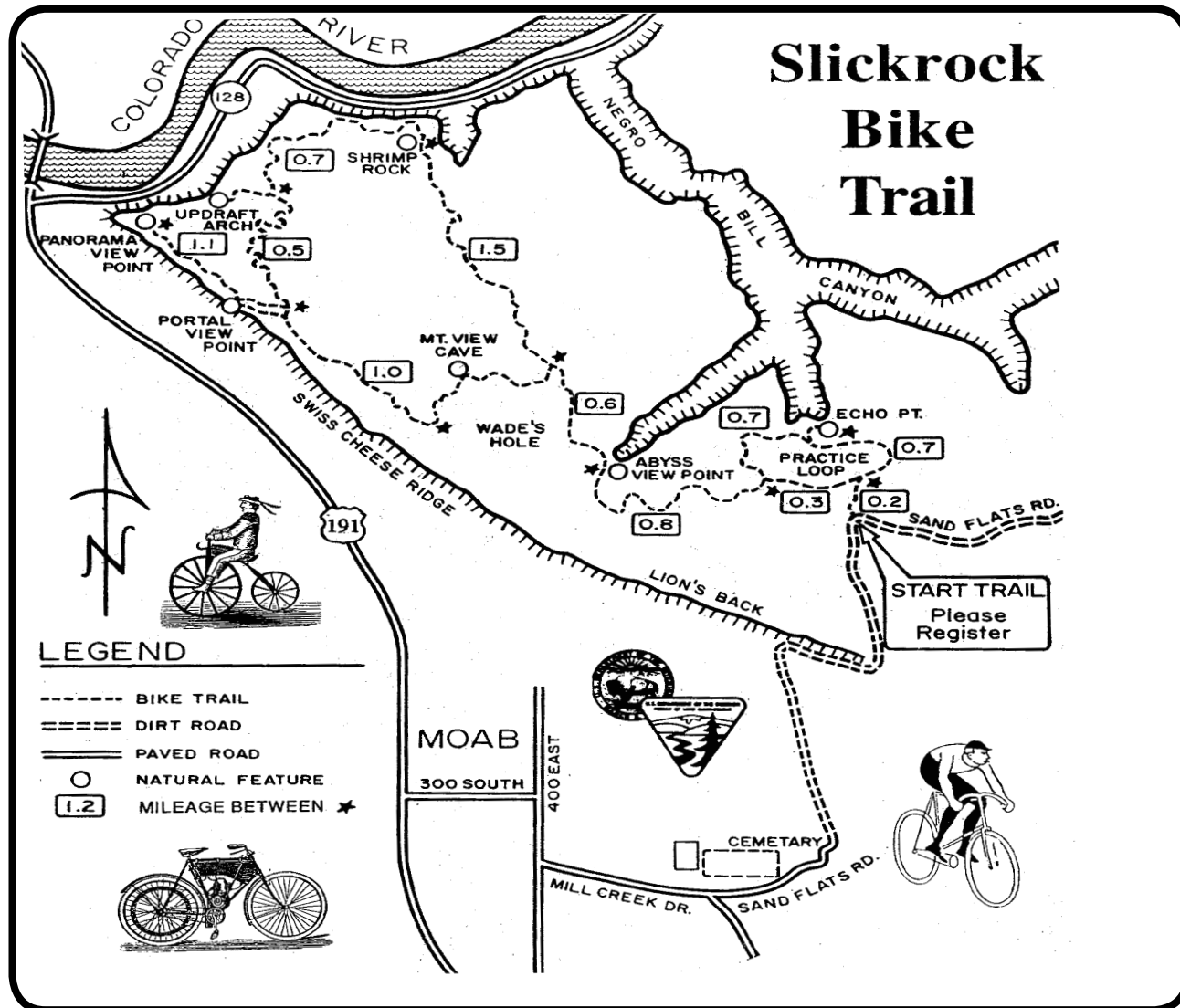
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# MOUNTAIN BIKING



• **MOAB CENTURY TOUR September 20-22, 2013** This annual event is a weekend packed with road cycling benefiting the Moab Cancer Treatment and Resource Center and other cancer survivorship Programs. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. Rolling and Climbing Routes ranging from 42 to 100 miles on this fully supported road cycling tour. Visit [www.skinnytireevents.com](http://www.skinnytireevents.com) or 435.259.2698.

• **OUTERBIKE October 2-6, 2013** Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to [www.outerbike.com](http://www.outerbike.com).

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL - October 24-27, 2013** Presented by ChilePepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit [www.moabardown.com](http://www.moabardown.com) for more information.

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

• **SKINNY TIRE FESTIVAL March 8-11, 2014** Three rides of the Skinny Tire Festival highlight Moab's different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient Puebloan petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through the grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit [www.SkinnyTireEvents.com](http://www.SkinnyTireEvents.com).

• **4<sup>TH</sup> ANNUAL GRAN FONDO MOAB May 2014** The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates.

• **MOONSHADOWS IN MOAB May 2014** Enjoy this fully supported 44 or 60 mile ride by the light of the (almost) full moon. As you gain 2700 feet in climbing elevation the moon has risen and illuminates the desert sagebrush casting a silvery glow throughout the vastness of Canyonlands National Park. Arrive at Dead Horse Point State Park for a light dinner at the outdoor Moonshadows Café overlooking the Colorado River. Drink in the ambiance at the most unique AID/food station you may ever visit. Enjoy a thrilling return to the Start/Finish area then enjoy post-event revelry at Frankie D's Saloon.

## Dead Horse Point Trails Need Your Help!

By Amanda Ravel

Want to help out your community by spending a day in the great outdoors. Dead Horse Point State Park is looking for volunteers to help out for a day of trail maintenance on Saturday, June 8th from 10AM to 3PM. This is a great opportunity to visit a great state park and provide help for your community.

During the day we are going to be working on the Intrepid Mountain Bike Trail and the hiking trails. Some of the duties involve raking out bike tracks, removing sand, restacking cairns, narrowing trails, and blocking off spur trails.

If you are interested in helping out with this project please meet at the Dead Horse State Park Visitor Center

on Saturday, June 8th at 10AM. The event will run until around 3PM. Trail maintenance tools will be provided, but please bring work gloves if you have them. Please wear durable footwear. Also, be sure to bring plenty of water and a sack lunch.

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on State Route 313. The visitor center is open daily from 8AM to 6PM. If you have more questions about the event please don't hesitate to contact the park. Please register in advance by contacting the park at 435-259-2614. Trail crew volunteers will get free entrance into the park for the day and another one vehicle entrance pass for a day of your choosing.

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.



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# SKY HAPPENINGS

## The Sky for June 2013

By Faylene Roth

### SUNRISE AND SUNSET

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

|    |        |        |
|----|--------|--------|
| 1  | 5:56am | 8:37pm |
| 2  | 5:55am | 8:38pm |
| 3  | 5:55am | 8:38pm |
| 4  | 5:55am | 8:39pm |
| 5  | 5:54am | 8:39pm |
| 6  | 5:54am | 8:40pm |
| 7  | 5:54am | 8:41pm |
| 8  | 5:54am | 8:41pm |
| 9  | 5:54am | 8:42pm |
| 10 | 5:53am | 8:42pm |
| 11 | 5:53am | 8:43pm |
| 12 | 5:53am | 8:43pm |
| 13 | 5:53am | 8:44pm |
| 14 | 5:53am | 8:44pm |
| 15 | 5:53am | 8:44pm |
| 16 | 5:53am | 8:45pm |
| 17 | 5:54am | 8:45pm |
| 18 | 5:54am | 8:45pm |
| 19 | 5:54am | 8:46pm |
| 20 | 5:54am | 8:46pm |
| 21 | 5:54am | 8:46pm |
| 22 | 5:54am | 8:46pm |
| 23 | 5:55am | 8:46pm |
| 24 | 5:55am | 8:46pm |
| 25 | 5:55am | 8:46pm |
| 26 | 5:56am | 8:47pm |
| 27 | 5:56am | 8:47pm |
| 28 | 5:56am | 8:47pm |
| 29 | 5:57am | 8:47pm |
| 30 | 5:57am | 8:46pm |

### MAJOR CONSTELLATIONS OF JUNE

#### Overhead

- Boötes
- Corona Borealis
- Hercules

#### Northward

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

#### Eastward

- Aquila
- Cygnus
- Lyra

#### Southward

- Corvus
- Crater
- Libra
- Ophiucus
- Sagittarius
- Scorpius
- Virgo

#### Westward

- Cancer
- Gemini
- Hydra
- Leo

### DAYLENGTH

Long days and short nights dominate the month of June. The length of the period of daylight varies by only eleven minutes this month peaking at 14 hours 52 minutes for a period of six days, centered on the solstice, and then slowly shortens by a minute every few days over the next several weeks. Due to variations in Earth's velocity and position in its orbit, the earliest sunrise of the year occurs about one week before the solstice and latest sunset of the year occurs about one week after the solstice.

Summer twilight in June creates the dimly-lit, long, dusky evenings that linger until nearly 11:00pm before the

### VISIBLE PLANETS

**Jupiter** – The second brightest planet may be visible for the first few June evenings a few degrees below Venus on the western horizon. It then begins its pass around the back side of the sun from our point of view. It reaches superior conjunction (opposite the earth on the far side of the sun) on June 19 and reappears in mid-July in the morning sky. (Magnitude -1.6)

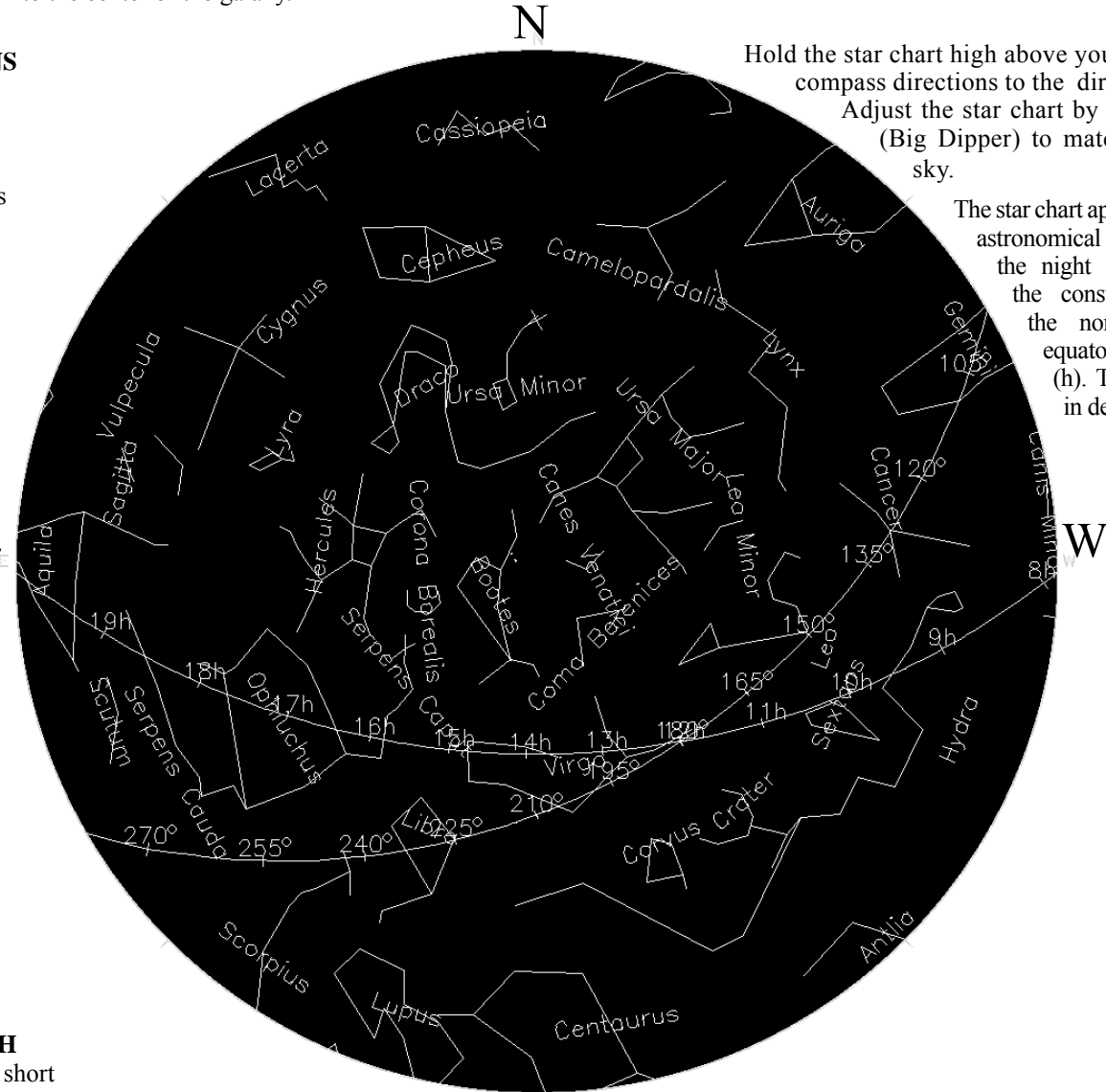
**Mercury** – Our most elusive planet swings out to its greatest elongation (furthest distance from the sun and highest position in the sky) on June 12. Best viewing time is 45 to 60 minutes after sunset. Mercury appears above Venus until June 18-20 when Venus closes in to about two degrees of Mercury. Venus then claims the upper position. Mercury remains in Gemini throughout the month, and both disappear into the glare of the setting sun by month's end. (Magnitude -0.3 dimming to +1.3)

**Saturn** – Arcturus (Boötes), Vega (Lyra), and Saturn are the first three objects visible in the overhead evening sky. Saturn's steady golden light differentiates it from the strong white light of Vega and the red-orange hue of Arcturus. Look for Saturn between Virgo's bright star Spica (to the west) and the four stars that form Libra (to the east). On the night of June 19, Saturn appears above the waxing gibbous moon. (Magnitude +0.9)

**Venus** – Its brightness and location low on the western horizon after sunset makes Venus easy to identify. View from a high vantage point with a clear view of the western horizon. On June 10 a thin waxing crescent moon appears south of Venus with Mercury between them—about four degrees from Venus. Castor and Pollux (Gemini) may be visible on the horizon. Venus moves higher above the western horizon each evening. By month's end it appears in Cancer. (Magnitude -3.7)

*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.*

Bright stars Vega (Lyra), Deneb (Cygnus), and Altair (Aquila) form the Summer Triangle—an asterism, which is a recognizable shape that is not designated a constellation. The Big Dipper (aka Plough or Wagon) forms an asterism within Ursa Major. Look for the Summer Triangle in the early evening eastern sky. The Milky Way runs through it from north to south. Follow its path southward to Sagittarius, and you will be looking into the center of the galaxy.



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

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

sky reaches true darkness. Civil twilight spans the 30-minute period after sunset when adequate light still fills the sky. During June, the next two periods of fading twilight—nautical twilight and astronomical twilight—are longer than usual since the sun's rays strike so far north of the equator. (The reverse progression occurs at dawn.) These lingering dimly-lit evenings continue through most of July.

### SOLSTICE

The northern hemisphere swings its full tilt to the sun—here in Moab—just before midnight on June 20. At 11:04pm MDT the sun reaches its northernmost position in the sky. In some cultures the June solstice marks the first day of summer in the northern hemisphere. In others it marks the mid-point of summer. Meteorologists count the seasons in full months with summer beginning on June 1.

### MOON HAPPENINGS

- June 8** – New Moon occurs at 9:56am.
- June 16** – First Quarter Moon sets several hours after midnight.
- June 23** – Full Moon occurs 5:32am and rises at 9:03pm.
- June 30** – Last Quarter Moon rises soon after midnight.

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

### SUPERMOON

The June full moon occurs just 23 minutes after it passes its closest point to Earth this year—making it appear larger and brighter than the average full moon. Since the full moon occurs in the early morning hours of June 23, it presents two opportunities for watching it rise. A 99% full moon rises on the southeastern horizon on two evenings: Saturday, June 22, at 8:05pm and again Sunday, June 23, at 9:03pm. Adjust rising time for the elevation of surrounding landscape features.

### METEOR EVENTS

Minor meteor activity occurs throughout the month with radiants from many different directions. The first half of June offers the best viewing opportunities providing least interference from the moon.

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

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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.

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# NATURE HAPPENINGS

## Toadally At Home

Collared lizard. Midget-faded rattlesnake. Western whiptail. Gopher snake. These and many other reptiles roam the desert during the warm months, seeking prey and raising young. Their presence is expected as part of the desert's fauna, but another group of wildlife is "toadally" unexpected.

This group is represented by toads, frogs and salamanders; amphibians with two different live stages – the aquatic larval and "amphibious" adult form.

In *A Naturalist's Guide to Canyon Country* David B. Williams writes, "A desert amphibian may seem like an oxymoron..." Although water is sparse in the Canyonlands, there are springs and seeps, ephemeral and year-round streams, rivers that rise



and fall creating backwaters or flooded bottomlands that are perfect habitat for amphibians. And don't forget potholes, those reservoirs eroded into the sandstone.

Here are several amphibians that occur here.

Canyon treefrogs may be observed clinging to pothole walls or perched atop boulders in a canyon stream. Their cryptic coloration protects them from predators, and specialized toe pads enable them to cling to rock surfaces. Treefrogs are named for their ability to climb vegetation; however, this canyon-dwelling species spends more time attached to the rocks than plants.

The male's nighttime or early morning choruses sound like flocks of bleating sheep. The chorus is to attract females for breeding, and eggs are laid in large floating masses.

Red-spotted toads, named for the reddish warts that cover their small bodies, are common throughout the desert. Found in streams, canyon washes and potholes, these toads emit a shrill trill that pierces a June night. Small clusters of eggs, enclosed in a gelatinous sheath, are laid in vast quantities. But life in a pothole is a race against time; these masses of eggs may hatch within a few hours after being fertilized. Taking 5 to 8 weeks to develop, the tadpoles have to mature before the pool dries up.

The Woodhouse's toad is a large brown-gray toad with a long white back stripe. Reaching the size of a hockey puck, these toads crawl under boulders or into burrows to await the cooler portions of the day



and night. During the breeding season, these toads chorus while clinging to vegetation or treading water. Their loud, throaty "waaaaa" may be heard a long way off. Eggs are laid in long strands like a string of black pearls.

In addition to toads and frogs, tiger salamanders also inhabit lakes and ponds in the Southwest. Salamanders don't chorus like frogs or toads, but gather in aquatic areas to breed and lay eggs. In certain areas, the larvae may take several years to metamorphose into adults. These larvae have frilled external gills and large heads, and feed on tadpoles and aquatic invertebrates. In other

locations, the larvae remain in that form but become sexually mature. This unique ability allows the larvae to take advantage of aquatic resources.

So even though mammals, birds and reptiles may make up your daytime wildlife viewing, don't forget to add the amphibians as a group to look for which are "toadally" at home here in Canyon Country.



By Damian Fagan



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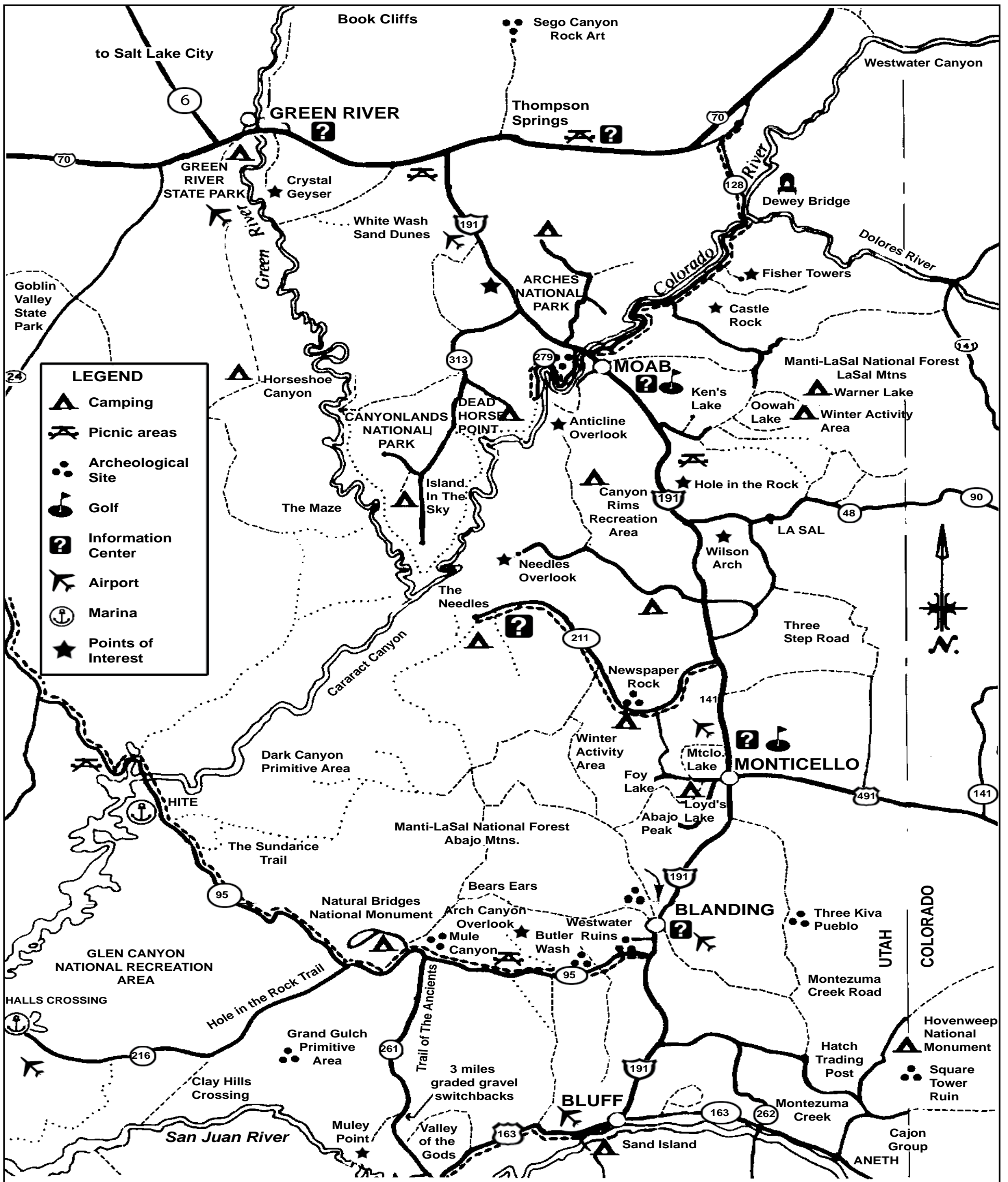


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from line to line and they will be greeted with views of Arches National Park, the La Sal Mountains, and the Colorado River Canyon. Sections of the zip line course

helped us to finish up registration and paperwork. After gearing up, the friendly guides took us up to the zips on a private 4-wheeling trail. This just gets the fun going. The lines are well crafted, starting with the easiest and shortest first as a warm up. I am a little afraid of heights, but the guides totally understood and help eased any worry. For sure there is mild hiking, make sure you have your shoes for the slick rock. I have lived in Moab for 6 years, and I think this is the best way to experience the awesome landscape!"

-Rebecca W (Tripadvisor.com)



are near the famous Slick Rock Bike Trail and the Hells Revenge Trail is easily seen. The entire tour takes around two to two and a half hours.

The professionally trained and certified guides will clip you onto the zip line and we have a braking system that will stop you. All a guest does is sit back and enjoy the ride. Course requirements allow weight limits of 70-275 pounds and the minimum age for participation is 9 years old. Current rates are \$99.00 for adults 16 and up and \$59.00 for youths 9-15 years of age. Currently, we offer a fifteen percent off discount for groups



1300' long each! Our course also includes lines known as B-line which is 360', Tanaya Take-Off at 450' and Cliffjumper which is a fast 420'. This June, construction will be completed on the 100' suspension bridge which will only add to the adventure. A short hike takes guests

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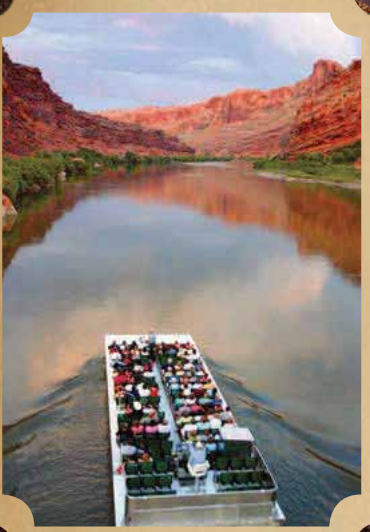
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**CANYONLANDS  
BY NIGHT & DAY**





SHOPPING  
DINING

# MOAB HAPPENINGS

LODGING  
EVENTS

Volume 25 Number 3

Section B

June 2013



## Moab Area Chamber of Commerce Gives Back and is... **SNAP, CRACKLING, AND POPPING IN 2013!** **FOURTH OF JULY PARADE** **THURSDAY, JULY 4TH**

The annual Fourth of July Celebration at Swanny City Park will be held this year on Thursday, July 4th and will start with a rousing parade tribute to the Red, White, and Blue. The parade will begin at 9:30 a.m. Parade line-up will begin at 8:30 a.m.

Come join us in your best patriotic garb. Ride a bike, walk, or decorate a float or vehicle. Children are especially invited to decorate their bikes, trikes, skateboards, etc...

There is no registration required, so just show up! If you have a large or specialized group (play music, ride horses, etc.) or have special requests, please contact Jim Thuesen at 260-1710 or jimthuesen@frontiernet.net no later than June 29th.

It's a short parade, so almost anyone can participate. It starts at MC's on the Corner Market, 400 N. & 500 W. (Please don't block MC's customer parking area!), and ends at Turner Lumber. Please remember to carry plenty of water!



This is a family oriented parade and we expect respectful entries. Regardless of our personal politics or opinions, this is a celebration of the beginnings of our country. The Parade Committee reserves the right to ban any entry deemed inappropriate.

Calling All Volunteers... for the Annual Moab Area Chamber of Commerce July 4th Celebration!

This year's celebration will take place on THURSDAY, JULY 4th, at Swanny City Park from 10:00 a.m. until 2:00 p.m.

We have many games, activities and prizes planned for the children of our community, and we need people to facilitate them.

If you are willing and/or able to help with this event, please contact the Chamber office at 259-7814 or moabchamber@live.com

We are also looking for musical acts, dancers, performing groups for our community talent showcase! We know there are many groups who have just performed

at competitions for band, dance studios etc. Contact the Chamber and get another opportunity to display your talent!

Please help the Chamber so that we can continue this community event!



**4th of July Fireworks Display** sponsored by Grand County, the Grand County Recreation District, and the City of Moab. Fireworks will be choreographed to a playlist on a local radio station and showcased from Lions Back at dark, around 10PM.  
Rain/wind date: within 2 days.

## RAFT TRIPS ON THE COLORADO RIVER

**Westwater Canyon (Class III to IV)**  
paddle or oar  
Full day w/ lunch. Call for info

**One Day Cataract Canyon Trips (Class V)**  
Call for current information  
(In high water its awesome!)

**Meander Canyon Wilderness Tour**  
Calm water boat tour to a canyon wilderness.  
A river on the mellow side



**4x4 Tours in Canyonlands**  
Island in the Sky  
(Half day trips at 8am, 1pm and 4pm)

**Elephant Hill & Chesler Park in the Needles**  
(Full day w/ lunch)

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The more we can help our bodies do their job, the healthier we will be. We have a choice. When possible, receive a massage, choose non-toxic organic foods and skin care products, and begin to feel the benefits of clean living!

We invite you to stop by, browse, and take a "menu" home. Visit us online at [www.spamoab.com](http://www.spamoab.com) and check out the monthly packages and Father's Day specials. At Spa Moab the

goal is that you will walk out the door feeling relaxed and quietly energized having spent quality time at a soothing small-town spa.

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≈ Blen Freestone is now seeing patients Monday and Wednesday from 9-4 for family practice.  
≈ Dr. Hayes surgical consults and follow-ups by appointment on Thursday.  
≈ Dayna Hochevar PA-C. Every Friday 9-2.

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Spa Moab is proud to offer supportive whole body cleanses, helping people to continue their healing journey at home. Cleansing is like hitting the "reboot" button on



our system. It gives the body a chance to clear up the accumulated toxins that have built up over the years. Cleansing triggers the body's natural healing and nurturing defenses to do the work it's meant to do.

That's why at Spa Moab, we are launching three different 10-day cleanses to help you do a little Spring Cleaning on the inside of you. Join Certified Health Coach Sarah Finkbeiner as she personally guides and supports you each day for 10 days, while you cleanse and nourish your body back to vibrant health. You don't have to do it alone!

- **10 Day Sugar Cleanse** – Addicted to sugar? It just so happens to be a highly addictive toxic substance and is found in almost all processed & packaged food. Deconstruct your cravings and re-train your body to crave naturally sweet foods with this Sugar Cleanse!

- **10 Day Junk Food Cleanse** – Can't resist the junk food? Well, there's really no such thing as junk food – there's either food or junk. Reset your cravings and give your body what it really wants with this Junk Food Cleanse!

- **10 Day Veg Pledge Cleanse** – Increasing the amount of vegetables in one's diet is one of the most fool proof ways to boost health, fight off disease, and increase longevity. Challenge yourself to cut the meat with this 10 day Veg Pledge Cleanse!

We not only have a choice in what we put into our bodies by way of food, but we also have the good fortune of choosing what we put ONTO our bodies as well.

The facials at Spa Moab are customized for each individual and can treat sun damage, fine lines, acne, and more. The experienced estheticians love sharing first hand knowledge about treating skin in this harsh high desert environment. Spa Moab offers two product lines, both are very high quality, professional, and result driven. A neck, shoulder, scalp, and foot massage with warm booties are included in the facials.



50 minutes \$85

#### Vitamin Infusion Facial

Get your skin ready for summer with this custom facial. Refresh your skin and maximize its ability to resist environmental damage caused by sun, pollution and stress. 50 minutes \$85

#### Coconut Milk Pedicure

Quench your feet with this hydrating and healing spa pedicure. This will leave your feet feeling nourished and incredibly smooth. 50 minutes \$65

Give Dad a day at the spa with the **Gentleman's Package**. Of course, men can enjoy all of our services but these are their most popular. This treatment includes a back scrub to help cleanse and replenish the skin, leaving it revived and re-energized. A relaxing massage to release muscular tension and a Manly Pedicure. \$150



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# HEALTHY HAPPENINGS

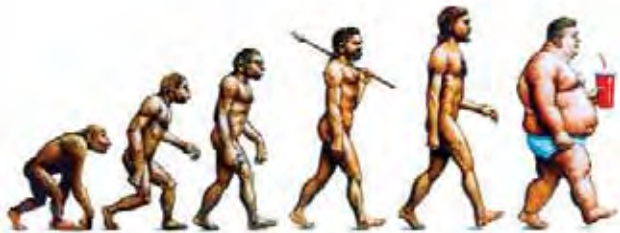
## A Fatter World

By Travis Holtby

We are a fat country. It isn't exactly news that one of the few metrics that America still leads the world in is our obesity rate. What is news is that the rest of the world is catching up with us.

A study released by The Lancet, a medical journal, which involved nearly 500 researchers across 50 countries who tracked and compared health data from 1990 to 2010, found that over the last two decades the global rate of obesity has risen by 82%. In all but the world's poorest countries, people are getting fatter at an alarming rate.

Even more shocking is the fact that, for the first time, non-communicable diseases (NCDs), like heart disease, diabetes and strokes, are the leading causes of years spent sick or injured.



That means that, even though people are living longer, their quality of life is getting worse. These chronic diseases are not cheap either.

"In many cases being overweight at age 50 will not only double but actually triple or quadruple the incident rate for many diseases," says Dr. Y. Claire Wang of the Mailman School of Public Health at Columbia University.

Wang estimates that by the year 2030 the cost of treating these obesity related diseases in America will top \$66 billion. Treating these diseases globally over the next 20 years could cost \$30 trillion, according to a report by the World Economic Forum and the Harvard School of Public Health.

So what happened? How can it be that obesity is a bigger global health crisis than hunger?

The problem of obesity is not as simple as it used to be. Eating the wrong food and not getting enough exercise, though largely responsible, are not the only reason that the world now has a bigger problem with people being overweight than underweight.

There is no doubt that people are eating too much of the wrong stuff and not moving around enough afterwards. There is no doubt that the percentage of Americans that are obese and overweight- 35.7% and 74.1% respectively, according to the World Health Organization (WHO)- would be dramatically reduced if people starting eating fresher, more nutritious food. And no doubt that if you got people getting just 20 minutes of exercise per day (that can include just walking around the block) in addition to eating healthier, then those numbers would be a fraction of what they are today.

But to leave the solution at that is to miss a much more pernicious culprit that is helping to fatten the developed and developing world. That culprit is the industrialization of our food and health products.

Though it is still in its infancy, the study of obesogens, a subset of endocrine-disrupting chemicals, is already yielding some frightening

evidence about the extent to which the chemicals in our food, water, cosmetics and air are altering our body's natural hormonal balance to increase the development of our body's fat cells.

A recent New York Times article details a study that showed how mice, exposed to just one part per billion of DES, an obesogen, at birth, gained significantly more flab than mice that had not been exposed, despite no real difference between the mice in exercise or diet.

A major reason that you may not have heard about these hormone disrupting chemicals is that there is a concerted effort being put forth by large chemical companies to keep these chemicals unregulated.



In much the same way that cigarette companies for years sought to block research and publication on the detrimental effects of smoking, the chemical lobby is doing its best to keep the public in the dark about these chemicals. Chemicals that many Americans consume everyday and that are being shown to contribute not only to obesity, but also to cancers and dysfunctions in sex organs.

So what can you do to stay as far clear of these poisons as possible?

Fortunately there are a few quick and easy steps that you can take to help you avoid some of the worst of these chemicals.

Don't drink out of plastic single serving containers- Most plastic containers contain Bisphenol A (BPA) and a group of plastic softeners called phthalates. Both of these substances have been shown to contribute to serious health problems, particularly in children. So instead of a grabbing a plastic bottle next time your thirsty, fill up a glass or metal container, like a Klean Kanteen, with water or juice.

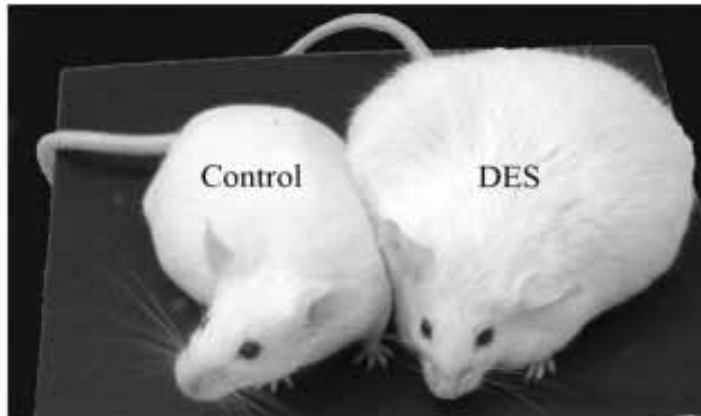
Eat Organic and Non-Genetically Modified (Non-GMO) Produce- Not all produce is created equal.

The fertilizers, chemicals, and genetically modified seeds used to grow much of the produce that you see in the grocery store can contain chemicals that may have long-term negative effects on your health. Rather than buying apples grown in Chile or tomatoes grown in greenhouses all the way across the country, go down to your local health food store or farmers market. Locally grown and Organic produce not only is better for you but tastes better and keeps your money in your community.

Look at the ingredients- Before you throw something into your shopping cart, take a second look at the ingredient panel. Are there any names longer than three syllables? Is there anything listed that looks like it belongs in a science lab? Does it have corn syrup, hydrogenated or partially hydrogenated oils? If the answer is yes to any of these, put the box back and find a substitute with ingredients that you would want in your body.

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Our buyers purchase only the healthiest and most ethically sourced food. None of our products have corn syrup as a sweetener, artificial colors, artificial flavors, or MSG. We do not accept any dairy products that contain growth hormones and we carry no commercially grown produce. Wherever possible our products are organic, non-GMO, locally grown and produced, Fair Trade and free of preservatives. And as a non-profit, community run, natural foods store (soon to be Utah's only co-op!) you know that your money is staying in and benefiting the Moab area.



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## The Crystal Spa. Why Massage?

When most people think of Massage Therapy, the first thing that comes to mind is relaxation. The serenity of a quiet room with soothing lighting, calming music, and a complete sense of well-being. In a society of high stress and that is constantly on the go, relaxation is a much needed addition to most people's lives. This added relaxation in a person's life can be extremely beneficial in more ways than one.



Massage and Therapeutic Bodywork has been known to lower stress which has countless benefits on overall health and attitude. Although increased relaxation is a wonderful gift massage can give to the mind and body, it is only one of many delightful advantages men and woman alike can enjoy. Massage can increase circulation, bringing more oxygen and nutrients to the tissues and organs. It also stimulates lymph flow, the body's defense system

against toxins and illness', which goes hand in hand in boosting the body's immune system. Massage may also help individuals who suffer from headaches by relieving muscle tension and increasing blood flow. Body work has also been known to alleviate pain for those suffering from migraines.

People that carry a large amount of stress are not the only ones that can gain from massage, those who are physically active can receive great rewards as well. Physical activity can cause significant wear and tear on the body.



Certain activities, like mountain biking, rock climbing, or even sitting at a computer all day, can cause tightness and knots in specific areas. Getting a regular massage like a Swedish Massage or Deep Tissue Massage, can help alleviate the pain caused by these activities. It can also assist in the healing of injured or overused muscles by reducing recovery time.

Whether it is a relaxing break from the day that is needed, or a cure to a nagging pain, massage is an option that should not be overlooked. If you are in need of a little TLC, The Crystal Spa offers a friendly and inviting environment to take away your troubles. Offering 30 minute, 60 minute and 90 minute sessions, The Crystal Spa can customized massage to each individual client and meet their specific needs. Massage and Therapeutic Bodywork are not the only way to unwind, many other services are available to accommodate to a client's preference. Facials, Manicures, Pedicures and various other services are available to soothe and relax those in need of something other than a massage.

Next time you are in need of getting rid of some unwanted stress or tension, give massage a try, the result could surprise you.

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# BIRD HAPPENINGS

## Second Chance Wildlife Rehabilitation Center

by Marcy Hafner  
photos by Debbie Pappas & Nick Eason

On the day before Christmas in 2005, a big crowd had gathered at the Sunset Grill for a memorable event. It had nothing to do with the festivities of the season, but everything to do with a second chance on life for a male, immature golden eagle named Petrie.

In early October this young eagle was found in the Cisco Desert and brought to Debbie Pappas, a licensed wildlife rehabilitator at the Second Chance Wildlife Rehabilitation Center in Price, Utah. An injury to his left leg and foot had prevented him from hunting successfully. Weak from starvation and dehydration, he couldn't even stand up. Under Debbie's tender loving care, however, Petrie had made a quick and full recovery. Now he was ready to go out on his own.

Emerging from the crowd Debbie held Petrie tightly in her arms. Wrapped in a blanket this magnificent bird anxiously peeked out from his protective covering as the gold on his neck, which gives the golden eagle his name, shimmered in the sunlight. In my wildest dreams, I never thought I'd ever get this close to a golden eagle. Then with a hefty toss into the crystal clear air, he immediately took flight.

Petrie was the third bird to be released from the Sunset Grill. First came an immature peregrine falcon followed by an immature turkey vulture. Most birds come to Debbie with impact injuries from collisions with vehicles, as orphans, the effects of lead poisoning or young birds who haven't perfected their hunting skills. When a bird can't go back to the wild, a painful decision must be made as to what works best for the welfare of the bird and some are placed in an educational program with a licensed educator.

On the evening of July 25, 2007 Debbie returned to Moab to release four juvenile screech owls at the Scott M. Matheson Preserve, an event I wasn't going to miss. When she opened the container, everyone waited to see what would happen as these adorable owls with their bright

yellow eyes stared back at their audience. Not wanting to leave the security of their temporary home, they made no attempt to escape and had to be hand released. I was thrilled when Debbie asked me to participate. Then for a powerful few minutes I had a small owl perched on my gloved hand that seemed content to stay there. Finally a nudge from behind sent this timid creature airborne to a new life in the wild, leaving me with a gripping experience I'll never forget.

Over the years Debbie has cared for many birds including a loon that she kept in her bathtub. She and husband listened to that loon yodeling through the night. Unfortunately, this particular loon died from lead poisoning caused by gunshot wounds.

Currently the list goes on and on: A soon-to-be-released barn owl rescued last year from a tree where he was hanging upside down from a fishing line 30 feet above the ground - two injured great blue herons that were found in Moab; fortunately one was rehabbed sufficiently for its second chance on life - a non-releasable Swainson's hawk who will go to Wild Wings, Inc., where hopefully he will thrive in his new environment - two ferruginous hawks - two crows - a screech owl named Little Avon - and Clark, a gunshot golden eagle, who is ready to be released.

SecondChance, one of only eight wildlife rehabilitation facilities in Utah, is both state and federally permitted. Debbie, her assistant Connie and their veterinarian donate their services, but the bills for surgical expenses, medical supplies, medications and food for their patients keep rolling in 365 days a year. Since they receive no federal or state funding, they are dependent on donations. Consequently Debbie is running out of money and unless she receives monetary help soon, she will be forced to close her doors.



## Hear and See Songbirds in the La Sal Mountains

You can thrill at the sight of songbirds in their breeding plumage, and enjoy their songs and calls, during a bird walk in the La Sal Mountains.

The free, public walk will happen on June 1<sup>st</sup>. If you'd like to participate, meet at the Moab Information Center (at the corner of Center and Main streets) at 7 a.m. From there, the group will caravan up La Sal Mountain Loop Road to the Warner Lake area.

For the best experience, bring a pair of binoculars and a field guide, if you have them. A few pairs of binoculars will be available for those who don't have their own. Although the walk isn't arduous, wear sturdy shoes or hiking boots. Also, be sure to bring any beverages and snacks you might want to drink or eat during the walk.

To experience the songbirds, participants will need to move slowly, stay on roadsides and trails, and speak in hushed voices. As a courtesy to others, please leave pets and small children at home. Some birders will stay as late as noon, but you're welcome to leave the group at any time.

No registration is required for the event. The walk is sponsored by the Division of Wildlife Resources, the Moab Bird Club and the U.S. Forest Service.



For more information, call Brent Stettler with the DWR at 435-613-3707 or Marian Eason with the Moab Bird Club at 435-259-6447.

Contact: Brent Stettler, DWR Southeastern Region Conservation Outreach Manager, 435-613-3707 or 435-636-6731



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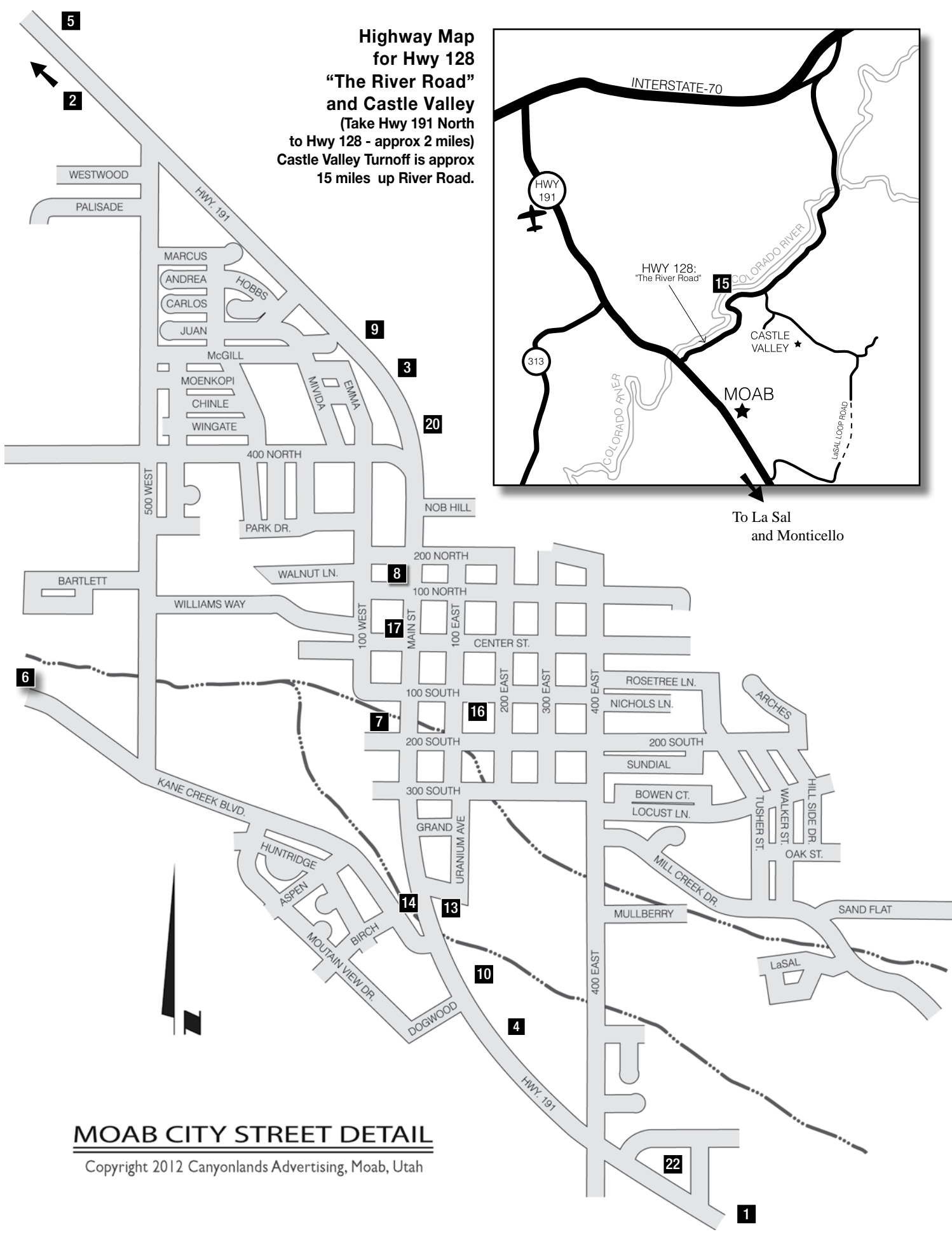
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## Key to Lodging Guide

|    |                               |              |                            |
|----|-------------------------------|--------------|----------------------------|
| 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.lq.com www.lq.com/moab |
| 5  | Moab Springs Ranch            | 435-259-7891 | www.moabspringsranch.com   |
| 6  | Adobe Abode Bed and Breakfast | 435-259-7716 | www.adobeabodemoab.com     |
| 7  | Gonzo Inn                     | 435-259-2515 | www.gonzoinn.com           |
| 8  | Bowen Motel                   | 435-259-7132 | www.bowenmotel.com         |
| 9  | Inca Inn                      | 435-259-7261 | www.incainn.com            |
| 10 | Moab Valley Inn               | 435-259-4419 | www.moabvalleyinn.com      |
| 12 | This Space Could be Yours!    | 435-259-8431 | www.moabhappenings.com     |
| 13 | Red Stone Inn                 | 435-259-3500 | www.moabredstone.com       |
| 14 | Big Horn Lodge                | 435-259-6171 | www.moabbighorn.com        |
| 15 | Red Cliffs Lodge              | 435-259-2002 | www.redcliffslodge.com     |
| 16 | Moab Rustic Inn               | 435-259-6177 | www.moabrusticinn.com      |
| 17 | Accommodations Unlimited      | 435-259-6575 | www.moabcondorentals.com   |
| 20 | Days Inn                      | 435-259-4468 | www.daysinn.com            |
| 21 | This Space Could be Yours!    | 435-259-8431 | www.moabhappenings.com     |
| 22 | Sleep Inn                     | 435-259-4655 | www.moabsleepinn.com       |



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## Moab Worship Services Directory

|                                                                                                       |                                                                         |
|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| Assembly of God • 1202 South Boulder Avenue.....259-7747                                              | Grace Lutheran Church<br>360 West 400 North ..... 259-5017              |
| Bahá' Í Faith ..... (435) 650-5778 or (575) 649-8381                                                  | Jewish Interfaith Beit Moabi<br>www.beitmoabi.org ..... 260-0241        |
| Canyonlands Fellowship<br>111 East 100 North.....260-2434                                             | Kingdom Hall of Jehovah's Witnesses<br>25 West Dogwood..... 259-7363    |
| Church of Jesus Christ of Latter-Day Saints<br>First & Second Wards • 475 West 400 North.....259-5566 | Moab Baptist Church • 356 West Kane Creek Blvd. .... 259-8481           |
| Third, Fourth & Fifth Wards • 701 Locust Lane.....259-5567                                            | Quaker Worship Group • 81 North 300 East..... 259-8178                  |
| Community Church • 544 MiVida Drive ..... 259-7319                                                    | River of Life Christian Fellowship<br>2651 East Arroyo Rd..... 259-8308 |
| Episcopal Church of St. Francis<br>250 South Kane Creek Blvd ..... 259-5831                           | St. Pius X Catholic Church • 122 West 400 North..... 259-5211           |
| First Baptist Church SBC • 420 MiVida Drive..... 259-7310                                             | Seventh Day Adventist<br>4581 Spanish Valley Drive..... 259-5545        |
| Four Corners Faith & Worship Ministries ..... 259-0041                                                | The Church of Christ • 456 Emma Boulevard..... 259-6690                 |
| Friends in Christ Free Lutheran Church<br>1240 South Highway 191..... 259-4378                        |                                                                         |



**13**

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# BACKYARD THEATER HAPPENINGS

*There's a new Variety Show in Town! It's the Moab Dog and Pony Show.*

by Randy Thomas

Moab now has a brand-new outdoor entertainment venue. The Moab Backyard Theater (56 West 100 South-behind Zax) premiered this spring with an old-fashioned variety show. The shows are Saturdays in downtown Moab beneath the boughs of a tremendous Cottonwood tree. It's a throwback to American entertainment from long ago, complete with straw bale seating. "People say they're the most comfortable seats in town", says Sand Sheff, co-creator along with his wife Sunnie of the new theater. The inspiration for the Theater came from the old American Variety and Carnival shows of the past. "There has been a bit of a lack of family entertainment in downtown Moab," Sheff says. "Once people are done seeing the beautiful sights and having dinner, we thought it would be nice for them to have a fun place to see and hear the great talent we have in the Four Corners. We have comedy and entertainment that's intended to entertain adults but is also suitable for children"



The show that resulted is called Moab's Dog and Pony Show. It's a fast-paced show filled with humor, magic, music and even thrills. Magician Rick Boretti gets the crowd excited with his jaw-dropping illusions and witty asides. Rick is a long-time boatman who has honed his skills on the river and in front of crowds across the country.



Also appearing are the Uranium Players comedy troupe, which features Shane Bartosh and Kaitlin Harris. They poke fun at Moab characters like Rangers, 4-wheelers, Outlaws and such with musical comedy and sketches.

Different music is featured each week, drawing from the rich pool of talent in the Four Corners area. Local young country sensation Devon Dixon opened up the Theater on Easter Weekend. The golden-throated troubadour promises to be returning regularly, much to the delight of the young ladies and lovers of genuine traditional country music.

Finishing out the show are the stunning theatrics of the Blazing Outlaw Fire Dancers. The Moab Backyard Theater is one of the only places in the Rocky Mountains where this amazing art form can be witnessed in a family-friendly environment. "You've got to see it to believe it," Sheff says of the Outlaws breathtaking fire performances.

So if you are in the mood to behold one of the last open-air variety shows in the country, then you've come to the right place. Moab Backyard Theater is located in downtown Moab at 56 West 100South, about 100 feet to the west of Zax restaurant. It's fun for adults but if you have kids, be sure and bring them, because they get in free! See you there!



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

## MOAB CLUBS & ORGANIZATIONS

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

|                                                                    |                                     |                                                                          |                                     |
|--------------------------------------------------------------------|-------------------------------------|--------------------------------------------------------------------------|-------------------------------------|
| AARP, Chapter 1539 .....                                           | 259-6396                            | Moab Duplicate Bridge Club (Gail Darcey) .....                           | 259-1733                            |
| Alcoholics Anonymous/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                            |
| Bikers Against Child Abuse (B.A.C.A.) .....                        | 210-4421                            | Moab Masonic Lodge #30.....                                              | www.moabmasons.org ... 260-9169     |
| Boy Scouts of America (Kent Dalton) .....                          | 259-6521                            | Moab Music Festival (Andrew Yarosh).....                                 | 259-7003                            |
| Canyonlands Field Institute (Karla Vander Zanden) .....            | 259-7750                            | Moab Poets & Writers (Marcia Hafner) .....                               | 259-6197                            |
| Canyonlands Film Society (Becky Thomas).....                       | 259-2286                            | Moab Rock Club (Jerry Hansen).....                                       | 259-3393                            |
| Canyonlands Rodeo Club (Kirk Pearson) .....                        | 260-2222                            | Moab Quarter Horse Assoc. (Kathy Wilson).....                            | 259-8240                            |
| Colorado Outward Bound School – Moab basecamp (Chris Benson) ..... | 435-259-5355                        | Moab Rotary April Action Car Show .....                                  | 260-1948                            |
| Community Rebuilds (Emily Niehaus).....                            | 435-260-0501                        | Moab Roller Derby(Jessica O'Leary).....                                  | 575-635-3898                        |
| Canyonlands Wildlife Federation (Dave Bierschied).....             | 259-8217                            | Moab Ropers Club (Terry Lance) .....                                     | 259-9972                            |
| Center for Water Advocacy (Harold Shepherd).....                   | 259-5640                            | Moab Solutions (Sara Melnicoff).....                                     | www.moab-solutions.org ... 259-0910 |
| Daughters of Utah Pioneers (Hallie Tibbetts).....                  | 259-5225                            | Moab Sportsmen's Club (Frank Darcey).....                                | 259-2222                            |
| Deadhorse Motorcycle Club (Terry Flynn).....                       | 259-3878                            | Moab Taiko (Stephanie Dahlstrom) .....                                   | 259-2264                            |
| Delicate Stitchers Quilt Guild (Shauna Dickerson) .....            | 259-0906                            | Moab Teen Center-Club Red .....                                          | 259-9991                            |
| Elks Lodge #2021 (Dan Stott) .....                                 | 259-7334                            | Moab Trails Alliance (Kimberly Schappert) .....                          | 260-8197                            |
| Fallen Arches Square Dancers (Bob & Flora Erickson).....           | 259-2724                            | Moab Valley Multicultural Center (Zaida Agreda or Leticia Bentley) ..... | 259-5444                            |
| Friends of Arches and Canyonlands Parks (Joette Langianese).....   | 259-0108                            | Mutual UFO Network (Elaine Douglass).....                                | 259-5967                            |
| Friends of Canyonlands Health Care (Tom Edwards).....              | 260-1504                            | Order of the Eastern Star (Fran Townsend).....                           | 259-6469                            |
| Friends of Indian Creek (Sam Lightner, Jr.).....                   | 259-6639                            | Parent Teacher Association (Tiffany Saunders).....                       | 259-5830                            |
| Friends of the Grand County Library (Adrea Lund) .....             | 259-1111                            | PleinAir Moab (Sandi Snead).....                                         | 435-686-2545                        |
| Grand County Public Library .....                                  | 259-5421                            | Plateau Restoration/Conservation Adventures (Tamsin McCormick) .....     | 259-7733                            |
| Girl Scouts of The U.S.A. (Cynthia Williams) .....                 | 259-6683                            | Red Rock Astronomers.....                                                | 259-4743                            |
| Grand Area Mentoring (Dan McNeil) .....                            | 260-9645                            | Red Rock Forests.....                                                    | 259-5640                            |
| Grand County Democratic Party (Mike Binyon) .....                  | 259-1633                            | Red Rock 4-Wheelers (Ron Brewer).....                                    | 259-7625                            |
| Grand County 4-H (Marion Holyoak) .....                            | 259-7558                            | Retired Senior Volunteer Program RSVP (Jody Ellis) .....                 | 259-1302                            |
| Grand County Extension (Michael Johnson).....                      | 259-7558                            | Rotary Club (Kyle Bailey).....                                           | 259-6879                            |
| Grand County Food Bank .....                                       | 259-6456                            | The Salvation Army, Moab Service Extension, (Lenore Beeson).....         | 435-260-2135                        |
| Grand County Hospice (Tracey Harris).....                          | 259-7191                            | (or Sara Melnicoff).....                                                 | 259-0910                            |
| Grand County Prevent Child Abuse .....                             | 260-1039                            | Seekhaven Crisis Center (Jaylyn Hawks).....                              | 259-2229                            |
| Humane Society of Moab Valley .....                                | Animal Services 259-4862            | Senior Center (Verleen Striblen).....                                    | 259-6623                            |
| Ladies Golf Club (Chris Corwin).....                               | 259-5344                            | Sierra Club (Marc Thomas).....                                           | 259-3603                            |
| La Leche League (Kathy Grossman).....                              | hkgrossman@gmail.com...801-971-3756 | Society for Creative Anachronisms - (Travis Schenck).....                | (907) 617-6342                      |
| League of Women Voters (Cynthia Smith).....                        | 259-5306                            | Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....         | 259-7239                            |
| Lion's Club (Tom Warren).....                                      | 259-7834                            | Southern Utah Wilderness Alliance (Liz Thomas).....                      | 259-5440                            |
| Moab Aglow Lighthouse Fellowship (Murine Gray).....                | 259-5514                            | Toastmasters International .....                                         | 259-5767                            |
| Moab Arts Council (Theresa King) .....                             | 259-2742                            | Trail Mix Committee (Sandy Freethey).....                                | 259-0253                            |
| Moab Arts Festival (Gayle Weyner).....                             | 259-2742                            | Utah Conservation Corps (Rachel Senft - southern office / Moab) .....    | 259-0029                            |
| Moab Arts & Recreation Center (Laurie Collins) .....               | 259-6272                            | Valley Voices (Marian Eason).....                                        | 259-6447                            |
| Moab Bird Club (Nick Eason).....                                   | 259-6447                            | Veterans of Foreign Wars (Matt Keogh).....                               | 260-9822                            |
| Moab Chamber of Commerce (Kammy Wells) .....                       | 259-7814                            | Young Life Moab .....                                                    | 260-0285                            |
| Moab City Recreation (John Geiger) .....                           | 259-2255                            | WabiSabi (Jeff Cohen)www.wabisabimoab.org .....                          | 259-3313                            |
| Moab Community Dance Band (Miriam Graham) .....                    | 259-8311                            | Word Watchers (Nancy Kurtz).....                                         | 259-0734                            |
| Moab Community Theater (Kaki Hunter).....                          | 259-8378                            | Youth Garden Project (Delite Primus).....                                | 259-BEAN (2326)                     |
| Moab Country Club (Rob Jones).....                                 | 259-6488                            |                                                                          |                                     |

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

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

# GALLERY HAPPENINGS

## Kenny Slade

“I believe art, and especially jewelry is meant to be worn as well as appreciated.” ~ Kenny Slade

Kenny Slade has been involved with arts and creativity since early childhood and has had an appreciation for the creative arts for as long as he can remember.

In 2006, Kenny opened a studio and has been actively making Sterling Silver jewelry since then. After retiring from a 35 year engineering career, Kenny recently began business under the name Slade Silver in order to emphasize his concentration on unique creations and the use of Sterling Silver in most of his work.

Everything Kenny make starts with an inspiration or ‘vision’ of the piece he is about to create. Each piece is unique and one of a kind. He never repeats any creation, although some of the creations may have some elements in common. In some creations, the vision runs through a series of pieces that might have a theme. When that theme completes, Kenny waits for the next vision. Kenny also make creations by request and that is always a challenge as he has to blend his vision with the client’s expectations.



His silver jewelry has been heat hardened and should provide many years of use and enjoyment.

Kenny’s work is for sale in several galleries and at juried arts shows. He has expanded his business to involve e-commerce and is currently focusing his gallery showings on select galleries and a few art shows, that will showcase the type of work he does.

“While traveling in the Southwest last year, I came across an article about Jim Haas and the Savage Spirit gallery. When in Moab, I made a point of visiting the gallery with my wife Valerie and met Jim’s wife and Savage Spirit owner, Cathya Savage-Haas. We were impressed not only with Jim’s creations but also all of the other work displayed in the gallery. I regret that I did not have the opportunity to meet Jim in person as I was inspired by his work. I was particularly impressed not only by the uniqueness but also

The sterling silver material and findings are sourced from several locations. Kenny prefers to buy his beads and cabochons in person since these inspire the final piece they will wind up in and he needs to connect with them in some way.

All of Kenny’s creations are made with a minimum of power tools and all pieces are hand finished. He believes that distinguishes hand made art from mass produced on a production line.

the sheer volume of work he had created. It is an honor to have my work displayed in the same gallery as Jim’s.”

Kenny will be the featured artist at Savage Spirit!

for the Moab Art Walk on June 8th and his work is always available in Moab at Savage Spirit!, 87 N Main. [www.facebook.com/savagespirit.moab](http://www.facebook.com/savagespirit.moab)



# Savage Spirit!



## Big Horn Gallery Exhibit

The Moab Pastel Guild hosted an opening reception for its exhibition, “Lyrical Landscapes,” at the Bighorn Gallery at Dead Horse Point State Park on Saturday, May 4. The show is open to the public and will run through the month of June.

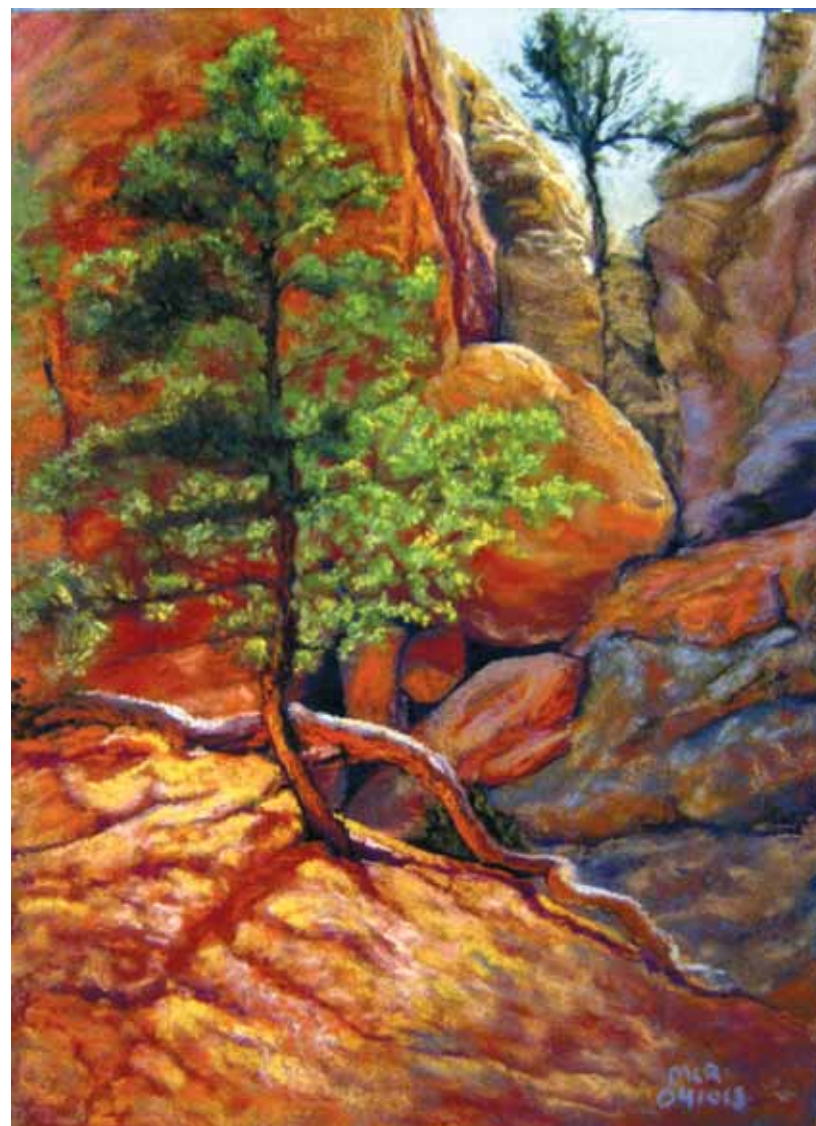
The Guild is a group of like-minded artists who meet weekly to paint, offer mutual support, inspire one another, and critique each others’ work. All share a deep love of the surrounding landscape and its ever-changing light, moods, and colors. Over time, each has developed a unique personal vision and style, ranging from detailed realism to more loosely rendered impressions of the landscape and its flora and fauna.



Pastel by Sarah Hamingson



Pastel by Helen Becker



Pastel by Margie Lopez Read

The participating artists are: Helen Becker, Peggy Harty, J.C. Borders, Marsha Modine, Mary Collar, Thea Nordling, Victoria Fugit, Margie Lopez Read, Sarah Hamingson, Larry Thomas.

During the exhibition the paintings, as well as prints and note cards, will be available for purchase.

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR313. The Bighorn Gallery is in the lower level of the Park Visitor Center, and is open daily from 8 a.m. to 6 p.m. For more information, please contact the park at (435) 259-2614.



Peggy Harty

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EXPLORE DISCOVER PLAY CREATE

# SHOPPING GUIDE



87 N Main  
435-259-2ART (2278)

facebook.com/savagespirit.moab

Savage Spirit! features a unique variety of local & regional handcrafted clothing, jewelry, gifts, home decor & objets d'art. Home of Savage Spirit! silks; scarves & clothing made in Moab by owner & award winning fiber artist, Cathya Savage-Haas. Cathya also creates Desert Savage clothing - colorful hand dyed cotton clothing. We also feature the final works of the Cathya's late husband, Moab jewelry artist James Haas (1958-2012). Jim's passion was natural stones, which he cut & polished. He taught himself silversmithing & kept the settings clean & simple to show off Mother Nature's art. In addition, Savage Spirit! features an eclectic mix of whimsical & funky jewelry, home decor & objets d'art hand crafted locally and regionally.



61 N. Main St.  
435.259.5327  
www.tomtill.com

The Tom Till Gallery is the Colorado Plateau's most celebrated and longest established photo gallery. Newly remodeled, the Gallery features the work of world-renowned Moab photographer Tom Till--using photo paper, metal, museum acrylic and canvas wraps as media. Also available are posters, books, and many other items. **15% off any purchase with mention of this ad.** We are also giving out **FREE Tom Till note cards**, no purchase necessary!



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

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



82 South Main  
435-719-2086

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



& GENERAL STORE

290 South Main • 259-5959  
Mon -Sat open at 7:30am  
Sunday open at 8:30am

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



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

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

Desert Thread  
Beautiful Yarns and Fibers!  
29 East Center Street  
Moab, UT 84532  
435-259-8404  
Open Tue - Sat 10am - 5:30pm  
Visit us online at  
www.desertthread.com

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

SHOPPING GUIDE MAP

191 To Salt Lake City

400 NORTH

200 NORTH

100 NORTH

CENTER STREET

100 SOUTH

200 SOUTH

300 SOUTH

GRAND

URANIUM AVE.

400 EAST

MAIN STREET

KANE CREEK

CEDAR

MC's on the Corner

Savage Spirit! ★

Tom Till ★

Arches Electronics ★

Essential Home ★

Moab Barkery ★

Desert Thread ★

It's Sew Moab

Pinyon Tree ★

Rave 'N Image ★

Walker Drug ★

WabiSabi Thriftique ★

Dave's Corner Market ★

Millcreek Drive

★ Canyonlands Copy Center

★ Moab Mailing Center

★ Got Wood?

★ Royce's Electronics

# TRAIL HAPPENINGS

## The 7-Up Mountain Bike Trail, Just as Fun Riding Down

Article by David Olsen  
Photos by David Olsen and Scott Escott

The 7-Up Trail System was created as a northeast-direction ride, connecting to Highway 313 and located in the Upper Seven Mile Canyon area (hence its name, 7-Up). This trail is a little over nine miles long and has gains



almost 1,000 feet in elevation, from 4,800 to 5,750 feet above sea level. Although much of the trail is on a seldom-used dirt road, in most places it sure feels, looks, and rides like a singletrack trail. To ride 7-Up, it takes about an hour going uphill (where you'll work up a sweat) and about half that going down, depending on how fast you like to go. To stay on course, follow the bike-tire tracks or the painted baby-blue dashes on the slickrock. The ride has some technical sections and offers even greater thrills going downhill from the Magnificent 7 Trailhead to the SR 313 switchbacks.



The scenery along Seven Mile Canyon is outstanding. Monitor and Merrimac Buttes and Big Mesa, also called Lone Mesa, are usually

in view. The rock formations make you feel like you could be in a western movie, except you'd be ridin' a bike. The most spectacular portion of the 7-Up Trail is the one-mile singletrack stretch that overlooks upper Seven Mile Canyon.

But spectacular trails and overlooks require local efforts. Several years ago, trail enthusiasts had a vision of a 100-mile mountain-bike ride from Moab and back in areas north of town. The ride would include the Moab Canyon Path and some trails, including Bar M (MOAB Brands), Sovereign, Klondike Bluffs, Monitor and Merrimac, and proposed Gemini Bridges-area trails (now called Magnificent 7, or Mag 7 for short). The original concept of seven trails up from Moab quickly doubled to approximately 14 trails, with Mag 7 being the downhill route back to town via the Gemini Bridge Road or the Portal Trail.

7-Up is a cross-country trail that will connect to proposed future trails in the area (Navajo Rocks and Area 313/7-Up Extensions). Many bikers use the 7-Up Trail in

combination with the Bull Run segment of the Mag 7, then Great Escape, Little Canyon, and back on Arth's Corner and Getaway, and then downhill on the 7-Up. If you like cross-country riding, purchase a couple of the inexpensive MTA Trail Maps of the Magnificent 7 Mountain Biking Area at any local bike shop, and let imagination be your guide. If you are planning an extensive ride, take plenty of water and food.

Looking for a really long, epic ride? Start biking from Moab, ride the Moab Canyon paved path that parallels Highway 191 north, and turn onto Highway 313 (turnoff road to Dead Horse Point and Canyonlands) to reach the top of the switchbacks (approximately 14 miles from Moab). Look for the unmarked trail head of the 7-Up Trail across the highway from the 40 MPH sign. If you start riding the 7-Up Trail at the switchback, you will ride uphill for most of the route.

Not ready for the long ride from Moab? Drive your car to the two trail heads via Highways 191 and 313. Park a shuttle car near the switchbacks, and then drive on up 313 to the Gemini Bridges Road turnoff. Drive 1.5 miles on the Gemini Road to reach the Mag 7/7-Up Trail Head, or you can book with a shuttle company if you only want to ride downhill. See the map for several parking ideas. Please do not park



on the slickrock at the switchbacks, as this is a protected "scenic view shed," or along the outside of the switchback turns, as this is a bike lane and a dangerous spot. Parking along the inside of the upper switchback (inside of the delineators and below the switchback) or at the Monitor and Merrimac View Point just a little up the highway is recommended.



David Olsen serves as the Moab City Community Development Director and the Grand County Trail Mix Committee Vice Chair. David led efforts to get the 7-Up Trail approved and is an avid cyclist and trail runner.



## 4th ANNUAL CORTEZ BURST TRIATHLON

**Date:** Wednesday Night & Thursday Morning, July 3<sup>rd</sup> and 4<sup>th</sup>

**Time:** Wednesday Night 6:00pm / Thursday Morning 7:00am

**Place:** Cortez Municipal Outdoor Pool & Cortez City Park

**For more information log onto** [www.corteztri.com](http://www.corteztri.com) or [corteztri@gmail.com](mailto:corteztri@gmail.com)

### New This Year

**Wednesday Night July 3<sup>rd</sup> • 4-5 years old**

**6:00 pm** – Whole ¼ mile course will be completed by kids and their parents - Cost \$10

### Thursday July 4<sup>th</sup>

• **6-10 years old 7:00 am** – Swim 100m, Bike 1 mi, Run 1 mi, Cost \$20 individual - \$40 team

• **11-14 years old 7:00 am** – Swim 300m, Bike 1 mi, Run 1.5 mi, Cost \$20 individual - \$40 team

### Adult Categories

Recreational – Two age Groups – open and over 50

**7:00 am** – Swim 400m, Bike 12 mi, Run 3 mi, Cost \$70 individual - \$130 team

### Competitive

One open class - **7:00 am** – Swim 500m, Bike 16 mi, Run 4 mi, Cost \$80 individual



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





# TRAVEL HAPPENINGS

## Moab Has Air Service?

Do you remember when you first learned you could catch a flight right out of Moab? When you realized the simplicity of flying from your local airport therefore avoiding the long drive to Grand Junction or Salt Lake City? There are people just like you that discover this on a daily basis and ask, "Why haven't I flown out of Moab before?"



Since 2008, Great Lakes Airlines has served Canyonlands Field (located on Highway 191, Mile Marker 143.8) with daily flights to Denver, Colorado using the Beechcraft 1900D airliner. This pressurized, twin-engine turboprop seats 19 passengers & 2 crewmembers while featuring a stand-up cabin & comfortable seating. There are only a handful of things you can do on any airplane such as read, listen to music, look out the window, or take a nap. Guess what? You can do all of these on a Great Lakes' plane as well! In fact, looking out the window of the 1900D offers million-dollar views you cannot enjoy when traveling on a jet. Try it out and see what we mean!

Skeptical about flying on a smaller aircraft? We would like to take this opportunity to talk about safety. With 28 in our fleet, Great Lakes is the largest commercial operator of the Beechcraft 1900D airliner and we safely operate over 200 flights daily throughout our system. All U.S. commercial air carriers, including Great Lakes, are subject to the same federal standards and requirements, and receive exactly the same level of safety oversight by the Federal Aviation Administration (FAA). Great Lakes Airlines has committed significant resources to the creation of a safety culture and have adopted a number of voluntary



safety programs to exceed the federal government's strict safety standards. In 15 words or less: Great Lakes is a safe airline and the Beechcraft 1900D is a safe airplane.

What a wonderful opportunity you have to support your local airport and discover the convenience and affordability of flying out of Canyonlands Field. Security is a breeze with never more than 18 passengers in line ahead of you; parking is free and just steps away from the terminal building. Best of all, you get to experience hometown service with a smile!



Great Lakes is a proud code-share partner of United and Frontier Airlines and have interline partnerships with American, Delta, and US Airways.

For reservations, contact your local travel agent or visit Great Lakes Airlines online at [www.FlyGreatLakes.com](http://www.FlyGreatLakes.com). Tickets may also be purchased through [United.com](http://United.com), [FrontierAirlines.com](http://FrontierAirlines.com), [AA.com](http://AA.com), or [Delta.com](http://Delta.com).

We look forward to serving you on your next trip!

### Highway 191/Moab Main Street Project

On or after July 29th of this year two separate sections of Moab Main Street will have two inches of old pavement removed and replaced with new pavement. The road will not be widened, and one lane will remain open in each direction through the construction zones.

The existing curbs and gutters will remain in place, and some pedestrian ramps will be added.

The northern section of the project extends from 200 North to milepost 126.29 (by the Inca Inn).

The southern section of the project extends from 300 South to Holyoak Lane. There will be no Main Street construction from 200 North to 300 South.

Toll Free Hotline: 855-307-9363

Email: [Scott.Henriksen@moabmain@gmail.com](mailto:Scott.Henriksen@moabmain@gmail.com)

### Lions Park Transit Hub & Colorado River Pathway Project

One-way traffic controls will remain in place at the bridges and traffic could be delayed up to 15 minutes.

Danger: Access on the bridge decks is prohibited until the project is complete. Bridges are unsafe until this time and require safety apparatus to be on them.

Bicyclists' must obey traffic signals and ride in the open traffic lane. Please do not ride in the closed lane as you will be put into the path of moving equipment.

Safety: Please be aware of construction workers and pedestrians in the canyon. Motorists, cyclists, and pedestrians are advised to observe all project signage and traffic control directions during construction.

Project Hotline: 801-642-0229

Email: [lionsparkmoab@flatironcorp.com](mailto:lionsparkmoab@flatironcorp.com)

Project Coordinator: Ken Davis

## 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 | Goosenecks | Grand Canyon N. Rim | Grand Canyon S. Rim | Grand Junction, CO | Green River, Utah | Hovenweep | Lake Powell Halls Csg. | Lake Powell Hite | Las Vegas, Nevada | Los Angeles, CA | Mesa Verde N.P. | Mexican Hat, Utah | Moab, Utah | Monticello, Utah | Monument Valley | Natural Bridges | Newspaper Rock | Page, Arizona | Phoenix, Arizona | Price, Utah | Salt Lake City, Utah | Zion National Park |
|-------------------------------|-------------------|--------|----------------|-------------|-------------------|------------------|---------------------|-------------|-------------------|------------------|------------------|------------------|-------------------|------------|---------------------|---------------------|--------------------|-------------------|-----------|------------------------|------------------|-------------------|-----------------|-----------------|-------------------|------------|------------------|-----------------|-----------------|----------------|---------------|------------------|-------------|----------------------|--------------------|
| Albuquerque, New Mexico       | 367               | 329    | 355            | 608         | 398               | 359              | 353                 | 487         | 249               | 396              | 444              | 218              | 389               | 535        | 407                 | 430                 | 415                | 291               | 419       | 419                    | 416              | 587               | 805             | 278             | 382               | 362        | 307              | 324             | 376             | 335            | 456           | 449              | 548         | 730                  | 575                |
| Arches National Park          | 367               | 81     | 107            | 361         | 31                | 62               | 80                  | 244         | 119               | 29               | 356              | 165              | 142               | 499        | 325                 | 110                 | 49                 | 116               | 171       | 168                    | 447              | 722               | 149             | 134             | 5                 | 60         | 159              | 129             | 58              | 285            | 480           | 110              | 230         | 404                  |                    |
| Blanding, Utah                | 329               | 81     | 26             | 279         | 113               | 58               | 74                  | 158         | 83                | 111              | 446              | 130              | 56                | 322        | 242                 | 196                 | 130                | 45                | 90        | 87                     | 358              | 630               | 99              | 52              | 74                | 22         | 77               | 47              | 47              | 199            | 393           | 192              | 321         | 322                  |                    |
| Bluff, Utah                   | 355               | 107    | 26             | 301         | 139               | 84               | 100                 | 180         | 82                | 137              | 477              | 152              | 30                | 296        | 220                 | 222                 | 152                | 35                | 110       | 107                    | 332              | 604               | 125             | 26              | 103               | 48         | 51               | 65              | 74              | 173            | 367           | 214              | 343         | 296                  |                    |
| Bryce Canyon National Park    | 608               | 361    | 279            | 301         | 310               | 347              | 353                 | 100         | 361               | 418              | 553              | 406              | 331               | 219        | 159                 | 308                 | 221                | 320               | 282       | 192                    | 205              | 477               | 390             | 323             | 356               | 301        | 277              | 232             | 327             | 151            | 378           | 280              | 324         | 86                   |                    |
| Canyonlands National Park     | 398               | 31     | 113            | 139         | 310               | 109              | 86                  | 275         | 151               | 2                | 377              | 196              | 169               | 435        | 359                 | 142                 | 80                 | 158               | 203       | 200                    | 478              | 750               | 180             | 165             | 36                | 91         | 190              | 150             | 89              | 316            | 506           | 142              | 362         | 435                  |                    |
| Canyonlands N.P. Needles      | 359               | 62     | 58             | 84          | 347               | 109              | 70                  | 230         | 106               | 107              | 434              | 151              | 114               | 380        | 314                 | 188                 | 126                | 113               | 148       | 145                    | 524              | 746               | 135             | 120             | 73                | 46         | 145              | 115             | 20              | 271            | 451           | 188              | 308         | 390                  |                    |
| Canyon Rims Rec. Area         | 353               | 80     | 74             | 100         | 353               | 86               | 70                  | 236         | 112               | 84               | 411              | 157              | 130               | 396        | 320                 | 165                 | 103                | 119               | 164       | 161                    | 501              | 773               | 141             | 126             | 50                | 52         | 151              | 121             | 50              | 277            | 467           | 165              | 285         | 396                  |                    |
| Capitol Reef National Park    | 487               | 244    | 158            | 180         | 100               | 275              | 230                 | 236         | 244               | 273              | 422              | 289              | 209               | 319        | 259                 | 177                 | 75                 | 199               | 161       | 71                     | 336              | 608               | 273             | 202             | 239               | 184        | 227              | 111             | 209             | 353            | 509           | 134              | 257         | 217                  |                    |
| Cortez, Colorado              | 249               | 119    | 83             | 82          | 361               | 151              | 106                 | 112         | 244               | 149              | 421              | 45               | 139               | 405        | 324                 | 204                 | 158                | 47                | 172       | 169                    | 566              | 838               | 29              | 128             | 105               | 60         | 159              | 129             | 85              | 285            | 475           | 220              | 359         | 404                  |                    |
| Dead Horse Point              | 396               | 29     | 111            | 137         | 418               | 2                | 107                 | 84          | 273               | 149              | 375              | 194              | 167               | 433        | 367                 | 127                 | 78                 | 156               | 201       | 198                    | 392              | 664               | 178             | 163             | 34                | 89         | 188              | 148             | 87              | 314            | 504           | 140              | 260         | 433                  |                    |
| Denver, Colorado              | 444               | 356    | 446            | 477         | 553               | 377              | 434                 | 411         | 422               | 421              | 375              | 339              | 462               | 750        | 681                 | 246                 | 346                | 468               | 536       | 533                    | 758              | 1031              | 550             | 490             | 361               | 416        | 519              | 493             | 414             | 638            | 826           | 408              | 512         | 764                  |                    |
| Durango, Colorado             | 218               | 165    | 130            | 152         | 406               | 196              | 151                 | 157         | 289               | 45               | 194              | 339              | 183               | 450        | 337                 | 170                 | 271                | 92                | 220       | 217                    | 575              | 847               | 54              | 143             | 160               | 105        | 168              | 174             | 130             | 294            | 520           | 333              | 404         | 413                  |                    |
| Goosenecks                    | 389               | 142    | 56             | 30          | 331               | 169              | 114                 | 130         | 209               | 139              | 167              | 462              | 183               | 266        | 261                 | 252                 | 186                | 65                | 138       | 135                    | 439              | 711               | 168             | 8               | 101               | 78         | 32               | 92              | 188             | 158            | 348           | 248              | 377         | 277                  |                    |
| Grand Canyon North Rim        | 535               | 499    | 322            | 296         | 219               | 435              | 380                 | 396         | 319               | 405              | 433              | 750              | 450               | 266        | 214                 | 505                 | 404                | 277               | 404       | 401                    | 237              | 509               | 434             | 270             | 396               | 344        | 236              | 361             | 370             | 123            | 347           | 466              | 413         | 127                  |                    |
| Grand Canyon South Rim        | 407               | 325    | 242            | 220         | 159               | 359              | 314                 | 320         | 259               | 324              | 367              | 681              | 337               | 261        | 214                 | 417                 | 372                | 255               | 324       | 321                    | 283              | 555               | 357             | 194             | 320               | 268        | 169              | 287             | 263             | 139            | 217           | 434              | 583         | 297                  |                    |
| Grand Junction, Colorado      | 430               | 110    | 196            | 222         | 308               | 142              | 188                 | 165         | 177               | 204              | 127              | 246              | 170               | 252        | 505                 | 417                 | 101                | 241               | 286       | 283                    | 510              | 782               | 233             | 247             | 115               | 170        | 248              | 243             | 168             | 395            | 590           | 163              | 285         | 493                  |                    |
| Green River, Utah             | 415               | 49     | 130            | 152         | 221               | 80               | 126                 | 103         | 75                | 158              | 78               | 346              | 271               | 186        | 404                 | 372                 | 101                | 175               | 220       | 217                    | 398              | 664               | 197             | 184             | 53                | 108        | 203              | 177             | 106             | 329            | 519           | 62               | 182         | 241                  |                    |
| Hovenweep                     | 291               | 116    | 45             | 35          | 320               | 158              | 113                 | 119         | 199               | 47               | 156              | 468              | 92                | 65         | 277                 | 255                 | 241                | 175               | 127       | 124                    | 491              | 763               | 76              | 61              | 122               | 67         | 86               | 84              | 92              | 210            | 402           | 237              | 366         | 331                  |                    |
| Lake Powell Halls Crossing    | 419               | 171    | 90             | 110         | 282               | 203              | 148                 | 164         | 161               | 172              | 201              | 536              | 220               | 138        | 404                 | 324                 | 286                | 220               | 127       | 90                     | 562              | 838               | 201             | 134             | 164               | 112        | 155              | 43              | 137             | 281            | 471           | 171              | 411         | 400                  |                    |
| Lake Powell Hite Marina       | 416               | 168    | 87             | 107         | 192               | 200              | 145                 | 161         | 71                | 169              | 198              | 533              | 217               | 135        | 401                 | 321                 | 283                | 217               | 124       | 90                     | 559              | 831               | 198             | 131             | 161               | 109        | 152              | 40              | 134             | 278            | 468           | 96               | 408         | 397                  |                    |
| Las Vegas, Nevada             | 587               | 447    | 358            | 332         | 205               | 478              | 524                 | 501         | 336               | 566              | 392              | 758              | 575               | 439        | 237                 | 283                 | 510                | 398               | 491       | 562                    | 559              | 272               | 595             | 432             | 451               | 506        | 307              | 525             | 512             | 281            | 287           | 460              | 419         | 121                  |                    |
| Los Angeles, California       | 805               | 722    | 630            | 604         | 477               | 750              | 796                 | 773         | 608               | 838              | 664              | 1031             | 847               | 711        | 509                 | 555                 | 782                | 664               | 763       | 838                    | 831              | 272               | 867             | 704             | 717               | 779        | 579              | 797             | 784             | 553            | 376           | 602              | 691         | 393                  |                    |
| Mesa Verde N.P., Colorado     | 278               | 149    | 99             | 125         | 390               | 180              | 135                 | 141         | 273               | 29               | 178              | 550              | 54                | 168        | 434                 | 357                 | 233                | 197               | 76        | 201                    | 198              | 595               | 867             | 163             | 144               | 89         | 188              | 158             | 115             | 314            | 504           | 259              | 388         | 433                  |                    |
| Mexican Hat, Utah             | 382               | 134    | 52             | 26          | 323               | 165              | 120                 | 126         | 202               | 128              | 163              | 490              | 143               | 8          | 270                 | 194                 | 247                | 184               | 61        | 134                    | 131              | 432               | 704             | 163             | 129               | 74         | 25               | 91              | 99              | 151            | 341           | 240              | 373         | 270                  |                    |
| Moab, Utah                    | 362               | 5      | 74             | 103         | 356               | 36               | 73                  | 50          | 239               | 115              | 34               | 361              | 160               | 101        | 396                 | 320                 | 115                | 53                | 122       | 164                    | 161              | 451               | 717             | 144             | 129               | 54         | 151              | 120             | 53              | 280            | 475           | 115              | 235         | 294                  |                    |
| Monticello, Utah              | 307               | 60     | 22             | 48          | 301               | 91               | 46                  | 52          | 184               | 60               | 89               | 416              | 105               | 78         | 344                 | 268                 | 170                | 108               | 67        | 112                    | 109              | 506               | 779             | 89              | 74                | 54         | 99               | 72              | 28              | 225            | 415           | 168              | 299         | 344                  |                    |
| Monument Valley               | 324               | 159    | 73             | 51          | 277               | 190              | 145                 | 151         | 227               | 159              | 188              | 519              | 168               | 32         | 236                 | 169                 | 248                | 203               | 86        | 155                    | 152              | 307               | 579             | 188             | 25                | 151        | 99               | 118             | 125             | 126            | 316           | 265              | 394         | 245                  |                    |
| Natural Bridges Natl Monument | 376               | 129    | 47             | 65          | 232               | 150              | 115                 | 121         | 111               | 129              | 148              | 493              | 174               | 92         | 361                 | 287                 | 243                | 177               | 84        | 43                     | 40               | 525               | 797             | 158             | 91                | 120        | 72               | 118             | 94              | 244            | 432           | 136              | 368         | 363                  |                    |
| Newspaper Rock                | 335               | 58     | 47             | 74          | 327               | 89               | 20                  | 50          | 209               | 85               | 87               | 414              | 130               | 188        | 370                 | 263                 | 168                | 106               | 92        | 137                    | 134              | 512               | 784             | 115             | 99                | 53         | 28               | 125             | 94              | 231            | 440           | 168              | 334         | 370                  |                    |
| Page, Arizona                 | 456               | 285    | 199            | 173         | 151               | 316              | 271                 | 277         | 353               | 285              | 314              | 638              | 294               | 158        | 123                 | 139                 | 395                | 329               | 210       | 281                    | 278              | 281               | 553             | 314             | 151               | 289        | 225              | 126             | 244             | 231            | 272           | 391              | 420         | 119                  |                    |
| Phoenix, Arizona              | 449               | 480    | 393            | 367         | 378               | 506              | 451                 | 467         | 509               | 475              | 504              | 826              | 520               | 348        | 347                 | 217                 | 590                | 519               | 402       | 471                    | 468              | 287               | 376             | 504             | 341               | 475        | 415              | 316             | 432             | 440            | 272           | 663              | 645         | 382                  |                    |
| Price, Utah                   | 548               | 110    | 192            | 214         | 280               | 142              | 188                 | 165         | 134               | 220              | 140              | 408              | 333               | 248        | 466                 | 434                 | 163                | 62                | 237       | 171                    | 96               | 460               | 602             | 259             | 242               | 115        | 168              | 265             | 136             | 168            | 391           | 663              | 123         | 281                  |                    |
| Salt Lake City, Utah          | 730               | 230    | 321            | 343         | 324               | 262              | 308                 | 285         | 257               | 359              | 260              | 512              | 404               | 377        | 413                 | 583                 | 285                | 182               | 366       | 411                    | 408              | 419               | 691             | 388             | 373               | 235        | 299              | 394             | 368             | 334            | 420           | 645              | 123         | 306                  |                    |
| Zion National Park            | 575               | 404    | 322            |             |                   |                  |                     |             |                   |                  |                  |                  |                   |            |                     |                     |                    |                   |           |                        |                  |                   |                 |                 |                   |            |                  |                 |                 |                |               |                  |             |                      |                    |

# MOVIE HAPPENINGS

Articles and drawings by John Hagner

## Stunts Stars And Legends: John Hagner

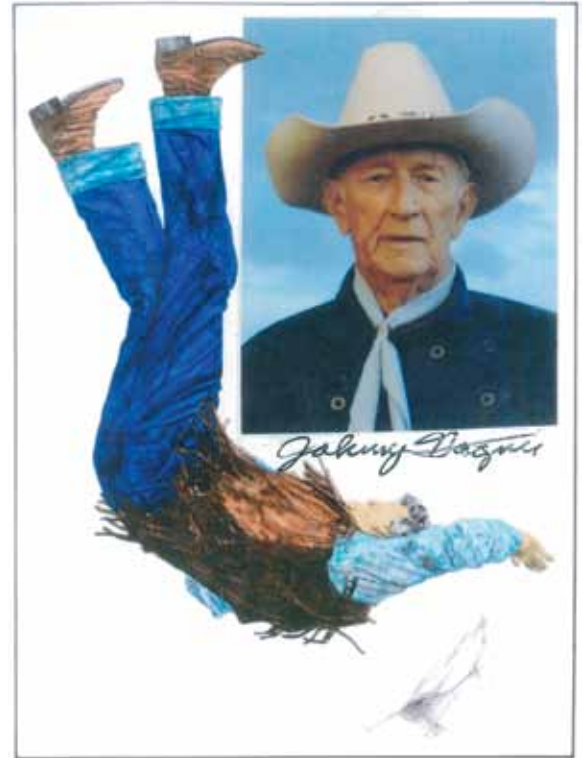


Many articles have been written about John Hagner over the past 65 years ... from the time he was 20 years old, when he performed on television on Channel 13, WBAL-TV in his hometown of Baltimore ... and when he moved his family to California in 1958, and learned to work as a stuntman performing live shows for the famous cowboy star, Ray "Crash"

Corrigan at his movie ranch in Simi Valley, California ... and in 1960, when he was manager of the first trampoline center in Southern California ... then, when he got his first stunt assignment, performing a roller skating routine on stage at the Beverly Hills Hotel, for a fashion show, held as a fundraiser for the Jewish Relief Fund ... and again at the

same hotel, when he became an established stuntman and one of the original members of the Stuntmen's Association of Motion Pictures ... His first screen stunt was for 20th Century-Fox Studios, doubling for the Star of an adventure action series called, "Adventures In Paradise". The Star was Gardner McKay. John doubled for McKay for the last year and a half, then on to stunting in "Batman" (Adam West) .. John played one of the henchmen for The Joker, Mr. Freeze and The Riddler. He also doubled for character actor, Walter Pidgeon in "Voyage to the Bottom of the Sea" (feature film), and shortly thereafter, he doubled for David Hedison in the TV series of the same name. Since he has been here in Moab, John has performed stunts in "Sundown: Vampire In Retreat" doubling for John Ireland, and in "Geronimo: American Legend", portraying one of the miners, who is shot, and falls down a steep hill, crashing into a huge boulder.

Meanwhile, John Hagner is kept busy with activities for the Hollywood Stuntmen's Hall of Fame, with hopes of reopening to the public. He still is available to do special commissions of portrait drawings. For more information about the Hall of Fame, contact him at 435 260-2160.



## Movies Made in Moab

### NIGHTMARE AT NOON (1987).

Starring: George Kennedy, Bo Hopkins, Wings Hauer and Kimberly Beck.

Location: Moab City, Courthouse Wash, Canyonlands Cafe, Grand Drive-In Theater, Center Street, Ken's Lake, Colorado River, and Arches National Park.

Story: It mixes good old-fashioned Western elements with toxic warfare. Agents, who are unknown are presumedly from some foreign country, poison drinking water in the small town of Canyonlands (Moab). Residents, one-by-one go crazy, and bleed green liquid when wounded. The Sheriff and his daughter try to keep things normal, but the situation gets worse. A couple are stranded, while vacationing and a hitchhiker joins them. They unite with the Sheriff and his daughter to try and find out who or what is responsible, an ex-police officer, who quit his job after he killed somebody in the line of duty.

A longtime friend and supporter of the Hollywood Stuntmen's Hall of Fame, Bob Ivy was one of the stunt performers in "Nightmare At Noon". Bob is one of many who is slated to be honored in the Hall of Fame by induction and footprinting, when, and as soon as it is reopen here in Moab, where it was located from 1988 til 1995.

The Hall of Fame is a non-profit organization that is dedicated to preserving the history of the Stunt Profession and to honoring stunt people the world over.

### SUNDOWN: VAMPIRE IN RETREAT (1988).

Starring: David Carradine, John Ireland, Morgan Brittany and Maxwell Caulfield.

Locations: Moab, Thompson Springs, Spanish Valley, Hittle Bottom, Arches National Park.

Story: Purgatory, having a population of good and bad vampires. The good ones make their blood at a local technoplasma plant. The baddies want the real thing, and try to take over the town and return to their old ones. Unaware that they are in the midst of vampires, and caught up in all of this situation, is the Harrison family. Mr. Harrison has developed the artificial blood, comes to town to investigate the progress of the plasma factory, accompanied by his wife and two daughters.

I was hired by Bobby Bragg to double for David Carradine. Interestingly, when we went out on location at the old Moab Airport, South of town, It was 11:00 p.m. and we went to the make-up trailer for me to outfitted. While I was in the chair, in walks Carradine, who shouts to the make-up artist ... "What's he being made up for?" Bobby told him ... "He's gonna double you in the 'big

fight"! Carradine replies, "Ah no ... nobody does my Kung Fu"! Bobby looks at me and tells me it's ok ... you get changed to double John Ireland. So, that's the way it was ...surprisingly though, they cut the big fight ... but, I did get to do a few gags for Mr. Ireland.

While they were all here, they visited the Hall of Fame and we footprint the following actors and stunt people in cement: David Carradine, John Ireland, Morgan Brittany, Maxwell Caulfield and his wife Juliet Mills, Jim Metzler, M. Emmet Walsh, Bruce Campbell, and Dabs Greer.



Johnny Hagner doubling John Ireland with fellow stunts.

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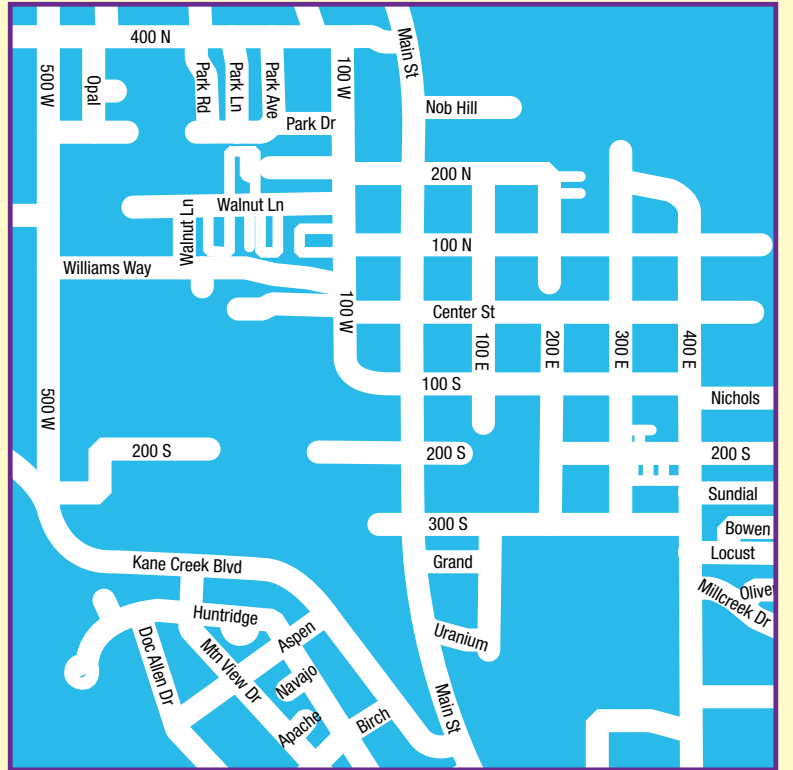
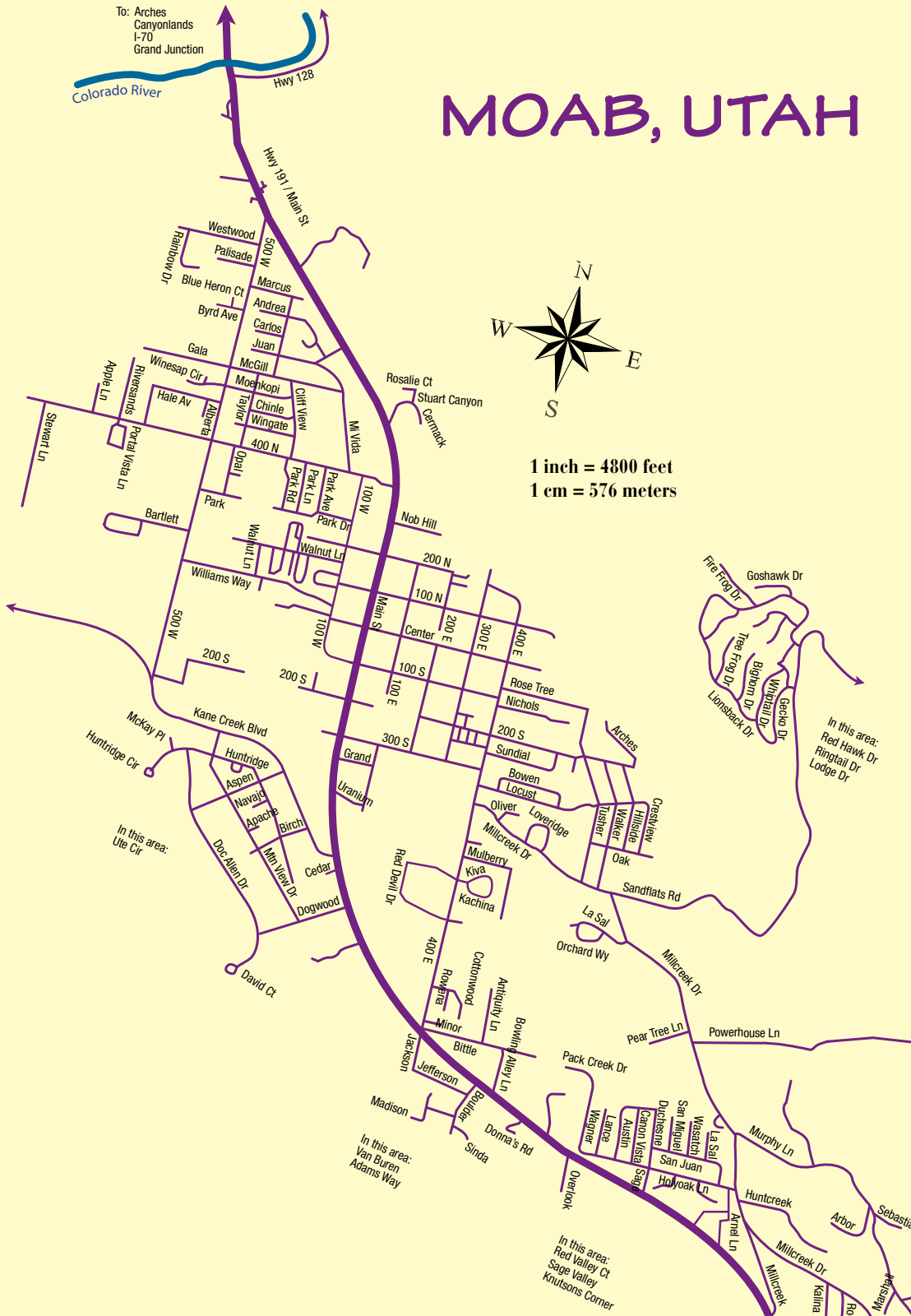
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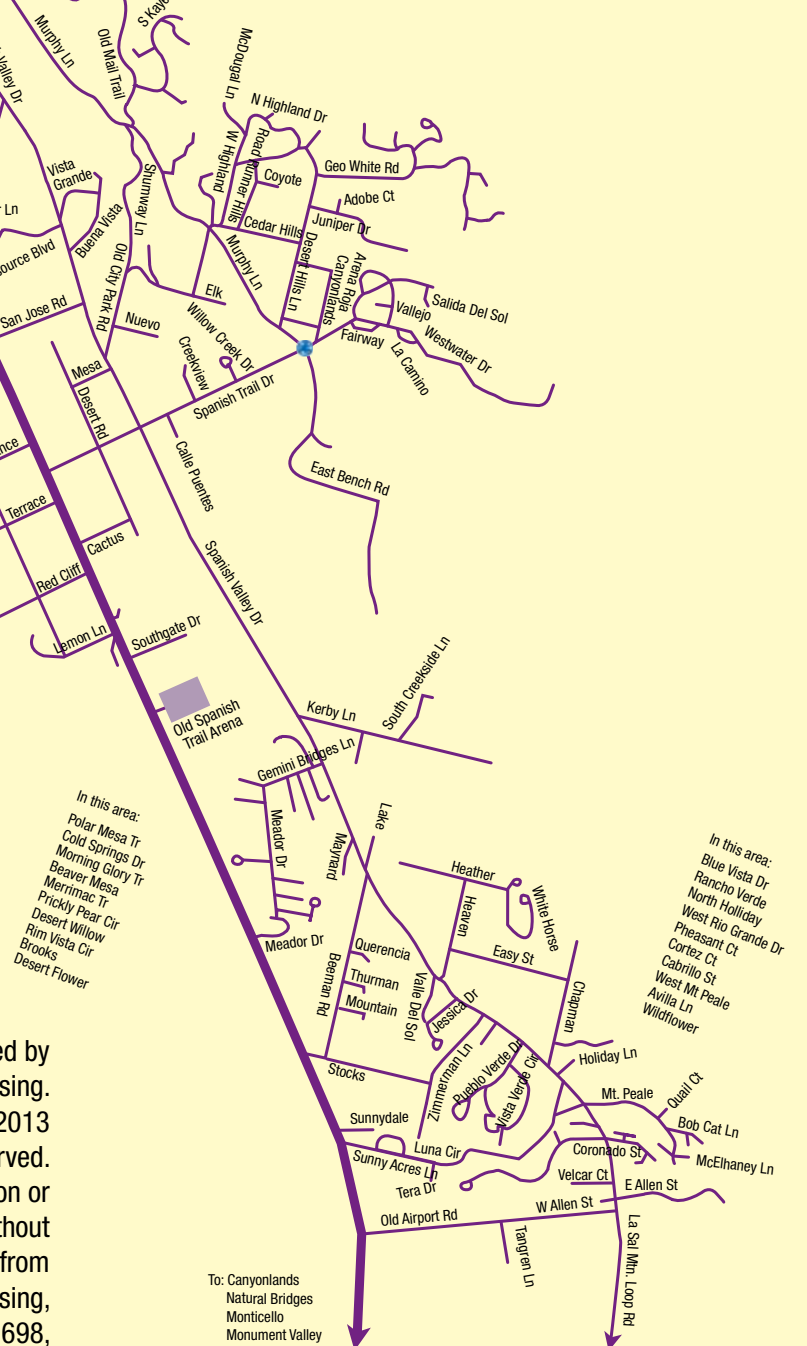
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# ASTROLOGY HAPPENINGS

## Your Horoscope for June 2013

By Robert Wells

We start the first week of June on a mentally inspiring and motivating ray that moves us all to news thinking and action. If you are inclined to create you will feel the pressure. If you have business to conduct it will flow smoothly on the 1st to the 4th. The planets play Cupid again on the 7th with new romantic opportunities for those who are interested. On the 8th be careful what you say and how you say it as someone could very easily be offended. On the 11th and 12th a relationship could come to an end when the truth of it is revealed to the light of day. The Sun, Mars, Jupiter and Uranus provide a window for intense activity on the 17th to the 19th. "If it needs doin'", this is the time to git 'er dun." The last week of June is a time to step back and review what you have accomplished and to admire your handiwork. Mercury turns to backward motion in the sky and screws-up everybody's plans, schedules, phone calls, emails, deliveries, deadlines, and electronic equipment for three weeks. The last day of June has a special moment for each of us regarding balancing between what you want and what you have in those houses where the aspect falls. Overall, it is an adjustment in values and priorities.

New Moon: 8th, Full Moon: 23rd.

Holidays: Father's Day 14th

Mercury Retrograde: 28th

**May 22 - June 21 Gemini:** Happy Birthday Twins. Your thinking and words leads those around you on the 3rd. A new romance on the job is possible on the 7th. Careful what you say to your banker on the 8th. An on-the-job friendship comes under fire and possible ending on the 11th or 12th. From the 17th to the 19th plan all your errands and shopping. Get the lead out regarding helping a friend, as well. You make it through the month with flying colors and during the last week you will see that in a very solid way, especially on the last day of June.

**June 22 - July 22 Cancer:** You may feel a little tired this first week of June but the mind is active and you could devise and scheme for the future, on the 3rd, to quietly achieve a goal. You may feel singled out by Cupid on the 7th when romance comes a'knockin'. Verbal exchanges in the office could be very awkward on the 8th. Covert maneuverings by partners are revealed on the 11th and 12th. There will be repercussions. The third week of June finds you busy with personal errands and projects. From the 20th to the end of the month you will be able to see how much you got out of the way. With regards to partnerships, something's must come to an end, and those endings may not be as pretty as we like.

**July 23 - Aug. 24 Leo:** Four planets have you planning your future this month. You get some divine direction on this area on the 3rd. Your friends could introduce you to a new romance on the 7th. Careful what you say at a church function on the 8th. You could find yourself saying enough with a domineering partner on the 11th and 12th. You could be called on to run emergency errands for your church group in the 17th to the 19th. Review your accomplishments for the month on the 26th. I think you'll be pleased with yourself. On the last day of the month and employment or health issue will require your attention.

**Aug. 24 - Sept. 22 Virgo:** It's been a year since Jupiter entered your career sector and this month he moves on. Hopefully he leaves behind some goodies. On the 3rd you get a glimpse of the coming year for you. From here it looks pretty good! A flirtation in the office could turn into something more on the 7th. Ease off on any disputes that come your way on the 8th. Manipulative romantic moves backfire on someone on the 11th and 12th. You may need to put an emergency presentation together at the office on the 17th to the 19th. The last week of June is pretty mellow. You begin to see a brighter future for yourself in the coming year. Don't let a lover maneuver you on the last day of the month.

**Sep. 23 - Oct. 23 Libra:** Alumni, legal or church activities fill your time this month. You could be divinely inspired on the 3rd. On the 7th a lovely new friendship could begin. Mind your tongue at the office on the 8th. A partner's covert activities come to light on the 11th and 12th. Take care of business and personal errands from the 17th to the 19th so you can put your feet up on the 20th. The last week of the month you should see some vast improvements after all you've done this month. On the last day of June conflicts between home and office come to a showdown..

**Oct. 24 - Nov. 22 Scorpio:** Resources, holdings and investments are your thing this month. You pretty much have it all under control you discover on the 3rd. An old flame could blow back into your life on the 7th. Hold your tongue on the 8th.

Realty is a buzz-kill for romance on the 11th and 12th. Keep your mind on matters of employment from the 17th to the 19th. Take pride in your accomplishments during the last week of the month go out and do something you have long wanted. On the last day of the month someone may be itching to read you the riot act just for they're enjoyment. Be forewarned.

**Nov. 23 - Dec. 21 Sagittarius:** Matters regarding your partners will demand your time and attention this month, but in a fun by way. On the 3rd, like manna from heaven, you get signals to come away and have fun. By the 7th you could be well on your way

out of town. Careful what you say to someone younger or trying to please you. Remember, they have feelings. Take care of matters pertaining to children or lovers on the 17th to the 19th. You have a quiet sense of satisfaction during the last week of June. On the last day of the month recheck your cash and rebalance to checkbook just to be safe.

**Dec. 22 - Jan. 20 Capricorn:** June is usually your little month for finding a secret romance, however, this time it won't be so secret. It could plow you over on the 3rd when you least expect it. Then again on the 7th, and by then you will both think you've been together forever.

Don't let your ego get the better of you and make you out to be a bully on the 8th. You may discover that you have been dominating a partner on the 11th or 12th. Knock it off! Handle home maintenance duties from the 17th to the 20th. Sit back and relax the last week of June and enjoy yourself. You've earned it. The last day of the month, again with the domineering maneuvers. Learn not to be a part of them, either giving or receiving.

**Jan. 21 - Feb. 18 Aquarius:** Someone may be willing to pay you for your ideas on the 3rd. You have the knowledge to share, so why not? A new romance can take off into the blue in only on the 7th, so hang on tight. Be very careful with your communications on the 8th. Set romance aside on the 11th and 12th and deal with reality. Keep up with communications in the workplace from the 17th to the 20th. Perhaps it's time for a health makeover during the last week of June. On the last day of the month you need to balance the energy in your workplace, whatever that will look like for you.



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."

Feb. 19 - Mar. 20



**Pisces:** Gardening, redecorating, home improvement projects are on your list for completion this month. Do your planning on the 3rd. A new romance could be lending you a hand by the 7th. Don't splurge with your cash on the 8th. Look at your plans with a critical eye on the 11th and 12th. Move with confidence to complete your undertaking from the 17th to the 20th. Aquarius this month gains the most from the stars in June and you will see that during the last week of the month as you show-off your handy work. On the last day of June a lover, child or friend may try to covertly manipulate you. Be ready.

Mar. 21 - Apr. 20



**Aries:** You are a wellspring of inspired ideas and deep thoughts this month. On the 3rd you get a blast from the stars to get you center stage with your mental emanations. Your poetic musings could attract an interesting romantic partner on the 7th. On the 8th try to keep yourself under control and don't do anything weird no matter how tempting. There may be power struggles in the office on the 11th and 12th. You may feel the need to burn off some pent up energy from the 17th to the 20th by doing something very physical. The last week of the month is pretty calm. On the last day of June that power struggle may be back and there could be a guilt trip attached to it this time. Don't buy into any of it.

Apr. 21 - May 21



**Taurus:** All the lucky planets are sitting in your cash sector this month bringing you added resources. Ignore a rumor and trust your own thinking on the 3rd. The 7th provides a wonder opportunity for romance. Don't give away any personal secrets on the 8th. You could face a reality check with your partners or spouse on the 11th and 12th. Handle a private matter by traveling quietly there and back on the 17th to the 19th. The last week of June is lazy time so relax and enjoy yourself. Sidestep anyone on the 30th who is looking for an argument. It could get ugly.

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Moab has everything you need for the perfect wedding including flowers, tuxedo rental, wedding cakes, hair salons and even a limo to deliver the bride in style. Relax before the big day with a little pampering with a calming massage, a manicure or pedicure.



Facility and Events Promoter, Michele Hill, can assist with locating venues, facilities, and associated tourist related services for special events, meetings, retreats, weddings, reunions, sporting events, festivals, shows and much more. And be sure to mention you read about planning your destination wedding in *Moab Happenings*.

Michele Hill  
Facility and Events Promoter  
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# FUNDRAISING HAPPENINGS

## Annual Dawg Days of Summer Barbecue and Silent Auction

The eleventh annual Humane Society of Moab Valley BBQ and major fundraiser will take place at Old City Park from 4 to 8 P.M. on Saturday, July 29th. Tickets are available at the HSMV office in the Moab City Shelter, as well as the Moab Barkery, Sgt. Pepper's Music and Video, WabiSabi (both locations) and Farmer's Market on Thursday evenings at Swanny City Park.

Food will be provided by Jeffrey's Steakhouse, and includes backyard style BBQ with sliced beef, grilled chicken and a beautiful selection of salad, rolls and dessert. Adult tickets are \$20 in advance, \$25 at the "door," and kids under 10 years of age are \$10 in advance and \$12 at the "door." Buy four adult tickets and get one free!

Enjoy the talents of local musicians Eric Jones playing acoustic Americana folk and bluegrass; Mickey Blue doing 60s, 70s and 80s classic rock, country and blues; and the Lost Buffalo Band offering easy listening and classic rock. This year's silent auction will be better than ever, with restaurant packages, spa dates, landscape plant certificates, beautiful art work, massage and fitness certificates, and more - great gift items to pamper yourself or give to a friend or loved one! The silent auction and BBQ are the primary annual fundraisers for the Humane Society of Moab Valley. In addition to Jeffrey's Steakhouse donating



benefit for HSMV for the past three years.

The BBQ started in 2002, by Paul and Zee McCarroll, then chefs extraordinaire at the Center Cafe. They had just opened at their new location on First West; Zee's mother used to love to come by and check out the construction



progress and was excited to see it open. Sadly, she passed away just before the new cafe opened. With this business, the McCarrolls decided that one of their missions was

to give back to the community. At the time, funds were being raised to build the first animal shelter in Moab. They decided that by holding the BBQ, they could honor Zee's mother, help to accomplish and support something much needed, and do something fun that people would enjoy. Zee started barbecuing several days in advance; friends and staff shucked corn and helped with other preparations. The Center Cafe's staff was awesome, donating their

time and even their tips to the Humane Society! They all looked forward to it and had a great time. The lovely cafe, the generosity of the staff, donors to the auction, and attendees made this a highlight of the summer season for many local residents.

After the Center Cafe closed, Buck's Grill House was the next venue for the event. Tim Buckingham opened up the outdoor patio and supplied a great selection of delectables. In 2011,



a new atmosphere was created at Old City Park - a bit less formal, a bit more fun with great food, and the silent auction - every year better than the last! The Moab Brewery catered the event for the past two years.

Celebrating 13 years of serving the Moab area, the local Humane Society is run solely on donations and grants, with volunteers supplying the vast majority of work. The organization's mission is to improve the lives of companion animals and their owners by:

- Saving the lives of orphaned animals through rescue and adoption services.
- Providing training, support and education for pet owners and the community.



- Providing spay/neuter opportunities for all cats and dogs.

Holding adoption days most Saturdays, sponsoring three spay/neuter clinics per year as well as year-round low-income vouchers, and providing discounted fees for senior adoptors and/or senior animals, are just a few of the on-going programs of HSMV. For more information on the BBQ, adoptable animals, or volunteering, call 435-259-HUMANE (259-4682).



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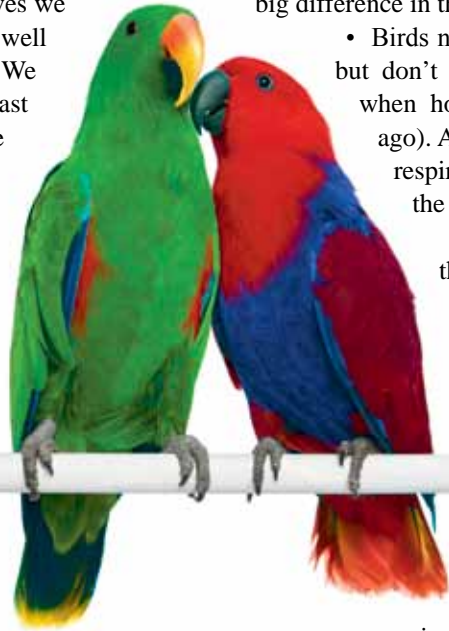
## Feathered Friends

by Jessica Turquette, co-owner of the Moab BARKery

Here at the Moab BARKery we have expanded our offerings to include all kinds of furry and feathered friends. This month's topic has gone to the birds. From Parakeets to Macaws, Finches and Doves we offer maintenance diets for exotics as well as high quality seeds for wild birds. We have learned a lot about birds these last few years and we wanted to share some of the most interesting and insightful information we have gathered to help you make the best decisions about what will enrich your bird's life.

It all comes down to food really. There is a huge difference in what our local wild birds need to be fed versus what domesticated exotics need to be fed. The first big difference is that wild bird seed is a supplement diet, and often makes up a smaller portion of calories so the fat content can be greater in this feed. That's why you see so many options that offer sunflower seeds, and millet for wild birds. They should be eating bugs, insects and berries, so what you feed is a high fat supplement.

Exotics on the other hand should be eating a very different diet. These birds tend to be big eaters so a diet that is high in fat can cause some serious health problems, especially if these birds become overweight. Even birds that



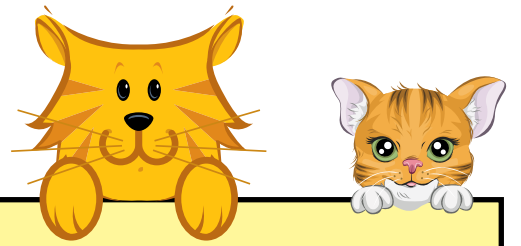
thrive and live a very long and full life. We offer a free list of suggested fruits and vegetables for your bird in the store.

There are also some very useful tips that can make a big difference in the quality of life for a domestic bird:

- Birds need 8 to 10 hours of quiet restful sleep, but don't cover that cage (the idea came about when homes were drafty, well over 50 years ago). A covered cage can actually contribute to respiratory problems. A quiet and dark part of the house is better for rest.
- Provide UV light (and not just light through the window), birds need natural, full spectrum light to thrive. If you can't take them outside safely get a bird light and leave it on 6 – 8 hours a day.
- Exercise you bird! Lots of dancing, climbing and flying if possible. Birds were meant to move.
- Never smoke around your bird, if you are a smoker consider doing it outside. Birds have air sacs instead of lungs. That means the chemicals from smoke are absorbed into their system much faster than a human (our lungs are our filters). That goes for a burned Teflon pan too! Burned Teflon is actually deadly to birds. Steer clear of Teflon if you are a forgetful cook.
- Offer natural wood perches in a variety of different sizes to ensure foot health. Offer natural wood toys as well that are dye free! Birds are sensitive to dyes and chemicals.
- Provide organic, unrefined, cold-pressed coconut oil. It is an incredible immune system booster.
- Remember to replace your birds cage if the paint is chipping off, paint chips are full of toxins. If you are replacing or purchasing a cage, please consider stainless steel, its toxin free!

Exotic birds and domestic birds alike are incredibly smart, loving companions that can live a very, very long and happy life. With excellent care, many exotics live as long as a person. There is no other companion to humans like a bird, and they deserve much love and respect. We hope that you learned something new about your feathered friends, and remember we are all about living better with your pet here at the Moab BARKery. Stop on by and have a squawk with us sometime.

eat a low quality diet and manage a healthy weight suffer when they eat a seed only diet. It is crucial that exotics get fresh vegetables and fruits, but it is also common for them to be addicted to seed, so switching them over to a healthier diet can be tricky. Some birds will literally starve before they will try a new food, so it is crucial that the switch is done slowly. A great tip for those birds that have been eating an all seed diet and you want to convert them to a high quality diet is to take the high quality pellet diet, grind it up and coat their usual seeds with the powder pellets. Include a few of the pellets with the coated seeds so they have to opportunity to try them. You can also sprout their favorite seeds and the meal goes from high fat low nutrition to low fat high nutrition. It's also important to start offering fresh (and hopefully organic) vegetables and fruits with the pellet diet. Pesticides are very harmful to birds, so always wash everything thoroughly before feeding your birds, and pick organic whenever possible. Start with offerings options that the birds naturally like (usually its things like apples, grapes, corn), and slowly introduce greens like spinach, broccoli and Kale. There is a wide variety of fresh food that you can feed your exotic birds that will help them



### Humane Society of Moab Valley

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#### June 2013 Events

- June 1 - Cat Adoption Day at the Moab BARKery from 11am - 1pm
- June 8 - Dog Adoption Day at City Market from 10am -12pm
- June 15 - Cat Adoption Day at the Moab BARKery from 11am - 1pm
- June 22 - Dog Adoption Day at City Market from 10am -12pm
- June 29 - Dawg Days Of Summer BBQ and Silent Auction from 4:00 to 8:00pm at Old City Park.

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

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WAHOO!

Get fired up and call today for reservations!  
**435-259-2276**

See the schedule and reserve online at  
[www.barmchuckwagon.com](http://www.barmchuckwagon.com)

BAR-M WRANGLERS

Make Memories at Moab's Original Cowboy Dinner Show.

Hearty Cowboy Supper, Live Music and Comedy Show, Wild West Shootout.

Western Village, Gift Shop, Saloon & Boot Hill Cemetery!

Call ahead for reservations:  
**435-259-Bar-M (2276) or 1-800-214-2085**

7000 North Highway 191, Moab, UT 84532

OPEN

SEASONALLY

Grounds & Ticket Booth open at 6:30 pm  
 Gunfight Show at 7:00 pm  
 Supper served at 7:30 pm Sharp!  
 Music Show follows Supper

CHUCKWAGON MENU

Sliced Roast Beef or Barbecue Chicken  
 Baked Potato  
 Bar-M Baked Pinto Beans  
 Buttermilk Biscuits  
 Cinnamon Applesauce  
 Spice Cake  
 Sour Cream, Butter & Honey  
 Barbecue Sauce  
 Cowboy Coffee, Lemonade, Ice Tea  
*Vegetarian Option Available.  
 Please Call Ahead.*

JUNE 2013  
(OPEN days shown)

| S | M  | T | W      | T  | F  | S  |
|---|----|---|--------|----|----|----|
| • | •  | • | May 30 | 31 | 1  |    |
| • | •  | • | 5      | 6  | 7  | 8  |
| • | 10 | • | 12     | 13 | •  | •  |
| • | •  | • | 19     | 20 | 21 | 22 |
| • | 24 | • | 26     | 27 | 28 | 29 |
| • |    |   |        |    |    |    |

GUNFIGHTS NIGHTLY

5 miles North of Arches National Park Entrance ~ [www.barmchuckwagon.com](http://www.barmchuckwagon.com)

| <b>KZMU - Moab Community Radio</b>                         |                                       | <b>90.1 &amp; 106.7 FM</b>                       |                                 |                                      |                                  |                                     |                                     |                                                |       |
|------------------------------------------------------------|---------------------------------------|--------------------------------------------------|---------------------------------|--------------------------------------|----------------------------------|-------------------------------------|-------------------------------------|------------------------------------------------|-------|
| P.O. Box 1076 • Moab, Utah 84532                           |                                       | Studio 259-5968 • Office 259-8824 • Fax 259-8763 |                                 |                                      |                                  |                                     |                                     |                                                |       |
| contact us: <a href="http://www.kzmu.org">www.kzmu.org</a> |                                       |                                                  |                                 |                                      |                                  |                                     |                                     |                                                |       |
|                                                            | SUNDAY                                | MONDAY                                           | TUESDAY                         | WEDNESDAY                            | THURSDAY                         | FRIDAY                              | SATURDAY                            |                                                |       |
| 7:00                                                       | Native Spirit                         | KZMU OVERNIGHT                                   |                                 | Art of the Song                      | KZMU OVERNIGHT                   |                                     | Desert Diva                         | 7:00                                           |       |
| 8:00                                                       |                                       | DEMOCRACY NOW                                    |                                 |                                      |                                  |                                     |                                     | 8:00                                           |       |
| 9:00                                                       | Jah Morning Reggae                    | MOAB MORNING BLEND                               |                                 |                                      |                                  | Blue Plate Special (blues/rock)     | Shine Time (Children)               | 9:00                                           |       |
| 10:00                                                      |                                       | Moab Mamas (everything)                          | Amarillo Highway                | Tilted Park (Americana Classic Rock) | Apokalypse Cabbage/ Mixed Tape   |                                     |                                     | Trailer Park Companion / Wayward Wind          | 10:00 |
| 11:00                                                      |                                       |                                                  | radio mmm... (Classic Indie)    | Horizon Line                         | Random Toonage                   |                                     |                                     |                                                | 11:00 |
| Noon                                                       | Grass is Greener (Bluegrass)          | The Skye's the Limit (rock-blues-unreleased)     | Open Slot Call 259-8824         | Bait and Switch                      |                                  | The Trading Post (call-in Buy/Sell) | Ain't Live Grand? (live recordings) | Noon                                           |       |
| 1:00                                                       |                                       | Radio Mundial Radio MOONDial                     |                                 | WORLD MUSIC                          |                                  | 1-2-3 (funky world soul)            |                                     | 1:00                                           |       |
| 2:00                                                       | Red Rock Potluck / Classical          | Alternative Radio                                | Pirates & Poets                 | Moab Drive Time                      | Moab Drive Time                  | Fire on the Mountain                | Belagaana Review (fruit and nuts)   | 2:00                                           |       |
| 3:00                                                       |                                       | This Week in Moab (Interviews / Calendar)        | DEMOCRACY NOW                   |                                      | Free Speech Friday Public Access | Tween Time (pre-teen fun)           |                                     | 3:00                                           |       |
| 4:00                                                       | West of Broadway/ Concert in the Park | Big Swing Face (big band jazz)                   | Moab City Council Atomic Lounge | Thin Edge (jazz)                     | Rock Garden (rock)               | The Rainbow Room/ Funky Soul Jam    | Main Street Cruise!                 | 4:00                                           |       |
| 5:00                                                       |                                       | The Watering Hole (blues)                        | MOAB AFTER HOURS                |                                      | Beat Monkey                      | Ill Beats Radio                     |                                     | 5:00                                           |       |
| 6:00                                                       | Entre Las Piedras (Between the Rocks) | Transitions Radio                                | Conscious Party                 | Liberty Jam                          | Pandora's Box                    |                                     | Seti TranceMissions                 | 11 <sup>th</sup> hour or music from underworld | 6:00  |
| 7:00                                                       |                                       | KZMU OVERNIGHT                                   |                                 |                                      |                                  |                                     | 7:00                                |                                                |       |
| 8:00                                                       | Kokopelli Coffeehouse                 | KZMU OVERNIGHT                                   |                                 | Thin Edge (jazz)                     | Rock Garden (rock)               | The Rainbow Room/ Funky Soul Jam    | Main Street Cruise!                 | 8:00                                           |       |
| 9:00                                                       |                                       | KZMU OVERNIGHT                                   |                                 | Thin Edge (jazz)                     | Rock Garden (rock)               | The Rainbow Room/ Funky Soul Jam    |                                     | 9:00                                           |       |
| 10:00                                                      | Kokopelli Coffeehouse                 | KZMU OVERNIGHT                                   |                                 | Thin Edge (jazz)                     | Rock Garden (rock)               | The Rainbow Room/ Funky Soul Jam    | Main Street Cruise!                 | 10:00                                          |       |
| 11:00                                                      |                                       | KZMU OVERNIGHT                                   |                                 | Thin Edge (jazz)                     | Rock Garden (rock)               | The Rainbow Room/ Funky Soul Jam    |                                     | 11:00                                          |       |
| 12:00                                                      | KZMU OVERNIGHT                        |                                                  | Thin Edge (jazz)                | Rock Garden (rock)                   | The Rainbow Room/ Funky Soul Jam | The Rainbow Room/ Funky Soul Jam    | 12:00                               |                                                |       |

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