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SWINSTERN STREET	a Company	SECTION AND ADDRESS.	THE PARTY IN		A STATE OF THE PERSON NAMED IN
RIVER	ADVEN	JTUR	FS		100

World-famous scenery and a barbecue lunch rafting the Colorado River, 8:15am - 4:00pm (min age: 5)	\$72	\$58	
COLORADO RIVER A.M. HALF-DAY Raft the river from Fisher Towers to Rocky Rapid.	040	(20	

Raft the river from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 5)	\$48	\$38
COLORADO DIVER PM HALF DAY		

COLORADO RIVER P.M. HALF-DAI	
Raft from Rocky Rapid to Takeout, Includes 880 I	unch cEO cA7
along the river. 11:00am - 4:00pm (min age: 5)	s59 \$47

WESTWATER CANYON FULL-DAY	
Enjoy exciting whitewater rapids & lunch in this unique Canyon. 6:45am - 6:00pm (min age: 10)	\$165 \$165

TWO-DAY RAFT & CAMP	
All meals and camping equipment provided, rafting	6040 6170
moderate rapids, relax into the scenery. (min age: 5)	\$249 \$179

HUMMER SAFARIS	ASSETS	(under 16)	
SLICKROCK SAFARI Incredible 4x4 experience over a landscape of petrified sand dunes. Departs 7:30am, 10am, 1pm, 4pm (2 hrs)	\$79	\$49	

sand dunes. Departs 7:30am, 10am, 1pm, 4pm (2 hr	5)
GRAND SAFARI Further explore the backcountry in the world's mos serious 4x4. Departs 7am, 12:30pm (4 hrs)	st \$165 \$119

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over petrified dunes and desert scenery, (3 hrs)			

MOUNTAIN BIKING	ADULTS (under 16)
HALF-DAY MOUNTAIN BIKING  Easy to moderate rides. Enjoy scenic desert and red rock	105 105

oasis. Includes blike rental, helmet, water. (4 hrs)	2 200 200
CANYONLANDS SUNRISE DOWNHILA Relaxing downhill ride w/ breakfast. Enjoy grand vistas at every turn. Departure times vary. (5 hrs)	

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seen canyons with exciting rappels! 5 hrs (min age: 10)		40.4
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CANYONLANDS SCENIC FLIGHT  See all 4 districts of Canyonlands NP in just one hour with a bird's eye view! Departs 9am	\$150	150
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JETBOAT TOURS & MORE	#0015 (0045 4 15)
CANYONLANDS JETBOAT Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (4 hrs)	\$80 \$70
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moving boat ride on the Colorado River.		-

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## MOAB HAPPENINGS®

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

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## WINERY HAPPENINGS

## Castle Creek Winery

Castle Creek Winery has seen tremendous growth for a little over a decade. Since they bottled their first wine, Castle Creek Winery has been committed to a simple and focused philosophy. Produce competitively priced world class wines using high desert grown grapes that are food and consumer friendly. Upon tasting

the wines it's clear why Castle Creek Winery has again won Best of State in the Brewery/Winery category.

Making great wine requires three things; the best grapes, state of the art equipment and passionate people. At Castle Creek Winery they have all three. Carefully managed vineyards insure the highest quality of grapes. As of this year, Castle Creek's winemaker has crafted 40 award winning wines, and the facility incorporates state of the art equipment that would be at home in the finest wineries of Napa. Like a great restaurant, it's not just about location, it's about passion! Castle Creek has both a perfect location and a remarkable enthusiasm to create the absolute best wine that they can bottle.

Overlooking the Colorado River, Castle Creek Winery stands out against a stunning western landscape. The facility includes a tasting room, gift shop, a 4000 square foot private event area and prep kitchen. Whether you'd like to come for an active vacation or a relaxing getaway, Red Cliffs Lodge specializes in creating memorable experiences for their guests.



At Castle Creek, they have forgone the hype, over marketing, and trendy urban speak of many of today's "hip" wines. No tortured explanations

graphics on the bottle, just high quality well priced wines. No pretentiousness, just fabulous wines, that's what they do at Castle Creek Winery.

Castle Creek only focuses on varietals that thrive in the region; extensive research has determined which grapes will reach their full potential.

Cabernet, Merlot, Syrah, Chardonnay, Chenin Blanc and many hybrids do well, and the sandy loam soil imparts a special regional flavor that you've got to taste to believe!

> Castle Creek wines are handcrafted using small lots of fruit and careful aging to create unique and personal wines. Year over year Castle Creek wines have received Bronze, Silver, Gold and Double Gold Medals in International Wine Competitions such as Tasters Guild, Finger Lakes and Pacific Rim. Stop by and visit them 7 days a week for a free wine tasting.









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## MOAB AREA EVENTS CALENDAR



## JULY 24TH PIONEER DAY



Pioneer Day is an official Utah state holiday celebrated on July 24. It commemorates the entry of Brigham Young and the first group of Mormon Pioneers into the Salt Lake Valley on July 24, 1847, where the Latter-day Saints settled after being forced from Nauvoo, Illinois and other locations in the eastern United States. Parades, fireworks, rodeos, and other festivities help commemorate the event.

Pioneer Day is a state holiday in Utah so county offices (except emergency services), educational institutions, and most businesses are closed.

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Volunteer for your favorite special event

## July

- 1-2 HOLIDAY WEEKEND CREATIVITY. Join Sundance Resident Artist Brittany Golden for a silversmithing and jewelry making class at the MARC. July 1st or 2nd . 10 am, 1 pm, or 3 pm. A 2-hour class and you'll leave with everything you need to know to get started silversmithing AND a sterling silver ring, bracelet, or pendant that YOU have made! Moab special \$85. Reserve your spot 259-6272.
- 1-15 Day Tours with Canyonlands Field Institute. Moab's Ancient Past and Arches Sunset Tours for Adults and Families with CFI Naturalist/Guides. Every weekend through October 16 (except late July). Explore Arches National Park or Colorado River side canyons with sandstone wonders, mountain views, and wildflowers. For price and more information, visit our website, www.cfimoab.org or call 259-7750. Tour fees help support our Outdoor Education Programs for Schools and Youth.
- 1-3 Raft the Lower San Juan River with Canyonlands Field Institute. Trip starts in Bluff, Utah, at the Recapture Lodge, launches from Mexican Hat, and travel 56 miles to Clay Hills, Utah. Travel with the river through deep canyons, meander through Goosenecks State Park, and splash through fun Class I-III rapids. For price and more information, visit our website, www.cfimoab. org.org or call 259-7750. Tour fees help support our Outdoor Education Programs for Schools and Youth.
- DANCE/BAILE with DJ Chupes benefit for the Moab Valley Multicultural Center - Elks Lodge (behind La Hacienda) Saturday, July 2 after 8 p.m. \$10/ person 16 and over
- Independence Day
- Patriots on Parade at the annual 4th of July celebration 10am 2pm. The opening of this year's Fourth of July festivities at Swanny City Park will begin with the annual parade! The parade will start at MC's on the corner and end at Turner Lumber. The parade will start promtly at 9:30am. The end of the parade announces the beginning of the festivities. LIVE LOCAL ENTERTAINMENT • LIVE MUSIC • FOOD & GAMES FOR KIDS • FREE · open swim beginning at 1:30pm at the NEW Moab Aquatics & Recreation Center. This parade is a family affair, so all entries must be respectful. The parade committee reserves the right to ban any entry from participating.
- 7 The Moab Information Center and the Museum of Moab are proud to welcome David Grant Noble. David will be giving a presentation on his latest book "In the Places of the Spirits" at 7:00pm at the Moab Information Center. David Grant Noble is a writer, photographer and archaeological guide.
- Bark For Life Dog Relay Red Rock Elementary School. Opening ceremony begins at 10 am. See page 15B for registration and other information.
- Range Creek Archeology with Canyonlands Field Institute. Range Creek Valley contains some of the best preserved Native American sites in the Southwest. Join CFI Naturalists and DWR Representatives for this twoday trip including vehicle tour and hikes, evening program, and all meals. For price and more information, visit Upcoming Events on our website, www.cfimoab.org.org or call 259-7750. Tour fees help support our Outdoor Education Programs for Schools and Youth.
- 10 WESTWATER BENEFIT TRIP! Canyon Voyages Adventure Co. is hosting a special benefit trip for Canyonlands Field Institute! Experience a first-class whitewater thrill while supporting CFI's youth outdoor education programs! Contact Canyon Voyages at (800) 733-6007.
- 12-15 Explorer's Summer Youth Camps with Canyonlands Field Institute. Students entering 5th and 6th grades will enjoy four days and three nights at our LaSal Mountain Base Camp. Campers will have a fun, safe, hands-on learning experience while escaping the summer heat in the mountains and on the river. Hiking, camping, exploring, games, art and writing activities, map reading, learning about the desert/alpine ecology of the Colorado Plateau, and rafting one day on the Colorado River "Daily." Healthy meals provided. \$100/child per session, scholarships available. For additional session dates and more information, visit our website, www.cfimoab.org, or call 259-7750.
- 13 Second Wednesday Book Club at the Library. Parrot and Olivier in America by Peter Carey is July's book selection. All are welcome - 6:00 p.m. in the Library's Board Room.
- 13 History Lecture/Slideshow and Book Signing In Search of Dominguez and Escalante: Photographing the 1776 Spanish Expedition throughout the Southwest 7:00 p.m. at the Grand County Public Library at 257 E. Center St. with the authors Greg Mac Gregor and Siegfried Halus.
- 14 Moab Garden Club meeting at 6 pm. We will be touring a beautiful local garden . Please come and join us for the tour. The Moab Garden Club gets together once a month to discuss gardening, share plants, seeds and ideas. Our meetings are fun and informative. We are looking for more gardens to tour - so if you know of any great gardens for us to have a look at please contact us. We all get our best ideas for gardening from others! Contact Tricia 259-6342 for more info.
- 14 Join the WabiSabi Nonprofit Network for a Social Picnic in the Park. July 14th from Noon-1pm at Rotary Park. Nonprofit Organizations are invited to join. Bring with you another nonprofit with whom you partner, especially if they have never been to a Nonprofit Network event! LUNCH will be provided. This event is FREE but registration is required, call 259.2553
- 15-16 The Capitol Reef Classic Stage Race, The 4th annual 2 day, 3 stage road bike race Individual time trial, circuit race, and long road race. Torrey, Utah USACycling permited and UCA points series event, must complete each stage to be allowed to participate in the next stage. register online at www. capitolreefclassic.com questions? call Tina 435-691-1696

For more info on events see www.moabhappenings.com







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## MOAB ART WALK 2011

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## **DEADLINE for AUGUST Events Calendar: JULY 20, 2011**

Listings in the Moab Happenings Events Calendar are FREE!! Do you know of an event for the Happenings calendar?? Call (435) 259-8431 or fax us at (435) 259-2418

e-mail: info@moabhappenings.com

Www.moabhappenings.com

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## MORE MOAB AREA EVENTS

- 21 Thursday Night Movie Night at the Library. The animated film "Rango" will be shown at 7:00 p.m. This event is FREE. Popcorn for this event is donated by the Moab Chevron. For more info visit the Grand County Public Library at 257 E. Center St. or call 435-259-1111.
- 21 The Moab Information Center and the Museum of Moab are proud to welcome Geologist, Deborah Ragland. Deborah will be giving a presentation on her work in Arches National park at 7:00pm at the Moab Information Center. This presentation will illustrate the reasons why the arches are here, how they are formed and why they collapse.
- 22-23 Bicknell International Film Festival. See article on section B cover, and ads on 14A and below.
- 24 Pioneer Day, Utah State Holiday
- 28 Journey Beyond Book Group. Bee Season by Myla Goldberg is July's book selection. All are welcome - 3:00 p.m. at the Seekhaven Chapel (81 North 300 East). For more info please call Amie Whipple at 259-2229. Copies of the book provided by the Utah Humanities Council are available for checkout at the Grand County Public Library.

#### August

- 5 OPEN MIC & POT LUCK Everyone is welcome come to read or just to listen and visit with friends & neighbors Rotary Park at 6:30 pm. Moab Poets & Writers
- 7 Dawg Days of Summer Auction and Barbeque 9th annual Humane Society of Moab Valley fundraiser at Old City Park from 4 to 8 P.M. Catered by Moab Brewery. Tickets available at the HSMV office in the Moab City Shelter, as well the the Moab Barkery. See article on page 6A to learn more about this event.
- 7-8 Westwater Canyon Two-Day Raft Trip with Canyonlands Field Institute. Explore this Wilderness Study area with a small group, hike side canyons, learn behind the scenes stories, history, geology and exciting whitewater too! For price and more information, visit our website, www.cfimoab.org or call 259-7750. Tour fees help support our Outdoor Education Programs for Schools and Youth.
- 20-21 Range Creek Archeology with Canyonlands Field Institute. Range Creek Valley contains some of the best preserved Native American sites in the Southwest. Join CFI Naturalists and DWR Representatives for this two-day trip including vehicle tour and hikes, evening program, and all meals. For price and more information, visit Upcoming Events on our website, www.cfimoab.org.org or call 259-7750. Tour fees help support our Outdoor Education Programs for Schools and Youth.
- 2-5 Teen Adventure Week with Canyonlands Field Institute. Calling all teens entering 9th-12 grades who enjoy the outdoors! Spend two days camping and hiking in the La Sal Mountains and two days rafting Westwater Canyon on the Colorado River! Summit a peak, explore mountain ecology, and complete a service project; gain whitewater rafting skills, learn about river dynamics and safety, and enjoy Class II-IV rapids (depending on water levels). For more information, visit our website, www.cfimoab.org, or call 259-7750.
- 9-12 Explorer's Summer Youth Camps with Canyonlands Field Institute. Students entering 7th and 8th grades will enjoy four days and three nights at our LaSal Mountain Base Camp. Campers will have a fun, safe, hands-on learning experience while escaping the summer heat in the mountains and on the river. Hiking, camping, exploring, games, art and writing activities, map reading, learning about the desert/alpine ecology of the Colorado Plateau, and rafting one day on the Colorado River "Daily." Healthy meals provided. \$100/child per session, scholarships available. For additional session dates and more information, visit our website, www.cfimoab.org, or call 259-7750.
- 26-28 Mesa Verde Country Wine and Art Festival in Cortez, Colorado. See page 17A for ad and information.

## September

10 Moab's first annual Navajo rug auction premiers Sept. 10 at the Grand Center, 182 North 500 West. Preview rugs starting at 10am; the auction starts at 1 pm. Appraisals will be held from 10am-12pm. 300 rugs will be showcased with proceeds going directly to Navajo artisans of all ages. Demonstrations and rug appraisals will be featured. R.B. Burnham & Co. Native Auctions, known for their insight into Southwest native cultures, will conduct the auction. Presented by Canyonlands Natural History Association, supporting Navajo arts and culture. Call 435-259-6003 x10 or visit cnha.org.

## 2011 Moab Events

September 1-12...... Moab Music Festival
September 3-4.....Moab Artists Studio Tour
September 10......Navajo Rug Auction
September 16-18..... Moab Century Tour
September 21-25.... M.O.A.B. Skydiving Event

September 22-25 .... Moab Fall Quarter Horse Show

October 5-9 ..... Outerbike
October 7-15 ..... PleinAir Moab

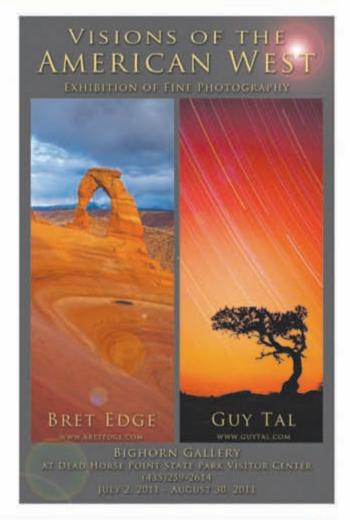
October 8-9..... 24 Hours of Moab

October 16..... The Other Half

October 27-30 ...... Moab Ho-Down Bike Fest

October 29..... Pumpkin Chuckin' Festival

November 4-6..... Moab Folk Festival



# The 17<sup>th</sup> Annual Bicknell International Film Festival July 22 & 23

#### FRIDAY EVENTS

The world's fastest parade (55 miles per hour) begins the festivities on Friday evening at the Chuckwagon Lodge and General Store in Torrey.

Activities begin at the Wayne Theatre at 6:30 P.M. with a short film focusing on the theme and a costume contest. The feature film of the evening follows.

Around 9:00 P.M. Friday night after the first screening, the "Party of the Stars" will be held with food, drinks, and a band.

## SATURDAY MORNING EVENTS

Saturday morning at 9 A.M. starts off with our trademark Swap Meet at the Robber's Roost Bookstore in Torrey. Bring some stuff to swap and find some treasures.

The Pioneer History and Music program is held at the Teasdale Cultural Center for those interested in local and state history.

At noon, BIFF participants go to Teasdale (8 miles southwest of Torrey) for the Teasdale Volunteer Fire Department's Mutton & Taters Dutch Oven fund raiser which begins at noon at the Teasdale Park Shelter House.

## SATURDAY AFTERNOON EVENTS

The second festival film begins at 2:00 P.M. at the Wayne Theatre. This event includes audience participation, special guests, and spectacular prizes.

Many film fans enjoy the Farmer's Market from 4-6PM.

#### SATURDAY EVENING EVENTS

The grande finale begins at 6:30 P.M. with an introduction, trivia, and showing of our final feature film. Be sure to stay for fabulous prizes!

The BIFF "It's a Wrap Party" with food, drinks, and a band will be held after the final film.

For more information about tickets or events, email bifftix@waynetheatre.com.

See the article on page 1B for more information!



## **Moab Church Services Directory**

Assembly of God • 1202 South Boulder Avenue	259-7747
Church of Jesus Christ of Latter-Day Saints First & Second Wards • 475 West 400 North Third, Fourth & Fifth Wards • 701 Locust Lane	259-5566 259-5567
Community Church • 544 MiVida Drive	259-7319
Episcopal Church of St. Francis 250 South Kane Creek Blvd	259-5831
First Baptist Church SBC • 420 MiVida Drive	259-7310
Four Corners Faith & Worship Ministries	259-0041
Friends in Christ Free Lutheran Church 1240 South Highway 191	259-4378
Grace Lutheran Church 360 West 400 North	259-5017
Kingdom Hall of Jehovah's Witnesses 25 West Dogwood	259-7363
Moab Baptist Church • 356 West Kane Creek Blvd.	259-8481
Quaker Worship Group • 81 North 300 East	259-8178
River of Life Christian Fellowship 2651 East Arroyo Rd.	259-8308
St. Pius X Catholic Church • 122 West 400 North	259-5211
Seventh Day Adventist 4581 Spanish Valley Drive	259-5545
The Church of Christ • 456 Emma Boulevard	259-6690

6A • July 2011 • Moab Happenings

# NON PROFIT HAPPENINGS

# Humane Society of Moab Valley Annual Dawg Days of Summer Barbecue and Silent Auction

The ninth annual Humane Society of Moab Valley BBQ and major fundraiser will take place at Old City Park from 4 to 8 P.M. on Sunday, August 7th. Food will be catered by the Moab Brewery and will include beef tri-tip, chicken, vegetarian pasta, beans, cole slaw, corn



bread, salad, dessert, and the Brewery's special keg root beer. Tickets are available at the HSMV office in the Moab City Shelter, as well as the Moab Barkery.

Enjoy the talents of local musicians while treating your taste buds to a fabulous BBQ. This year's silent auction will be better than ever, with luxury gift items

to pamper yourself or give to a friend, as well as gift certificates for art, restaurants, adventure trips, and more! The silent auction and BBQ are the primary annual fundraisers for the Humane Society of Moab Valley.

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 local people would enjoy. Zee started barbecuing several days in advance; friends and staff shucked corn and helped 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. This year, a new atmosphere will be tried at Old City Park - a bit less formal, hopefully a

bit more fun with great food, activities for the kids, and certainly the best silent auction ever!

Celebrating I I 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 services. through adoption rescue and Providing training, support and education 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, working with Seekhaven to assist families leaving abusive situations by providing a safe place for pets, and providing discount for senior adoptors and/or senior animals are just a few of the on-going programs of HSMV.

For more information on the BBQ, animals, volunteering or donating, call 435-259-HUMANE (259-4682).





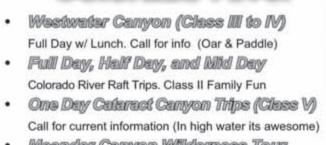
# RAFT TRIPS • 4WD TOURS • RIVER CRUISES NAVTEC





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adrea@moablibrary.org

# EVENING HAPPENINGS



## Library Slideshow, Lecture & Book Signing

Wednesday, July 13th, 2011, 7:00-8:00 p.m. Grand County Public Library 257 E. Center St. Moab, UT 84532 435.259.1111 Library contact - Adrea Lund, 435-259-1111 ext 11

On July 29, 1776, Franciscan friars Francisco Atanasio Dominguez and Silvestre Velez de Escalante embarked on an expedition to seek an overland route from Santa Fe, New Mexico Monterey, California. Although the Spaniards did not reach their final destination, the expedition is widely regarded as one of the great explorations in western U.S. history for its documentation of the land and Native peoples in the Four Corners. The groupincluding cartographer Don Bernardo Miera y Pacheco, Ute-speaking guides and the alcade (mayor) of Zunicircumnavigated 1800 miles of unchartered territory never before seen by Europeans, an arduous five month trip documented in Escalante's journal, a widely read historical account of the exploration.

More than hundred years later Greg Mac Gregor and Siegfried Halus have created a remarkable visual record of the expedition. Using Escalante's journal as their guide, the photographers followed the expeditionary route, circling through New Mexico, Colorado, Utah and Arizona, and documenting the frontier as first witnessed by the Spanish explorers on horseback.

The expedition passed what today are major national parks and landforms: Zion Canyon; Dinosaur Monument; and the Grand Canyon. The photographs show many areas virtually unchanged over centuries; other images reveal the passage of time in pictures of dammed rivers, power

> lines, and towns where once stood virgin forests.

> Quoting widely from Escalante's journal, authors present first hand accounts of the expedition alongside their photographic narrative. Essays by the photographers discuss their methodology and experiences as modern day explorers retracing the steps of the friars. In his historical essay, Joseph P. Sánchez writes about the lasting legacy of the Spanish expeditions.

#### About the Authors

Mac Gregor Greg and Siegfried Halus are photographers renowned educators whose works have been exhibited internationally. Mac Gregor is professor emeritus of photography at California State University. He is the author of Overland: The California Emigrant Trail of 1841-1870 (University of New Mexico Press). Halus is former director of the art department of Santa Fe Community College and the author (with Marie Romero Cash) of Living Shrines: Home Alters of New Mexico (Museum of New Mexico Press). They both live in Santa Fe.

## Stargazing at Dead Horse Point State Park

On a dark, clear night, over 2,000 stars are visible in the sky. The area in and near Dead Horse Point State Park has some of the darkest skies found in the United States. Rangers at Dead Horse Point take advantage of these dark nights, providing various astronomy programs and full moon hikes throughout the summer and fall. The full moon doesn't provide for dark skies, but it does offer great nighttime views of the canyons below the park.

Astronomy programs cover a variety of themes and, weather and temperature permitting, include viewing stars and planets through a telescope. One program focuses on astronomical events and features (including visible planets) while another focuses on how the night sky has connected us as humans for thousands of years. These dark night skies are an important resource and need to be protected. Learn how to protect our dark skies and nocturnal animals by attending these programs!

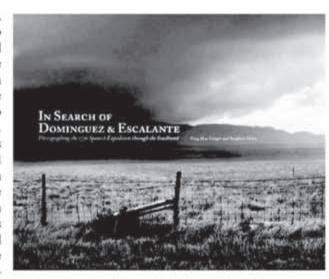
Full moon hikes are offered once a month and cover topics including lunar features and nocturnal animals. The moon is over 238,000 miles from the earth and still plays a large part in our lives. Nocturnal and crepuscular animals living in the park include coyote, kit fox, bats, mule deer, owls, scorpions and rattlesnakes.

Bats are the most commonly seen nocturnal animals in the park and deserve their own program. Bats sometimes



have a bad reputation, but they are very beneficial to humans. Bat programs are provided one to two times per month. These programs include games, activities, a slide show and nighttime bat viewing.

For current program information, visit us at www. stateparks.utah.gov/parks/dead-horse or call the visitor center at (435) 259-2614.

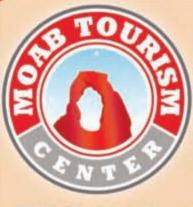


## In Search of Dominguez & Escalante

Photographing the 1776 Spanish Expedition through the Southwest

By Greg Mac Gregor and Siegfried Halus Foreword by Frances Levine Essay by Joseph P. Sánchez

Clothbound \$50.00 ISBN 978-089013-529-7 232 pages, 146 duotone photographs Publication Date: April 17, 2011



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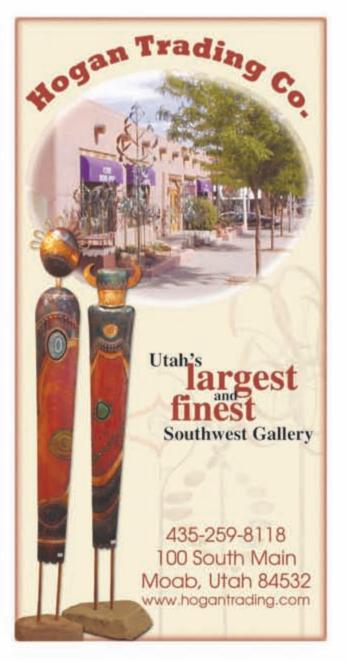


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This Months Featured Activity: Sunset UTV/Razor Tours

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# HIKING HAPPENINGS

## Hazzard County Trail - Returning To The High Country

Story and photos by Marcy Hafner

"Hazzard County Trail?" - No one seems to know where that extremely odd name came from, but for a lot of people it triggers memories of the old TV show the "Dukes of Hazzard." Regardless, no "hazards" exist on this delightful, easy-going three mile stroll in the foothills of the La Sal Mountains, which connects Warner Lake at the elevation of 9350 feet to the La Sal Loop Road at 8300 feet.



Assisted by the Trail Mix - an advisory committee to Grand County in the development and maintenance of non-motorized trails - the U. S. Forest Service recently constructed the Hazzard County Trail as part of the Whole Enchilada Trail system. This popular 26.5 mile mountain bike trail starts at the Burro Pass Trailhead and joins the Hazzard County Trail shortly after passing Warner Lake. At the La Sal Loop Road, it continues down the Kokopelli Trail, and follows the Upper Porcupine Singletrack, Lower Porcupine Singletrack and the Porcupine Rim Trail to the Colorado River - a vertical drop of 7,000 feet.

It takes less than an hour to drive the estimated 35 miles to Warner Lake, where the upper end of the Hazzard County Trail begins on the left just before the lake. The big advantage of starting here is that it is downhill most of the way. On my hike in early June, however, the road to Warner Lake was still closed, eliminating the option of a shuttle. So instead, I parked at the lower end on the La Sal Loop Road and hiked the entire six mile round trip. I was

forced to go twice the mileage, but I also experienced twice the pleasure a different perspective each On way up I was constantly gazing at the shifting mountain views



of Gold Knob, Haystack, Tomasaki, Manns, Tukuhnikivatz and Tuk No. Going down, my vision switched to the dramatic scenery of Bald Mesa, Castle Valley, Round Mountain, Castle Rock, the Sand Flats Recreation Area, Arches National Park, Porcupine Rim, northern



Moab Valley, Behind The Rocks and the Bookcliffs with the Henry Mountains finally popping up on the far distant western horizon.

get to Warner Lake from Moab, go south on Highway 191 approximately 7.5 miles and turn left at the sign for the Ken's Lake-La Sal Loop Road. Continue half a mile to the stop sign at the tee and turn right on to the Spanish Valley Drive-La Sal Loop Road. You will go past the turn-offs for Pack Creek Ranch, Geyser Pass and Oowah Lake. The next major road on your right after Oowah has



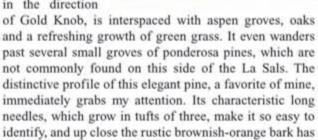
a sign pointing to Warner Lake. This five mile graveled road is suitable for any vehicle, but is only open during the summer and early fall seasons. By late September or early October,

depending on the weather, the possibility exists that the road will be closed for the winter.

If you wish to start from the La Sal Loop Road, continue a few miles past the turn-off for Warner Lake for a few miles. Shortly after the sign for the Sand Flats

Road, there will be a small sign for the Hazzard County Trail on your right, and a large sign for the Kokopelli Trail on your left.

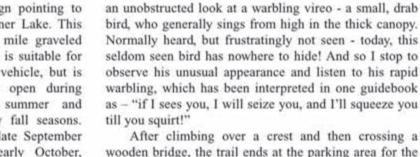
This route, which steadily winds its way in the direction



a faintly pleasing vanilla-butterscotch smell.

wildflowers The larkspur, Indian paintbrush, golden pea, mouse-earred chickweed, bluebells and phlox are commencing their colorful fling. The aspens are greening up - soon the mesmerizing dance of the aspen leaves will begin. The oaks have yet

to stir from their winter dormancy; without any fresh foliage, they look starkly naked, which provides me with



wooden bridge, the trail ends at the parking area for the trailhead. At this spot, I'm at 9500 feet, and since I have gained 1200 feet in elevation, the revelation hits me that the higher I have hiked, the more penetrating the breeze has been. Suddenly

ready to I am break away from that chilly biting breeze - a dramatic change from the warmer temperatures below. The bank on a sweet, clear



flowing creek in the midst of some aspens suits me just fine. The gurgling of the stream, the soothing call of a raven and the sheltered sunny warmth entices me to kick back and stick around.

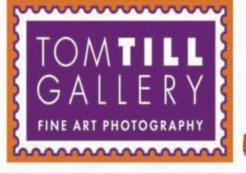
A green-tailed towhee openly sings his song while perched on an aspen branch. Normally, all his activities are ground-centered as he forages for food by rapidly kicking backward with both feet to expose insects, seeds and berries - a technique that is known as "doublescratching." Today, however, the hormones have kicked in and all caution is thrown to the wind in his effort to attract a mate as he shows off his attractive plumage white throat, rufous cap and long bright yellow-green tail

that glistens in the sunlight.

The firs that highlight the nearby crest and the fluting song of the hermit thrush - a bird partial to deep forests - remind me that I am at a transition zone - the threshold to the higher elevations, which is a wonderful refuge from the desert heat. With so much grandeur that surrounds me, I savor this alpine interlude as I gaze at these majestic mountain peaks - all of them still partially cloaked in snow. It feels wonderful to be back to the high country and as

the summer heat intensifies, I'll be retreating to this cool heavenly haven again and again.





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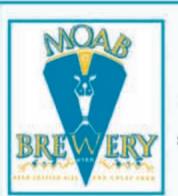
61 North Main, MOAB, UT • WWW. TOMTILL. COM • 435-259-9808

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# RESTAURANT GUIDE





Moab's ONLY ONSITE

Microbrewery & Restaurant

State Liquor Licensee Orders To Go Beer To Go PATIO SEATING KIDS MENU GELATO

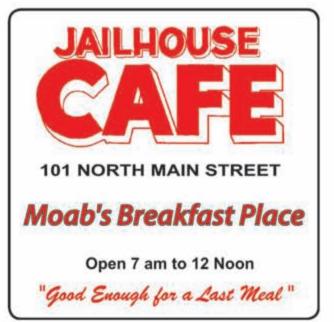
STEAKS • BURGERS • BBQ • SALADS • SEAFOOD

LUNCH & DINNER DAILY - OPEN 11:30 AM 686 South Main • 259-6333

(McDonald's is next to us)







#### 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

The Moab Brewery, Moab's only on-site microbrewery, offers a variety of locally brewed beers in their tavern, as well as being available at other restaurants in town. Many flavors are on sale at retail stores in Moab as well in the Salt Lake City area.

Eddie McStiff's Restaurant, Brew Pub and Bar has 12 beers on tap and a tiki bar where you can get a glass of wine or a cocktail or beer without ordering food.

The Rio Sports Bar & Grill boasts Moab's largest selection of liquor with indoor and outdoor seating (must be 21 years or older).

Also new is the addition of two upscale lounges in Moab. Vista Lounge located inside Buck's Grill House and The Ghost Bar, upstairs at Jeffrey's Steakhouse. Both locations have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

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

The Utah State Liquor Store is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is

located at 55 West 200 South and is open from Monday through Saturday (11:00 am to 9:00 pm - May 1st to November 1st and from 11:00 a.m. to 7:00

p.m - November 1st to May 1st). They are closed on Sundays

and Holidays. Beer (3.2% alcohol content) for take-out can be purchased at food stores and convenience stores for off-premise consumption only. Onpremise beer (you can drink it here) is available at various licensed locations, including taverns, golf courses,

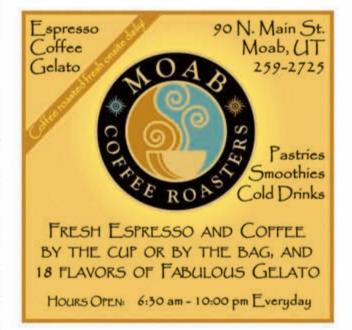
and restaurants that have the bowling alleys, required beer license.

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

# Celebrating 30 Years! Spicing your Life since 1981 OPEN DAILY AT 11 AM SERVING LUNCH AND DINNER DAILY SPECIALS • VEGETARIAN FRIENDLY

574 NORTH MAIN • MOAB, UTAH • 435-259-6319

State Liquor Licensee







Friday/Saturday 11:00 am - 11:00 pm

Pick-Up Available



# RESTAURANT GUIDE



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# RESTAURANT





CASUALLY UPSCALE CLASSIC STEAKHOUSE FARE

> 218 NORTH 100 WEST 259-3588 JUST SLIGHTLY OFF MAIN **ENJOY OUR PATIO**

OPEN NIGHTLY AT 5:00PM **CALL FOR RESERVATIONS** 

WWW.JEFFREYSSTEAKHOUSE.COM

State Liquor Licensee

## Carnivores, Herbivores, Omnivores! Vegetarian Breakfast 1 Lunch "Best Desert Oasis" Salt Lake City Magazine HOURS 7 Days A Week 7:00am-1:30pm 352 North Main, Moab • 435-259-6896





#### 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.

#### Branding Iron Bar & Grill

2971 South Highway 191 Dinner at 5pm

259-6275

Western style family restaurant. Home of the Moab Super Burger. New Specials, Great Food. Prime Rib every night. Open 7 days a week. Full Service Liquor License.

#### Buck's Grill House & Vista Lounge

1393 North Highway 191

259-5201

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. Beautiful secluded patio dining. Vista Lounge is a sophisticated adult environment offering cocktails along with dining.

#### Burger King

606 South Main

259-2700

#### Cassano's Italian Restaurant

11 East 100 North 259-6018

Come in and join us for home made sauces and hand tossed pizzas and paninis. Moab's new traditional Italian restaurant is located in the old Poplar Place. Patio seating available so you can dine alfresco and bask in splendid red rock views. Great choice for take out and catering. State Liquor License

#### China Cafe

812 South Main

259-7933

City Market

425 South Main

259-5181

259-2002

#### Cowboy Grill at Red Cliffs Resort

16 Miles up Highway 128

Lunch • Dinner

Breakfast Buffet 6:30 - 9:30 Sat & Sun only

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.

#### 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

1266 N Hwy 191 at Moab Springs Ranch 259-0756

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. Beautiful patio for outdoor dining.

## Eddie McStiff's Restaurant & Brew Pub

57 South Main Street

435 259-BEER

Lunch • Dinner

Lunch: 11:30 am Daily Dinner: 4:30 pm Nightly

12 beers on tap. Brick Oven Organic Pizza. Southwestern, Pasta, Great Salads! Natural/Choice Aged Steaks, Burgers. Kids Menu. Hassle free cocktails, wine & beer. Pool Tables. Patio Dining. Discount for Seniors 62 and older. FREE WIRELESS INTERNET! Delivery to Main Street Hotels. Live Music on Selected Nights.

#### **EklectiCafe**

352 North Main Street Breakfast . Lunch

259-6896

days a week 7:00 a.m. - 1:30 p.m.

Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! Winner "BEST DESERT OASIS" Salt Lake Mag. August 2002!

#### 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 7-9 pm.

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.

#### Frankie D's Bar & Grill

44 West 200 North

259-2654

Lunch • Dinner Open Daily 11 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.

#### Hogi - Yogi

396 South Main (next to Teriyaki Stix)

service. Call in & take-out orders welcome.

259-2656

Lunch · Dinner Open Daily Sandwiches, Ice cream, Shakes, Frozen Yogurt & Smoothies. Over 15 great sandwiches. Low-fat icy, cold nutrient-packed line of real fruit smoothies. Try our new ice cream & cookie sandwiches made to order. Drive thru

#### Jailhouse Cafe

101 North Main Street

259-3900

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 Nightly at 5:00pm Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American Kobe Beef. Patio dining. Tucked away upstairs is the Ghost Bar. State Liquor License. Party and event reservations available throughout the week. www.jeffreyssteakhouse.com

#### La Hacienda

Licensee.

574 North Main

259-6319

Lunch . Dinner - Open daily 11:00 a.m. CELEBRATING 30 YEARS! Superior Mexican specialities with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor

## Leger's Sandwiches

817 So Main (inside the Moab Chevron)

are made to order. Call in orders welcome.

259-2212

Leger's Sandwiches, a favorite since 1977, is located inside the Moab Chevron whch is open 24 hours. Our Sandwiches

## Love Muffin Café

139 North Main

259-6833

259-8800

McDonald's

640 South Main

Mi Ranchito y Mexicano

812 South Main Street, Suite B 259-0550 Breakfast • Lunch • Dinner fax 259-5533

Mon - Sat 9:00am - 10pm

New owner. Changing daily specials. Come join our family owned restaurant for great authentic Mexican food. We use our own recipes to make fresh salsa, tamales, and chorizo, just like my mother's cooking at home. Our full breakfast selection includes burritos, huevos rancheros, and omelettes. We also have menu items from a quick lunch to a full dinner. Call ahead for quick lunch or dinner pick-up. We will cater your employee holiday party.

## Miguel's Baja Grill

51 North Main Dinner

259-6546

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

#### Milt's Stop & Eat

400 East and Millcreek Drive Lunch . Dinner

259-7424

Open Tue-Sat 11am - 9pm & Sun 12-4 Closed Mon A true Moab icon since 1954. Featuring 100% ground chuck burgers, classic diner sandwiches, all beef hot

dogs, flavored shakes and malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. See ya' all at Milt's. Daily Sp Website is www.miltsstopandeat.com

#### Moab Brewery

686 South Main Lunch & Dinner 259-6333

n 11:30 AM DAILY. Whatever the season, whether you're hungry or thirsty, come in and enjoy the comfortable atmosphere. Food to go. Moab's only brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu. State Liquor Licensee.

For more information about these restaurants pick up a "Moab

www.moabhappenings.com Moab Happenings • July 2011 • 11A





# GUIDE P











## Moab Coffee Roasters 90 N. Main St.

259-2728 k 6:30am = 10:00pm

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, and locally made gelato. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference!

#### Moab's Daily Grind

1146 South Hwy 191 #B

259-1115

FAST, FRIENDLY & AFFORDABLE Drive-Thru Coffee & Espresso. We serve up lattes, mochas, cappuccinos, breves, chai, hot & iced teas, iced & blended drinks, Italian sodas, and more. Featuring Ghiradelli chocolate sauces, including white and dark chocolate. We use fairly traded coffee from a small quality roaster. Iced & Blended Drinks.

#### Moab Diner & Ice Cream Shoppe

189 South Main

435 259-4006

Breakfast • Lunch • Dinner Mon-Sat: 6:00 am - 9:00 pm

Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners.

#### Pancake Haus

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

## Pantele's Desert Deli

98 East Center

259-0200

Mon-Fri 10:00-5:00 Sat 10:00-3:00

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 Lunch • Dinner

259-9999

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. Order online at www.paradoxpizza.com.

#### Pasta Jay's

4 South Main

259-2900

## Peace Tree Juice Cafe

20 South Main

259-0101

Breakfast • Lunch • Dinner

Welcome to the brand new Peace Tree. Dedicated to using the freshest local ingredients, while adding a new and exciting breakfast and dinner menu featuring vegan and gluten free items. Catering and to go orders are available.

## Pizza Hut

265 South Main

259-6345

Lunch • Dinner

ri-Sat: 11 a.m. - 11 p.m. Sun-Thu: 11 a.m. - 10 p.m.

Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up or delivery available. OPEN

#### Portal Grill at Moab Regional Hospital 450 West Williams Way

## Red Rock Bakery & Net Cafe

Breakfast • Lunch

259-5941

259-0039

Open 7am-4pm Mon-Sat and 7am-3pm Sunday. Serving freshly baked bagels, muffins, scones and cinnamon rolls. Fresh Moab Coffee (FMC). Best Sandwich in Moab. Moab's original high speed Internet Access. OPEN EVERY DAY.

## Rio Sports Bar & Grill

259-6666 I block west of Main on Center

Sabuku Sushi

259-4455 90 East Center

## Singha: Authentic Thai Cuisine

92 East Center

Lunch • Dinner Lunch: Mon-Sat Ha.m. - 3 p.m.

Dinner: Mon-Sat 5 p.m. - 9:00 p.m. 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, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

## Slickrock Cafe

5 North Main

Lunch • Dinner

Steaks, New & Improved Lunch & Dinner Menu, Atrium Seating, Appetizers, Gourmet Burgers, Sandwiches, Salads and Freshly Grilled Entrees. Ice cold beer. Daily Specials, Kids Menu. Call in and take out orders welcome.

Full Service Liquor License. Live music Fri, Sat & Sun. Open Mic on Thur.

#### Smitty's Golden Steak

540 South Main

259-4848

259-8004

Breakfast • Lunch • Dinner

Next to Big Horn Lodge. Featuring steaks, prime rib, hamburgers, full breakfast menu. Prompt coffee shop

## Sorrel River Grill Restaurant

259-4642 17 Miles Northeast on Scenic Hwy 128

Dinner (by reservation only)

Enhanced Utah Dining Experience. Overlooking the Colorado River, enjoy delicious menu offerings from tender aged beef entrees, mouth watering seafood specials and garden fresh vegetable dishes direct from the ranch's organic garden. Full liquor license and extensive wine list. Casual dress. Reservations Required.

## SUBWAY Sandwich Shop

299 South Main

259-SUBS

Breakfast • Lunch • Dinner

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

#### Sunset Grill

900 North Highway 191

259-7146

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 00 daily. CLOSED SUNDAYS. State Liquor Licensee.

#### Szechuan Restaurant

125 North Main

259-8984

Teriyaki Stix

396 South Main, Next to Hogi-Yogi 259-2656

Lunch • Dinner

Wide selection of rice or noodle bowls with grilled teriyaki chicken, hot & spicy chicken, beef, kalua pork, fresh steamed veggies, pot stickers & more. Drive thru, take-out & call in orders welcome. Open 7 days a week. Located across from City Market.

#### The Blu Pig

811 S. Main

435-259-3333

Lunch • Dinner

Open 11am to 10pm 7 days

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. Our pitmaster is smoking your favorites all day, every day. With five different BBQ sauces from different regions of the country, you're sure to have a favorite or two. Our covered patio, dining and internet bar are just some of the extras we offer for your enjoyment and convenience. Don't forget to try the smoked pecan pie, it'll blow your mind!! Take out available. Ice cold beer. State liquor license.

## Village Market 702 South Main

259-3111

#### Wake and Bake Cafe

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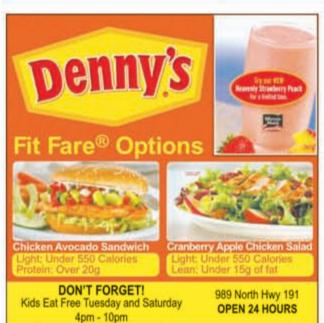
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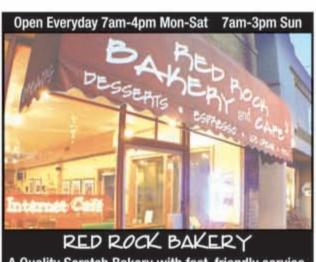
## Menu Guide" And tell them you found them in "Moab Happenings"



# RESTAURANT GUIDE



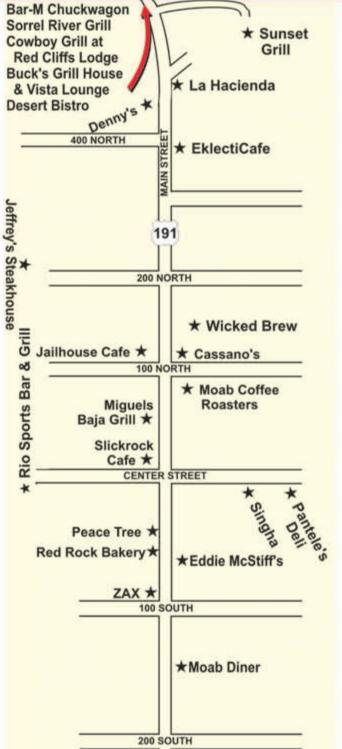


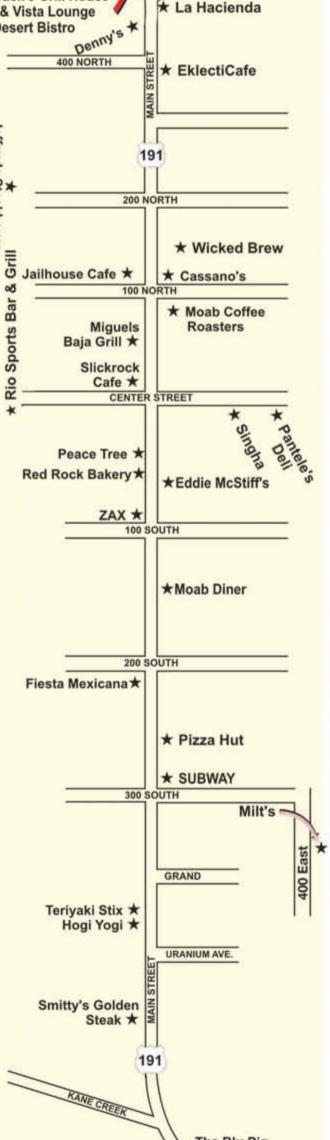


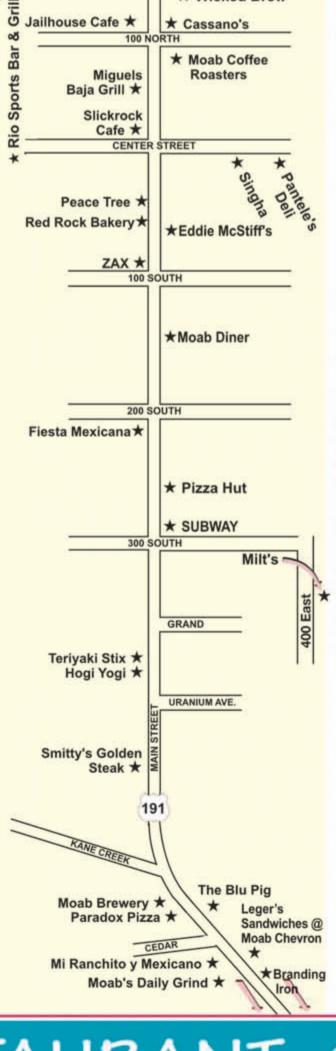
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RESTAURANT GUIDE

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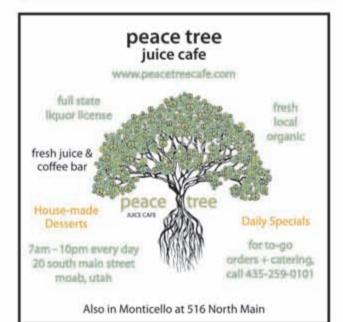


# RESTAURANT GUIDE













## The Blu Pig?

Just say the word barbeque and watch the room light up. Barbeque Gurus are the most competitive, passionate and friendliest group of people in the food industry! They travel for days to compete, stay up all night to mop and enjoy nothing more than watching your reaction when you taste their food.

Some folks have asked me why "The Blu Pig"? The most obvious reason is the huge void left after Lynn and Roger departed Moab some 8 years ago taking Fat City Smokehouse with them and leaving us Moabites without BBQ. Sure a few restaurants have a pulled pork sandwich or some ribs, but nobody took on BBQ full bore (pun intended) with all the fixin's--- until now. Secondly, Blues and BBQ go hand and hand. Oh and I need to mention, my granddaughter's middle name is Blu. So Blu represents blues music and pig represents BBQ, the end result is "The Blu Pig," a BBQ and Blues Joint!!!

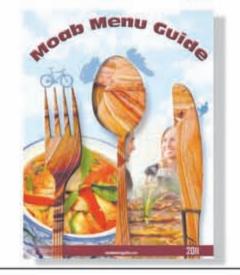
Here at The Blu Pig, we pride ourselves in serving the freshest, best tasting, food we can prepare. We prepare brines, rubs, and mop sauces. Then, we slow cook on low heat using hardwoods for hours and hours until we have the most tender, "fall off the bone" ribs or tender, moist, yummy brisket. With all that smoky goodness right in front of you, we have 5 different barbecue sauces to choose from. If you really like it hot, ask for the "Squealer". As for the fixin's, we prepare all the traditional sides that you would expect to complement your BBQ. Most of these recipes are straight from my kitchen; others are from family and friends. Yes, it is so, that everybody's tastes are different. I believe we have the right combination of lip-smackin' recipes that make us stand out from the rest.

The Blu Pig is a family-owned and operated restaurant. We believe in treating you as company. We strive to make you happy, fill your bellies and have you wondering "what will I try the next time". So, I invite you to come to The Blu Pig and try our BBQ. I feel confident you will have a wonderful meal served to you by friendly staff. Hope to see you soon at "The Blu Pig", also known to the locals as "The Pig".

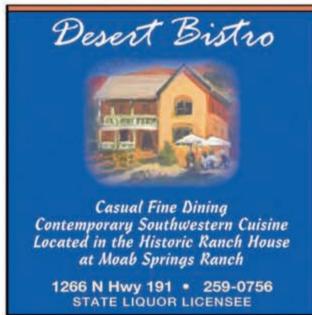
Sincerely, Penny Tanner



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.









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## SUSTAINABLE HAPPENINGS

## Rewards of Backyard Chickens



"Thank you", says two-year-old Oscar as he gathers eggs from the neighborhood hens in their portable coop. Oscar has taught the chickens to jump as he dangles greens (bind weed) through the chicken wire on the top of their run. Like many households in Moab, Chad and Emily Niehaus have taken advantage of the new city ordinance (Times-Independent, March 12, 2009) to keep a few chickens in their backyard. They share care and feeding of the chickens with neighbors Josie Kovosh and Cosy Sheriden and T.R. Ritchie. In addition to the eggs and lessons for Oscar, the joint project has provided "a way of knowing our neighbors", Cosy says.

Most of the people I interviewed loved talking about the hens themselves. The eggs were almost an after thought, "Oh, yeah, they lay eggs too." For Andy Nettell it started out as his wife Marcy's project, but soon he was doing most of the feeding and just stopping in to chat with "the girls."

Two other friends who acquired their first hen, Roberta, at a party as a white elephant gift, say she is still a lap chicken because they were her flock until they were able to build their coop and get more hens.

With the Neihaus' four chickens, Oscar usually gets to gather two or three eggs a day. Karen Robinson has a larger operation in Spanish Valley. She gets eight to 10 eggs a day from her 11 hens. With that many eggs, she has learned creative ways to use them, including fritatas

that can vary with what's in the garden. The leftover fritata with a slice of cheese and a little hot sauce makes a great sandwich for lunch the next day or a picnic with the chickens and neighbors. Eggs can even be dessert, as in flan.

Two of the first four households on my short block have backyard chickens. While this is probably a higher than average ratio, the interest is high in Moab and across the country as evidenced by the fact that there isn't just one, but two books from the For Dummies series on chickens-Building Chicken Coops for Dummies and Raising

Chickens for Dummies. These can be ordered from Back of Beyond Books at the usual 20% discount for special orders, but you might ask owner Andy Nettell for other recommendations, since he has pullet-to-layer experience.

Most of the chicken owners in Moab have owner built coops such as the Nettell's Taj MaCoop

(so named by admiring friends). Eleanor Inskip picked up a dog run cheaply then covered it with chicken wire to keep out the wild birds and a couple of layers of tarps for shade in the summer and protection from the cold in the winter. She also has a light bulb which she can turn on in the winter for added warmth or to encourage continued laying. If there is no artificial light the hens slow down laying and go into a molt when the days shorten in the fall.

Another popular coop is the small (for three hens) wheelbarrow which can be moved from spot to spot in the yard or even neighborhood. This allows the chickens to scratch and fertilize a new spot, and has all of the necessities built in, i.e., roosts, nest boxes, food and water sources, shade and protection from wind and predators. In town there are few predators, although domestic dogs can be a problem anywhere. In Spanish Valley people have had trouble from hawks, coyotes and skunks as well. If you let your chickens into the garden area to get some help with insect control, don't be surprised to find them scratching up and eating your vegetables, also; they are good at eating both insects and weeds, just not discriminating.

discriminating.

Popular chickens in the Moab and Spanish Valleys are the Aracauna, Buff Orpington, Rhode Island Red, Leghorn, Wyandotte and Black Sex-Linked. Everyone has his or her favorites.

Article and Photosby Joan Gough

Even if the chickens are feeding in the yard or garden, they need a balanced food source. The Farm and City Store has scratch, layer feed, flock blocks, and pellets. Owners Daniel and Hesper Chapman also stock various types of waterers, feeders, wire and heat lamps as well as straw and wood shavings for clean nest boxes. This spring they sold over 300 pullets. A pullet is a female chick (99% sure to be female) which will be laying in 15 to 20 weeks. If you start with chicks, you need to imitate their mother, providing warmth, safety, water and feed.

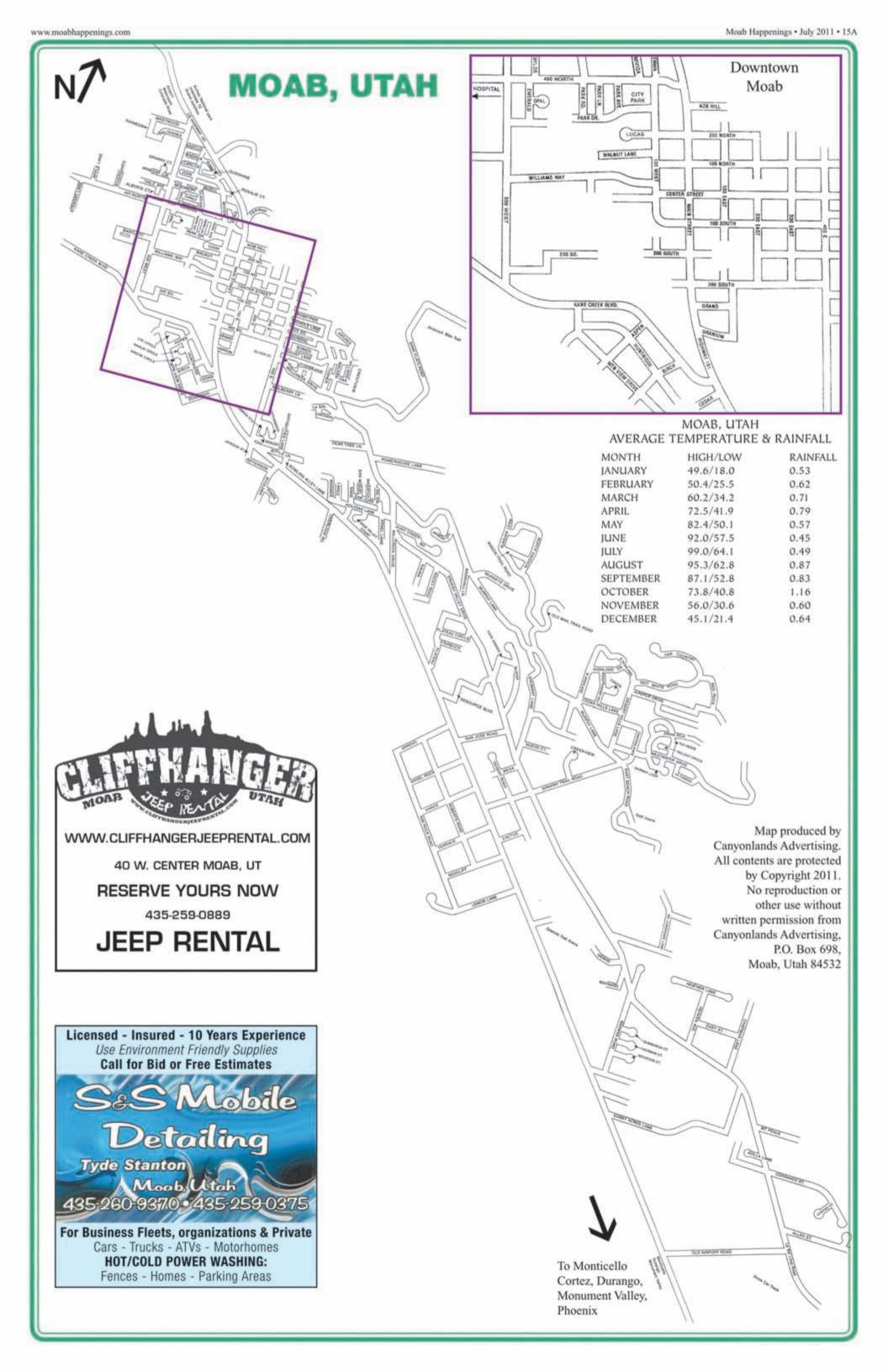
Besides the folks at the Farm and City Store, the Youth Garden Project (YGP) and the Utah State University/county extension agent can provide information about getting started with chickens. YGP has offered the Tour de Coops, so people can share their experiences. The university has also offered classes and maintains an authoritative web page on raising and keeping healthy chickens.

If you want fresh eggs without keeping chickens yourself, stop by the Farmers' Market on Saturday mornings. You can even get turkey and peacock eggs.

Moonflower Market also carries eggs from local, free-ranging hens. Eggs are a great source of protein, relatively cheap, easy to store and versatile to use. Wherever you "gather" your eggs, thanking the hens, as Oscar does, is good practice.







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# COWBOY HAPPENINGS

## An Evening at the Bar-M Chuckwagon is a "Must Do" for Visitors to Moab!

What's the best way to spend the evening after a perfect Moab day? An old west evening at the Bar M Chuckwagon's Live Western Show & Cowboy Supper! Step back in time to when the west was really wild and re-live the days of the "American Cowboy!" More than just a tasty meal, the Bar M Chuckwagon offers three fun-filled hours of delicious chuck wagon food, great cowboy music and a bunch of wonderful memories. An evening at the Bar M is good time for folks of all ages.

Set in an old west village, the Bar-M is Moab's own unique western dinner theater. A full evening of



clears, everyone enters the large dinning hall to get ready for the Cowboy Supper. The decor includes a dusty saddle or two and many other western memorabilia. The mouth watering Cowboy supper begins at 7:30 sharp and is served trail style with metal plates and cups. You'll have a choice between sliced roast beef in barbecue sauce or barbecue chicken, baked pinto beans, baked potato, cinnamon applesauce, buttermilk biscuits and spice cake, with cowboy coffee, lemonade and iced tea to drink. A vegetarian option is also available with advance notice.

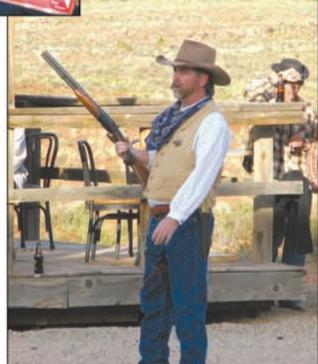
Right after dinner, the "Bar-M Wranglers" take the stage for an hour to entertain you with ranch-style comedy and old cowboy songs like "Cool Water" and "Ghost Riders in the Sky." The "Bar-M Wranglers" are a professional 4-piece band that has recorded two CD's. The "Wranglers" are David Steward, Clay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

Originally from New Jersey, Singer, songwriter and instrumentalist Dave Steward adds hot guitar pickin', solid bass playing and vocals for the "Bar-M Wranglers" and has lived in Moab for 24 years. He does the vocal arrangements for the group. Dave has been a guitarist most of his life and enjoys playing many styles of music including jazz, classical, and rock as well as cowboy music. Dave has a CD of original music called "Wild West Heart" and also a CD of classic cowboy songs called "Call of the Canyon."

Clay Maxam hails from the Northwestern United States and now resides in Moab with his wife Judy. Clay

Shines on the intricate pedal steel guitar and occasionally plays Dobro in the Bar-M show. He is an integral part of the Bar-M operation and is featured nightly in the shootout.

The other members of the "Bar-M Wranglers" are your hosts and owners of the Bar-M Chuckwagon, Alan Brown and Valerie Hunt Brown. Valerie and Alan both sing, yodel and play several musical instruments. Valerie an Alan met and married in Nashville, Tennessee. Valerie was a recording artist on MCA Records with the music/comedy trio "Ethel & the Shameless Hussies." Originally from Illinois, Alan was a singer/song writer



The Sheriff's on the scene!

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

The Bar-M Chuckwagon's season runs April through mid October. Dates open vary with the season, please call for schedule. There is year-round availability for special events. The Bar-M operates rain or shine to serve you and your family, group, banquet or party in a big, beautiful, climate-controlled, indoor facility. Large groups are always welcome.



Admission price includes dinner, live western show, games, gunfights, and gratuity: \$27.95 for adults, children four to twelve years old are half price and kids three and under is free. Make sure to call ahead for reservations so you don't miss out on all the fun! Call 435-259-BAR-M (2276) to make your reservations today. You can visit their web site at www.barmchuckwagon.com. Tell them you read about the Bar-M in the "Moab Happenings."

games, a gunfight, a delicious Cowboy Supper and a live western stage show featuring the music and comedy of the "Bar-M Wranglers". Just 7 miles north of Moab on Highway 191, turn

activities awaits you at the Bar-M including, old west

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

The always-entertaining gunfight begins around 7:00 so be sure to have your camera ready! After the smoke



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# ASTROLOGY HAPPENINGS

## Your Monthly Horoscope - July 2011



Cancer: Happy Birthday Cancer. The stars have a party planned for you the first week of the month so get ready to have some fun from the 4th to the 6th. Use the 9th to make plans and resolve partnership issues. From the 13th to the 28th you're into the Dog Days of

Summer and life gets very quiet. Your focus shifts on the 24th from yourself to your finances but everything looks just fine in this regard. Answer the inner voice and do something creative on the 28th.

July 23 - Aug. 24



Leo: You could feel a little run down at this time but there's no rest for this first week of the month. The 4th through the 6th the stars have you busy with good things regarding your employment, errands, and church obligations. Present a plan on the 9th for the best timing and

get things rolling by the 12th. From the 13th to the 28th you can take it easy. After the 24th you will feel your energy level rising again. Start reading a new book on the 28th. Try something you would never try reading or studying.



Aug. 24 - Sept. 22 Virgo: Two months ago it was all about how little money you had. This month it's just the opposite, especially from the 4th to the 6th, when you will just be amazed. A behind the scenes financial move is best taken on the 9th. Making a presentation at the office wins approval

on the 12th. From the 13th to the 28th life is pretty quiet. Enjoy those long, hot, quiet days. They are special. After the 24th you need to get more rest, as this is the time of year you finish up on old business and prepare for the coming year starting next month.



July is your career month. You have worked all year for this moment. The planets have a party planned for you from the 4th to the 6th affecting self, partnerships, and your home. Get ready for a three-day fest. Venus and Mercury have more fun planned on the 9th. Be

with your friends on the 12th for a great time. From the 13th to the 28th life slows and you get a breather. After the 24th you should take the quiet time and dream about what you want from the Universe in the coming year. Your partner could pleasantly surprise you on the 28th.



Scorpio: Church socials or matters at a distance or possibly a vacation are on your mind. Know that from the 4th to the 6th is will be the best time for action. Don't pass on any opportunities that come your way on the 9th or the 12th. From the 13th to the

28th everything slows down and takes it easy. This is the time to be away and having fun. After the 24th your focus moves to matters regarding your career. You also benefit hugely on the 28th office for being creative.



Sagittarius: You could be dealing with insurance, taxes, joint holdings or just trying to balance the checkbook this first three week of the month. But WAIT. The stars have a party planned in your honor starting on the 4th and running to the 6th

and they are going to help you with the cash. How great is that? Benefits also find their way to you on the 9th. Present any ideas you have to higher-ups on the 12th. From the 13th to the 28th life turns mellow and you get to relax a little. After the 24th your focus moves to higher mental pursuits or maybe a vacation. New love could find you on the 28th.



Capricorn: Your partner needs your attention this month. You have a splendid opportunity to just that between the 4th and the 6th. Use these days to your best advantage. Then again on the 9th you get another chance. How great is that? Suggest a romantic get-away on the 12th. From the

13th to the 28th your life gets pleasantly quiet. It's called The Dog Days of Summer. Sleepy and easy. After the 24th your focus shifts to matters regarding jointly held assets. In other words, balancing the checkbook. Do something spontaneous at home on the 28th.

Jan. 21 - Feb. 18

Aquarius: Matters of health or employment occupy your time this month. Maybe you just need a change of scenery. Take some time off if possible from the 4th to the 6th and the again on the 9th. Any suggestion you make in the workplace on the 12th will be well

received. From the 13th to the 28th is pretty much work-aday. Take it slow and revel in the low-key nature of things. After the 24th you shift your attention to your partner. Do something spontaneous together on the 28th.



Pisces: Romance is everywhere in your life this month. You have the funding to finance quite a nice time on the 4th to the 6th and again on the 9th. Late summer romance. Find a swimming hole to top off the fun. Don't make promises of love you can't keep on the

By Rob Wells

12th no matter how great the temptation. From the 13th to the 28th life is slow and right out of a Norman Rockwell painting of summer. After the 24th you will need to pay more attention to your job or your health. You could get a surprise on the job on the 28th.



Mar. 21 - Apr. 20 Aries: Home is where you heart is this month. Funny how this is the time of year you love sitting at home the best. The Universe has wonderful plans for you from the 4th to the 6th that cover your home, partnerships, career, and yourself. Time will tell exactly how. Another fine day is

the 9th and it calls to use every opportunity that comes to you. Speak-up about something on the 12th. From the 13th to the 28th you get your wish for an extended period of repose. After the 24th your thoughts turn to romance and you have a splendid opportunity on the 28th.



Taurus: You're busy this month with errands and communications of all kinds. Information flows in and out at lightening speed. The stars have some pleasant gifts for you on the 4th to the 6th regarding your health, job, or matters behind the scenes. Also the 9th is a red-letter day

to mark on the calendar. Great news passes through your hands on the 12th. From the 13th to the 28th life is quiet and easy flowing. After the 24th you find ways to improve you home. Do something creative there on the 28th.

May 22 - June 21 Gemini: Your funding is highlighted this month. All seems to be in order and you seem to be handling your finances without problems at this time. The stars have a happy period planned for you from the 4th to the 6th regarding friends, romance

and ...money, then again on the 9th for good measure. Wonderful news finds it's way to you on the 12th. From the 13th to the 28th life slows and you get a breather. After the 24th you turn your attention to communications and errand running. A new and unique friendship could start on the 28th.



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



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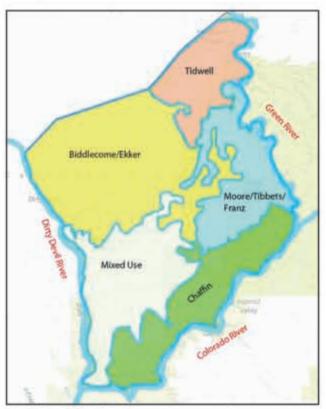
## HISTORIC HAPPENINGS

## Cowboys of Canyonlands Now Cultural Icons

Last summer saw the meteoric rise in sales of a new book on the last of the Robbers Roost outlaws from the 1920s, Bill Tibbetts. This summer marks completion of a monumental multi-agency task of documenting the cowboy days of Canyonlands, up to and beyond Tibbetts time and including Native American tales.

"It's all part of a groundbreaking project initiated by the National Park Service that mostly focuses on subsistence ranching in the late 1800s through the 1940s in areas that are now parks in southeastern Utah", said Gary Cox, a Canyonlands park ranger who is among original participants in the study.

Cox began conducting oral histories to capture untold tales of Canyonlands in 1986 as a volunteer, then hired on as a ranger for the Maze, where he intends to work until retirement. Cox focused on ten families that made an early living in the area, including the first family to offer tours into Canyonlands from Sleeping Rainbow Ranch -- the family of Lert Knee.



Map of the Cultural Landscapes Inventory project area.

Cox figures he's completed at least 15 oral histories, and clicks off names: Kent and Fern Frost, Ned Chaffin, Bill Racey, Loren Milton, Bill Cunningham, Wiladeane Chaffin, Gaye Marie Ekker, Frank Tidwell, Lert Knee, and Ted Ekker.

Other important histories of early cattle ranching that are part of the research include Joe and Millie Biddlecome. Cox is seeking more information on the George Franz, and Eph Moore-Bill Tibbetts operations.

"I'm the guy working on this for years and years", Cox said. His interest led to the meeting of two important characters in 1994 - Ned Chaffin and Bill Racey -

which Cox calls the first Cowboy Caucus. That evolved into an annual reunion in Green River on the first Thursday after Memorial Day that draws descendants of the original ranching families of the

"I'm full of awe and respect for these people that came out here, especially in the early days, during the Depression and before, and tried to make a living in this really harsh environment - this really super-rugged, harsh environment", Cox said.

"I sort of came into the Park

Service as an environmentalist, and all the ranchers were the bad guys and the cowboys had destroyed the land and all that sort of thing, and I got to know these people and shifted my views pretty sharply in the direction of actually appreciating them for what they'd done -- admiring them for what they'd done", he said. "They just barely scraped by, but back during the Depression if you did that, you were doing pretty good, I think".

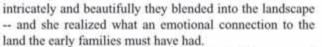
Ex-cowboy and cowgirl Ned Chaffin

and Betty Smith are now in their 90s.

Cox and three others documenting human-history sites in Canyonlands National Park talked about the project, referred to as the Cultural Landscapes Initiative (CLI), by cell phone from the Maze District mid-June while heading to complete assessment of three final sites. All expressed appreciation for the kind of character and resilience cattle ranchers had to muster to sustain a living in the arid landscape. To walk the same trails and imagine the hard work of moving cattle around the area provides an historical perspective that blurs the stance that grazing was an unwise choice for making a living in the area, several agreed.

"It's such an inhospitable place, and to imagine running

cattle out here is almost unimaginable", said Avana Andrade of Ft. Collins, Colo. Her role is to document ranching and grazing history in the Glen Canyon area, and she's working with Navajo Indian elders to share historical accounts of livestock activity among the native tribes of southern Utah. While helping with field work in the Maze over the past few weeks, Andrade was struck by the craftsmanship of some of the early corrals -- how



"I grew up taking backpacking trips in this area, and I've always loved it", Andrade said, adding, "If anything, I'm thinking more like a rancher about this place, instead of like a naturalist or an environmentalist. It's funny the way two months of an experience will change you. And this landscape -- this landscape changes people's lives. It changes you in ways that I don't think you can really describe, but it's an amazing place and I'm kind of sad to leave it."

Paul Wackrow, the principal writer assigned to sum up the CLI, said "that the variance between how people perceive ranching practices from the past and the reality of those ranchers' lives is an important part of the cultural

"I think a lot of times when we read history and think about the big picture, we forget about the day-to-day lives of people that were doing these things", said Joyce Evans of the Indian Rocks Ranch of Wyoming. Evans credits her involvement in the project the past six weeks with having the experience of being a fourth-generation rancher.



Cowpoke and horseman Ned Chaffin in the early ranching days.

"We forget that those people were out here day-in and day-out in the heat and the cold and the wind and the gnats, and continued to make a living, and did it again the next year", she "And we forget how hardy they

and how dedicated they were to what they were doing. I think it's important to remember our history and to realize that we are just a part of a continuum -- to realize what was possible then, and what's possible now

Besides cultural artifacts that Evans finds, such as little pieces of butter knives and camp boxes, the CLI collection will include photographs of early corrals and cabins, maps and drawings of trails and structures - and last but not least, folklore about gold in the Henry Mountains, hidden caches and shortcuts along the Old Spanish Trail; indigenous accounts of sheepherding; documentation of more than 250 prehistoric archaeological sites; and tales of cattle

rustling and rumored generosity of the Robin Hood of Robbers Roost, outlaw Butch Cassidy.

The project, yet to be formally named, is specific to the Canyonlands Maze District and the upper Glen Canyon National Recreation Area (Lake Powell), but also includes Hanksville and Green River, said Carrie Mardorf, CLI coordinator for the intermountain region of the National Park Service in Santa Fe, N.M.

Cultural inventories have been done previously in other parts of Canyonlands and Glen Canyon NRA, Mardorf said. But this CLI encompasses an unusually huge expanse of land covering more than 900 square miles, and includes participation of the federal offices from Richfield, Utah down to Page, Ariz. The major focus is on livestock operations in the Green River and San Rafael areas.

"It's kind of groundbreaking in a way in how it involves multiple agencies", Mardorf said. "It is kind of unique because it overlaps two park boundaries as well as BLM land". Cattle ranching, thieving and other types of human

industry embarked upon to make a living in the pre-park

days of southern Utah did not fall within well-defined boundaries; therefore, years of inventorying bled over the line into the mostrecently designated national monument in Utah, the San Rafael Swell, and onto other neighboring lands managed by the U.S. Bureau of Land Management.

by Vicki Barker

"Ultimately, the CLI project will involve the Utah State Department of History, which is required to sign off on the report before it is finalized", Mardorf said.

"A report summarizing the efforts of the many people on the ground -- employed and voluntary -- and the findings from years of field work, oral histories, research of existing records and materials, photographs and accounts of the early days now told as family history by descendants, will be submitted as a draft document to the NPS in August", said Paul Wackrow, a University of Vermont graduate who originally joined the Santa Fe staff as an intern in historic preservation. He was helping with the final work in the Land of Standing Rocks when he talked about his

"This kind of differs from other types of documentation, like just documenting buildings and structures. It goes beyond that and looks at landscape features that might not normally be examined closely, like corrals and cabins, stock trails -- routes that cattlemen used to move their stock throughout the region -- changes in vegetation that would have occurred through grazing; basically any influence that any activity had on the land", Wackrow said.

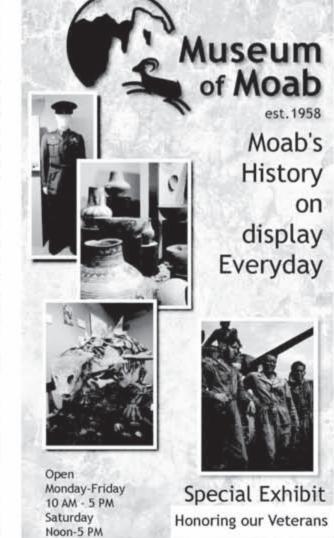
Being from Massachusetts, the intern had only read about the area and actually seeing it upon arrival in April altered his view of early cattle operations.

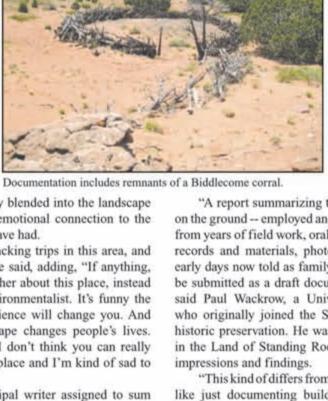
On horseback, this is a really massive landscape, and it's quite an accomplishment that people -- ranchers -- were not only able to settle here but thrive here for so long. These ranchers loved the land, and it was a challenge, but these people were really up to it.



-- how things are connected".

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## 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.

#### Canyonlands N.P. Blanding, Canyon Capitol 396 444 218 389 535 407 Albuquerque, New Mexico 329 355 608 398 359 353 487 249 430 415 291 419 416 587 805 278 382 362 307 449 548 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 Blanding, Utah 329 81 22 26 279 113 58 158 83 111 446 130 56 322 242 196 130 45 90 358 630 52 74 77 47 47 Bluff, Utah 355 107 26 137 477 296 220 222 152 35 301 139 84 100 180 82 Bryce Canyon National Park | 608 | 361 | 279 | 301 353 100 361 418 553 310 347 406 331 219 159 308 221 320 282 192 205 477 390 323 356 301 Canyonlands National Park 398 31 113 139 310 109 86 275 151 2 196 169 435 359 142 80 158 203 200 478 750 180 165 36 91 190 150 89 Canyonlands N.P. Needles 359 62 58 84 347 109 151 114 380 314 188 126 113 148 145 524 746 271 451 188 308 390 46 145 115 20 70 230 106 107 434 135 120 73 Canyon Rims Rec. 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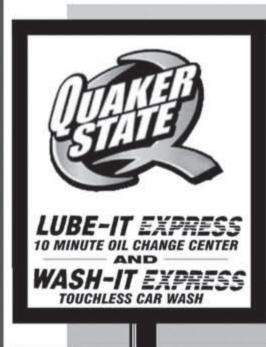
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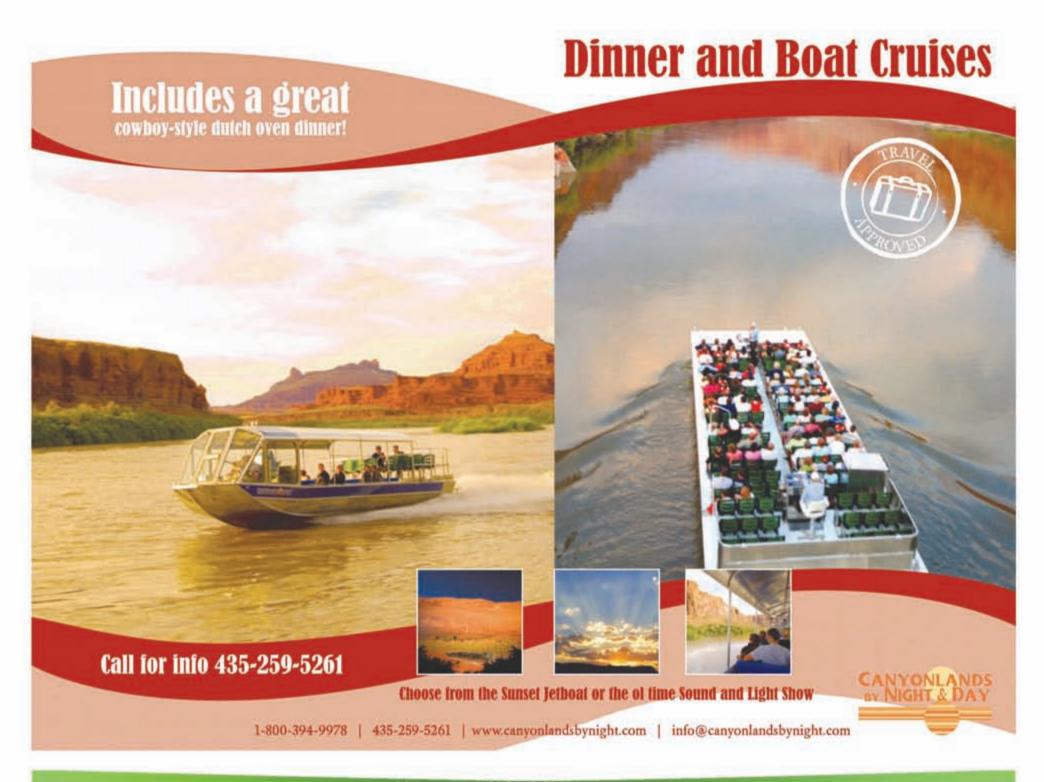




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# MOAB HAPPENINGS

ENTERTAINMENT NIGHT LIFE

Volume 23 Number 4 Section B July 2011



## The 17<sup>th</sup> Annual Bicknell International Film Festival

www.thebiff.org

July 22 & 23

BIFF stands for the The Bicknell International Film Festival. The festival's overall theme is "Better Living Through Bad Cinema." Focusing on the worst of "B" films, each year the BIFF committee selects three movies that reflect the worst of a particular theme.

The festival began in 1995 and continues today, in Bicknell, Utah near Capitol Reef National Park. Highlights include a fun theme, a 55 mile per hour parade, a local lunch, two great parties, and three of the worst B movies ever shown.



A B movie is a low-budget commercial motion picture. During the Golden Age of Hollywood, the term identified films intended for distribution as the less-publicized, bottom half of a double-feature. Although production of these movies ceased by the 1950s, the term B movie continued to be used to describe low-budget films. In the early years, many of the B movies were Westerns. By the 1950s, a majority were science-fiction and horror films. From Bela Lugosi to Jack Nicholson, many popular actors have appeared in these films.

B movies have gained cult status because of their awful dialog, cheap plots, or overall campy style. BIFF celebrates all three!

Two of the movies have been announced. Drumroll please... WHAM! BAM! POW!

Batman: The Movie is a 1966 campy classic based on the television series. Starring Adam West and Burt Ward as the dynamic duo, this action packed flick includes all your favorites from the Rogues Gallery of Villains including the Riddler, Penguin, Joker, and Catwoman. You won't want to miss the Batcopter, Batboat, Batcycle, and of course the Batmobile.

The Caped Crusader and Boy Wonder aren't able to stop the kidnapping and dehydration of the United World Organization's Security Council. Is it too late to save these squabbling world leaders? Stay tuned... same bat time, same bat channel!

Flash GordonFlash Gordon is a 1980 science fiction film based on a comic book hero. It's campy style and music by the rock band Queen have made it a classic. From the outlandish costumes and corny lines to the evil laughs and silly subplots, Flash Gordon is the perfect "ordinary man becomes superhero" story.

Emperor Ming the Merciless is planning to destroy the Earth. New York Jets football star Flash Gordon along with travel journalist Dale Arden are accidently launched into space along with scientist Dr. Hans Zarkov. Flash must rescue the women and save the universe. You don't want to miss the silly 21 bird salute or mysterious power ring conclusion.

Movie 3 will be announced soon!

#### Purchase and ticket information is at www.the biff.org

Adult FastPass: \$60

-Good for all events
(includes a raffle ticket at each movie!)

Child FastPass (Under 12): \$30

—Good for all events
(includes a raffle ticket at each movie!)

"I Want It All" FastPass: \$75

-Adult FastPass for all events

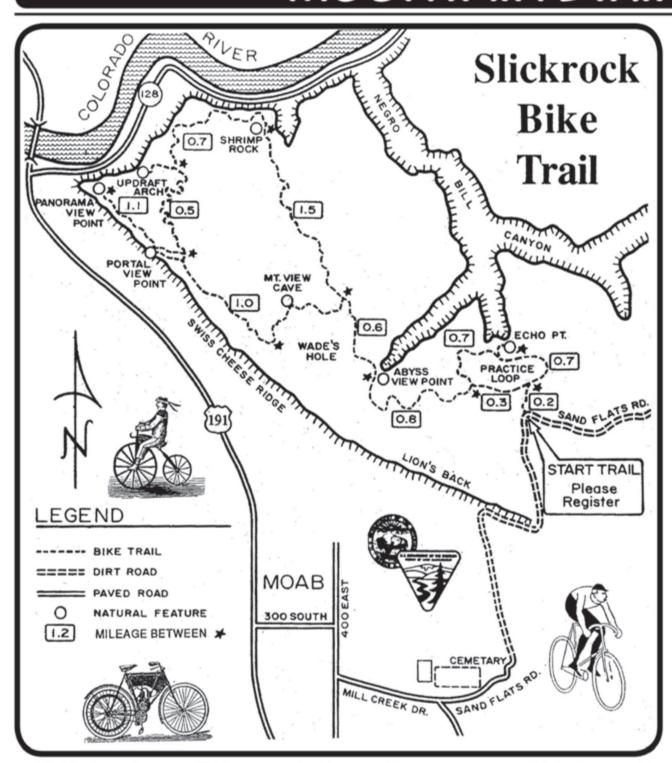
-Includes Commemoriative T-Shirt and Poster
(as well as a raffle ticket at each movie!)





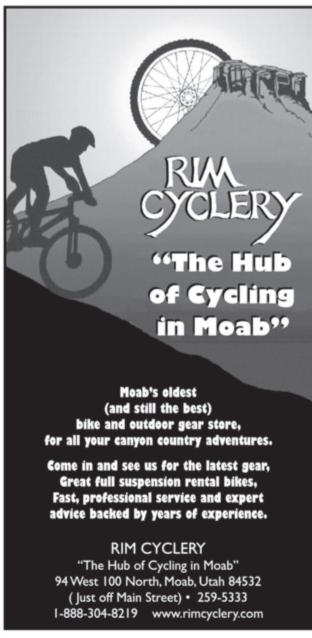
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## MOUNTAIN BIKING



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





## Mountain Biking Mecca

#### • MOAB CENTURY TOUR September 16-18, 2011

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

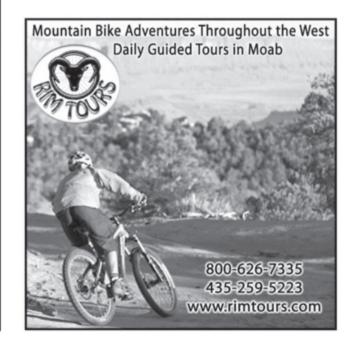
- OUTERBIKE October 5-9, 2011 Outerbike Demo Days: October 7-9 For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, and a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunch, shuttled rides, prizes, movies, parties, and beer! Outerbike Guided Rides and Clinics: October 5-6 Show up before the Demo Days and join us for guided rides and clinics that will range from the Whole Enchilada --- an all day epic, to the new Intrepid Trails that even your kids would love. Sign up for these rides when you register for Outerbike Demo Days. Outerbike proceeds go to IMBA and the Moab Trails Alliance.
- 24 HOURS OF MOAB October, 2011 An endurance team race which is growing in popularity with each year. The four-man teams ride a rugged course approximately 12 miles south of Moab called the Behind the Rocks area. Produced by Granny Gear Productions. A world-class event that draws teams from all over the world. There is a field limit of 450 teams plus solos and the race books up faster every year, so get your team entered early. Don't miss this incredible race!
- MOAB HO-DOWN Mountain Bike Festival October 27, 28, 29, 30, 2011 Presented by Chile Pepper Bike Shop this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.

#### • SKINNY TIRE FESTIVAL March, 2012

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 this grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit www.SkinnyTireEvents.com.

## • 3<sup>RD</sup> ANNUAL GRAN FONDO MOAB May, 2012

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



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## TRAIL HAPPENINGS



## GOLD BASIN - A GREAT AREA FOR THE HORSES

by Christoph Schork

The summer and early fall months in the high meadows of the La Sal Mountains is a great place to enjoy a horseback ride. Having ridden over many trails in the local mountains, I find Gold Basin area to be easy and short enough for beginning and intermediate riders, yet providing great views of the La Sal Mountains and an unsurpassed variety for horse and rider.

As you might guess, "Gold Basin" is named after gold discoveries that were made in the late 1800s. The trail ride begins at 8600 ft. and ends in the basin at 9700ft. The mountains have had an exceptional snow pack this year, so be sure to call for current conditions. The wildflowers should be outstanding, so beat the heat, load up the horses, and head for the cool fresh air in the mountains!



Getting There: From Moab: Drive 7.9 miles south on U.S. 191 from the intersection of Main and Center streets to the La Sal Mountain Loop Road. Take a left off of Hwy 191 onto the Loop Road and make a right at the 'T' in half a mile. At mile 20 from Moab, take a right onto Geyser Pass Road and you can find good parking for your rig on the side of the road. You may also elect to continue another 3



miles to the Squaw Spring (Trans La Sal) Trailhead and park your rig there. From this point the mileage to Gold Basin is about 10.0 miles out and back. You can add more mileage by combining your ride with Moonlight Meadows or go to the top of Geyser Pass.

Route Description: The route starts on the gravel road then drops from a parking area on a tight and steep single track into the basin. From the intersection with Squaw Spring (Trans La Sal) Trailhead, go about 2.5 miles up Geyser Pass road (gravel). Turn right onto the Gold Basin Road #141. The road ends at a log fence. To the left of the fence is a small single track that leads down the hill. The trail crosses a small clearing and a small stream. Before reaching the second larger stream, go left on a single track. You may continue on that single track as far as you like. Be aware, the further you continue, the fainter the single track becomes. There you will encounter more and more talus and logs, so turn around if the going gets too difficult for your horse. Follow the same trail back to your horse trailer.

**Difficulty**: The footing is generally good on the dirt road sections. The single track portion has some logs, shale and some sand. Your total elevation gain is 2450 ft. Plan about 4 hours for the approximate 10 mile round trip ride. Extend your time if you want to explore more routes in the Basin.

Concerns: This route is also used by mountain bikers, hikers and motorists. You'll want to make sure your horse is comfortable when encountering mountain bikers, 4 wheelers and perhaps cattle. If you can arrange a trip mid week the area will be far less crowded.

For further information on this trail or other suitable equestrian riding trails in the forest contact: The U.S. Forest Service for the La Sal Mountains Region- Moab office at 435-259-7155 or contact the author, Christoph Schork at the Global Endurance Training Center info@globalendurance.com. 435-719-4033.



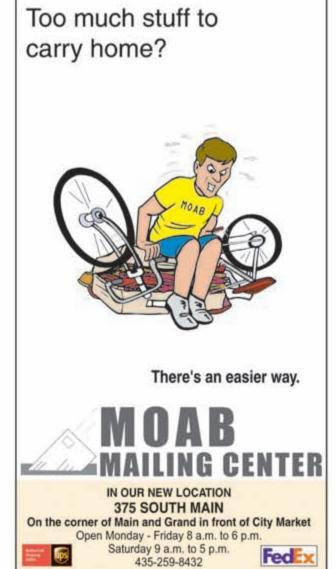
#### JOIN THE EQUESTRIAN GROUP IN MOAB:

The Back Country Horsemen – Canyonlands chapter The chapter mission is: "to work to insure that public lands remain open to recreational and saddle stock use, to assist the agencies responsible for the management of public lands, and to educate, encourage and solicit active participation in wise and sustaining use of back country resources by horsemen and the general public commensurate with our heritage."

Projects and affiliations: The Back Country Horsemen are currently working on building corrals at the Ken's Lake equestrian campsite along with the BLM. This spring we enjoyed projects that included the signing of new trails, and we continue to be active participants as members of Trail Mix, (the Grand County non-motorized trails committee). Gina Giffen is the BCH group chair, or Helen Sue Whitney 435-259-7239 for more information about the club.

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











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# STUNTS, STARS & LEGENDS

## Ronnie Rondell

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

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

In the 1960's and into the 1990's he worked on more than twenty television series, including "Charlie's Angels", "Dynasty", "T.J. Hooker", "Baywatch", and "Falcon Crest". He was also in more than 100 feature films such as "Spartacus", "Diamonds Are Forever", "McQ", "The Karate Kid", "Lethal Weapon" and "The Hunt for Red October". He came to Moab in 1991 to work in "Thelma and Louise". It was then that several stunt pals and he helped out at the Hall of Fame when it was located in the Marobuilding, and participated in the footprinting ceremonies of over 20 stuntmen and women and actors who were also in town on that film.

Ronnie is an honored inductee into the Hollywood Stuntmen's Hall of Fame. He joins some of elite stunt performers in the business ... all of which are legends, including Yakima Canutt, Cliff Lyons, David Sharpe, Hal Needham, Duke Green, Tom Steele, Helen Thurston, Polly Burson, Babe DeFreest, Jeannie Epper and many of her family including her father, Johnny Epper.

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

Ronnie Rondell is one who has supported the Hall of

by John Hagner



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

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

The Moab Happenings features an article, Stunts, Stars and Legends every month, which includes stories by Hagner and his portrait drawings of these stunt personalities. The magazine is available at most stores around town in Moab.





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## MORE HAPPENINGS

# Great Lakes Airlines 3rd Annual Flyin 4 Food Campaign

Great Lakes Airlines Food Drive to Benefit the Grand County Food Bank in Moab

CHEYENNE, Wyo., June 28, 2011 Great Lakes Aviation, Ltd. (OTC Bulletin Board: GLUX.OB c news) is helping in the battle to fight hunger with their 3rd Annual Flyin 4 Food campaign to benefit the Grand County Food Bank in Moab.

Did you know that 1 in 8 Americans are at risk for hunger? From children and seniors to the working poor, millions of Americans are either hungry or nearing hunger. Today many public food-assistance programs and private organizations strive to meet the nutritional needs of these vulnerable Americans. Great Lakes Airlines and the Grand County Food Bank are asking for your help.

Throughout the month of July, bring a non-perishable food item to the Great Lakes counter and you will be eligible to win one of 4 round trip tickets between Moab and Denver or Las Vegas. Donate as much as you like, however only one entry per person / per week is permitted. Donations will be accepted Monday through Friday from 6:30 a.m. • 3:30 p.m. at the Canyonlands Field Moab Airport, N. Hwy 191. Weekend hours are limited. Please contact Great Lakes Regional Sales Manager, Kassi Mohlenkamp at (307)-432-7022 with any questions.

Great Lakes is providing scheduled passenger service at 44 airports in fourteen states with a fleet of Embraer EMB-120 Brasilias and Raytheon/Beech 1900D regional airliners. A current route map may be viewed at <a href="http://www.flygreatlakes.com/route\_map/route\_map.htm">http://www.flygreatlakes.com/route\_map/route\_map.htm</a>.

All scheduled flights are operated under the Great Lakes Airlines marketing identity in conjunction with code-share agreements with United Airlines and/or Frontier Airlines at their Albuquerque, Denver, Las Vegas, Los Angeles and Phoenix hubs.

Additional information about Great Lakes Airlines is available at www.flygreatlakes.com



## Moab Autumn 10K Run



Other Half, and the Winter Sun 10K, and many other races, this race can fit neatly into Moab's annual running calendar. With all funds going to kids, it gives the event an added purpose, too." So, if you're looking for a reason to get out and run before the weather turns too cold, come on out to enjoy this new Moab race. It doesn't matter if you want to run, walk, or do a little combination of the two, all are invited to what should be a very enjoyable event. To register for the 10K, 5K, or Kids' K, please go to the website at www. moabautumnrun.org.

On September 24, 2011, a new running event will be held in Moab. Three runs will be held that morning - a 10K, 5K, and Kids' K - with all three beginning and ending at Swanny Park. All proceeds from the event will go to benefit the students of Moab Charter School (MCS) and the Grand County High School Boys and Girls Cross Country teams. The event is intended to be both competitive and fun, following an out-and-back course along 500 West and partway down Kane Creek Road and then back to Swanny Park. All participants will receive a t-shirt, a finishing medal, and post-race refreshments. The finishing medals were made by K-6 programs through an students in Moab Charter' annual event. "We thought that a healthy, outdoor event like a 10K would be a great draw for local community members and runners looking for a reason to visit beautiful Moab," says Joe Heywood, MCS Director. "We are trying to put together a very family friendly running event, where all finishers get medals made by the kids, and the Kids' K providing a great opportunity for children to get the feel of a race with a real finish line and cheering crowds. We realize it may take several years to develop into an event of significant size, but I hope this becomes something people can look forward to year after year. We thought that with the success of the Canyonlands Half Marathon, the







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# SKY HAPPENINGS

N

## The Sky for July 2011

SUNRISE

#### AND SUNSET TIMES

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

DATE SUNRISE SUNSET 5:58am 8:46pm 5:58am 2 8:46pm 3 5:59am 8:46pm 4 5:59am 8:46pm 5 6:00am 8:46pm 6:00am 6 8:46pm 7 6:01am 8:45pm 8 6:01am 8:45pm 9 6:02am 8:45pm 10 6:03am 8:44pm 11 6:03am 8:44pm 12 6:04am 8:43pm 13 6:05am 8:43pm 14 6:05am 8:43pm 15 6:06am 8:42pm 16 6:07am 8:41pm 17 6:07am 8:41pm 18 6:08am 8:40pm 19 6:09am 8:40pm 20 6:10am 8:39pm 21 6:11am 8:38pm 22 6:11am 8:38pm 23 6:12am 8:37pm 24 6:13am 8:36pm 25 6:14am 8:35pm 26 6:15am 8:34pm 27 6:15am 8:33pm 28 6:16am 8:33pm 29 6:17pm 8:32pm 30 6:18pm 8:31pm 31 6:19am 8:30pm

by 0 magnitude star Vega (Lyra) and 1st magnitude stars Deneb (Cygnus) and Altair (Aquila). Overhead is Hercules--his squarish body halfway between Arcturus (Bootes) and Vega.

The Summer Triangle hangs high in the eastern sky, formed

MAJOR CONSTELLATIONS OF JULY Overhead

Bootes Corona Borealis

Hercules Ophiucus

#### Northward

Cassiopeia Cepheus Draco Ursa Major Ursa Minor

#### Eastward

Aquila Cygnus Lyra

#### Southward

Libra Sagittarius Scorpius

Westward Corvus

Leo Virgo E

S the direction of the earth's axis will move the north celestial pole in a counter-clockwise direction from Polaris (Ursa Minor), through Deneb (Cygnus), Vega (Lyra), and Thuban (Draco). The effect of precession is to slowly shift the seasons to later in the year.

Obliquity of the tilt of the earth's axis is another cycle. Over a period of about 41,000 years the tilt of the earth varies a few degrees on either side of its current 23.4 degree tilt. It is the tilt of the axis that causes the earth's seasonal changes

A final cycle tracks the changes in eccentricity of the earth's orbit. Over 100,000 years, the elliptical orbit varies from nearly circular to three times more elliptical than its current orbit. A more elliptical orbit would stretch the difference between perihelion and aphelion from its current three percent difference to as much as a nine percent difference.

For information on how these cycles may interact to affect Earth's climate, read about Milankovitch cycles.

### METEOR EVENTS

Activity from the Alpha Capricornid Meteor Shower ccurs July 23-30. Its radiant is the constellation Capricornus which follows Sagittarius into the southeastern sky near midnight. Fireballs are frequently produced from these bright yellow meteors. The Southern Delta Aquarid Meteor Shower begins activity around July 18. The Aquarids produce up to 20 meteors per hour at its peak on the night of July 28/29. Its radiant is the constellation Aquarius which rises after Capricornus. Meteor activity continues for a week after peak activity. One of the best meteor showers of the year is the Perseids. Activity begins during the last half of July but will not peak until mid-August. Look beyond Cassiopeia for the constellation Perseus which is the radiant for these meteors. A waning new moon provides excellent viewing conditions. Best viewing is after midnight.

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

## 38°34' N Latitude - 109°33' W Longitude 4048 ft - 1234 m Elevation

Moab UT (at City Hall)

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

Hold the star chart high above your

the sky.

By Faylene Roth

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.

**Primary Sources:** 

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

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

#### VISIBLE PLANETS

Jupiter - The bright planet high in the eastern sky during morning twilight is Jupiter. It now rises a couple hours after midnight on the Pisces/Aries border. (Magnitude -2.4)

Mars - Look for Mars on the eastern horizon about two hours after Jupiter rises which is about two hours before dawn becomes apparent in the morning sky. The red planet shares the sky with the red-giant star, Aldebaran, in the V of Taurus. Mars appears about six degrees north of Aldebaran. (Magnitude +1.4)

Mercury - Find Mercury in the NNW skies about 45 minutes after sunset. On July 2 it appears about five degrees above a waxing crescent moon. By month's end Mercury will be in Leo, too low on the western horizon to be easily seen. (Magnitude +0.5))

Saturn - The ringed planet has moved into the western sky. It remains in Virgo near the double-star Porrima. (Magnitude +0.9)

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

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## DAYLENGTH

Earth's position relative to the sun changes very little as it swings around the far end of its orbit. That explains why the time for sunrise and sunset is slow to change for the first half of the month. Times for sunrise and sunset are calculated for a flat horizon. Actual time depends upon the landscape. Twilight occurs in three stages. Civil twilight provides adequate light for movement and begins about one-half hour before sunrise. Nautical twilight reveals shapes but not detail and begins approximately one hour before sunrise. Astronomical twilight illuminates the sky with a faint glow. It begins nearly two hours before sunrise during most of July. Prolonged twilight is a lingering effect of the Summer Solstice because the northern hemisphere still tilts slightly toward the sun. The same progression applies to dusk.

#### MOON HAPPENINGS

July 1 – New Moon occurs at 2:54am.

July 8 – First Quarter Moon sets soon after midnight.

July 15 - Full Moon occurs at 12:40am. (Rises July 14 at 8:20pm; July 15 at 8:58pm.)

July 23 – Last Quarter Moon rises soon after midnight.

July 30 - New Moon occurs at 12:40pm.

#### APHELION

Earth reaches its farthest distance from the sun at 3:00am on July 4. It is a coincidence that the earth reaches this point, called aphelion, so soon after the summer solstice. Aphelion and perihelion mark the far and near distances from the sun during the earth's annual solar orbit. The period from one aphelion to the next is about 25 minutes longer than the calendar year (or seasonal year from one solstice to the next). This difference amounts to a delay of about one day every 58 years.

Three major cycles affect the position of Earth relative to the sun. The abovementioned change in the period between one aphelion and the next is primarily due to precession of the equinoxes. Precession is due to a wobble in the direction of the earth's axis (celestial north pole) similar to the spin of a toy top. Over a 21,000 year cycle

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## HEALTHY HAPPENINGS

## Natural Alternatives

I look down at my legs riddled with bruises and scratches from the previous days outing. Having taken one too many lumps from the wall my legs are tender and sore in addition to the blue hue of my bruises. It's the expected outcome of playing with elements that do not bend. I find myself repeating the same sun salutation in hopes of finding relief for my tight sore muscles to no avail. There

was a time when I would have simply ignored the discomfort, going about my day coping with the aches but, with time comes wisdom and the understanding that life is only as good as you make it. For relief I look to my medicine cabinet where an arsenal of salves and soaks awaits me. Wise Raven Herbs, owned by Jen Goff, and Shining Mountain Herbs are my choice brands.

Wise Raven Herb products are produced with organic, locally-grown and wild-crafted herbs whenever possible and in small batches. The entire line is made in Moab and can be found gracing the shelves of Moonflower Market as well as The Moab Farmer's Market every Saturday. Shining Mountain Herbs are a regional company from Ridgeway Colorado. Most of the herbs used in their products are grown on their family farm high in the Rockies. They use organic and sustainable growing practices.

I decided a soak in the bath will be my first approach. Epsom salt baths are an age old remedy dating back to 1618 from the small town of Epsom England. A villager by the name of Henry Wicker stumbled upon the mineral rich water which would later be promoted as medicine aiding in the relief of stress, soothe sore muscles and soften skin in addition to other health benefits. Epsom salts are made up of the compound magnesium sulfate which both play an essential part in our bodies functions. Magnesium helps regulate enzyme activity in the body as well as, keeps bodily functions running smoothly. Over half of the American population is deficient in magnesium. Sulfate aids in the formation of brain tissue and joint proteins. Epsom salt baths

are a great way to restore magnesium and sulfate in the body because they are easily absorbed through the skin.



It is recommended by some doctors to soak three times a week for 15 minutes.

I draw my bath and take in the aroma of rosemary, peppermint and ginger. Wise Raven's sore muscle soak

260-9506 Lisa Albert, LMT, NCTMB Ambrosia Brown, LMT, NCTMB Sarah Ball, LMT, NCTMB 260-1122 260-2874 Ata Calfee, LMT, FSMTB Accupressure Swedish, Deep Tissue, Shiatsu, Sports, Bellanina Face Lift Massage, Hot Stone, Spinal Touch Polarity, Cranialsacral, Thai Yoga Massage Gift Certificates, Group Bookings 50 E. Center Street

is a blend of the above essential oils, St. John's Wort and Calendula. Each of these ingredients is essential in the healing process.

St. John's Wort is an herb whose flowers and leaves are used for medicinal purposes dating back to the ancient Greeks and receiving its name from the time of year it blooms, June 25th, the birthday



of John the Baptist. The word "Wort" is the old English word for plant. St. John's Wort is commonly used to treat depression but, it is also a known antiinflammatory.

Calendula is a bushy, bittersweet, salty herb that blooms from spring to autumn. Its flowers range in color from yellow to orange ray petals. Calendula's medicinal properties show it to be most effective to help heal wounds and promote the development of granulation tissue. Calendula is an effective anti-inflammatory and is useful in treating most skin problems ranging from eczema to athletes foot. Its benefits are bountiful.

Emerging from my bath I decide to finish my regimen with Shining Mountain Herbs Arnica salve. Arnica is one of my favorite for bruises and sore muscles. It is considered to be one of the most renowned trauma remedies. It quickly repairs damaged blood vessels and reduces swelling in

addition to eliminating pain. Arnica is a genus belonging to the sunflower family. Its name is of Greek origin meaning lamb. But, let it be known that this dainty flower packs a big punch. Apply it topically to the effected area or take it orally for chronic and or reoccurring injuries.

Retiring to my bed for the evening I am confident that tomorrow will be a pain free day. Having tested these remedies time and again I encourage any and all to enjoy the benefits of these herbs. You can find the entire line of Wise Raven Herbs and Shining Mountain Herbs at Moonflower Market, along with several herbal and homopathic remedies for sports medicine. Our knowledgeable staff is eager to answer your questions!

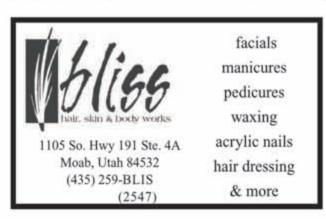
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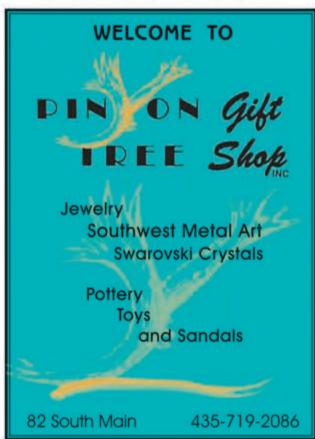
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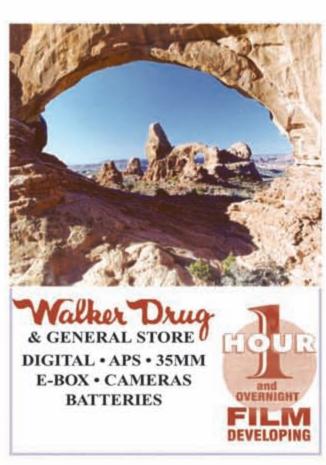


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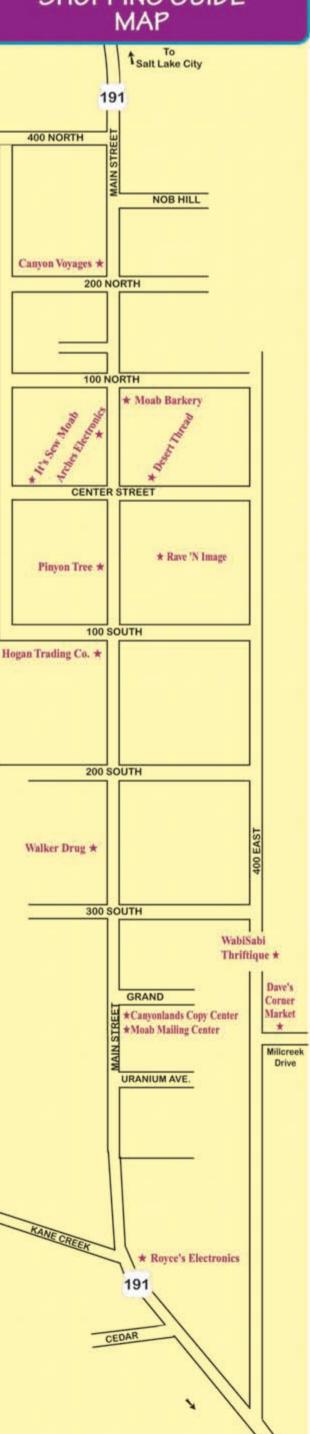
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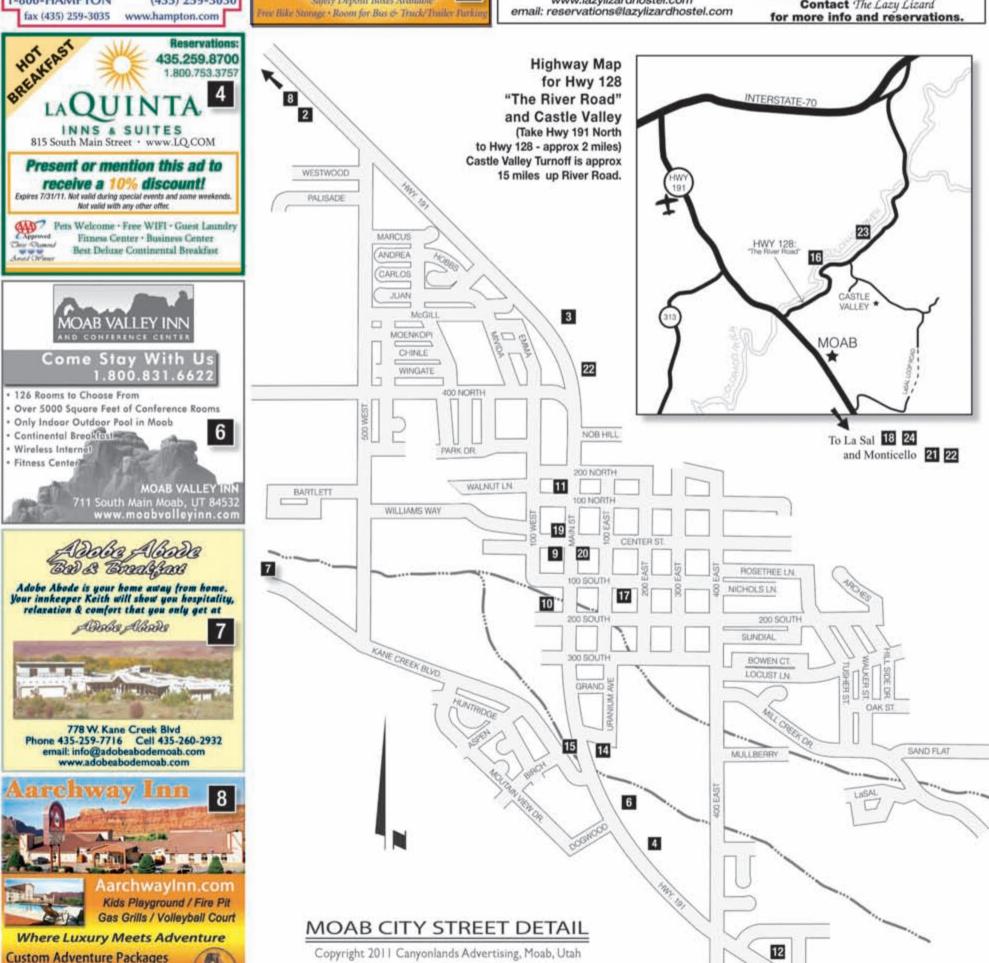
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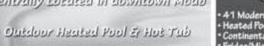




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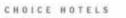


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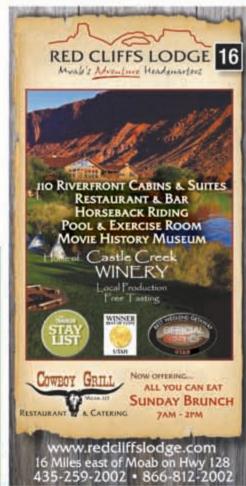
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Alpha Rho Sorority (Bobbie Long)
American Legion Post (Bill Smith)
Arches Adult Education (Trish Hedin) 259-2293 Moab Horse Racing Association (Chuck Henderson) 259-4111 Arches New Hope Pregnancy Center (Debbie Nelson) 259-LIFE (5433) Moab Horse Show Association (Tosha Audenried) 260-9252 BEACON (Stephanie Dahlstrom) 260-1143 Moab Horse Show Association (Britnie Ellis) 259-6171 Boy Scouts of America (Kent Dalton) 259-6521 Moab Lodging Association (Britnie Ellis) 259-6171 Moab Masonic Lodge #30 www.moabmasons.org 260-9169 Canyonlands Filed Institute (Karla Vander Zanden) 259-7750 Moab Music Festival (Andrew Yarosh) 259-7003 Canyonlands Rodeo Club (Kirk Pearson) 260-2222 Moab Poets & Writers (Marcia Hafner) 259-6197 Canyonlands Wildlife Federation (Dave Bierschied) 259-8217 Moab Quarter Horse Assoc. (Kathy Wilson) 259-3393 Canyonlands Wildlife Federation (Dave Bierschied) 259-8217 Moab Quarter Horse Assoc. (Kathy Wilson) 259-8240 Center for Water Advocacy (Harold Shepherd) 259-5640 Moab Rod Benders (Jim Mattingly) 259-8240 Deadhorse Motorcycle Club (Terry Flynn) 259-3878 Moab Sportsmen's Club (Frank Darcey) 259-2222 Delicate Stitchers Quilt Guild (Shauna Dickerson) 259-0906 Moab Taiko (Stephanie Dahlstrom) 259-2224 Elks Lodge #2021 (Dan Stott) 259-3878 Moab Valley Multicultural Center (Kandee DeGraw or Leticia Bentley) 259-5447 Friends Of the Grand County Library (Adrea Lund) 259-1111 Mutual UFO Network (Elaine Douglass) 259-567
Arches New Hope Pregnancy Center (Debbie Nelson)  259-LIFE (5433)  BEACON (Stephanie Dahlstrom)  260-1143  Boy Scouts of America (Kent Dalton)  259-6521  Boy Scouts of America (Kent Dalton)  259-6521  Moab Masonic Lodge #30  Moab Masonic Lodge #3
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Grand County Hospice (Tracey Harris) 259-7191 Rotary Club (Kyle Bailey) 259-6879
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Moab Arts Council (Bruce Hucko)259-5440 Southern Utah Wilderness Alliance (Liz Thomas)259-5440
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Moab Arts & Recreation Center
Moab Bird Club (Nick Eason) 259-6447 Valley Voices (Marian Eason) 259-6447
Moab Chamber of Commerce (Kammy Wells)
Moab City Recreation (John Geiger)www.wabisabimoab.org 259-3313
Moab Community Theater (Kaki Hunter) 259-8378 Word Watchers (Nancy Kurtz) 259-0734
Moab Country Club (Rob Jones) 259-6488 Youth Garden Project (Jen Sadoff) 259-BEAN (2326)
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VISITING ROTARIANS: Join us for Lunch every Monday 12 noon at La Hacienda Restaurant VISITING ELKS: The Moab B.P.O.E. 2021 invites you up to the lodge Wed, Thurs, & Fri evenings. Up hill behind La Hacienda on North Main Street

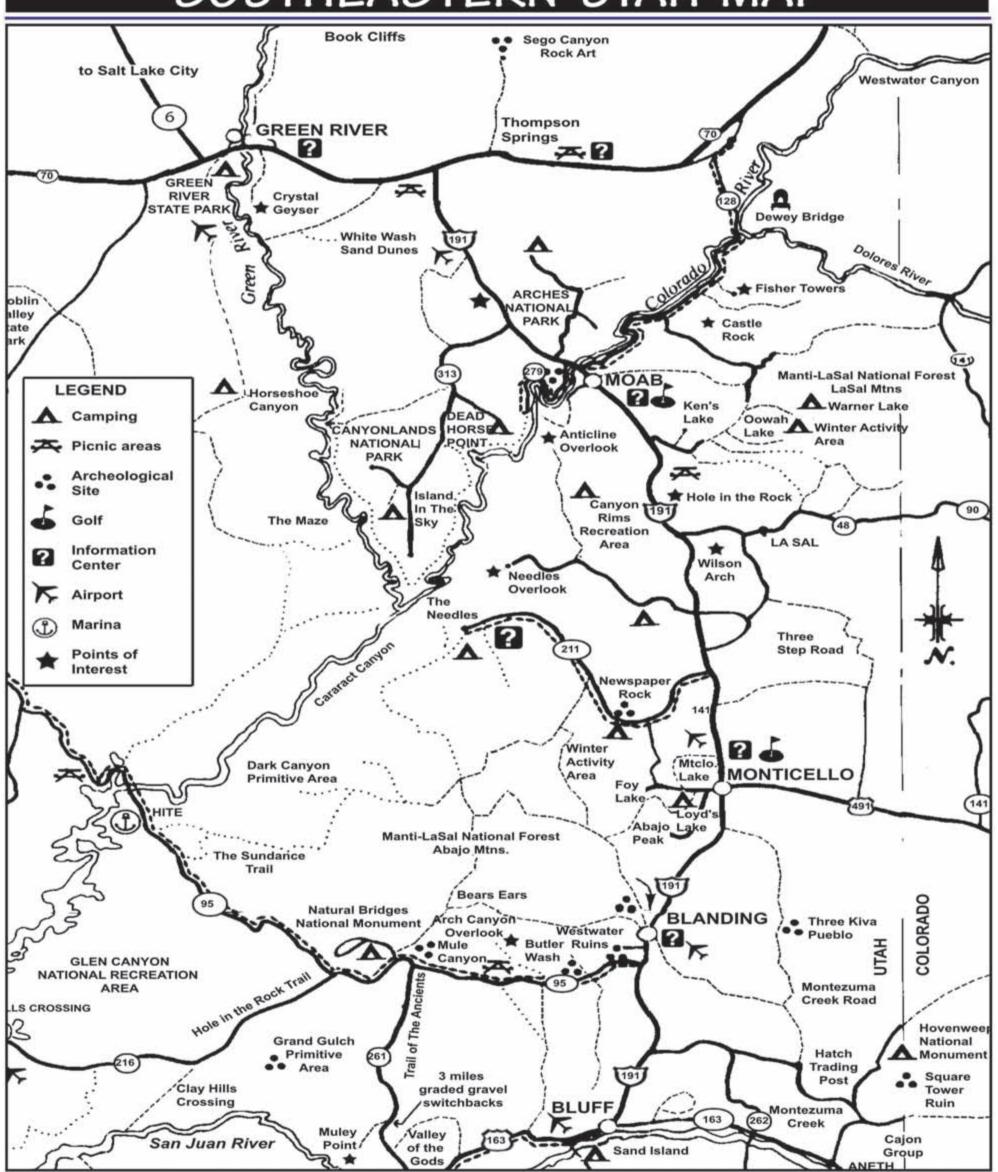
## KZMU - Moab Community Radio 90.1 & 106.7 FM

Studio 259-5968 • Office 259-8824 • Fax 259-8763 P.O. Box 1076 • Moab, Utah 84532 contact us: www.kzmu.org SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY **FRIDAY** SATURDAY 7:00 7:00 **KZMU OVERNIGHT** KZMU OVERNIGHT Art of the Song **Native Spirit Desert Diva** 8:00 8:00 DEMOCRACY NOW 9:00 9:00 **Shine Time** MOAB Morning Blend (Children) 10:00 10:00 **Blue Plate Jah Morning** Moab Mamas Amarillo **OddBins Trailer Park** Tilted Park Special Reggae Companion/Running 11:00 11:00 (Americana Classic Rock) (everything) Highway (blues/rock) on Sandstone. The Trading Post Noon Noon It's My Party/ (call-in Buy/Sell) Ain't Live radio mmm... The Skye's the Random 1:00 1:00 **Horizon Line** Grand? Grass is Greener Limit (rock-blues-(Classic Indie) Toonage (live recordings) (Bluegrass) unreleased) 1-2-3 2:00 2:00 (funky world soul) **Planet Picante** A Little Bit of This Radio Mundial Belagaana Review and a Lil' Bit o' Dat 3:00 (latin) Red Rock 'n Blues 3:00 Radio MOONdial (fruit and nuts) **Red Rock** Fire on the **WORLD MUSIC-**4:00 4:00 Potluck **Tween Time** Mountain Ritmo Latino (pre-teen fun) SoundThing/ Gaelic Circle/ 5:00 5:00 **MOAB Drive Time Uncle Meat's Drive Time** Free Speech Friday This Week in Moab (Interviews / Calendar) Big River / West of Broadway **Mystery Show Public Access** Ranch Exit 6:00 6:00 Concert in the Park (twang) DEMOCRACY NOW 7:00 7:00 **Moab City** Kokopelli **Big Swing Face** Thin Edge **Main Street Rock Garden** The Rainbow Room 8:00 8:00 Council/ (big band jazz) Coffeehouse /Funky Soul Jam Cruise! (jazz) (rock) **Atomic Lounge** 9:00 9:00 AFTER HOURS MOAR The Sound Lair

10:00 11:00	KZMU Overnight	(Experimental Dance)	Conscious Party	Suburban Urge	Pandora's Box	Altered State	Radio Free Moab (rock 'n roll & punk)	10:00 11:00
12:00	•	KZMU	JOVERNIGH	IT	the eleventh hour	Seti TranceMissions	KZMU Overnight	12.00
KEY:	Talk Shows	Easy Mix, J	azz Blue	Grass, Country, Folk	Eclectic/World	d Rock, Bi	lues Heav	y, Hard

Www.moabhappenings.com

# SOUTHEASTERN UTAH MAP





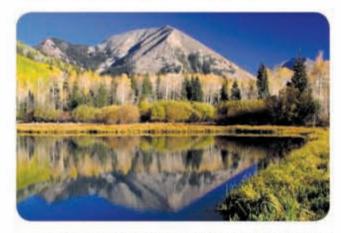


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## NATURE HAPPENINGS

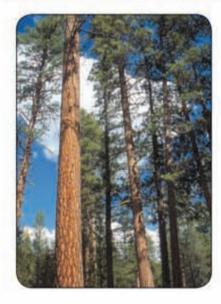
## Life in the Pondos



At times summer's heat can be too hot to handle in Moab. Fortunately, when the mercury rises towards the century mark, one can find relief up high. In the mountains, that is.

Travel from Moab up into the forests means one can deduct three degrees for every 1000 feet of vertical gain. That means when Moab is a toasty 98°F the temperature up on Fisher Mesa or around Buckeye Reservoir might be under 90°F. Or cooler thanks to a mountain breeze.





The nearby La Sal Mountains offer a sanctuary from the summer sun. Though the west side has forests of aspen, Douglas-fir and Engelmann spruce, I often head to the drier east side of where vast stretches of Gambel's oak and one of my favorite trees, the ponderosa pine, dominates.

Pockets exist of these old growth trees on the backside the La Sals, but many of the forests are made up of second growth trees. Many consider these older specimens beyond their prime or even decadent; I consider them majestic.

Ponderosa comes from Latin for "large, weighty or huge" and the trees are adeptly named. As the trees age from the spindly, dark-trunked "black jacks" to the stately, orangish-barked "yellowbellies" or "pumpkins," these trees gain girth and height.



Although known to native tribes in the West long before the Lewis and Clark Expedition crossed their lands, Meriwether Lewis first collected this pine for science in Idaho in the early 1800s. He called it the "long-leaf pine," and his crew made dugout canoes from the trees for floating the Clearwater River. Though recorded in his journals, Lewis' plant specimens did not make it back to President Jefferson.

by Damian Fagan

David Douglas, the Scottish botanist the natives called the Grass Man, rediscovered the tree twentyfive years after Lewis' premature death. Douglas called it "ponderosa pine," a name reflective of the tree's mighty stature.

Though the ponderosas are impressive themselves, the woodlands are a part of a greater habitat that includes other flora and fauna.

Abert's squirrels are one species that relies upon the ponderosa for food and shelter. These tassle-eared squirrels feast upon the cones and needles, use the needles and small branches to create nests, and elude predators by escaping up the massive trunks. Northern goshawks prey on these squirrels and other woodland birds.

Clark's nutcrackers, white-winged crossbills and Steller's jays probe the spiky cones for seeds. Those that fall to the forest floor form a cornucopia for quail, Abert's squirrels and golden-mantled ground squirrels. Those seeds that survive to germination have to contend with deer and elk foraging on their tender buds.

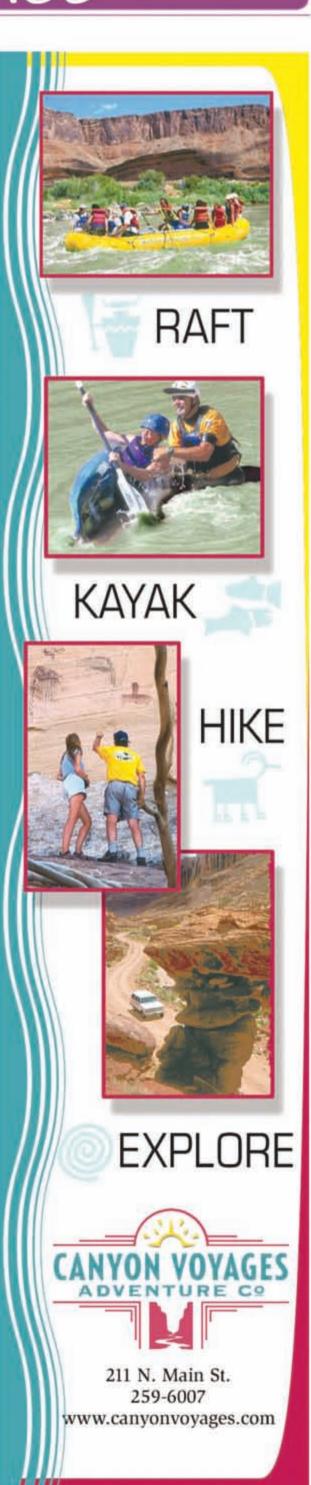
And if it's not the wildlife, then it is the patches of lupine, balsamroot, paintbrush, yarrow and other plants that garners my attention. Many of these blooms add a spice of color to a verdant summer setting. The flowers in turn attract a flotilla of insects — butterflies, bees, beetles, flies and wasps that seek out nectar or pollen rewards.

So if summer's heat becomes overbearing, head up into the nearby mountains for some relief. Your body and spirit will appreciate the coolness and sweetness of life in the pondos.











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## """ PET HAPPENINGS """ """

## Moab Bark Park - Making Moab Dog-Friendlier!

Moab is a beautiful area in which there are countless ways to enjoy the outdoors, but there are many restrictions when it comes to recreating with our best friends. Dogs are allowed off-leash on BLM lands but these are mixed use areas and often far outside the Moab area. The trails that are dog-friendly can be crowded, littered with poop and there are risks of getting lost and the occasional trap. There needs to be a place in town where dogs could be off-leash in a safe environment.

Working towards making an off-leash dog park in Moab a reality has been years in the making, but it's finally here. Summer 2011, Moab's BARK Park will open it gates to the four legged members of our community and their



human companions. Starting as an idea of our local animal control officers, it took time to find a space and funding to complete the project but the space for the park was made available by the school district in the summer of 2010. Action committees, meetings and fund raising began and in less than one year Moab was able to make this animal control officer's idea a reality. The area is located at 300 S 100 E, behind City Market and across the street from the Dog & Cat Clinic. It's just shy of one acre and will have drinking fountains for people and dogs, a small dog area (for dog's under 30 pounds) and lots of big shade trees to beat that summer heat.

Moab spends a lot of time giving locals and visitors a top notch experience when it comes to the outdoors, you can do just about anything here - hike, raft and even jump out of an airplane, but often it is not possible to bring your dog. It's getting better for visiting dog lovers, we have a few pet friendly hotels, some great doggie daycare, and you can walk your dog around town on leash but we are far from what many people know as "dog-friendly." Moab does not encourage dogs at city park events, nor in any outdoor patio eating establishment and there are very few shops downtown that will allow dogs.

We can tout some of the best places to see, take pictures and play hard with gear but we can't say that we are dog's best friend. So why is this? I sought out the answers and was surprised to find it's not because we don't like dogs, it's all about responsible owners.

Dogs are not banned from the parks because there have been attacks; they are banned because people refuse to pick up poop. I know you pick up poop, but your neighbor doesn't! There is a lot of poop around our beautiful downtown area grass that proves we don't pick it up. Moab can't afford the amount of officers needed to enforce cleanup. No dogs on the patio of restaurants? Often there is not space to make a separate place for dining guests with dogs and health codes frown upon the practice, plus not everyone wants to eat next to fido. No dogs in retail shops? It's hard to shop and pay attention to your dog at the same time so shop owners would rather you focus on shopping, but there are a few that allow dogs.

All of this amounts to how dog owners manage their dogs around other people, but if we provide more spaces that are dog friendly, people with their dogs will have places to share and take pressure off the places that say no to pooches. The Moab BARK Park will be a place to enjoy your dog in a safe environment, conveniently located in the downtown area. Moab will not only add to its long list of awesome and amazing attractions, but we can become more "dog-friendly" for our locals and visitors at the same time.

For those skeptics, what are the benefits of the dog park to the people without dogs?

First, there will be fewer dogs on the trails if they have alternate places to recreate putting less pressure on our outlying areas. Also, that barking dog next store, well it may actually leave once in a while so they can give that dog some much needed exercise. It's proven that well exercised dogs have fewer behavioral problems (like barking!). Dog parks are also a valuable asset to the city, the more useful amenities you have, the more attractive the city is to locals and visitors alike. Dog parks also offer better dog management by the city, and can help reduce the amount of issues we have with leash law enforcement. The most beneficial aspect of a dog park is that it encourages responsible dog ownership. Some of the rules for the park require that the dogs be current on vaccinations, be under the owner's voice command at all times, and that all poop be disposed of properly. For those who are skeptics of the idea that we need a dog park, encouraging responsible dog ownership will help keep our community cleaner and safer for everyone regardless of whether they use the dog park or not.

## Bark For Life

Bark For Life July 9, 2011 Red Rock Elementary Millcreek Dr. Registration begins at 9:15 AM Opening Ceremonies begin at 10 AM



Registration is \$20 for each dog.

For each registered dog, you will receive a
Bark for Life Bandana for your pet. Please
remember dogs must be on a leash and please
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## **Humane Society of Moab Valley**

#### Cat Adoption Days-

Saturday July 2nd and 16th at the Moab Barkery 10am - 12pm

#### Dog Adoption Days-

Saturday July 9th and 23th in front of City Market 10am - 12pm

#### JULY:

 July 9th Bark 4 life Relay - Old Red Rock School 9am - 12pm - All Proceeds to benefit Relay 4 Life/American Cancer Society.

#### AUGUST:

- Join Us For The Dawg Days Of Summer BBQ & Silient Auction August 7th, 4pm
- 8pm. Enjoy live music and a fantastic BBQ catered by Moab Brewery! Tickets are available now, Call Today 435-259-4862
- Beat the Heat River Trip Aug 27th, 12pm
   4:30pm \$50 per person, 5yrs and older. All proceeds to benefit the Humane Society of Moab Valley. Space is limited, call Today!

For all other information please check our website www.moabpets.org or call our office 435-259-4862.

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Daily	12:50p	2:07p	7177
DENVER TO MOAB			
Frequency	Departs	Arrives	Flight
Daily	11:45a	1:08p	7176
Sunday-Friday	7:25p	8:48p	7178

Departs	Arrives	Flight
1:18p	2:23p	7176
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Ticket price includes Gunfights, Cowboy Supper, Live Western Music Show and tip

Music Show follows Supper CALL AHEAD FOR SCHEDULE OF EVENINGS OPEN OR VISIT WEBSITE BELOW

Grounds & Ticket Booth open at 6:30 pm

Gunfight Show at 7:00 pm Supper served at

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