

RIVER ADVENTURES

EPHEDRAS GROTTO CANYONEERING Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels! 4 hrs (min age: 10)

	S	
FULL-DAY RIVER ADVENTURE	World-famous scenery and a barbecue lunch rafting the	Colorado River. 8:15am - 4:00pm (min age: 5)

\$65

2

COLORADO RIVER A.M. HALF-DAY Raft the river from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 5)

\$88 884

Climbing, instruction, and fun on rope and rock! All

equipment provided. 5 hrs (min age: 5)

\$54 \$44

DESERT ROCK CLIMBING

HIGH ROPES COURSE Challenge course, safety gear & instruction, and southern Utah's highest swing! 3 hrs (min age: 10)

\$55

365

FLIGHTS & HORSEBACK

6918 6918

\$65 \$95

Raft from Rocky Rapid to Takeout. Includes BBQ lunch COLORADO RIVER P.M. HALF-DAY along the river. 11:00am - 4:00pm (min age: 5)

Enjoy exciting whitewater rapids & lunch in this unique WESTWATER CANYON FULL-DAY

Canyon. 7:30am - 6:00pm (min age: 10) TWO-DAY RAFT & CAMP

All meals and camping equipment provided, rafting moderate rapids, relax into the scenery. (min age: 5)

\$255 \$185

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Incredible 4x4 experience over a landscape of petrified sand dunes. Departs 7:30am, 10am, 2pm (2 hrs) SLICKROCK SAFARI

\$49

\$81

serious 4x4. Departure times vary by season. (4 hrs) Further explore the backcountry in the world's most GRAND SAFARI

s169 s122

SUNSET SAFARI
The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)

698 168

MOUNTAIN BIKING

	\$ 000 N	•	
HALF-DAY MOUNTAIN BIKING	Easy to moderate rides. Enjoy scenic desert and red rock	oasis. Includes bike rental, helmet, water. (4 hrs)	THE POST AND COUNTY TO STAND THE POST OF THE PERSON OF THE

CANYONLANDS SUNRISE DOWNHILL Relaxing downhill ride w/ breakfast. Enjoy grand vistas at every turn. Departure times vary, (5 hrs)

ARCHES N.P. TOURS

	2	2
ARCHES FIERY FURNACE HIKE	Explore a maze of astounding hidden chasms with one	of our guides on this unique hike . 7:15am - 12:30pm

561

\$71 \$48	
Relaxing park tour and easy walks at the perfect time of	day in amazing red rock landscapes. (4 hrs)

ARCHES SUNSET TOUR

165

JETBOAT TOURS & MORE

S		0,			-
SRO	\$ 025			\$65	
CANYONLANDS JETBOAT Cruise the Colorado River near Canyonlands NP.	Departs 8am, 1pm (4 hrs)	SUNSET JETBOAT & DINNER	Thr Dutch-oven dinner plus 1.5 hr jetboat on the	COLORADO RIVEL HEAL CANYONIANION N.	1 hr Dutch-oven dinner plus 2 hr light show on slow-

09

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moving boat ride on the Colorado RIver.

\$85

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\$100 \$85

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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.

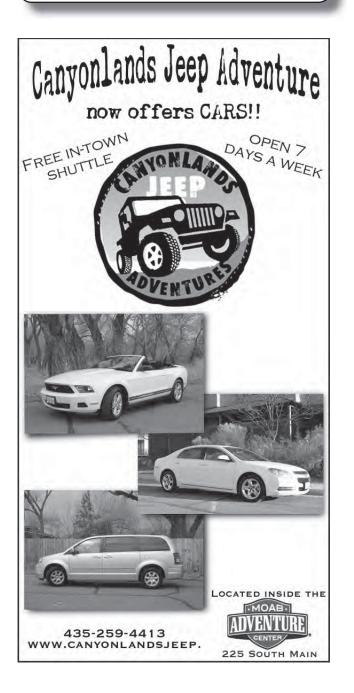
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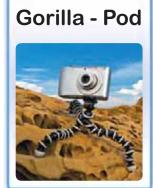
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WESTERN HAPPENINGS

Movie & Western Memorabilia Museum at Red Cliffs Lodge

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

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

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

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

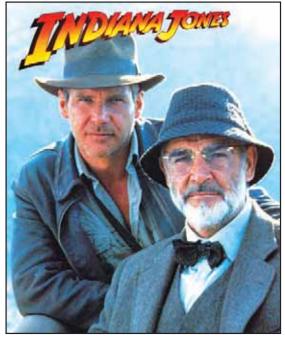


A partial list of stars that have made movies in Moab

John Wayne, Maureen O'Hara, Henry Fonda, Lee Marvin, Rock Hudson, Jimmy Stewart, Richard Boone, Anthony Quinn, Mickey Rooney, Shirley Temple, Kris Kristofferson, Billy Crystal, Robert Duvall, Gene Hackman, Bill Murray, Jack Palance,

Susan Sarandon, Geena Davis, Ted Danson,

Tom Cruise, and many more.









www.moabbighorn.com

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MOAB AREA EVENTS CALENDAR





Moab Golf Course Scenic 18 Holes

Open to the public all year long, seven days a week!

Call for tee times 435-259-6488



Edge of the Cedars State Park Museum

660 West, 400 North, in Blanding, Utah. For more information please call the Edge of the Cedars State Park Museum at (435) 678-2238

Day Visits: \$5 per person or \$20 a carload Annual Passes are \$75 Park Hours: 9 a.m. to 5 p.m. Year-round Open Monday-Saturday. Closed Sundays Holiday Closures: Thanksgiving, Christmas Day,

and New Years Day

Visit the Grand Center!

182 N. 500 W. 435-259-6623

Lunch: Mon., Tues., Wed. & Fri. Under 60 \$6.00/ over 60 \$2.50 suggested donation.

Exercise, Crafts, Health Day, Cards, Wii, Classes, Crafts, Movie Day www.grandcountyutah.net

July 2012

- 1-31 Day Tours with Canyonlands Field Institute. Moab's Ancient Past and Arches Sunset Tours for Adults and Families with CFI Naturalist/ Guides. Every weekend mid-April through October. Explore Arches National Park or Colorado River side canyons with rock art, 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.
- July 1-5 Rafting Through Time Upper San Juan Family Adventure Trip. Join CFI's Naturalist guides on this rafting trip on the scenic San Juan River. Learn about the Ancestral Puebloan (Anasazi) culture, historic settlements, fossils, geology and more while rafting Class I-II rapids and enjoying beautiful sandstone canyons. 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.
- **3-6 Explorer Base Camp.** Canyonlands Field Institute (CFI). This is an exciting opportunity for kids entering 5th through 8th grades to participate in an awesome summer learning adventure set in our amazing backyard of the La Sal Mountains and Colorado River. Discounts for siblings and scholarships available. For price and more information, visit our website, www.cfimoab.org or call 259-7750.
- 3 Moab Garden Club at 6 pm at 2742 Desert Road for a tour of a member's beautiful garden and her new pool! We may also visit a second garden after. The Moab Garden Club has no fees and welcomes any gardeners or garden lovers to come and join in on the fun! Call for more details Tricia Scott 259-6342.
- 4 INDEPENDENCE DAY
- 4 Celebration at Swanny City Park begins with parade. See article on page 5B.
- 4 4th of July Fireworks Display sponsored by Grand County, the Grand County Recreation District, and the City of Moab. Fireworks will be choreographed to a playlist on 104.1 FM and 102.1 FM, "The Vault," and showcased from Lions Back at dark, around 10PM. Rain/wind date: within 2 days.
- **6 Moab Poets & Writers** Bring your original prose or poetry to read aloud, or just enjoy the food, fellowship, and lilt of the human voice. Everyone's welcome at 6:30 pm at Rotary Park. For info call Marcy @ 259-6197 or Diana @ 259-8777.
- 7-8 Range Creek Archeology Trip. Join this rare opportunity to see prehistoric Fremont rock art and sites in-depth with plenty of time. Overnight trip with vehicle tour, hikes, and all meals. Small group, comfortable vehicle supported camp, longer trip allows quality time for exploring, hiking, discussion. Moderate hiking, up to 2 miles round trip. Start/end Green River or Moab. For price and more information, visit our website, www.cfimoab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.
- 8 Canyonlands Field Institute Westwater Benefit Trip. Canyon Voyages is hosting a special One-Day Westwater Canyon benefit trip for CFI. Experience this exciting whitewater rafting trip and support CFI's summer youth camps. Call Canyon Voyages Adventure Co. to sign up: (800) 733-6007.
- **2nd Wednesday Book Group.** Meets at the Grand County Public Library at 6pm, every month. Everyone is Welcome! Call the Library for more info: 435-259-1111
- 12 Join the WabiSabi Nonprofit Network for a Social Picnic in the Park. 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
- 13 Desert Voice 2012 Last day to submit your work. Authors are limited to two poems (under 40 lines) and /or one prose piece (1000 words or less). Email your pieces to 2012mpw@gmail.com as an attachment preferably in Microsoft Word. Desert Voice 2012 will be published on November 17 and contributors will be honored at a gala where each of them will read their writings to family, friends, and interested folks in the community. Door prizes, food, music. Don't miss this opportunity to publish your work and then share it with others in a fun and supportive atmosphere. For specific guidelines see www.moabpoetsandwriters.org.org.call.Barbara.

guidelines see www.moabpoetsandwriters.org or call Barbara @ 259-3620. Moab Poets and Writers sponsored.

- 14 Mountain Wildflower Workshop. Join biologist and wildflower expert Joel Tuhy on this full day workshop learning to identify the beautiful flowers of the La Sal Mountains. Includes lunch and transportation. For price and more information, visit our website, www.cfimoab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.
- **14-15 Moab Golf Tourney** 3 person scramble; mixed. Moab Golf Club. 435-259-6488
- 15 SPLORE Moab Locals Rafting Trip. Join Splore for a rafting trip on the beautiful Fisher Towers stretch of the Colorado. For Moab locals only! Cost is \$55 per person, which includes lunch. Scholarships are available. Contact becky@splore.org or call 801-450-3192 to sign up. See article on page 14B.





CFI is an outdoor education nonprofit organization.



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Fallen Arches Square Dance Club

Thursday Nights 7:30 - 9:30 p.m.
The Grand Center
182 N. 500 West, Moab, Utah

All Square Dancers & Visitors Welcome

Please call to verify dance and for lesson information: Bob or Flora 435-259-2724 Tom or Sandy 435-719-4169





DEADLINE for AUGUST Events Calendar: JULY 20, 2012

Listings in the *Moab Happenings* Events Calendar are FREE!!

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

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

e-mail: info@moabhappenings.com

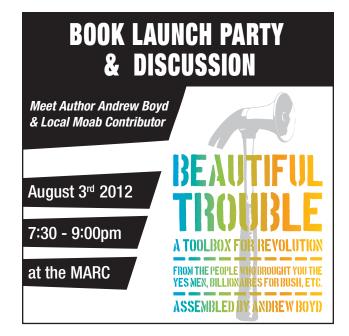
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MORE MOAB AREA EVENTS

- 21 PIONEER DAY CELEBRATION, Live music & Talent Show, Art, Craft & food booths, Big 4 Tractors Pull, Softball Tournament, Fireworks display at Veterans Memorial Park in Monticello, for more info call 435-459-9700.
- 24 PIONEER DAY, UTAH STATE HOLIDAY
- 26 The Human Connection with the Night Sky reaches far into prehistoric times, helping to shape the cultural stories we have today. Life on Earth grew up with natural nights and darkness shaped many ecological relationships. Kate Magargal started her search for dark skies on the back roads of her native rural Pennsylvania. Her dark sky endeavor took her to Tucson, where she studied Astronomy and Anthropology at the University of Arizona. She then took her knowledge to the National Park Service, where she worked to document light pollution and interpret night skies. Join Kate at 7:00 pm at the Moab Information Center (MIC) to answer an all important question, "With the everincreasing use of artificial light at night, will these interconnections continue?'
- 26 Free Film Night! This award-winning film follows the life journey of an eldest son through the innocence of childhood to his disillusioned adult years as he tries to reconcile a complicated relationship with his father. Visually stunning and ambitious in scope, The Tree of Life has been called an impressionistic metaphysical inquiry into mankind's place in the grand scheme of things. 7 pm at Star Hall 159 E. Center St. Presented by The Grand County Public Library and Utah Film Center. Call the Library for more info: 435-259-1111
- 28 Humane Society of Moab Valley Annual Dawg Days of Summer BBQ and Silent Auction. Join us at Old City Park July 28 from 4-8 for our biggest fundraiser of the year, Sit back and enjoy the musical talents of Eric Jones and classic rock, country and blues music from Lost Buffalo performing with Rockin' Rod while treating your taste buds to fablously prepared BBQ catered by the Moab Brewery. This year's silent auction is better than ever with romantic dinner packages, spa dates, beautiful art work, massage and fitness certificates. Tickets are available at the HSMV, Moab City Shelter, Sgt. Peppers Music, Moab Barkery and Wabi Sabi. For more information call: 435-259-4862. See page 1B.
- 28-29 7th Annual Elks and VFW Charity Golf **Tournament** - 4 Person scramble golf tournament. Perfect for beginner or intermediate golfers. 8:00am shotgun both days. Prime rib dinner will be served to participants. Please come out and support a great cause. \$100 per player. For more information call 435-2596488.

August

- Beautiful Trouble Book Launch Party & Discussion. Meet Author Andrew Boyd & local Moab contributor and celebrate the launch of Beautiful Trouble--The Creative Activist's Toolbox for the 21st Century. 7:30-9:00pm at the Moab Arts & Recreation Center (MARC), 111 East 100 North, Books will be available for purchase. After party to follow, TBA
- 4-5 3-n-1 Mixed Golf Tournament Moab Golf Club
- 11 1st Annual Moab Bull Challenge. see page 7A
- 24-26 Mesa Verde Country Food Wine & Art Festival. see ad on page 8a.
- 24-26 Rock Jam. See page 12B.



Moab Area Chamber of Commerce Gives Back and is... Snap, Crackling, and Popping in 2012!

Fourth of July Parade Wednesday, JULY 4th

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

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

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

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

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

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

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

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

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

We are also looking for musical acts, dancers, performing groups for our community talent showcase! We know there are many groups who have just performed at competitions for band, dance studios etc. Contact the Chamber and get another opportunity to display your

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

2012 Moab Events

Aug. 30-Sept. 10 Moab Music Festival Sept. 8..... MRAC Mini Triathlon Sept. 8.....CNHA Navajo Rug Auction Sept. 21-23..... Moab Century Tour Sept. 22-23..... Moab Fall Qtr Horse Show October 3-7.....Outerbike October 6-7.....24 Hours of Moab October 5-13.....PleinAir Moab October 12-14.... Moab Rock and Gem Show October 20......Castle Valley Gourd Festival October 21.....The Other Half Oct. 25-28......Moab Ho-Down Bike Fest

National Championships November 7-11.... Moab Senior Games November 9-11...Moab River Rendezvous

November 2-4....Moab Folk Festival

November 3.....Moab Trail Marathon

October 28......Pumpkin Chuckin' Festival

4th of July **Fireworks** Display

sponsored by Grand County, the Grand **County Recreation** District, and the City of Moab. Fireworks will be choreographed to a playlist on 104.1 FM and 102.1 FM, "The Vault," and showcased from

Lions Back at dark, around 10PM. Rain/wind date: within 2 days.

Moab Young Life



"It's For The Kids" Golf Tournament extends our most profound gratitude to the following for their support.

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Rick McElhaney

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Clark's Auto Parts

Community Church

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Moab Cowboy Country

David Allen Becky Byrd Reality Robbie Jones

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Rick's Glass Moab Diner Red Cliffs Lodge Darren Wells Construction

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Moab Diner Castle Valley Inn Moab Adventure Center Redlands Mesa Golf Course Jeffrey's Steakhouse **Knowles Furniture**

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Kairos Handyman Service Moab Auto Group River of Life Church Moab Valley Storage Lenore Beeson In Town Storage Real Estate Co of Moab

> South Town Gym Music of Moab Conquistador Golf Club

Arches Trading

Dave's Corner Market Canyonlands Voyages Adventure Co.

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INNOVATIVE HAPPENINGS

Kyle Bailey

"I could have gone to Elko when the uranium business moved out of the U.S. and, hence, Moab. That was 1982-83, but my family and I decided to stay." Thus, Kyle Bailey starts recollecting how he and his family survived the bust and went on to thrive in Moab. "I had been working for Atlas Minerals as assistant purchasing agent. Moab's population shrank by 25% in 1983. A house that had been selling for \$50,000 was selling for \$25,000, if at all. Without jobs, people were just walking away from their homes." The question was how would Kyle and his wife

Carrie support themselves and kids in Moab?

They started by opening a video store with Dave Sakrison on the corner of Center and 100 East where Pantele's is now. A couple of years later, Kyle and Carrie bought out Dave continuing with the business into the early 1990's. Over the years, besides renting videos and VCR's, they sold candy (the first Jelly Belly I tasted was from their store) and fresh ground coffee and whole beans.

They opened a Western Union Office and UPS Store. For a while, they and Diane Tibbets also had a toy store in the Energy Building.

When they closed the video store in the 1990's, they bought an apartment building on 100 South. During the boom, there had been many apartments in Moab rented to prospectors, miners, millers, haulers and everyone else connected with the uranium industry. When they left, those places fell into disrepair. Kyle describes the eightplex as "half rented, and the rest ready to cave in. We remodeled and started nightly rentals with kitchenettes." Thus, the Cottonwood Condos were born. The Baileys later purchased a four-plex on 100 East, remodeling to create the Fandango Guesthouse.

Kyle talks about how "the community as a whole got behind tourism as our primary industry. Betty Stanton was the power house behind the Grand United Front (GUF) which included the film commission, river companies, then the bicycle shops and other tour companies." GUF worked to make Main Street more tourist oriented. The Super Host Program was developed as part of this push, training clerks, food servers, and motel staff to meet and talk to tourists, especially foreign. It was a huge success.

Kyle says he "was always involved in politics", but his involvement took a formal turn when he ran for mayor in 1985. He lost that race, but Tom Stocks, who won, asked him to be on the City Planning and Zoning Commission. He served on the commission for 12 years and chaired it for 10 of those. The planning commission and city council brought in students from Utah State University to help design a plan of action. As a result of that and other

information gathering, Kyle lobbied for a city planning department. The City hired David Olsen whose first major project was designing and building the Moab Parkway.

Kyle's next move in politics took him to the City Council. He is serving his fourth term and still focusing on planning including economic development.

"I've always encouraged home businesses and small businesses, and now there are more opportunities for

those than 15 or 20 years ago." Asked what he is most proud of during his years on the commission and council, Kyle said, "I'm probably happiest about the part I played in getting the Parkway developed."

Crispen, Melissa, Libby, Carrie and Kyle Bailey

Another important project for Kyle has been the Moab Area Partnership for Seniors. "We purchased 20 acres from Collin Fryer for the Senior Center. We then worked to get the long-term care facility built, so seniors could stay in the community. There were 14 extended care beds in the old Allen Memorial Hospital, and 36 in the new Moab Regional Hospital." Mayor Dave Sakrison says, "Kyle was instrumental in getting the new extended care facility." The Senior Center is owned

by Canyonlands Special Service District (CSSD) another board Kyle serviced on. He is now on the hospital board and serving as liaison to the CSSD board.

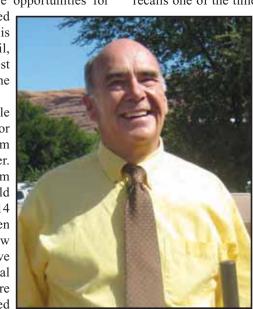
by Joan Gough

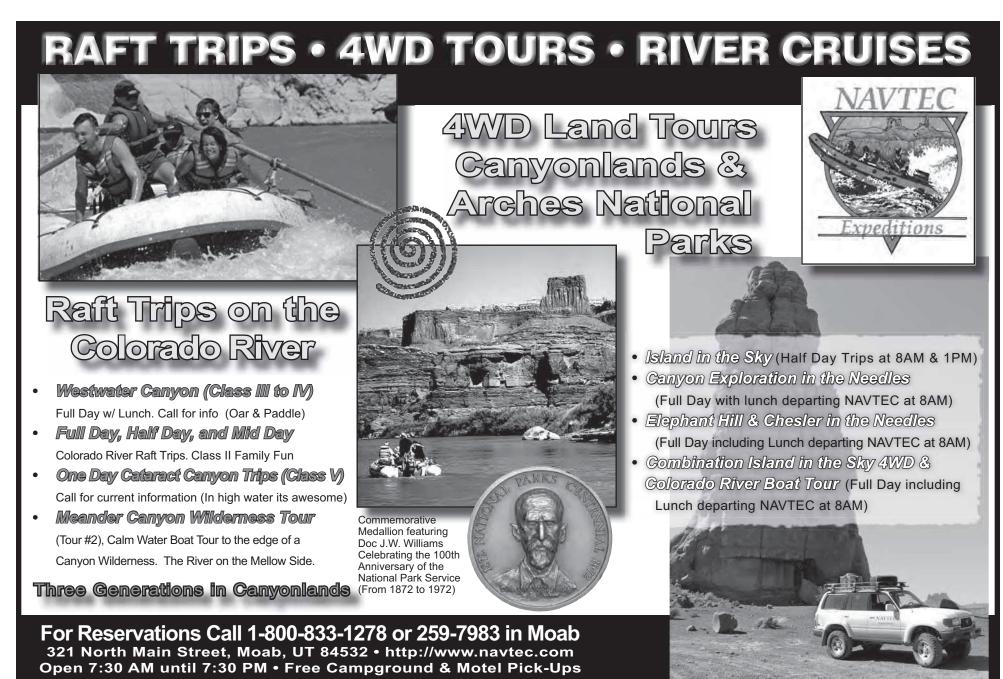
These facilities--the hospital and extended care unitnot only serve a critical health care need, but they also
keep money in the community and provide good paying
jobs for some 150 people. As Kyle says, this kind of job
creation is at the heart of community development, but
community development doesn't just happen. Again
quoting Mayor Dave, "Kyle is the most active member
of the council I've ever served with. He is the quiet one
that goes about the business of the City. He is a very
good man."

Moab City has not suffered in the recent recession like so many towns. It wasn't necessary to lay off any employees. This is, in part, due to the attractiveness of the community as both a tourist and a retirement destination. While we haven't boomed in growth like some Utah communities, we haven't had a bust since 1983, either. We can thank Kyle and those like him who serve selflessly on the city and county councils, commissions and boards for this.

"Moab", as Kyle says, "has its faults, but it is still the best place to live. The diversity here makes us a unique and healthy community." People in Moab are vocal which is actually another measure of a healthy community. Kyle recalls one of the times when a heated debate eventually

resulted in county citizens coming together to stop the construction of a toxic waste incinerator at Cisco in 1988. If it had happened, I-70 would have been a major corridor for toxic waste, and Grand County would be a different place to live than it is today. Community isn't about always agreeing on the best course of action. It is about dialogue, the respectful exchange of ideas. As Kyle says, "People can still come to Moab, get involved, and make a difference."





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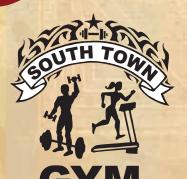
sylvab Bull Challenge 2

Saturday August 11, 2012 Old Spanish Trail Arena

Gates open @6 PM, Show starts @ 7 PM
Donnie Landis 2X WNFR Rodeo Clown will be entertaining
Adults \$12 • Child (6-11yrs) \$6 • Children under 5, Free

















MOAB CHEVROLET

MOAB AUTO GROUP







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NATURE HAPPENINGS

Shake, Rattle and Slither

Snakes and lizards are cold-blooded reptiles, not because of their predatory nature, but because they have little control over regulating their body temperature. Unlike mammals that can generate body heat, these "ectotherms" (from the Greek words ectos "outside" and therme "heat") absorb heat from external surroundings — rocks, soil, sleeping campers, direct sunlight. OK, maybe the sleeping camper is more of a campfire tale, but weirder things do happen.

This variation on thermoregulation is, at times, a contradiction. Though reptiles require minimum temperatures to function, temperatures above 100°F may become too excessive for certain species. On a hot day just watch a lizard doing the Hot Tamale 4-Step, where

period is spent underground in hibernation areas called "hibernaculums," which is from Latin words meaning "a tent for winter quarters." For many Moabites their winter hibernation areas are known as: Mexico.

Lizards and Snakes, Oh My

Representatives of the same Reptilia class, snakes and lizards have different public perceptions. Just listen to the "oohs" and "aahs" when a collard lizard is sighted versus the shrieks of panic when a rattlesnake buzz is heard.

Lizards are cool. Snakes "don't get no respect."

But just because tree lizards, northern whiptails and short-horned lizards command

chain is a dynamic, non-linear web.

Where to Find Lizards or Snakes

Right behind you! Although you probably didn't flinch, chances of seeing a snake or lizard in the desert are pretty good. Next to birds, lizards are the next most common species of wildlife observed during the summer. Many mammals are

species of wildlife observed during the summer. Many mammals are nocturnal or wary of humans, but lizards are diurnal and

can quickly escape into shrubs, rock crevices or holes.



By Damian Fagan

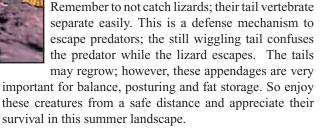
it continually raises and lowers its feet and tail, interrupting contact with the ground surface. This thermal dance helps to prevent overheating. Snakes can't do this for obvious reasons, so they seek out shade during the hotter parts of a day, just as many lizards do, too.

Interestingly, during mild stretches in winter, the small side-blotched lizard may emerge from its winter slumber and roam about in search of food. Their small size requires less heat to warm up than the larger lizards that would really be slugs if they tried to emerge during these same winter warm-ups. In A Naturalist's Guide to Canyon Country, David B. Williams quotes a study that found that "one day's food for a small bird will last a lizard of the same body size more than a month." A mid-winter snack may make the difference between survival and starvation for these small lizards.

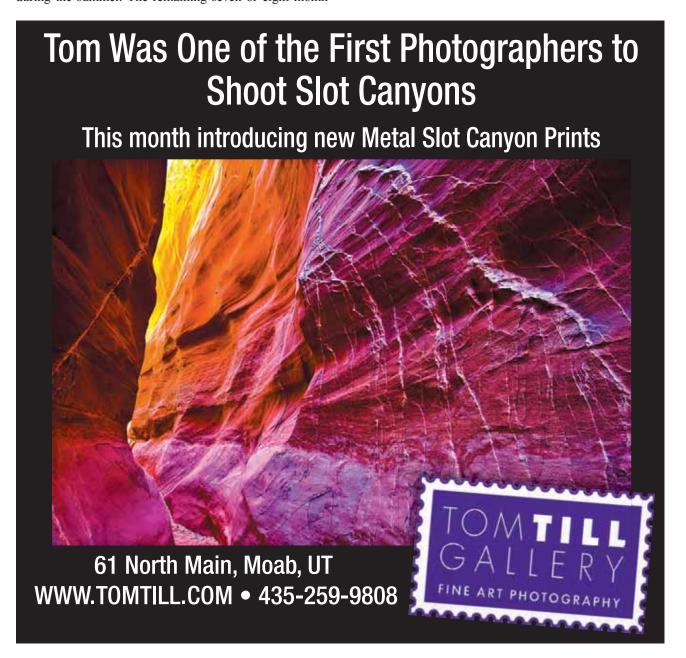
As reptiles are dependent upon warm temperatures, many species are active for only four or five months during the summer. The remaining seven or eight month

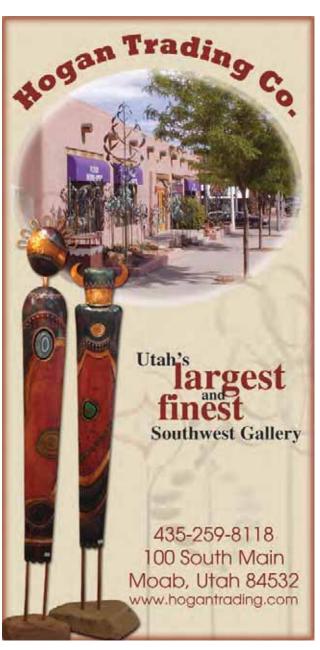
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a lot of positive attention, they are considered nothing more than prey to western collared lizards, garter snakes, whipsnakes, burrowing owls, or American kestrels. Even gopher snakes or midget faded rattlesnakes, AKA "buzzworms," are not immune from the predatory grasp of red-tailed hawks, badgers, coyotes and kit foxes. The food









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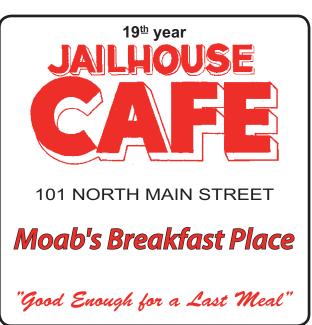
RESTAURANT GUIDE











How To Get A Drink...

...In Moab, Utah

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

Some restrictions may still apply as to where you can sit in a particular establishment when consuming alcohol. For example, Zax has an adult atmosphere in the Watering Hole where you can order a cocktail and watch your favorite sporting event on their 13 tvs, with or without ordering food. This locally owned

full-service restaurant serves their entire menu in both the Watering Hole and restaurant. However, if you sit in the family dining restaurant, you need to order food to consume an alcoholic beverage.

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

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.

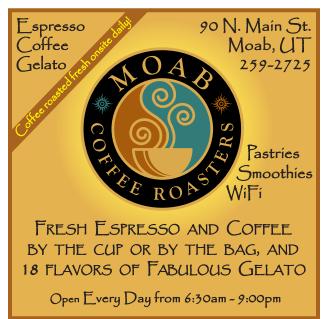
The Utah State Liquor Store is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at 55 West 200 South and is open from Monday through

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. On-premise beer (you can drink it here) is available at various licensed locations, including taverns, golf courses, bowling alleys, and restaurants that have the required beer license.

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













RESTAURANT GUIDE



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RESTAURANT



CASUALLY UPSCALE CLASSIC STEAKHOUSE FARE

> 218 NORTH 100 WEST 435-259-3588 JUST SLIGHTLY OFF MAIN

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WE ARE PROUD TO SERVE LOCAL ORGANIC PRODUCE WHEN AVAILABLE

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

WWW.JEFFREYSSTEAKHOUSE.COM

STATE LIQUOR LICENSEE

Herbivores, Omnivores! Vegetarian Friendly Breakfast Lunch "Best Desert Oasis" Salt Lake City Magazine HOURS 7 Days A Week 7:00am-2:30pm 352 North Main, Moab · 435-259-6896





Bar M Chuckwagon

7000 North Highway 191 259-BAR-M(2276)

Live Western Show & Cowboy supper. Gunfights, games, saloon, gift shop. Fun evening activity for all ages. 4 miles North of Arches National Park entrance on Hwy 191. Beer Available. Call for information about private parties & special events.

Blu Pig

811 S. Main 435-259-3333

Dinner • Take Out

Open everyday 3pm to close

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

Branding Iron Bar & Grill

2971 South Highway 191 259-6275

Open for dinner nightly 5pm-close.

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.

Brewed Awakenings

1146B South Hwy 191 435-260-8045

Broken Oar

53 West 400 North 259-3127

Open nightly at 5 pm. Closed on Sundays

The perfect Moab steak and BBQ house. Our wide variety of home-made food, seasonings, BBQ sauce, and our own famous BBQ butter provides a great escape from the usual mass produced food available. Large groups are welcome (breakfast, lunch and dinner by reservation) 150 people inside & 50 outside. State liquor license.

Buck's Grill House & Vista Lounge

1394 North Highway 191 259-5201

Open nightly at 5 pm

Don't think you can find casual elegance in the desert? Think again. Buck's Grill House offers fine dining in a relaxed, vet 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. Check website for live music schedule. www. bucksgrillhouse.com

Burger King

606 South Main 259-2700

Cabo Grill

396 South Main St. 259-6565

Cassano's Italian Restaurant

11 East 100 North 259-6018

Open 5 p.m. to Close

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

259-7933 812 South Main

City Market

425 South Main

259-5181

CK Desert Ice

89 North Main

Monday - Saturday 11am -10pm

We offer 29 fantastic flavors made in Hawaii for authentic Hawaiian shave ice. Favorites are: Tiger's Blood, Blue Hawaijan, Orange-Dreamsicle, Mango, Melona, Passion l Pina Colada & Cotton Candy. Add amazing tasty toppings & ice cream. Our cups are biodegradable eco-friendly. Your refreshing snack is at the Little Red Shack.

Cowboy Grill at Red Cliffs Resort

259-2002 16 Miles up Highway 128

Breakfast • Dinner River front TABLES inside and out overlooking the Mighty

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

Crystal's Cakes & Cones

26 West Center St. 259-9393

Denny's

989 North Highway 191 259-8839

Breakfast • Lunch • Dinner

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

Desert Bistro

36 South 100 West 259-0756

Open Tue - Sun at 5:30 pm - 9:30 pm Closed Mon

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

Eddie McStiff's Restaurant & Brew Pub

57 South Main Street 435 259-BEER

EklectiCafe

352 North Main Street 259-6896

Breakfast • Lunch

Open 7 days a week 7:00 a.m. - 2:30 p.m.

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

Fiesta Mexicana

202 South Main Street 259-4366

Sun - Thur 11am - 10pm • Fri & Sat 11am - 11pm Experience the close-up magic of Rick Boretti

Thursdays and Fridays 7-9pm Best Authentic Mexican Food. The best Margaritas in town

-made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio with 4 TV's! Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.25 Full bar. FiestaMexicanaRestaurants.com

Frankie D's Bar & Grill

Lunch • Dinner

259-2654

44 West 200 North

Open Daily 12 am Sundays 11am Late night kitchen open until 1 am

Friendly service, covered outdoor patio, steaks, burgers, BBQ. Over 21 can enjoy a full range of beers, wines and alcohol beverages. Take out orders welcome. Live Weekend Entertainment, 5 flat screen TV's. www.moabfrankieds.com

Jailhouse Cafe

101 North Main Street

259-3900

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

259-8800

Open Nightly at 5:00pm Call for reservations

Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American $\label{lem:conditional} \textbf{Kobe Beef. We are proud to serve local organic produce when}$ $available. \ Patio\ dining.\ Tucked\ away\ upstairs\ is\ the\ Ghost\ Bar.$ State Liquor License. Party and event reservations available throughout the week. www.jeffreyssteakhouse.com

La Hacienda

574 North Main 259-6319

Lunch • Dinner Open 11:00 a.m.

CELEBRATING 31 YEARS! Superior Mexican specialities with menu items for the gringo, too. Daily specials & out-ofthe-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor Licensee.

Leger's Sandwiches

817 So Main (inside the Moab Chevron) 259-2212

Deli Open 6 a.m. - 8 p.m.

Leger's Sandwiches, a favorite since 1977, is located inside the Moab Chevron, open 24 hours. Sandwiches made to order. Call in orders welcome.

Love Muffin Café 139 North Main

259-6833 McDonald's

640 South Main

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

Miguel's Baja Grill

51 North Main 259-6546 Dinner

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

Milt's Stop & Eat

400 East and Millcreek Drive

259-7424 Lunch • Dinner

Open Tuesday - Sunday 11am - 9pm

Closed Monday

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

For more information about these restaurants pick up a

www.moabhappenings.com Moab Happenings • July 2012 • 11A





GUIDE P











Moab Brewery

686 South Main

259-6333

Lunch & Dinner Open 11:30 AM DAILY.

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

Moab Coffee Roasters

90 N. Main St.

259-2725

Open Every Day from 6:30am - 9:00pm On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian sodas. Gelato made with all freshingredients, yummy scones, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference!

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.

Moab Grill

540 South Main

435-259-4848

Breakfast • Lunch • Dinner Open 6 am - 10 pm

Enjoy our home style cooking ranging from our 'Cowboy Benedict' in the morning to steaks and seafood for dinner. Our fresh baked pastries, pies, cobblers and espresso are good any time of day. We have a full wine and beer menu featuring Castle Creek wines. Friday - Seafood Specials. Saturday - Steak Specials. Sunday - Prime Rib and Pork Roast. Box lunches to go. Small private meeting room. Internet service, and catch upon the news on 2 flat screens.

Pancake Haus

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

Pantele's Desert Deli

98 East Center 259-0200

Open Mon-Fri 11:00am-5:30pm Sat 11:00am-3:30pm Closed Sunday

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

Paradox Pizza

702 South Main St Open 3-10 everyday 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.

Pasta Jay's

4 South Main

259-2900

Peace Tree Juice Cafe

20 South Main Breakfast • Lunch • Dinner 259-0101

7 am to Close Everyday Welcome to the Peace Tree. We have full Breakfast and Lunch menus in addition to our newly expanded Dinner menu. Good pasta selection including gluten-free options. Beer, Wine, Cocktails, Fresh juice and wheatgrass.

Pizza Hut

265 South Main

259-6345

Lunch • Dinner

Sun-Thur 11am-10pm Fri-Sat 11am-11pm

Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up and dine-in available all day. Delivery available 4pm - 10pm. OPEN EVERY DAY

Portal Grill at Moab Regional Hospital 450 West Williams Way

Quesadilla Mobilla

83 S. Main 83 S. Main

260-0289

by the Canyonlands Trading Post Friday - Sunday 11am to 8pm Thursday & Monday 11am to 4pm

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

Red Rock Bakery & Net Cafe

74 S. Main Street Breakfast • Lunch 259-5941

Open 7am-2pm Everyday. 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

1 block west of Main on Center

Open every day at 3:00pm

Sports Bar & Grill. Affordable drinks & food. Largest fully stocked bar, serving beer, liquor & wine. Nightly entertainment. Live music on weekends. 21 years and older.

Sabuku Sushi

90 East Center

259-4455

259-6666

Singha: Authentic Thai Cuisine

92 East Center

259-0039 Lunch • Dinner

Lunch: Mon - Sat 11-3 Dinner: Mon - Sat 5-9:30 Closed Sun

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

259-8004

Lunch • Dinner

Come join us and experience a fun and casual atmosphere. Experience our fantastic, friendly service. Enjoy Steaks, Seafood, Appetizers, Gourmet Burgers, Wraps, Sandwiches, Awesome Salads and Freshly Grilled Entrees. Ice cold beer in frosted mugs. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License. Come hang out for Live music Fri, Sat & Sun.

Sorrel River Grill Restaurant

17 Miles Northeast on Scenic Hwy 128 259-4642

Breakfast • Lunch

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 Open 8 a.m. everyday

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 5:00 daily. Closed Sundays. State Liquor Licensee.

Sweet Cravings

259-8983 550 North Main

Breakfast • Lunch

Tue-Sun: 7am - 3pm

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

Szechuan Restaurant

125 North Main 259-8984

Village Market 702 South Main

259-3111 Wake and Bake Cafe

59 S. Main #6, McStiff's Plaza

260 North Main

Wendy's

Wicked Brew Drive Thru

259-0021 132 North Main

Open at 6 am Daily

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

Zax

96 South Main Street

259-2420

259-2595

Breakfast • Lunch • Dinner • Family Dining We have it all! From our sunrise breakfast, to our hand cut steaks. We offer an extensive menu that includes the best burgers in Moab, sandwiches, pastas, salads, seafood and our famous All-You-Can-Eat pizza buffet and salad bar. Dine inside or out on our all-weather covered patio. Watch your favorite sporting event on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Featuring a full liquor license. Open 7 days a week. Locally owned and operated.



SLICKROCK CAFE

Family Owned & Operated

Lunch & Dinner Menu Live Music Fri, Sat + Sun.

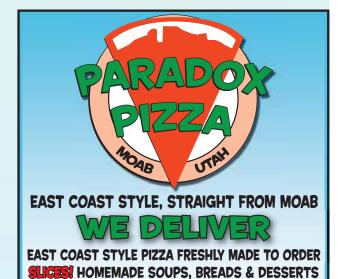
Atrium Seating, Appetizers Gourmet Burgers, Sandwiches,

Salads, Steaks Freshly Grilled Entrees Kids Menu, Daily Specials Ice Cold Beer

Full Service Liquor License

Slicker than ever - Food with 'tude-All that is missing is YOU!!

CORNER OF CENTER & MAIN (435) 259-8004 • www.slickrockcafe.com





702 SOUTH MAIN ST.

www.ZAXMOAB.com Zax Sunrise Breakfast Saturday & Sunday 7:00am - 11:00am

435-259-9999

Largest selection of local Utah microbrews on tap!

 All-U-Can-Eat Pizza Bar Daily lunch and dinner specials!

- Steaks
- Fresh Pasta
- Burgers Darn Good Pizza!
- Salads

GREAT OUTDOOR PATIO • LARGE GROUPS WELCOME

COME QUENCH YOUR THIRST AT THE WATERING HOLE @ Corner of 100 South and Main • Moab, Utah 84532 USA Check Out Our

(435) 259-6555

Wet Spot Laundromat

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

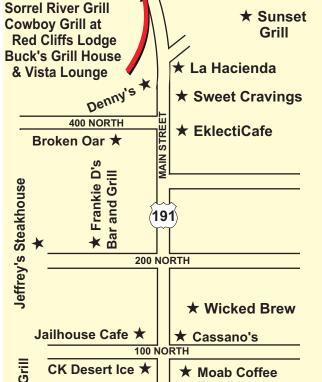


RESTAURANT GUIDE

Bar-M Chuckwagon









in the old Poplar Place

Family Owned & Operated

Great Choice for Take Out and Catering

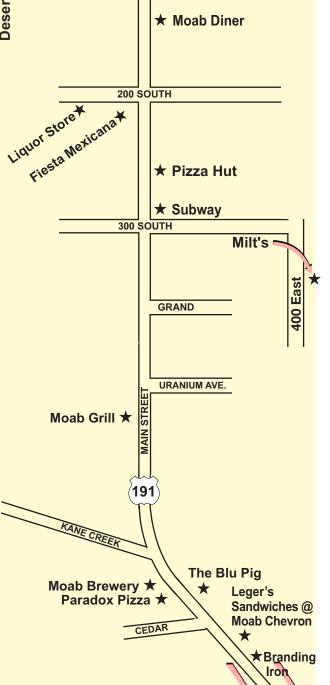


74 South Main • Moab, UT 84532 • 435-259-5941

















RESTAURANT GUIDE



RESTAURANT GUIDE

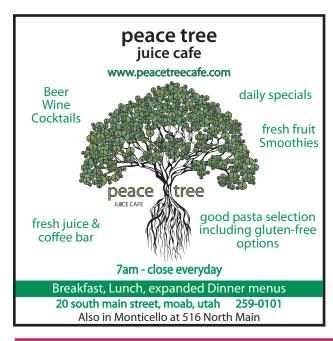




Dine-In • Phone Orders Early Morning Pick-up • Catering Mon-Fri 11:00am-5:30pm Sat 11:00am-3:30pm Closed Sunday 435-259-0200 • 98 E. Center St. • Moab







RICHARD POTTS

Executive Chef Sorrel River Ranch Hotel and SPA

Richard Potts is the Executive Chef at Sorrel River Ranch Hotel & Spa in Moab, Utah. Set amongst some of the most spectacular scenery in the American Southwest, Potts brings the Ranch more than a decade and a half of culinary experience.

Potts oversees all culinary operations at the luxury ranch resort including the signature River Grill Restaurant

offering fine dining, the al fresco River Deck, overlooking the Colorado River, as well as in-room dining, banquets and special events. Potts creates menus highlighting fresh farm-toplate dishes with ingredients grown on-site in the garden and greenhouse.

Potts joined Sorrel River Ranch following five-years as Sous Chef at Old Hickory

Steakhouse at Gaylord Palms in Kissimmee, Florida where he used molecular gastronomy for a modern twist on traditional American steakhouse cuisine. Previously he was Sous Chef at Hue Restaurant in Orlando; Sous Chef at El Conquistador at Mission Inn Resort in Florida; and Lead Culinary at The Spire at the Hyatt Regency Louisville in Kentucky. Potts started his hospitality career in the kitchen at his father's restaurant, Pottsie's Eatery, in Daytona, Florida in 1994.

Chef Richard is a third generation chef who draws great inspiration from his Sicilian roots. His farm-to-table culinary expertise originates from his father, also a chef, and his grandfather, a chef and an organic farmer. He resides on Sorrel River Ranch with his wife, who is a pastry chef. His hobbies include writing music, oil painting, and foraging.

CHEF'S RECIPE: American Elk Bratwurst

High country cuisine meets garden fresh in Chef Richard Potts "American Elk Bratwurst". The antibiotic and

hormone free Elk Bratwurst is braised with Local Craft Beer and then partnered with fresh chipolte, Regionally sourced Utah cheddar cheese and the most delectable Heirloom Tomato Ragout featuring sun ripe red tomatoes right from the vines or our local garden. Enjoy this new menu item at



The River Grill and take your taste buds on an adventure



www.moabsandwiches.com



NDWICHES

Made to order • Call in Orders 6 a.m - 8 p.m. 259-2212

LOCATED INSIDE THE MOAB CHEVRON 817 South Main Street



Sweet Cravings Bakery + Bistro

Breakfast/Lunch Coffee & Lattes Sandwiches & Salads **Endless Homemade Pastries**

Boxed Lunches • Catering

Tue-Sun 7am - 3pm

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



Weekly Bar Specials

COLDEST BEER IN TOWN!

259-6666 • www.theriomoab.com

OPEN EVERYDAY at 3pm Must be 21 years or older

Look for us on Facebook







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COWBOY HAPPENINGS

Step Back into the Wild West at the Bar-M Chuckwagon!

Are you looking for rip-roaring, entertaining evening that includes a great supper and more rib-tickling fun than you've had in a long time? Look no more! Step back in time to when the west was really wild and re-live the days of the "American Cowboy" at the Bar-M Chuckwagon. More than just a tasty meal, the Bar M Chuckwagon offers three funfilled hours of delicious chuck wagon food, great cowboy music and wonderful memories. An evening at the Bar M is good time for folks of all ages.

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

Just 7 miles north of Moab on Highway 191, turn 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.



Outlaws in a gunfight!

The always-entertaining gunfight begins around 7:00 so be sure to have your camera ready! After the smoke 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 25 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 recorded three music CD's.

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 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 since.

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.

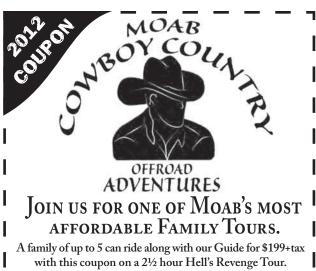
Admission price includes dinner, live western show, games, gunfights, and gratuity: \$27.95 for adults, children four to twelve years old are half price and kids three and under is free. Make sure to call ahead for reservations so you don't miss out on all the fun! Call 435-259-BAR-M (2276) to make your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



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Valerie Hunt Brown



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SKY HAPPENINGS

The Sky for July 2012

By Faylene Roth

SUNRISE AND SUNSET TIMES **FOR JULY**

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

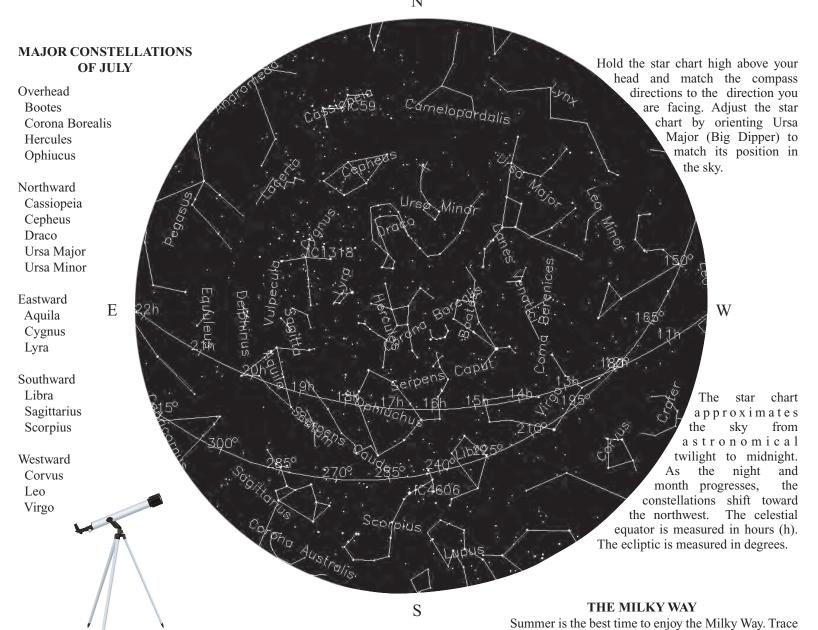
5:58am 8:46pm 2 5:58am 8:46pm 3 5:59am 8:46pm 4 5:59am 8:46pm 5 6:00am 8:46pm 6:01am 6 8:45pm 7 6:01am 8:45pm 8 6:02am 8:45pm 9 6:02am 8:44pm 10 6:03am 8:44pm 11 6:04am 8:44pm 12 6:04am 8:43pm 13 6:05am 8:43pm 14 6:06am 8:42pm 15 6:07am 8:42pm 16 6:07am 8:41pm 17 6:08am 8:40pm 18 6:09am 8:40pm 19 6:10am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

31

6:20am

Dominant feature of the summer sky—the Summer Triangle—is formed by 0 magnitude Vega (Lyra), and 1st magnitude stars Deneb (Cygnus) and Altair (Aquila). Cygnus the Swan appears to fly south through the Milky Way, its long neck pointed toward the center of our galaxy in the region of Sagittarius. The squarish body of Hercules stands out between Vega and Arcturus (Bootes).

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



DAYLENGTH

8:29pm

The days get shorter now that we are past the summer solstice, but not at an even monthly rate. We lost three minutes of daylight from the solstice to the end of June. The month of July sheds an additional 39 minutes, August drops 66 minutes, September dispenses with 71 minutes, and October withdraws an impressive 72 minutes. The rate of loss of daylight then slows. November loses only 51 minutes, while the period of daylight from December 1 to the December 21 winter solstice decreases by a mere 12 minutes more before the reversal begins.

Note the lingering effect of summer twilight. Twilight occurs in three stages. Civil twilight marks the period right after sunset when ambient light remains adequate for most outdoor activities. Nautical twilight begins as color and shapes disappear from the landscape. Astronomical twilight continues as the overhead skies darken and residual light on the western horizon fades to black. In summer the western horizon does not darken until well after 10:00pm.

MOON HAPPENINGS

July 3 - Full Moon occurs at 12:52pm and rises at 8:44pm .July 10 - Last Quarter Moon rises soon after midnight. July 18 – New Moon occurs at 10:24pm.

July 26 - First Quarter Moon sets about one and one-half hours after midnight.

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

APHELION

At 10:00pm on July 4 the earth reaches aphelion the farthest point from the sun in its elliptical orbit. The earth's speed slows by about 0.6 miles per second (1km/ sec) at the far end of its orbit which makes the northern hemisphere's summer season about five days longer than its winter season. The three percent difference in distance between aphelion and perihelion (nearest point in orbit which occurs in January) isn't enough to cause seasonal changes. Earth's tilted axis claims responsibility for that.

METEOR EVENTS

The last week of July offers meteor activity from the

radiants of Capricorn and Aquarius. Both constellations will be low in the southern sky after midnight. Best viewing is after moonset July 27-31. Up to 15 meteors per hour are common from the Aquarids Shower and 20 can be expected from the Capricornid Shower, which often includes bright yellow fireballs.

VISIBLE PLANETS

Jupiter – Rises in the eastern sky about one hour before astronomical twilight brightens the morning sky. Jupiter appears on the eastern horizon about three minutes earlier each day, so by month's end look for it between 2:00am and 3:00am depending upon your viewshed. On the morning of July 14 a cluster of stellar objects appears in the east around 4:00am: the Pleiades, a waning crescent moon, Jupiter (about 0.5 degree south of the moon), Aldebaran (Taurus' bright orange star), with Venus on the horizon. (Magnitude -2.0)

Mars - Moves from Leo to Virgo this month. Find its small red glow low on the western horizon at evening twilight. Mars sets by midnight from most viewsheds. On July 24 it appears 4.2 degrees north of the waxing crescent moon. (Magnitude +1.0)

Mercury - Reaches its greatest eastern elongation on July 1, so Mercury will be fairly easy to see during the first few days of the month. Look for a bright object below Leo (in faint Cancer) in the WNW sky during nautical twilight. Binoculars can be helpful. (Magnitude +0.6)

Saturn - Low in the western sky and setting soon after midnight. 0 magnitude Saturn outshines 1st magnitude Spica (both in Virgo). On July 25 Saturn is six degrees north of the moon. (Magnitude +0.6)

Venus – Rising with Taurus and the Pleiades in the morning sky about one-half hour to one hour after Jupiter. On July 9 Venus appears almost one degree north of red star Aldebaran (Taurus). On July 15 it is 3.6 degrees south of the moon with Aldebaran to the right of the moon and Jupiter above.. (Magnitude -4.4)

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.

it from north to south through Cassiopeia, Cygnus, and Aquila. Then look into the center of our galaxy as your eyes follow the Milky Way to the southern horizon. The dense nebula of stars and star dust spreads across the southern sky through Sagittarius and Scorpius. When you gaze into the western region of Sagittarius, you are looking into the dense bulging center of our galaxy, nearly 30,000 light years distant. A very dense mass in the center—referred to

as Sagittarius A*--is most likely a supermassive black hole.

As the night and the month progress, Sagittarius and the

Milky Way sweep across the southern sky from east to west.

Note: Hold your hand at arm's length to measure 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

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

degree. Adjust for the size of your hand.

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 click on Sighting Opportunities.

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HEALTHY HAPPENINGS

(a community natural foods store)

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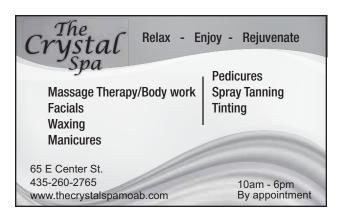
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Moonflower Market: Energy drinks

I was looking for a challenge, something outside of my normal outdoor activities to revive my spirit and engage my adventurous mind. It presented itself in the form of a bright green shirt worn by one of our colorful patrons who frequents the market. The Gran Fondo, or the Long Ride in Italian, is a 65 mile road race that

follows the Colorado River through Castle Valley and then climbs through the majestic La Sal Mountains.

Having spent several years commuting by bicycle, I thought why not? In my naïve state of mind, I began telling friends of my grand plan and the responses varied. My co-workers were my biggest fans, encouraging me to plan and train properly for the ride. Thus began the four month long process that would determine how well I would physically perform such a feat.

But first... the bike. Like any sport the equipment that you choose is specific to your abilities, goals and budget. I found myself overwhelmed with the options while trying to decipher the lingo of cyclists. I engaged Scott Newton, the owner of Poison Spider bike shop. We

discussed my goals and began the process of elimination. I have always just walked into a bike shop and picked one off the floor, usually based on aesthetics rather than functionality. However this time I realized the importance of choosing the right bike. This process took weeks. I wanted something versatile and everlasting. I

consulted many friends who encouraged me to question my overall goals as a cyclist. It became evident that a road bike was not in my future, instead, I choose a hybrid touring bike. With the help of the mechanics at Poison Spider, the olive green Fargo would be my trusty steed on this long ride, and every on/off road ride after that.

Jumping back on the horse is never easy. It's a humbling experience that

reminds you of your immediate physical limitations. The Fondo would require physical and mental endurance, thus began the training process. I started out with timed rides. I would ride out an hour, and return. This suited my reentry needs for the first month. By the second month, distance became my focus. I rode two to three times a week, alternating a 15-20 mile ride with a 50 mile ride. I found that I was comfortable with the physical exertion, but the recovery periods were difficult for my body. At this point in the process I realized that I was not meeting my nutritional needs.

Sports Nutrition is key when training for an event, whether you're a professional athlete or a weekend warrior. I began to research the latest and greatest in sports nutrition. Electrolytes, protein, pre-work out endurance fuel, chia seeds, and an increase in my vitamin intake all became a part of my daily intake. I became a bottomless gas tank, constantly craving protein.

Luckily for me, I work at Moonflower Market, the local health food hot spot. I consulted Aleta Edinger, the supplement manager of Moonflower. Together we discussed the pros and cons of the various brands that stocked the shelves. After researching all the protein blends that Moonflower had to offer, I believed that NuLife Herbs Matrix Meal was the ideal blend for my needs. It offers an abundance of nutritional benefits such as whole green foods and herbs that would aid my body in performance and recovery. The whole green foods would supply my body with vitamins and minerals that would boost my immune system, support my liver, and aid in detoxification among other things. The herb blend of maca, licorice and cinnamon would help to increase my metabolism, provide me with calcium, vitamin C and K, and reduce inflammation. Ready!

Now back to the training... after three months of riding rolling hills and small sections of steep hills, I realized that the La Sal Mountain loop road would need

to become my primary training. My first attempt was the most memorable, due to the fact that the weather was wicked. I ran out of food and bonked on the first accent of the climb. It became evident that I was not considering my nutritional needs for the ride itself. So, I found myself perusing the shelves of Moonflower Market once again. The answer came in a medium sized container by Vitalyte,

a sports nutrition company out of San Diego, CA. Vitalyte became my primary choice for endurance and electrolyte supplementation, based simply on the fact that the sugar content was low. Don't let the lack of sugar fool you, it does not lack in flavor or performance. The Triphase endurance fuel by Vitalyte combined amino acids, electrolytes and a blend of fast and slow acting carbs that helped to combat lactic acid build up in my legs, as well as provide a potent dose of B vitamins.

Having ironed out the wrinkles in my training regimen, I began to add other super foods to my diet. Chia seeds, which are rich in omega 3's, antioxidants and mineral, help slow the break down of carbohydrates, making it a great endurance food. I also increased my Vitamin C. You need vitamin C

for the growth and repair of tissues in all parts of your body.

And then the day came... and all that I had learned about myself and my body was to be put to the test. The Gran Fondo had been my main focus for four months. I had bruised and torn many muscles, ate twice

my normal food consumption. I had questioned my self and battled physically for a chance to challenge and enliven my soul.

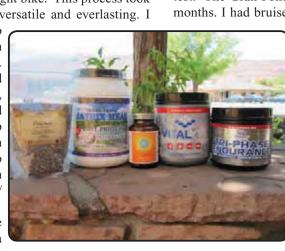
I awoke three hours early of the 8am start time, stretched, ate more then my belly could hold, and sipped tea in the early spring morning hours. The time had come, I rode out fifteen minutes early and found my place at the back of the start line. There was a six hour time limit, every cyclist set their pace.

The views and smiles I encountered along the way were priceless. Six hours on a bike is a long time, a true test of patience that I was happy to experience. I would like to tell you that I came in first, but the fact of the matter is I didn't. As I climbed the last section of the route, a bright red clock counted down the final minutes of the six hour block. I focused and pedaled. Two minutes and thirty six seconds remained on the clock as I passed the finish line. Words of encouragement echoed in my ears as I cruised down hill to the park.

That was the end of this adventure, but it has paved the way for many more. It revived my excitement for a life on a bike and the places that you can go if you just decide to go there. Trust in yourself and provide proper nourishment along the way, and your body will reward you in performance and everlasting health.







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HEALTHY HAPPENINGS

Avoid Heat Exhaustion and Heat Stroke When Enjoying the Summer

Summer is a season best spent outdoors, and many people anxiously await their opportunity to soak up some sun in the warm, summer air. But the summer heat can be relentless, posing a potentially significant threat to those who aren't careful when the dog days of summer arrive.

Heat exhaustion and heat stroke are two of the biggest concerns for those spending time under the summer sun. Differentiating between the two and understanding the causes and symptoms of each can help revelers survive the summer heat.

What is heat exhaustion?

Those who work or exercise in humid or hot conditions might have experienced some level of heat exhaustion. When a person is suffering from heat exhaustion, their body is losing its fluids through sweat, and that loss causes dehydration. The body will also overheat, with its temperature rising as high 104 F.

What is heat stroke?

Heat stroke can be life-threatening. When a person is experiencing heat stroke, his or her body's cooling system stops working, and the body's temperature can rise to 105 F or higher. The cooling system is controlled by the brain, so heat stroke can even damage the brain and/or additional internal organs.

What causes heat exhaustion?

Many people who suffer from heat exhaustion are not used to exercising or working in hot or humid

environments, an unfamiliarity that makes them susceptible to heat exhaustion. Gardeners, for example, might be able to work in the garden in late spring and feel no ill effects. However, once summer arrives with its humidity and higher temperatures, those same gardeners are not accustomed to such conditions and might develop heat exhaustion as a result. Especially humid days make it difficult



for the body to properly evaporate sweat, and the body will lose fluids and electrolytes. As this is happening, people who do not adequately replace those lost fluids are more likely to suffer from heat exhaustion.

What causes heat stroke?

Unlike heat exhaustion, which is largely caused by external conditions, heat stroke can result from an existing medical condition or medications. People with certain conditions or on medications that hinder the body's ability to sweat may be predisposed to heat stroke because their cooling mechanisms are already impaired or compromised. But heat stroke can also be caused by anyone exerting themselves in a hot environment, even if those people do not have a preexisting medical condition.

What are the symptoms of heat exhaustion?

Heat exhaustion symptoms vary but can include:

- * sweating profusely
- * feelings of dizziness
- * muscle cramps or pains
- * fainting
- * dark-colored urine (dehydration)
- * nausea
- * pale skin
- * rapid heartbeat
- * headache

What are the symptoms of heat stroke?

A body temperature of 105 F or above is a telltale indicator of heat stroke, but additional symptoms may include:

- * throbbing headache
- * flushed, hot and dry skin
- * slightly elevated blood pressure
- * dizziness and light-headedness
- * nausea and vomiting
- * rapid, shallow breathing
- * lack of sweating despite the heat
- * rapid heartbeat that is strong or weak
- * unconsciousness

What do I do if I suspect I am suffering from heat exhaustion?

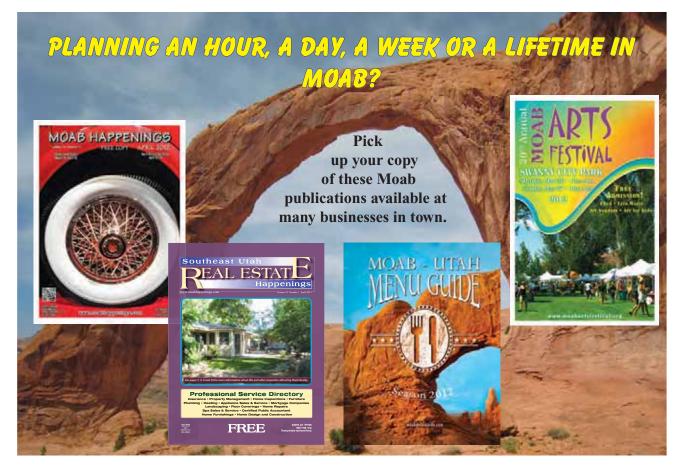
If heat exhaustion is suspected, get out of the heat immediately, ideally into an air-conditioned room but under a tree in the shade if that's the only option. Call a doctor if you cannot keep fluids down or if you seem incoherent.

Those who can keep fluids down should drink plenty of noncaffeinated and nonalcoholic beverages, and remove any tight or unnecessary clothing. In addition, take a cool shower or bath, but ideally only do so if someone is around to monitor you.

What should I do if I suspect I am suffering from heat stroke?

Heat stroke is potentially life-threatening, so immediately dial 911 if you feel you have heat stroke. If you suspect someone else has heat stroke, administer some first aid while waiting for an ambulance to arrive. Move the person to an air-conditioned room, and try to get his or her body temperature down to a more manageable 101 F or 102 F. Wet the person's skin and apply ice packs to the armpits, groin, neck, and back, as these areas have an abundance of blood vessels close to the skin, and cooling them can help lower body temperature.









Sore, over-worked, stressed muscles?



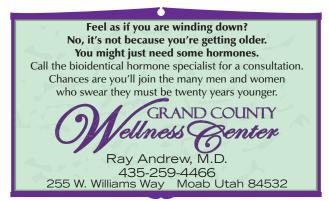
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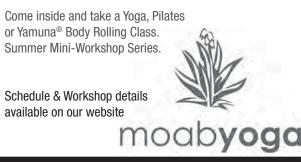


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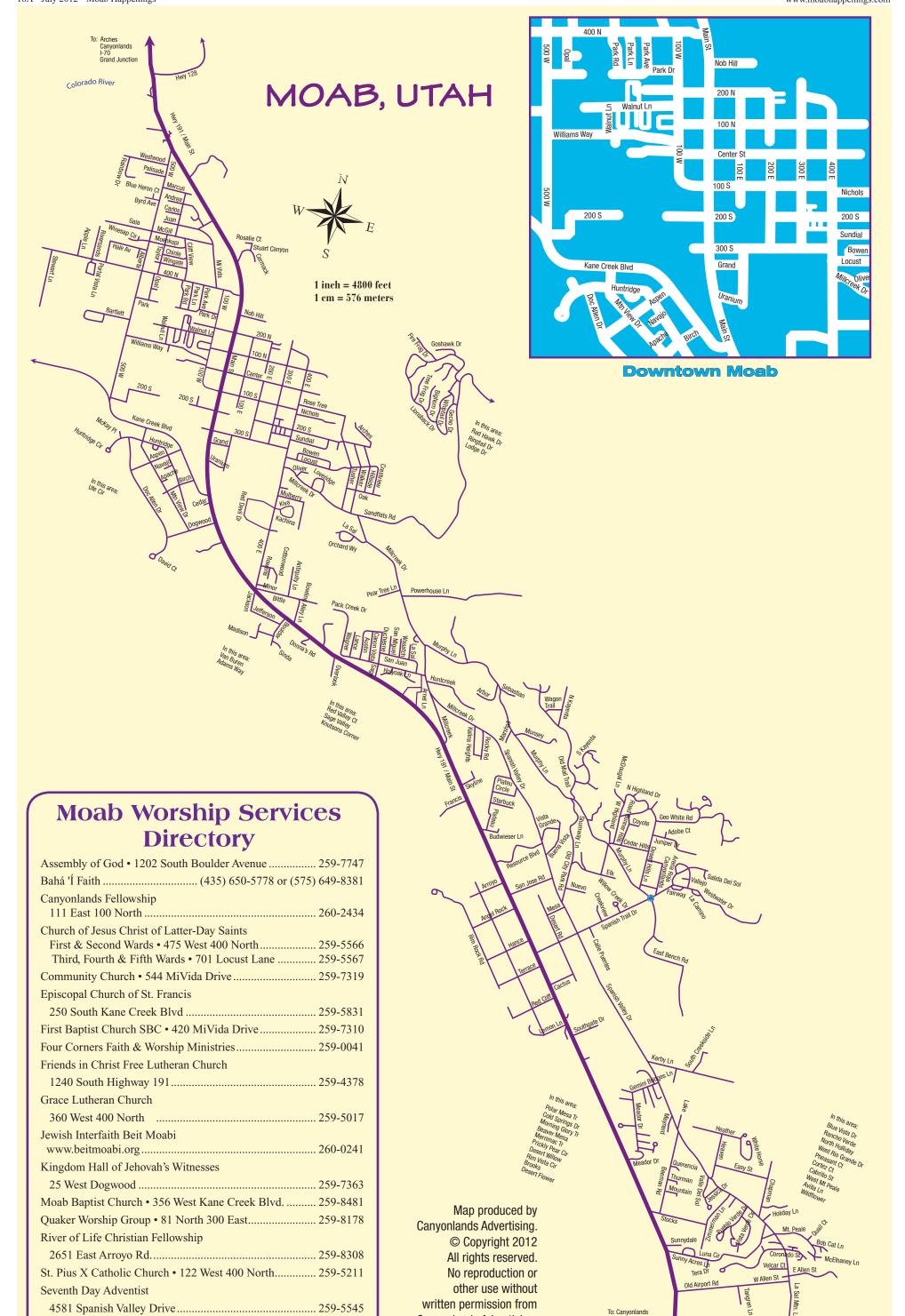


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ASTROLOGY HAPPENINGS

Your Horoscope for July 2012

By Robert Wells

The first week of July centers on the holiday of the 4th. The planets have some surprises and good times planned for everyone. If you're single, it's a great time to meet someone new, and even the day after, should they miss the party. The second week of the month is low key and tailor made for romance and friendship. Plan easy, low stress outings together with those you love. Mercury turns deaf, dumb and blind on the 15th through the end of the month so check everything you say and do three times. Keep a close watch on schedules, computers, car keys, communications, appointments and agreements. Don't make any promises. Avoid getting careless on the 19th; it's a bad day for accidents. The Sun moves into Leo on the 23rd and the energy changes to a more self-centered field. From the 22nd to the end of the month good times and great ideas flow in. Hold off taking any action until after the end of the month. Keep all planning open-ended and easy to change...it will be required.

Mercury Retrograde: Sunday the 15th to the 31st Independence Day: Wednesday the 4th Ramadan: Friday the 20th to the 31st Utah Statehood Day: Tuesday the 24th



June 22 - July 22 Cancer: Happy Birthday Cancer. Last month's easy energies continue this month and it's a great time to go after those interests that most appeal to you. An idea may come to you during the first week and you should pursue it. Romance comes knocking the following week and you

should get out for an evening. Put plans in motion starting with week three. The energies shift to money during the fourth week for you and have a chance to promote what you have been working on this month. Don't be shy, as it could pay off on the last day of the month.

July 23 - Aug. 24



Leo: You should be taking life easy, no better, "lazy" this month. Get the neighbor kid to mow the lawn, even. You're probably playing mental games on your next moves in the world. The first two weeks of the month is just so laid back. Life does pick up during

week three of July after one of your ideas motivates you to do something about it. As the energies shift during the fourth week you could find yourself selling this big idea and reaping the profits by the last day of the month.



Aug. 24 - Sept. 22 Virgo: You spend the time this month pursuing your hearts desire and if you aren't, you should. The Universe will provide you with two weeks of easy aspects and hardly any pressure so that you can have a playtime. An idea you get during week three could be a big winner.

Promote it to higher-ups at the beginning of week four and you should profit by the last days of July. Not Bad!!!

Sep. 23 - Oct. 23 Libra: It's career time. Pretty low-key this year. Hey, look at it this way; it's better than being in trouble, right? The energies of last month continue into this month making everything laid-back and easy going for the first two weeks of the month. The third week energies prompt you to get

some motion going on handling chores and personal tasks. The fourth week is a great time to lay down future plans. With the energies moving into your happiness sector that is exactly what your plans should be about.



Oct. 24 - Nov. 22 Scorpio: This month will probably find you pursuing some lofty mental exercise. There is plenty of time for it during the first two week of July. It's a Norman Rockwell painting. Just the way you like it. The third week you have the inclination

to handle personal tasks and chores for the month, like grocery shopping. The last week of July has you motivated to plan something else. It's unclear what, but you'll know when it hits you.



Sagittarius: Balance the books this month and then have some fun times like going fishing. The summer weeks in July are easy this year and don't make any demands, especially during the first two weeks. Take the third week of July and take care of personal chores and business. During the last week of the month the energies shift to church and social clubs in your life and there could be a BBQ in the future.



Capricorn: Partnerships need your attention. This could be one of the most memorable and romantic summers you have ever had. If you are married explore every way possible to do things differently. Eat breakfast in the backyard, read to each other in the hall, jump in the

car and just take a drive to nowhere. You have two weeks. Use them well. The third week finds you back taking care of personal business as usual. A plan for the future takes shape during the last week of the month when the energies focus your attentions on jointly held assets.



Aquarius: Your health and employment are your main concerns this month. Both look to be in pretty good shape. This is a low-key time in the heavens so if you are looking for an outlet for your energies it would be an excellent time to lend someone a helping hand, anytime

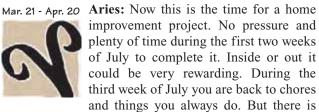
over the first two weeks. You'll both be winners. During the third week of July you'll be back doing laundry and dusting and things. The final week of July you have a chance to plan a big to-do. You're so good at this stuff.

Feb. 19 - Mar. 20



Pisces: Grab that romantic partner and just go sit under a tree; or on a riverbank; or in front of a fire, or do all of them this first two weeks of July. It's just a pretty nice summer when you are in love. The third week is filled with chores and everyday things. During the last week of

the month the energy shifts to your job and to a plan you are hatching. Tell no one of your plans.



something brewing with you and as the energy shifts during the fourth week, you'll be making plans to pull this off. Good Luck!



Apr. 21 - May 21 Taurus: The energies are usually making you run all over town at this time of year, but everything is so laid back this year, I am thinking you should use the energies to be with your brothers and sisters if you have some. The twoweek period is great for spending time

helping small children, as well. The third week of the month is everyday things like laundry and shopping. The last week of the month is something else; you have a chance to promote a secret idea you have been hanging onto. Go for it NOW.

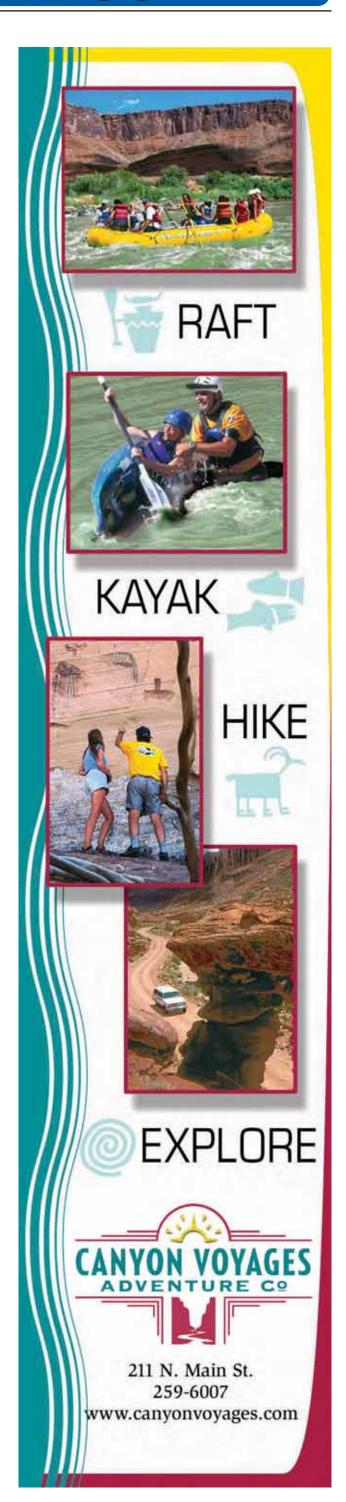


May 22 - June 21 Gemini: It's your money month and everything looks pretty good. There aren't any pending problems heading your way. The first two weeks of July are pretty low-key and make no demands on you. If there is an interest you would like to pursue, now is the time to do it. The

third week is back to everyday things like the laundry and dusting. A pet project you are working on gets a launch date around the 21st as you plan for the future and it's completion.



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."

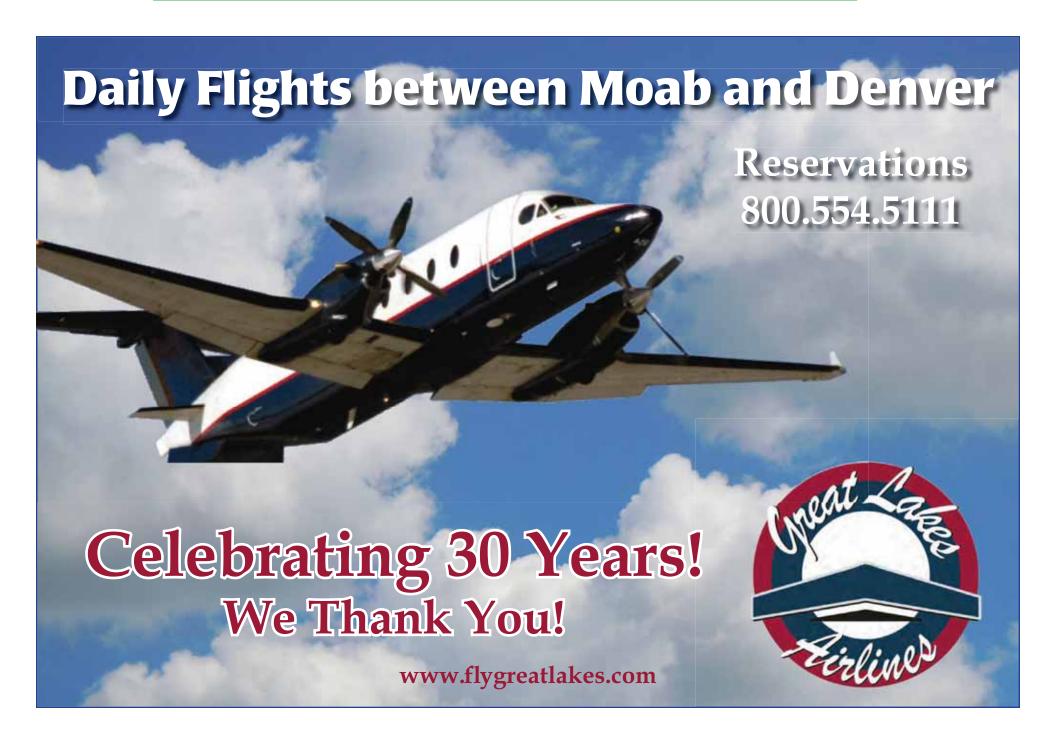


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DINING

MOAB HAPPENINGS

LODGING EVENTS

July 2012 Volume 24 Number 4

Annual Dawg Days of Summer Barbecue and Silent Auction



The tenth annual Humane Society of Moab Valley BBQ and major fundraiser will take place at Old City

Park from 4 to 8 P.M. on Saturday, July 28th. Tickets are available at the HSMV office in the Moab City Shelter, as well as the Moab Barkery, Sgt. Pepper's Music, and Wabi Sabi.

Food will be provided 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. Enjoy the talents of local musicians Eric Jones and classic rock, country and blues music from Lost Buffalo

performing with Rockin' Rod. This year's silent auction will be better than ever, with romantic dinner packages, spa dates, landscape plant certificates, beautiful art work, massage and fitness certificates, and more - great gift items to pamper yourself or give to a friend or loved one! The silent auction and BBQ are the primary annual fundraisers for the Humane Society of Moab Valley. In addition to donations for food by the Moab Brewery, musicians donating their time and talents, this event is sponsored by Zions Bank.

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 with other preparations. The Center Cafe's staff was awesome, donating their time and even their tips to the Humane Society! They all looked forward to it and had a great

> time. The lovely cafe, the generosity of the staff, donors to the auction, and attendees made this a highlight of the summer season for many local residents.

> the Center After 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. Last year,

a new atmosphere was created at Old City Park - a bit less formal, a bit more fun with great food, activities for the kids, and certainly the best silent auction ever!

Celebrating 12 years of serving the Moab area, the local Humane Society is run solely on donations and grants, with volunteers supplying the vast majority of work. The organization's mission is to improve the lives of companion animals and their owners by:

Saving the lives of orphaned animals through rescue and adoption services.



Providing training, support and education for pet owners and the community.

Providing spay/neuter opportunities for all cats and dogs. Holding adoption days most Saturdays, sponsoring three spay/neuter clinics per year as well as year-round low-income vouchers, and providing 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, adoptable animals, or volunteering, call 435-259-HUMANE (259-4682) and mention you read about it in Moab Happenings.





Indoor and Outdoor **Pools Now Open!**

Individuals, families and groups welcome! Daily passes available

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

Hours of Operation Lap Swim:

5:30 - 7:30 am - Monday, Wednesday & Friday 11:30 am - 1:15 pm - Monday through Friday

5:15 - 7:00 pm - Monday through Thursday 11:15 am - 12:45 pm - Saturday & Sunday

Open Swim:

1:30 - 7:00 pm - Monday through Thursday

1:30 - 8:00 pm - Friday

1:00 - 8:00 pm - Saturday

1:00 - 5:00 pm - Sunday



Fitness Center Hours of Operation

The Fitness Center is open from 5:30 am to 8:00 pm Monday through Friday, 9:00 a.m. to 8:00 pm Saturday and 11:30 a.m. to 5:00 pm Sunday.

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GALLERY HAPPENINGS

Framed Image Fine Art: Contemporary Perspectives on a Timeless Landscape

Want to beat the heat and experience some of Moab's indoor beauty? Stop in at Framed Image Fine Art Gallery and view some of the region's finest painting, photography, sculpture, and jewelry. With a well rounded stable of exceptional artists, Framed Image showcases everything from traditional oil landscapes and photography, to contemporary watercolor interpretations, and mixed media abstractions. Unique, modern stone sculpture, ceramics, and hand blown glass also dot the beautifully lit interior to create a wonderful and varied, art viewing experience.

Knowing that the landscape is the ultimate draw, but also understanding that it can inspire people in a variety of ways, gallery owner Eric Trenbeath, says his vision, "was to create a space that would allow for many interpretations of the landscape, not only in terms of what people see, but also in terms of what they feel." These interpretations may not always manifest in the form of something entirely recognizable. They may come about in the form of a mood or sentiment, represented simply by pure form, color, and texture, an early hypothesis of the Abstract Expressionists. They may also take the form of a loosely defined, oil landscape painting applied with thick, lush brushstrokes or ragged, palette knife swaths. Even a piece of glass, ceramic, or abstract sculpture can say something about the landscape and how it makes one feel.

Eager to discuss his artists, Trenbeath is nevertheless hard pressed to pick a favorite. He says that all of the artists fill a special niche in the gallery. From the traditional to impressionist perspective, he is proud to represent Bonnie Frucci, and Rachel Pettit. Both offer illuminated interpretations in oil with Frucci being perhaps the most literal. Her use of light and color defines the essence of the landscape. About Pettit, Trenbeath says, "It's fun to observe her progression, from finely crafted, literal interpretation, to loosely applied impressionism, and finally to abstraction."

Local rising star, and award winning artist Jonathan Frank, creates unique watercolor and ink,

"High Definition Landscapes." Completely self taught, Jonathan is a signature member of the National Watercolor Society, and has been featured on the cover of Watercolor Magazine. Four Corners area resident, R. Lillian Seifer, paints beautiful, mixed water media interpretations that border on abstraction. Sculptors, Randy Jorgen, and Michael Ford Dunton, create stunning works in stone and steel, while long time Moab resident, Joanne Savoie, creates beautiful ceramic works informed by the river and its canyons. And local photographer, Chris Conrad, presents his interpretations often focusing on the night sky or indigenous archaeological sites in black and white.

In the realm of abstraction, Framed Image is proud to represent Michael Ashcraft. A professor at the Rhode Island School of Design from 1956 to 1974, Ashcraft moved to the Moab area in the mid 1970's. His work is informed by the



structural images he sees in the vast patterns of rock. He then moved to San Francisco where he spent 15 years installing blue chip art and having his own work shown at the San Francisco Museum of Modern Art's, Artist's Gallery. He currently resides near Moab, in Castle Valley.

And finally, one of the few remaining "Taos Moderns", and still painting daily at the age of 85, is John DePuy. John studied Abstract Expressionism in 1950's Manhattan.

His idle, Mark Rothko, advised him to "return to the Southwest, for the soul of your art is there". John took his advice and returned to the landscape he loved where he studied under a Navajo Shaman for a year. As a result, his art is a unique blend of southwestern landscape / native mysticism, informed by the school of Expressionism. John was best friends and a "kindred spirit" with the desert writer, Edward Abbey, who had this to say about his work, "John paints a hallucinated, magical, and sometimes fearsome world...the terrible beauty that lies beyond the ordinary limits of human experience."

Framed Image Fine Art is located at 59 East Center Street across from the Moab Information Center. They are open Tuesday –Friday from 10:00 a.m.-6:00 p.m. and Saturday from 2:00 p.m.-6:00 p.m. They can be reached at 435-259-4446 or on the web at www.framedimagemoab.com.



Evening Shadows by Bonnie Frucci



Fremont Figures by John DePuy



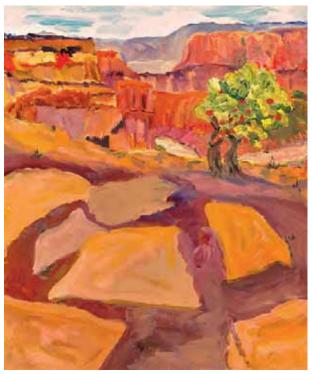
San Juan Morning by R. Lillian Seifer

Moab Artists Robin Straub and Phil Wagner featured

at Dead Horse Point State Park, UT.

The Bighorn Gallery at Dead Horse Point State Park will be exhibiting original artwork by Moab artists Robin Straub and Phil Wagner. "Sensual Scapes" is a collection of new oil paintings on exhibit July 4th through August 29th. Join the artists for an opening reception on Wednesday, July 4th at 4:00 p.m. and enter the park for free.

Robin Straub and Phil Wagner are thrilled to share their latest work at the Bighorn Gallery. Robin and Phil are respected Moab artists who love to paint the bold and colorful landscapes of the Colorado Plateau in a sensual style, au plein air (outdoors).



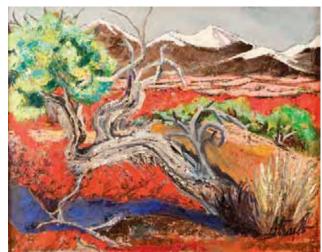
Phil Wagner

Robin's studies in art have included painting, photography and ceramics. For eight years Robin and Phil have traveled and painted passionately in many countries but their favorite location is here in the high desert of the Colorado Plateau with its astounding beauty and mystery. Many of their paintings are in collections across the United States.

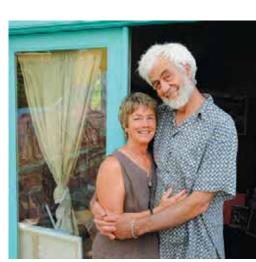
Phil is ex-Peace Corps, a poetry teacher, parent, lecturer in psychology, a custom home builder, world traveler, socialist and documentary film maker. Most days he can be found painting with his wife, Robin, out along any dusty dead-end back road with a view.

During the art exhibit at Dead Horse Point State Park, each painting is available for purchase. Portfolios of their work can be visited at www.petragallery.com and their studio in Moab is open to visitors.

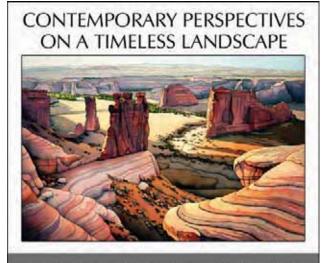
Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313. The visitor center is open daily from 8 a.m. to 6 p.m. Park admission is \$10. For more information, please contact the park at 435-259-2614.



Robin Straub



Robin Straub and Phil Wagner



FRAMED IMAGE FINE ART 59 E CENTER STREET 435,259,4446 FRAMEDIMAGEMOAB.COM

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HIKING HAPPENINGS

A Summertime High - Burro Pass To Warner Lake

We are lucky to have visions of the La Sal Mountains on our eastern horizon year round. We are even luckier in the summer to have this delightful paradise a short drive away. When it's sizzling down in the desert, I am so ready for an altitude adjustment, and once again I'm traveling to that high elevation coolness - an ear-popping 6,000 foot journey, which miraculously drops the temperature to an uplifting comfort zone of refreshing cool air.

For thousands of years Native Americans made this seasonal high country migration. Their influence is reflected in the naming of two peaks - Tomasaki, a native guide and Waas, a **Ute chief - a recognition**



appropriated to them by members of the Hayden Surveying Party in 1875. Tradition suggests the translation of "Tukuhnikivatz" means place where the sun lingers longest - an appropriate term for one of the more prominent peaks in the La Sals.

Starting at slightly over 10,000 feet in elevation, the Burro Pass Trail, which goes from the Geyser Pass Road to Warner Lake, quickly delivers the refreshing alpine air that



I've been craving. From the trailhead, it is almost a mile **Burro** Pass and 4.5 miles to Warner Lake. This is the starting point the Whole Enchilada, popular mountain

bike trail, which runs a 26.5 mile course to the Colorado River – a vertical drop of 7,000 feet.

To get to the Burro Pass trailhead, drive south eight miles on Highway 191 out of Moab. Then, take the left hand turn to Ken's Lake, go half a mile to the stop sign and take a right on Spanish Valley Road, which turns into



the La Sal Loop Road. Approximately twenty miles from town turn right at the sign for the Geyser Pass Road. Then drive eight miles on a graveled road to the pass, which at

10,500 feet has nothing to do with any geothermal activity. Instead, it is named after the early cattleman, Al Geyser.

The last few miles after the turn off for Gold Basin - are narrow so be prepared to pull over

or back up for oncoming vehicles. Not far beyond Geyser Pass, a sign marks a fork in the road – right to Dark Canyon and Highway 46, left for the Burro Pass



trailhead. Drive 1.2 miles on the left fork and then look for the left turn to route 2040. Four-

wheel drive is highly recommended on this last half-mile section to the trailhead.

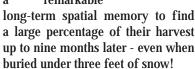
Before hitting the trail I pause to admire the southern view - a commanding presence of the two highest peaks in the La Sals. Mount Peale ranks first at 12,721 feet and Mount Mellenthein comes in with a close second at 12,645. Way beyond those prominent landmarks, the San Juan Mountains and Sleeping Ute Mountain in Colorado cast their dreamy profiles against a hazy, far distant horizon.

The trail officially begins at a wooden turnstile, followed immediately by a bright yellow cattle guard. Right away I'm enjoying a pleasurable stroll through the cooling shade of aspens, firs and spruce, which open up to spacious meadows where the early season wildflowers - dandelions,

wild parsley, buttercups and other petite yellow beauties are way ahead of the big rush yet to come.

Constantly hearing the sharp "krak" of Clark's nutcrackers, I observe their movements as they fly in and out of the trees. Close relatives to jays, these corvids have

a pouch under their tongue that holds up to 150 cone seeds, which are buried in the ground for later consumption for them and their offspring. Caching as many as 98,000 seeds per season, they demonstrate remarkable

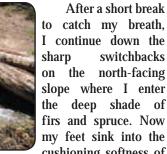


With a view of Mount Tomasaki to my right and Manns Peak straight ahead, I forge on until a short series of switchbacks swing me up to Burro Pass. At 11,180 feet, I have gained approximately 1,000 feet in elevation. Phew! No wonder I'm feeling breathless!

A wooden post with several arrows indicates the direction for two different trails straight for Warner Lake and right for Deep Creek, which quickly peters out, but it is a commonly used route to access Manns Peak. A new sign has also been added for "The

Whole Enchilada." After a short break

switchbacks



cushioning softness of pine needles - with the pungent earthy smell of turpentine, the world around me is soothingly silent.

When the trail finally mellows out to a more moderate descent, I begin the search for that special spot to take a break. Soon I readily accept an invitation to plop down on a cushy field of green grass where I can enjoy the drowsy warmth of sunshine and the melodious music that fills the air - the bouncy voice of the ruby-crowned kinglet and the haunting flute song of the hermit thrush. During this concert, I am entranced with the whimsical dance of a variety of butterflies - Milbert's tortoiseshell, painted lady, swallowtail and mourning cloak all join in for the waltz

from flower to flower.

This is sweet, but I can't stay here forever and reluctantly I leave. A short time later as I'm nonchalantly strolling down the trail, a swarm of small bees buzzes in to investigate my shirt. Much to my relief, they leave in a huff when they discover that this is not a big blue





CHECK OUT OUR FAMILY FRIENDLY RATES! **ALWAYS ENTERTAINING AND EDUCATIONAL**

Eventually the trail descends to where the soothing waters flow - the wet fork of Mill Creek. At least six stream crossings are ahead, but in this year of below average snow pack, it is easy to keep your feet dry. In this wetter region I often linger so I can study the colorful bouquets of wild geraniums, iris and larkspur, which are partial to a damp habitat.

At last the home stretch gives me a boost as I travel the slightly elevated path through huge groves of aspens. As always, I am mesmerized with those heart-shaped leaves that flutter and rustle in the breeze.

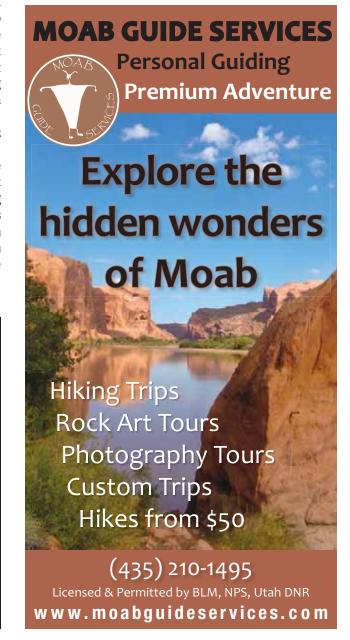
Wandering through the opening in a rail fence, I walk on past the left fork for the trail to Oowah Lake. Shortly after that, I'm at Warner Lake where I stop to admire Haystack Mountain and its impressionistic reflection on the crystal blue water - an idyllic conclusion to my high alpine summertime retreat.





by Marcy Hafner

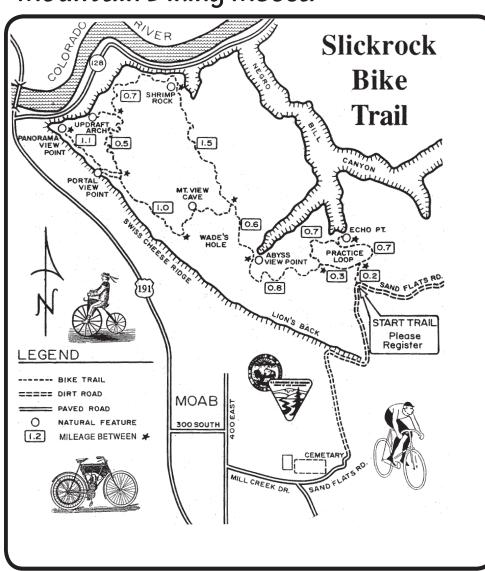




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MOUNTAIN BIKING

Mountain Biking Mecca

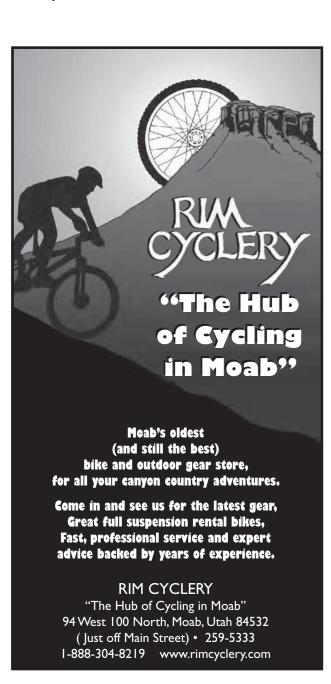


Moab has become known worldwide as a mountain biking mecca. The canyon country around Moab offers some of the most unique and varied landscape on earth, from 13,000 foot peaks and high alpine meadows to high desert vistas above the sandstone canyons. Varied terrain and spectacular scenery bring riders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

- MOAB CENTURY TOUR September 21-23, 2012 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 3-7, 2012 Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.
- 24 HOURS OF MOAB October 6-7, 2012 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 25-28, 2012 Presented by ChilePepper Bike Shop this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.
- SKINNY TIRE FESTIVAL March 9-12, 2013 Three rides of the Skinny Tire Festival highlight Moab's different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient Puebloan petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through the grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit www.SkinnyTireEvents.com.
- MOONSHADOWS IN MOAB May, 2013 Enjoy this fully supported 44 or 60 mile ride by the light of the (almost) full moon. As you gain 2700 feet in climbing elevation the moon has risen and illuminates the desert sagebrush casting a silvery glow throughout the vastness of Canyonlands National Park. Arrive at Dead Horse Point State Park for a light dinner at the outdoor Moonshadows Café overlooking the Colorado River. Drink in the ambiance at the most unique AID/food station you may ever visit. Enjoy a thrilling return to the Start/Finish area then enjoy post-event revelry at Frankie D's Saloon.
- 3RD ANNUAL GRAN FONDO MOAB May, 2013 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.







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TRAIL HAPPENINGS

Meanwhile, Magnolia and I were on a mission to see

every cool thing we could find. We find pictographs and

hidden alcoves, water holes for swimming and sculpted

rock more beautiful than in any gallery. We

Mill Creek, Magnolia, and Me

I have been a mountain biker for a long time. Before that I was a hiker. After my doggie of 16 years died, along with the mandatory morning walk, the two-wheeled wonder of a machine sitting in the garage made walking seem so primitive. Hence, hiking days turned to biking days.

Enter a big fluffy golden retriever named Magnolia, my granddog, and all of a sudden life was different. A ball of fur like that doesn't get along too well in the hot desert no matter what the temps, so we started exploring, looking for water in every direction. It wasn't long before I rediscovered Mill Creek, the same one that flows right through the center of Moab, supplying us with vital irrigation water to keep our valley green, home to many species of critters, as well as providing the lovely backdrop for the Mill Creek Parkway. But Mags and I were exploring further upstream in the canyon of Mill Creek where the red

wander for long stretches on trails that showcase

special place.

sandstone walls rise up to the sky for hundreds of feet on either side and the meandering paths lead into a riparian wonderland.

It was not always so idyllic. Like many other niches in Moab, overuse was getting the best of Mill Creek. Its popularity came with the usual drawbacks of trash, broken glass, unruly pets and their unwitting owners, vandalism, and other oblivion to backcountry ethics. It

was a place that had been crossed off my list of destinations for years. Luckily though, like many other niches in Moab, the canyon was adopted by individuals with a vision, local folks who knew the bones of glory were still there, that the general public could be educated, that stewardship of this jewel would pay off in time. Thank Sarah Melnicoff, the champion and glue, for the rebirth of Mill Creek canyon. Visit millcreekpartnership.net to learn more.





the grandeur of the canyon and then duck through water birch to study the spiders and insects and crawdads that live in the ripples next to shore. We saw many cottonwood trees protected from beaver damage with wire cages around their trunks. So many of these mature trees have been munched along the Colorado River so it was good to have them armed for resistance in this very

Imagine the shock of rounding a corner further into the canyon only to find that armor no longer in place and the landscape littered with large trees lying on their sides and many more in various stages of death and dying as the beavers have free reign to wreak havoc however they want. Earlier we walked beside a creek that gurgled and flowed over a shallow bottom; here

it was headed up into long deep pools of still water. Hoping to find a reasonable explanation for this unreasonable destruction, I heeled Magnolia and we high tailed it out of there.

I learned that in southern Utah, 2012 is The Year of the Beaver. According to Mary O'Brian of the Grand Canyon Trust, "These keystone water engineers create ponds, wetlands, meadows, and complexity in streams. They capture sediment and ensure a season-long release of water through their leaky dams. They create habitat for many species."

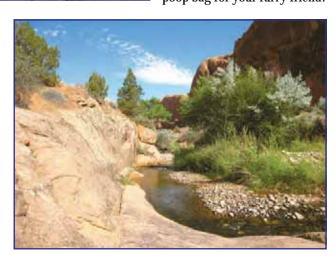
Wow, I thought, we should all be so productive. So just in case anyone wants to help celebrate this useful, charismatic creature, the first ever "Leave it to Beavers!" Festival will be held September 21-22 at the Escalante Petrified Forest State Park outside Escalante, Utah. Visit utahbeaversfestival.org

Mill Creek has shown me its beauty once again and given me the remarkable gift of respite. Put on your shoes that can get wet, pretend that the cool breezes in the canyon

> can pass right through you, listen to the silence of the sundried air and the music of the water and the birds. Become invisible and let the magic of the place recharge you. This is a walk that will stay with you long after your shoes have

by Kim Schappert

From US 191, take a left onto 300 South to a right onto 400 East to a left onto Mill Creek Drive at Dave's Corner Market. Continue to a left onto Powerhouse Lane. At the end of the road you will see the trailhead. And don't forget the poop bag for your furry friend!



Kim Schappert is the Executive Director of the Moab Trails Alliance and owner of Up the Creek Campground. She is looking forward to Magnolia's next visit.

Trail Mix is an advisory committee to Grand County in the development and maintenance of non-motorized trails. The committee represents non-motorized users including bikers, hikers, equestrians, and skiers. Many government agencies and private citizens make up the "mix" that makes this

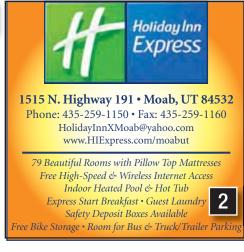
group work so well. Come join us on the 2nd Tues. of each month from 12-2 at the Grand Center (500W. 182 N.). Everyone is welcome. Contact Sandy Freethey 259-0253 or find us online at www.grandcountyutah.net/trailmix/. You may also reach us at moabtrailmixinfo@gmail.com.



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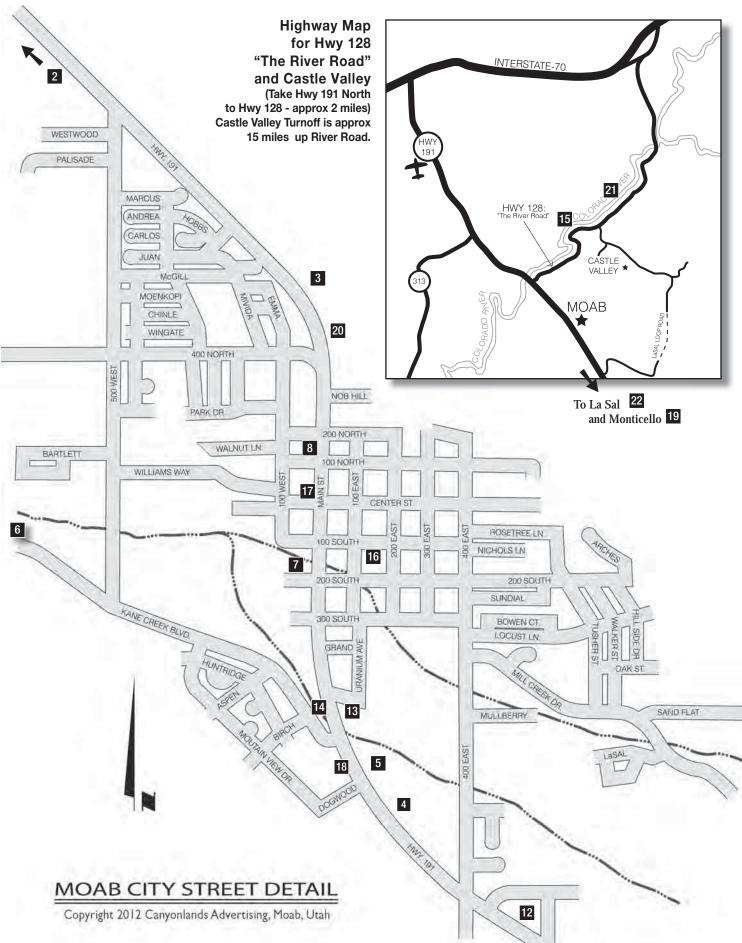
MOAB AREA LODGING GUIDE













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MOAB AREA LODGING GUIDE





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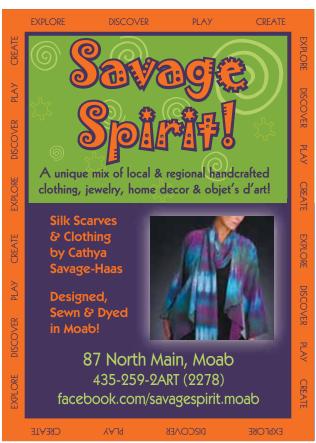


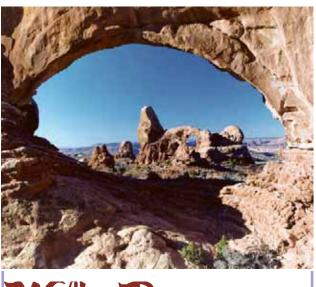


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SHOPPING GUIDE







Walker Drug & GENERAL STORE DIGITAL • APS • 35MM E-BOX • CAMERAS BATTERIES





Mile 14, Hwy 128 435-259-3332

Castle Creek Winery offers complimentary wine tasting and sales seven days a week in our new tasting room. Our gift shop has everything from gourmet cheeses and snacks to t-shirts, hats and wine trinkets. Stop by and sample some of our award winning wines and enjoy the breathtaking views surrounding our vineyards. We are located 14 miles upriver from Moab on Scenic Highway 128.



4th East & Millcreek Dr. 259-6999

Dave's Corner Market has the largest selection of whole-bean coffee in Southeast Utah. We carry over 70 varieties of coffee. Whether you are hiking, biking or jeeping, stop by Dave's to stock up! We carry cold beverages, snacks, fruit, cigarettes, beer, ice, bread, ice cream, bottled water and more! Dave's friendly, old fashioned, neighborhood market is your last stop before the Slickrock Bike Trail!



137 N. Main St. 435.259.5855 www.bretedge.com

2013 calendars are in stock! Visit The Edge Gallery on Main St. in downtown Moab to view dynamic fine art landscape photography by local photographer Bret Edge. Photographs are presented as a canvas gallery wrap or an archival plaque mount for a unique and durable alternative to conventional framing. Various print sizes are available and all orders of \$200 or more ship for free anywhere in the United States, including Alaska & Hawaii. International shipping is available at low rates. We also carry affordable gifts including greeting cards, small matted prints, calendars and more. Upcoming workshops: Nature photography boot camp, June 2 and July 14, 2012.



29 East Center 435-259-8404

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40 West Center St. 435-259-0739

Hours: Tue-Fri 10 – 5 Sat 10 – 3

Our shop is filled with fabrics that call to you, inspire and reward you. Come in and check out our great selection of fabrics to suit your style. Patterns, books, notions, gifts and classes to suit beginners and beyond. Chairs for husbands! Check out our new website for classes on purses and pillows - www.itssewmoab.com



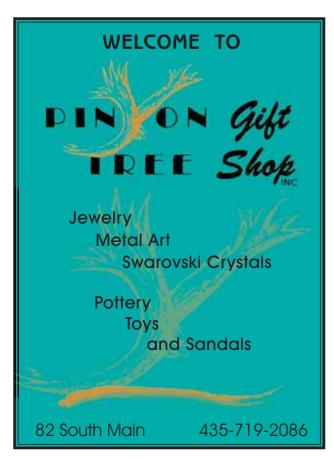
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Locally owned and Operated quick stop neighborhood market. Headed North? Avoid the traffic by using 500 West and stop in for a cold or hot beverage, beer, cigarettes, ice, snacks, groceries, candy, ice cream novelty and more. Stop in for all your BBQ, picnic and summer fun needs.



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SHOPPING GUIDE



82 South Main

435-719-2086

Our friendly staff will show you our wide variety of ideas for gifts and home decor. We have awesome T-shirts for adults, kids, even toddlers. "Keep Your Cool" with our hats and shoes. Our sandals are #1 in comfort and value. We have a huge selection of metal art, local pottery and crystals and toys.



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

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



87 N Main 435-259-2ART (2278) facebook.com/savagespirit.moab

Savage Spirit! features a unique variety of local & regional handcrafted clothing, jewelry, gifts, home decor & objet's d'art. Home of Savage Spirit! silks; scarves & clothing made in Moab by owner & award winning fiber artist, Cathya Savage-Haas. Cathya also creates Desert Savage clothing - colorful hand dyed & block printed cotton clothing. And be sure to check out Stoneage Jewelry made by Cathya's husband, award winning jewelry artist, Jim Haas. Jim cuts & polishes his own stones & hand fabricates sterling silver settings. In addition, Savage Spirit! features an eclectic mix of whimsical & funky jewelry, home decor & objet's d'art hand crafted locally and regionally!





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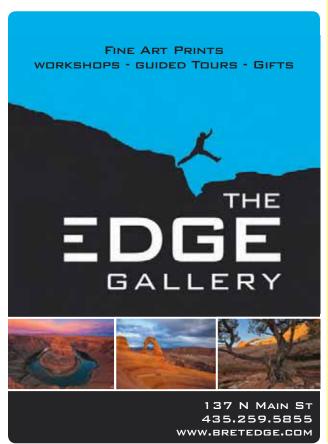
WabiSabi, a luxury thrift store in Moab, is not your typical thrift store. We feature only the best in used quality clothing, collectibles, sportswear, books & camping equipment. WE HAVE WHAT YOU FORGOT TO PACK. WabiSabi supports local nonprofits & produces workshops that have a positive impact on our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

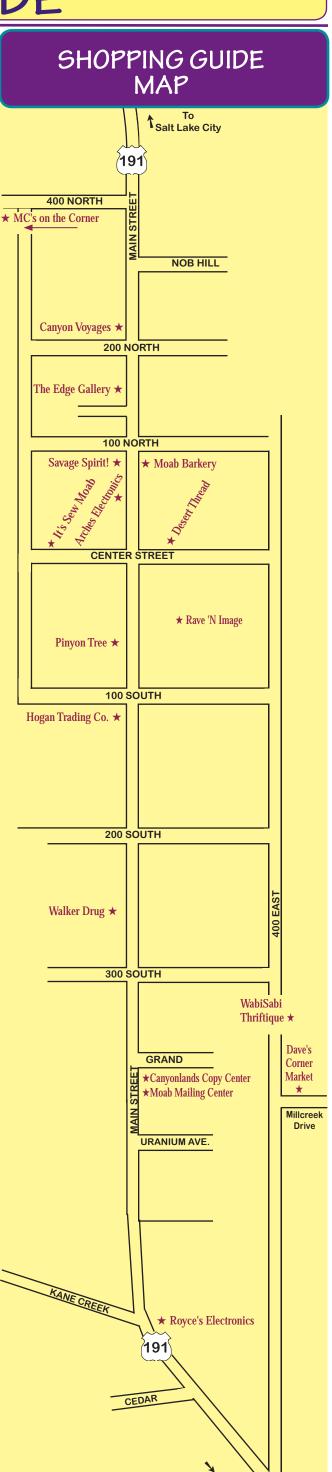


Walker Drug & GENERAL STORE

290 South Main • 259-5959 Open everyday 7:30am

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





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AROUND MOAB

Snake Hunt - Part Two

May 31st dawns clear and warm. Temperatures have been in the nineties this past week so I load a full gallon of water and hit the trail by six thirty. Two hours and four miles through Pritchett and Limestone canyons reward me with my first glimpse of the Solstice Snake.

From the foot of the slope below the wall it adorns, the petroglyph is impressive. At seventeen feet long it stands above the viewer like a billboard, proclaiming the broad valley below as home turf of the Snake Clan

With a body as thick as a fist and skin rendered by thousands of small chisel marks, the serpent slithers across the

face of the buttress sporting a triangular head nearly a foot wide. A quick scramble brings me face to face with the panel I have sought for nearly five months.

After several minutes of contemplation my first thought is in consideration of coincidence - what were the odds of someone being here at the exact moment to observe the appearance of the arrowhead? The opportunity to do so presents itself but one day a year for a matter of seconds in a location both obscure and remote. Regardless of circumstance, I can only assume that the first observer of this light show of nature must have experienced an incredible spiritual epiphany. I can't help but imagine a lone witness standing where I now rest, frantically hailing his companions - voice shrill, arms beckoning with wild excitement. I feel his frustration as the image quickly fades before his cohorts can arrive. I hear his breathless account of the shining apparition, pointing at the wall and tracing its shape on the hot summer air.

My second thought is in consideration of how long it must have taken the artist to create this masterpiece. Each small mark rendered by a single blow of hammer on chisel - hour after hour, day after day. First outlining the head and body and then filling it – each dimple making its diminutive contribution to bringing the creature to conclusion. Certainly it took days if not weeks of persistent effort.

My final thought is in consideration of the spiritual significance that must have been associated with this

Old cent mus reve eart by t Sun thou find but of ther to di

phenomenon by the Old Ones. Over the centuries, thousands must have visited to revel in this blatant earthly performance by the Spirit of the Sun. I mull this thought over and find myself left with but one conclusion – there must be more to discover.

By nature's design sandstone fins run parallel, resembling goliath

battleships moored side by side. The fin occupied by the snake is bordered to the south by a wide valley and on the north by a twin monolith. A search of its south flank yields but two small etchings, its north flank is a blank page. Its a short scramble across the narrow valley between fins and



upon reaching the northern neighbor I am rewarded with the sight of a panel high on its southern wall.

The sun is high and hot as I stand on a small terrace below the panel, silently congratulating myself. Before me on the craggy wall live a host of characters including

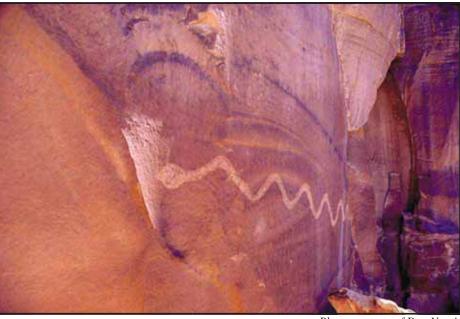


Photo courtesy of Dan Norris

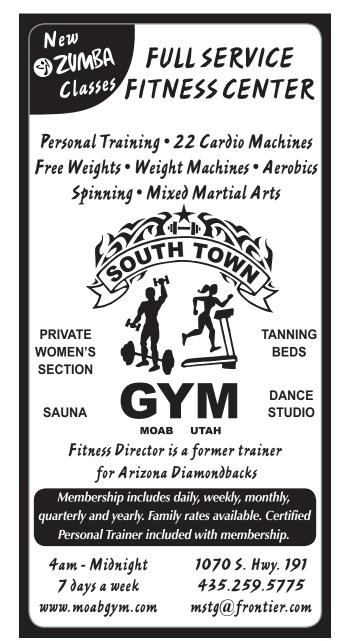
By Doug Tree

pot bellied humans with horned headdresses wielding giant spears, a variety of geometric shapes and one unique rendering that I dub The Alien Fetus. A few steps to the east dwells yet another panel, featuring a human-avian hybrid with the body of a raptor topped with a horned human head, a large hunting scene with numerous sheep and a host other abstract curiosities. Both panels feature snakes, lending credence to the theory that this area was indeed claimed by the Snake Clan.

Just to west of the first panel is yet another with more geometric shapes and mutated sheep, accentuated by the rocky remains of very old and weathered shelter nearby.

The Sun tactfully encourages me to be on my way by nudging the atmospheric thermostat to broil by late morning. It's a two hour trudge back to the truck on a route devoid of shade. No trees, rocky overhangs or caves to provide momentary relief. Regretfully I start back, leaving behind a day of exploration discovery and wonder.

If you would like to experience a Moab backcountry adventure call or visit www.moabguideservices.com for more information. (435) 210-1495

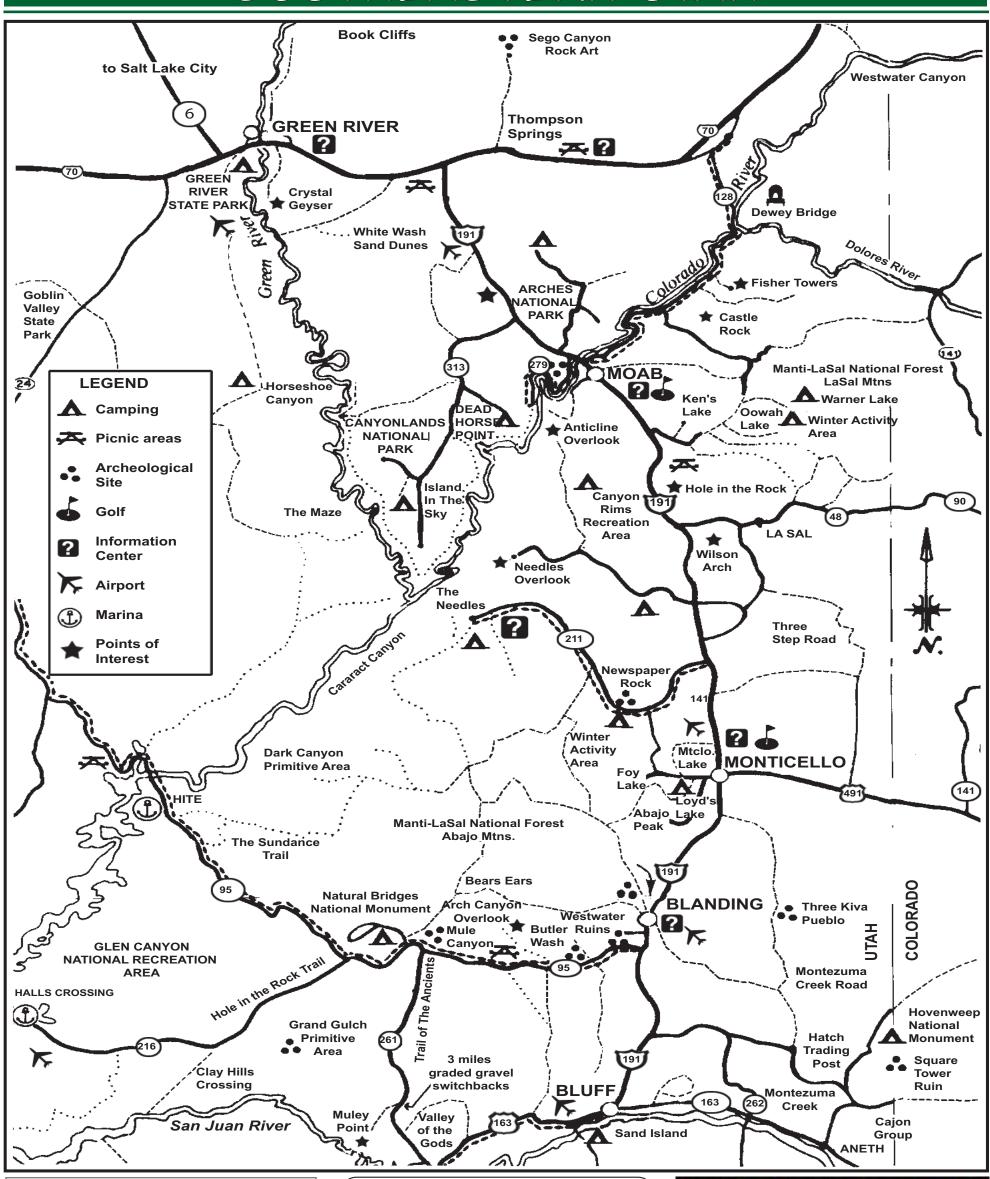


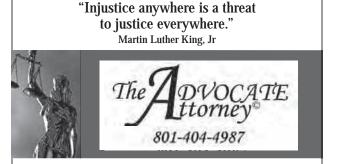


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FIRE PREVENTION HAPPENINGS

Observe BLM Fire Restrictions to Stay Safe this Summer

This year Utah's lands are extremely dry. It is only the beginning of fire season and BLM Fire Managers are recording weather and vegetation dryness trends that typically do not occur until July. Already human caused fires in the area are double what they were for all of 2011. "What it comes down to is the probability of ignition which is near 100 percent this year", says Jason Kirks, BLM Fire Management Specialist in Moab. "If you were to throw 100 hot embers onto dry vegetation all 100 would start a fire."

This means that just one ember or spark from a source like a campfire, engine exhaust, bullet strike or welding has a high chance of causing a wildfire. Local residents and visitors to public lands need to be aware and cautious of the dangerous wildfire situation that is upon us this season.

Stage one fire restrictions prohibit:

- 1. Lighting, building, maintaining, attending or using open wood burning camp, cooking or warming fire of any kind except as otherwise authorized (see authorized acts under the order).
- 2. Discharging, using or possession of any kind of fireworks, tracer ammunition or other incendiary devices. These acts are prohibited on all Utah BLM lands (Fire Prevention Order UT910-12-001).

- 3. Operating or using any internal or external combustion engine without a spark arresting device properly installed, maintained and in effective working order.
- 4. Cutting, welding or grinding metal in areas of vegetation.

Authorized acts under the order

- 1. Devices fueled by petroleum or liquid propane gas (LPG) products with a shut-off valve are allowed in areas clear of flammable vegetation (10 foot by 10 foot).
- 2. Charcoal burning is allowed in developed campgrounds or picnic grounds within permanent fire rings or grills constructed of metal or concrete. In undeveloped camping locations charcoal must be set in metal pans in areas clear of flammable vegetation (10 foot by 10 foot). Extinguish with water when unattended.
- 3. Smoking is allowed in areas clear of flammable vegetation (10 foot by 10 foot). Cigarettes and matches must be properly extinguished before disposed of (please do not litter).

To view the official BLM Canyon Country Fire Zone - Fire Prevention Order and map or if you are planning to recreate on public lands in Utah visit: www.UtahFireInfo. gov and click on the fire restrictions tab.

Effective Friday, June 8 at 12:00am, the Bureau of Land Management (BLM)will institute "Stage One Fire Restrictions" on all BLM Canyon Country Fire Zone lands within Emery, Carbon, Grand and San Juan Counties in the state of Utah.

For information Contact: Jason Kirks (BLM) 435-259-2184 and be sure to mention you read about it in *Moab Happenings*.









\$3.00 per person (Towels not included) Campers Welcome Moab Recreation & Aquatic Center

374 Park Avenue (Northwest Corner of Swanny Park) 435-259-8226 www.moabcity.org/mrac



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MOVIES MADE IN MOAB

Movies Made in Moab

This is the 2nd in a series of articles by John G. Hagner (Founder and CEO of the Hollywood Stuntmen's Hall of Fame), a Non-profit organization that is dedicated to preserving the history of the stunt profession and to honoring stunt people the world over.

BATTLE AT APACHE PASS (1952), filmed at Arches National Park, Colorado River, Courthouse Wash, Ida Gulch and Professor Valley. It starred Jeff Chandler, Susan Cabot, John Lund, Beverly Tyler and Jay Silverheels (Tonto of TV's Lone Ranger fame).



Stuntman Fred Carson ably doubled in stunts for Jeff Chandler, as well as having an acting role as Negi. Stuntman Bill Williams was also prominent as a Trooper. Chuck Roberson (John Wayne's stunt double for 30 years also was featured action part, falling his famous stunt horse `Cocaine'. Al Wyatt, Sr. and Bob Herron were seen in several scenes as Indians performing horse and saddle falls.

The storyline is: When Cochise bands together with Geronimo and other Indian nations, Major Colton abandons his fort, heading towards Fort Sheridan, through Apache Pass.

No doubt Jeff Chandler would have become a major star in many more movies had it not been for a surgery on his back as a result of his movie fights ... that resulted in his death at a very young age. He was here in Moab for two movies, "Battle at Apache pass" and "Taza, Son of Cochise" which starred Rock Hudson. They and several other stars, when they were here were very friendly and cordial to the local Moabites. They would gladly pose with anyone for pictures and autographs.

Chuck Roberson was here in 1950 for "Rio Grande", doubling for John Wayne as well as portraying an officer in the Union Army and in that movie, so was 'Good Chuck' Hayward. Roberson was known around town and other areas as 'Bad Chuck' ... all in fun, I might add! They were both here several years later when Wayne came up to film and star in, "Commancheros".



Actor James Best wrote of stuntman Jimmy Van Horn: "One time when we were doing a Western, "Battle At Apache Pass" (1952), there was a chase scene where Jimmy got shot off a horse. I heard something pop as he hit the ground. While Jimmy lay there, George Sherman, the

director, said, "Oh no, I need that again. I didn't get a good shot of that. We need you to do it again.' Jimmy started to mount his horse again, and I said, 'Jimmy, I thought I heard something pop.' He said, 'Yeah, you did. I broke my leg.' 'And you're going to do the stunt again?' I asked with amazement. He said,' I have to. We can't get insurance for stuntmen. I've got to pay for the hospital bill."

BORDER RIVER (1954), starring Joel McCrea and Yvonne DeCarlo. Joel portrays a Confederate officer and his men journey to Mexico to purchase guns to continue the war effort. Cast includes stuntmen Charlie Horvath, Jack Stoney, Bob Hoy, Bob Morgan (doubling for McCrea) and Jack Williams (posing as an Indian performing countless horse and saddle falls).

Alfonso Bedoya, the perfect Mexican bandido in many films with his weather-beaten face and menacing smile. He was born in Sonora, Mexico and began his movie career in Mexico. He first appeared in American films in "The Treasure of the Sierra Madre" (1948) starring Humphrey Bogart, Walter Huston and Tim Holt. It was this movie where he, in his thick Mexican accent said, "Badges? We ain't got no badges! We don't need badges. I don't have to show you any stinkin' badges"!

Here's something very interesting about stuntman Bob Morgan... He was one of the best all-round stuntmen in the business. He did horse work like the best of them... his movie fights were fantastic. He doubled for such leading actors as Randolph Scott. Bob was nearly killed when doubling for actor George Peppard in "How the West Was Won". He had just finished a very dangerous stunt for George, where he was hanging onto logs on a train (logs were being controlled mechanically, seemingly to give the impression they were about the fall out of control. When the sequence was completed, Bob was relaxing, sitting on the logs facing the coal car which was where the switch was to control the logs moving and swaying. Someone, possibly one of the crew members supposedly leaned against the switch. The logs began to move and Bob lost his balance, falling beneath the car he was sitting on, and it rolled over him, resulting in the loss of one of his legs and an eye and badly mangled face.

The film begins with this foreward: "During the war between Maximilian and Juarez in 1865, there was a small territory on the Mexican side of the Rio Grande River known as Zona Libre 'Free Zone'. It was dominated by a man who called himself General Eduardo Calleja and he made it a haven for any man outside the law. This is the story of Zona Libre.

According to press materials, the film was shot on location by the Colorado River. Joe McCrea's son Jody made his screen debut in "Border River".

TAZA, SON OF COCHISE (1954–Universal-International)

Three years after the end of the Apache wars, peacemaking chief Cochise dies. His elder son Taza shares his ideas, but brother Naiche yearns for war ... and for Taza's betrothed, Oana.



Naiche loses no time in starting trouble which, thanks to a bigoted cavalry officer, ends with the proud Chiricahua Apaches on a reservation, where they are soon joined by the captured renegade Geronimo, who is all it takes to light the fire cracker's fuse ...

Filmed in 3-D Technicolor with stereophonic, is a sequel to "Battle At Apache Pass", filmed in 1954.

Rock Hudson stars with Barbara Rush and Gregg Palmer, along with Rex Reason and stuntmen Jimmy and Buddy Van Horn, Charles Horvath, Robert Hoy, John Daheim, Joe Yrigoyen and Jack Williams. Local actress, Barbara Burke had a part in this Western adventure and is shot by an Indian's arrow.

Articles and drawings by John Hagner

STUNT STARS & LEGENDS: BILL HART



Born in Red Oak, Texas in 1934, Bill's mother and father passed away when he was a youngster ... however, he did finish schooling at Edinburgh High School in South Texas. He moved to California in 1958 when the westerns were in full bloom and Bill became interested in the movie business as a means of support and for college. Bill's father-in-law, stuntman Chuck Roberson, took an interest in him and it wasn't long before Bill was falling horses, performing fights and brawls and saddle falls ... on such western television series as "Wanted: Dead or Alive", starring Steve McQueen, and "Have Gun: Will Travel" (Richard Boone), and on "Gunsmoke", with James Arness. He did about 40 episodes. Also, on "Cimarron Strip", "Stagecoach West, which was the first one that Bill was stunt-coordinator.

Bill's experience with a horse and his stunt fighting was good for him in all of these shows. He coordinated all the stunts on "Stoney Burke" for television, a rodeo series, starring Jack Lord. He was a good friend of actor, Warren Oates whom he doubled.

When John Wayne did "The Alamo" in Del Rio, Texas, Bill spent three months there and in 1968, Glenn Ford had Bill double for him on "Day of the Evil Gun". This began a long career of Bill doubling for Ford.

He stunt coordinated for Glenn on the action television series, "Cade's County" in which Bill called in such stunt stalwarts as Dave Sharpe, Chuck Roberson, "Red" Morgan and Hal Needham among others.

Bill was hired by director Sam Peckinpah to be double for Robert Ryan's gang in the classic western, "The Wild Bunch". He and other stuntmen had to literally be blown sky high and ride their horses into a Mexican river from a bridge after it is demolished by dynamite.

Bill appeared in other films such as "Young Guns", "North and South", "The Fall Guy" and "Heaven's Gate" and hundreds more. He was one of the charter members of the Stuntmen's Association of Motion Pictures when it began in 1961.

Considered an all-round stuntman Bill was also an expert with livestock and even car stunts such as turnovers, fire burns, and high falls. His son Chuck is also a stuntman and has worked in Texas on "Streets of Laredo" with James Garner.

Bill is an honored inductee in the Hollywood Stuntmen's Hall of Fame. He worked on John Wayne's classic western, "Commancheros" which was filmed in Moab.

Anyone interested in learning more about the Hollywood Stuntmen's Hall of Fame, contact John Hagner (Founder) at 435 260-2160. Email: johnhagner@hotmail. com. Website: www.stuntmen.org. Facebook: Falling For Stars ... Artist of the Stars and Stunt Stars and Legends. Mailing address: 81 W. Kane Creek Blvd. - #12, Moab, Utah 84532.

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NON-PROFIT HAPPENINGS

Splore Invites Community To Adaptive Whitewater Adventure

Join Splore for the annual Friends & Family adventure of whitewater rafting this July 7-8. Experience an overnight

trip on the beautiful Fisher Towers stretch of the Colorado and enjoy delicious meals, play games on the beach and sleep under the stars.

Splore is a nonprofit outdoor adventure organization that specializes in recreation for people with special needs and disabilities. This special Open Adventure trip is open to any individual, family or group of friends who are looking for an exciting time in beautiful red rock country.

The trip will kick off at Hittle Bottom in Moab at 10am and will continue to Takeout Beach the following day. No rafting experience is necessary and Splore provides all equipment and instruction necessary. The trip cost is \$200 per person, which includes meals, camping equipment and a vehicle shuttle. If finances are an obstacle, please contact Splore about scholarship options that are available to everyone.

"I'm not allowed to have favorites," laughed Lindsay Malone, a Splore guide, "but some of my favorite memories are from our Open Adventure trips. It's so neat to see people from all walks of life come together and have a wonderful adventure together."

Since 1977, Splore has been a part of the Moab community, providing whitewater rafting adventures for people of all abilities and creating memories that last a lifetime. Throughout the summer, Splore provides trips to individuals, families and groups with a

spectrum of disabilities, whether physical, cognitive, financial or social. "I LOVE THE SPLORE STAFF & VOLUNTEERS!!" wrote one Splore participant, "You make the impossible



possible; the true miracle workers. I can't begin to thank you enough."

No matter the ability level, Splore is able to adapt a rafting experience that will be sure to stay in your hearts forever.

If you'd like more information about this topic, please call Lindsay Malone at 801-484-4128 or email Lindsay at Lindsay@splore.org

Splore To Launch Rafting Trip For Moab Locals

Join Splore for a Locals Only rafting adventure down the Colorado River on July 15. Everyone in the community is invited to come out for this special day of rafting, water fights, lunch on the water, festivities and comradeship. Open to individuals, families and friends.

The trip will kick off at Hittle Bottom at 10am and will continue to the takeout at Rocky Rapid. No rafting experience is necessary and Splore provides all equipment and instruction necessary. "We are excited about this trip just for Moab folks," smiled Becky, Splore's new River Manager, "We have the most welcome and accepting community and it is our honor to give back."

The trip cost is \$55 per person, which includes a hearty lunch on the river. If finances are an obstacle, please contact Splore about scholarship options that are available to everyone.

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If you'd like more information about this topic, please call Lindsay Malone at 801-484-4128 or email Lindsay at Lindsay@splore.org

MOAB CLUBS & ORGANIZATIONS

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

TELLIBLE OF THE TITLE WITH WITH OF THE	ese group
AARP, Chapter 1539	259-6396
Alcoholics Anonymous/Alanon	259-7556
Alpha Rho Sorority (Bobbie Long)	259-6758
American Legion Post (Bill Smith)	259-3470
Arches Adult Education (Trish Hedin)	259-2293
Arches New Hope Pregnancy Center (Debbie Nelson)259-	LIFE (5433)
BEACON (Stephanie Dahlstrom)	260-1143
Boy Scouts of America (Kent Dalton)	259-6521
Canyonlands Field Institute (Karla Vander Zanden)	259-7750
Canyonlands Film Society (Becky Thomas)	259-2286
Canyonlands Rodeo Club (Kirk Pearson)	260-2222
Community Rebuilds (Emily Niehaus)	35-260-0501
Canyonlands Wildlife Federation (Dave Bierschied)	259-8217
Center for Water Advocacy (Harold Shepherd)	259-5640
Daughters of Utah Pioneers (Hallie Tibbetts)	259-5225
Deadhorse Motorcycle Club (Terry Flynn)	259-3878
Deadhorse Motorcycle Club (Terry Flynn)	259-0906
Elks Lodge #2021 (Dan Stott)	259-7334
Fallen Arches Square Dancers (Bob & Flora Erickson)	259-2724
Friends of Arches and Canyonlands Parks (Joette Langianese)	259-0108
Friends of Canyonlands Health Care (Tom Edwards)	260-1504
Friends of Indian Creek (Sam Lightner, Jr.)	259-6639
Friends of the Grand County Library (Adrea Lund)	259-1111
Grand County Public Library	259-5421
Girl Scouts of The U.S.A. (Cynthia Williams)	259-6683
Grand Area Mentoring (Dan McNeil)	260-9645
Grand County Democratic Party (Mike Binyon)	259-1633
Grand County 4-H (Marion Holyoak)	259-7558
Grand County Extension (Michael Johnson)	259-7558
Grand County Food Bank	259-6456
Grand County Hospice (Tracey Harris)	259-7191
Grand County Prevent Child Abuse	260-1039
Humane Society of Moab Valley Animal Service	es 259-4862
Ladies Golf Club (Chris Corwin)	259-5344
La Leche League (Kathy Grossman)	01-971-3756
League of Women Voters (Cynthia Smith)	259-5306
Lion's Club (Tom Warren)	259-7834
Moab Aglow Lighthouse Fellowship (Murine Gray)	259-5514
Moab Arts Council (Bruce Hucko)	259-4176
Moab Arts Festival (Theresa King)	259-2742
Moab Arts & Recreation Center	259-6272
Moab Bird Club (Nick Eason)	259-6447
Moab Chamber of Commerce (Kammy Wells)	259-7814
Moab City Recreation (John Geiger)	259-2255
Moab Community Theater (Kaki Hunter)	259-8378
Moab Country Club (Rob Jones)	
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Moab Duplicate Bridge Club (Gail Darcey)	.259-1733
Moab Friends For Wheelin' (Jeff Stevens)	.259-6119
Moab Garden Club (Tricia Scott)	259-6342
Moab Half Marathon (Ranna Bieschke)	259-4525
Moab Horse Racing Association (Chuck Henderson)	
Moab Horse Show Association (Tosha Audenried)	260-9252
Moab Lodging Association (Britnie Ellis)	
Moab Masonic Lodge #30www.moabmasons.org	260-9169
Moab Music Festival (Andrew Yarosh)	259-7003
Moab Poets & Writers (Marcia Hafner)	259-6197
Moab Rock Club (Jerry Hansen)	259-3393
Moab Quarter Horse Assoc. (Kathy Wilson)	259-8240
Moab Rod Benders (Jim Mattingly)	259-5858
Moab Roller Derby(Jessica O'Leary)	-635-3898
Moab Ropers Club (Terry Lance)	259-9972
Moab Sportsmen's Club (Frank Darcey)	250-222
Moab Taiko (Stephanie Dahlstrom)	259-2264
Moab Teen Center-Club Red	250_0001
Moab Trails Alliance (Kimberly Schappert)	260-2001
Moab Valley Multicultural Center (Nicole Shelnut or Leticia Bentley)	250-5111
Mutual UFO Network (Elaine Douglass)	250 5067
Order of the Eastern Star (Fran Townsend)	250 6460
Parent Teacher Association (Tiffany Saunders)	250 5020
PleinAir Moab (Sandi Snead)	
Plateau Restoration/Conservation Adventures (Tamsin McCormick)	950 7799
Red Rock Astronomers	250 4749
Red Rock Forests	250-4745
Red Rock 4-Wheelers (Ron Brewer)	209-0040
Dating J Coming Valuation Design DCVD (La la Ellia)	.209-7020
Retired Senior Volunteer Program RSVP (Jody Ellis)	209-1002
Rotary Club (Kyle Bailey)	259-08/9
Seekhaven Crisis Center (Jaylyn Hawks)	209-2229
Senior Center (Verleen Striblen)	209-0023
Sierra Club (Albey Reiner)	200-8708
Solutions (Sara Melnicoff)www.moab-solutions.org	209-0910
Society for Creative Anachronisms - (Travis Schenck)(907)	017-0342
Southeastern Utah Back Country Horsemen (Helen Sue Whitney)	.259-7239
Southern Utah Wilderness Alliance (Liz Thomas)	259-5440
Toastmasters International	
Trail Mix Committee (Sandy Freethey)	259-0253
Utah Conservation Corps (Rachel Senft - southern office / Moab)	
Valley Voices (Marian Eason)	259-6447
Veterans of Foreign Wars (Matt Keogh)	260-9822
Young Life Moab	260-0285
WabiSabi (Jeff Cohen)www.wabisabimoab.org	
Word Watchers (Nancy Kurtz)	259-0734
Youth Garden Project (Jen Sadoff)259-BEA	AN (2326)
VICITING ELVC. The Meak D DO E 9091 toutes and the lade	

www.moabhappenings.com Moab Happenings • July 2012 • 15B

*** ** * * * PET HAPPENINGS ** * * * * * *

Pet Safety

More and more you see recreational opportunities that allow for pets as well. We love our pets, and often see them as family members, so it's natural we want them to be involved in many of the activities we enjoy outside our homes. At the Moab BARKery we often hear about grand adventures, but sometimes we also hear of difficulty and even tragedy. This month we want to share with you some

excellent ways you can plan ahead for your pets to ensure their safety.

We enjoy the amazing outdoors here around Moab, but we are cautious about where we take our dogs to hike. There are trails that are better than others for hiking with dogs, but there are also some risks not worth taking. For instance, our dogs (mini doxies) are very prey driven and will chase just about anything that moves; they live for hunting lizards, but are almost always outsmarted by these little

runners. We have had a few customers talk about rattle snakes, and the bites their dogs survived. Often there is a lifetime of complications after a bite so avoiding it is best.

Many dogs don't know the danger behind rattlers, and when your dog is off leash even if you try and call them back, a rattler is something new and a must to be sniffed, which means most dogs get bit on the face. There is a canine vaccine for rattlesnakes, but most vets don't carry it and it is only effective if given within a certain amount of time. The solution can be rattle snake aversion training, but even better is keeping your dog on leash if you are in rattler territory. There are a few different methods for aversion training and we suggest talking to your trainer about what is best for your dog. What you can do today is avoid these coiled dangers, rattlers are more commonly found on or near trails first thing in the morning (to warm up for the day), or late in the afternoon (to get warm before nightfall) so consider leashing your dog at those times of the day.

Another thing many owners don't consider is the risk of dehydration and how to avoid it. Many dogs are so excited to be out and hiking that they refuse to drink and often will push their bodies to the extreme. Make sure you have something familiar for your dog to drink out of like a bowl; dogs will often shy away from a hand full of water or a pouring stream. If you use a collapsible bowl, make sure to try it out at home first and make sure your dog is familiar with it. If your dog gets overheated get them to shade, DO NOT pour water over their body if they refuse to drink. Instead wet the pads of their feet and chest with water. Dogs exchange 80% of their body heat in their feet and chest. If you have alcohol pads (and you should for cuts and scrapes) you can swab their feet to help cool them down quickly. Remember too, that if the sand or ground your walking on is extremely hot, your dog is perspiring about twice as much as you are, so take breaks often and always seek out cooler ground to walk on whenever

Another factor when enjoying a hike with your dog is UV exposure. Most dogs that have any color to their coat have much less risk of sunburn, but those who have a combination thin/short coat and those who have large area's of white in their fur or pink noses/eyes have a great risk for skin cancer. Most commercially available sunscreens are inappropriate for facial use on dogs. If your dog is white everywhere, a vet may even recommend tattooing color onto their nose and around their eyes to avoid constant sunburns.

A wet, light colored shirt is great sunscreen and can double as heat protection if you keep it wet. Sunscreen can be used away from the dogs face; just remember to wash by Kaye Davis of the Moab BARKery

it off. If left on their skin after multiple applications there is significant residue and that's itchy. But remember zinc oxide and other strong UV protection is pretty toxic if ingested. You can also consider a cooling vest for heat and sun protection. Make sure to carry some extra water so you can rewet the vest. Most commercially available cooling vests need to be re-wet as often as every 45 minutes if

it's over 90 degrees outside. Covering yourself and your dog with lightweight fabric is great sun protection, and can prevent skin problems later in life.

Remember that enjoying outdoor activities with your dog can be an awesome adventure if you take a little time and plan properly before you head out. Be aware of your surroundings, don't let your dogs wander in unfamiliar places and come prepared with double the amount of water you think you need

Disaster planning for your Animals

Utah is one of the most prepared states in the nation for emergency. There are more families in Utah with 72 hour emergency kits than anywhere else. One aspect of a disaster plan that is often overlooked is our pets. So here is a checklist of things to consider for disasters and what to do with your pets. Considering and preparing what you would do in an emergency can mean the difference between being able to take your animals with you and being forced to abandon them when you leave. First thing, have a plan for evacuation as well as stay-at-home disaster plan.

Evacuation check-list:

- Carriers/Airline approved kennel (One per animal)
- Collar with tags, leashes, harnesses and muzzles
- Registration papers, vaccination records and vet contact info (many shelters that allow you to have animals won't allow them without vaccine records).
- Bowls for food and water
- Blankets or bedding
- Paper towels, trash bags for clean up (everyone forgets this one)
- Litter box for cats
- Medications and first aid kits
- Water for three days
- Food for three days
- Treats and Toys

<u>Stay-at-Home Emergency Checklist:</u>

- If you have an aquarium battery operated air pump with extra batteries
- Flashlight with extra batteries
- Medications for 1 month
- Cold weather gear for snow
- Pet food for two weeks (a good reminder not to wait to get dog food till the bag is empty)

 Weter for two weeks (in addition to your water)
- Water for two weeks (in addition to your water)

Being evacuated or living through a disaster is hard enough but preparing for your animals can help you stay calmer and give you a better sense of security if you can plan for them to go with you. Make it easy for emergency aid and workers to say yes to your animals by having everything you need to care for them and yourself. Stay safe out there!

MOAB DESERT DOGGIE daycare is now open! Call us today if you need doggie daycare or overnight boarding! 435-259-4841



Humane Society of Moab Valley

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JULY 2012

Saturday July 7 - CAT Adoption Day at the Moab BARKery from 11am - 1pm

Saturday July 14 - DOG Adoption Day at City Market from 10am - 12pm

Saturday July 21 - CAT Adoption Day at the Moab BARKery from 11am - 1pm

July 28 from 4-8 at Old City Park Annual Dawg Days of Summer BBQ
and Silent Auction Benefit Bid on great
auction items. Tickets available at Moab
Animal Shelter, Moab Barkery,
Sgt. Pepper's Music and Video,
Farmers Market and Wabi Sabi or
by calling HSMV at 435-259-4862.
See the article on page 1B.

Don't forget to get your 2012 Humane Society
Membership. The membership card offers
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Sliced Roast Beef or Barbecue Chicken **Baked Potato Bar-M Baked Pinto Beans Buttermilk Biscuits** Cinnamon Applesauce Spice Cake Sour Cream. Butter & Honey **Barbecue Sauce** Cowboy Coffee, Lemonade, Ice Tea Vegetarian Option Available. Please Call Ahead.

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Moab Happenings is online at moabhappenings.com

KZMU - Moab Community Radio F M 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** Art of the Song **KZMU OVERNIGHT 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 Tilted Park OddBins Trailer Park** Special Reggae 11:00 Companion / 11:00 (Americana Classic Rock) (everything) **Highway** (blues/rock) **Wayward Wind** The Trading Post Noon Noon It's My Party/ (call-in Buy/Sell) Ain't Live The Skye's the radio mmm... Random 1:00 1:00 **Grass is Greener Horizon Line Grand?** Limit (rock-blues-(Classic Indie) **Toonage** (live recordings) unreleased) (Bluegrass) 1-2-3 2:00 2:00 (funky world soul) **Planet Picante Bait and Switch** Belagaana Review 3:00 **Radio Mundial** 3:00 (latin) **Red Rock 'n Blues** 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) 5:00 **MOAB Drive Time** 5:00 **Gaelic Circle / Pirates & Poets Free Speech Friday** This Week in Moab (Interviews / Calendar) **MOAB Drive Time Big River /** West of Broadway **Public Access Ranch Exit** 6:00 6:00 **Concert in the Park** (twang) DEMOCRACY NOW 7:00 7:00 Kokopelli Thin Edge **Main Street The Rainbow Room Rock Garden Big Swing Face** 8:00 8:00 Coffeehouse **Moab City Council** (rock) /Funky Soul Jam Cruise! (jazz) (big band jazz) 9:00 9:00 AFT URS M O A B E R H O **Radio Free Moab Fashionably** 10:00 10:00 Media X **Altered State Conscious Party** Suburban Pandora's Box (rock 'n roll Late & punk) Urge 11:00 11:00

12:00	KZMII OVERNICHT			the eleventh hour	Seti TranceMissions	KZMU Overnight	12.00
KEY	Talk Shows	Electro, Easy Mix, Jazz	Blue Grass, Country, Folk	Eclectic/World	Rock, Blu	ues Heavy	y, Hard