

MOAB ADVENTURE CENTER

ONE STOP FOR ADVENTURE

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RIVER ADVENTURES

	ADULTS	YOUTH (under 16)
FULL-DAY RIVER ADVENTURE World-famous scenery and a barbecue lunch rafting the Colorado River. 8:00am – 4:00pm (min age: 5)	$94	$73
COLORADO RIVER A.M. HALF-DAY Raft the river from Fisher Towers to Rocky Rapid. 8:15am – 12:30pm (min age: 5)	$62	$50
COLORADO RIVER P.M. HALF-DAY Raft from Rocky Rapid to Takeout. Includes BBQ lunch along the river. 10:45am – 4:00pm (min age: 5)	$73	$63
WESTWATER CANYON FULL-DAY Enjoy exciting whitewater rapids & lunch in this unique Canyon. 7:30am – 6:00pm (min age: 10)	$185	$185
STAND UP PADDLEBOARDING Transportation, board rental, instruction, guide, snacks and water are included. (min age: 10)	$81	$61

HUMMER® SAFARIS

	ADULTS	YOUTH (under 16)
SLICKROCK SAFARI Incredible 4x4 experience over a landscape of petrified sand dunes. Departs 7:30am, 10am, 1pm (2 hrs)	$83	$51
GRAND SAFARI Further explore the backcountry in the world's most serious 4x4. Departure times vary by season. (4 hrs)	$173	$125
SUNSET SAFARI The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)	$96	$73

MOUNTAIN BIKING

	ADULTS	YOUTH (under 16)
HALF-DAY MOUNTAIN BIKING Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)	$95	$95
CANYONLANDS SUNRISE DOWNHILL Relaxing downhill ride w/ breakfast. Enjoy grand vistas at every turn. Departure times vary. (5 hrs)	$110	$95

ARCHES N.P. TOURS

	ADULTS	YOUTH (under 16)
ARCHES N.P. ADVENTURE TOUR Explore fins, arches & chasms with easy guided hikes in the morning hours. (4 hrs)	$79	$55
ARCHES N.P. SUNSET DISCOVERY Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs)	$79	$55

ZIPLINE & ROPES

	ADULTS	YOUTH (under 16)
ZIPLINE TOURS Glide over the sandstone fins and gaps with a series of zip line cables and bridges. (min. age 9)	$129	$99
EPHEDRAS GROTTO CANYONEERING Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels! 4 hrs (min age: 10)	$104	$99
DESERT ROCK CLIMBING Climbing, instruction, and fun on rope and rock! All equipment provided. 5 hrs (min age: 5)	$104	$99

FLIGHTS & HORSEBACK

	ADULTS	YOUTH
HOT AIR BALLOON RIDES Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx 3.5 hours)	$295	$295
ARCHES & FISHER TOWERS FLIGHT See all highlights of Arches & Castle Valley in just over an hour with a bird's eye view! (30 min)	$99	$99
CASTLE VALLEY HORSEBACK RIDE 2.5 hours plus instruction on horses, with a stunning red rock backdrop. Departs 8am (min age: 8)	$110	$110

JETBOAT TOURS & MORE

	ADULTS	YOUTH (ages 4-15)
JETBOAT 3 HOUR FUN RUN TOUR Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (3 hrs)	$99	$89
SUNSET DINNER & JETBOAT 1 hr Dutch-oven dinner plus 1.5 hr jetboat on the Colorado River near Canyonlands NP.	$89	$79
SPLASH & SPIN JETBOAT NEW! Thrill your way up and down the Colorado River in a specialized high speed jetboat.	$69	$59

JEEP RENTALS

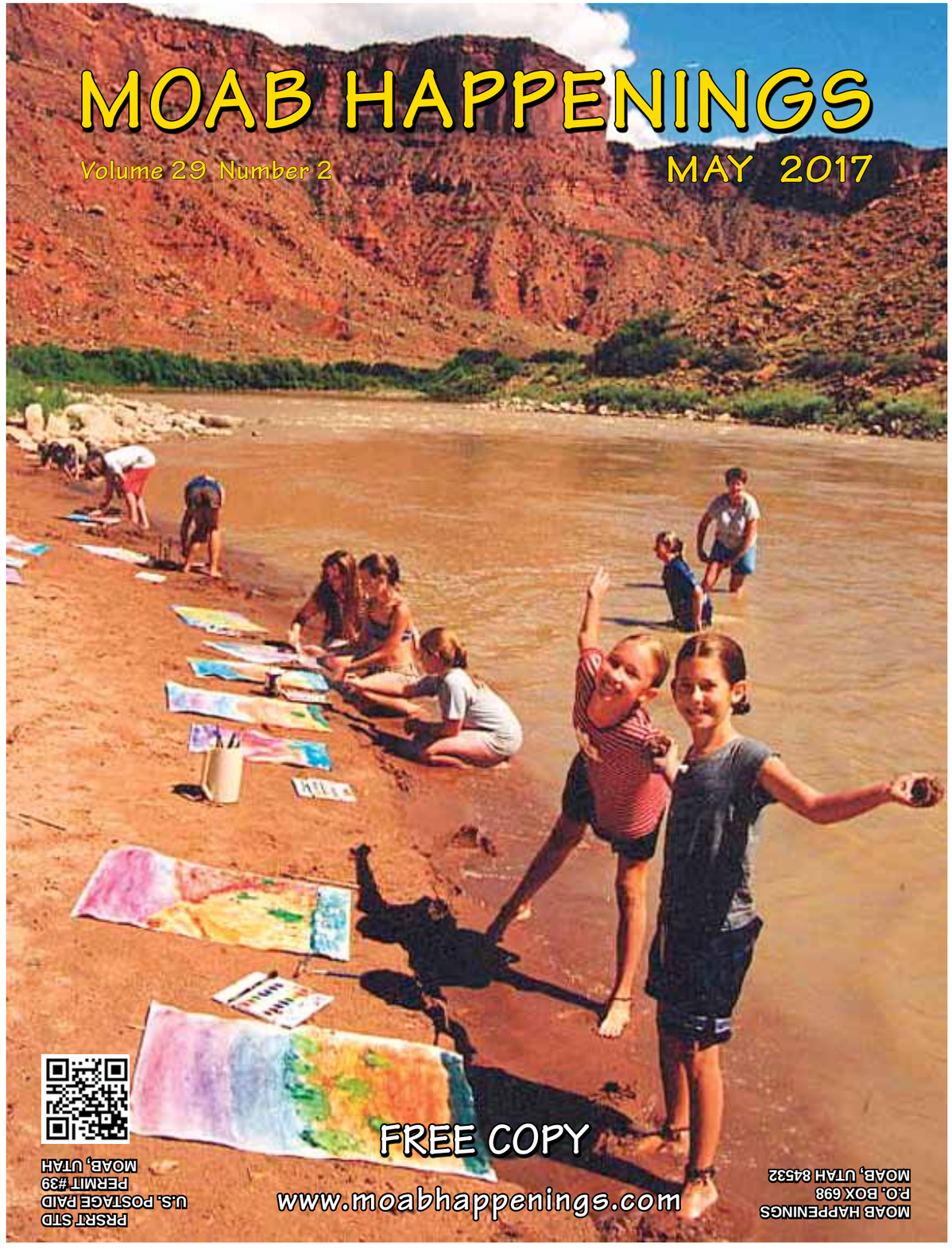
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MOAB HAPPENINGS

Volume 29 Number 2

MAY 2017

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MOAB HAPPENINGS

MOAB HAPPENINGS©

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

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

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Table Of Contents

ArtWalk.....3B
Astrology.....18B
Caffeine Happenings.....8A
Churches.....21A
Clubs & Organizations.....21B
Cycling Happenings.....5B
Dead Horse Point 22B
Education Happenings.....21A
Events Calendar.....4-7A
Healthy Happenings ...16-17B
Hiking Happenings 9A
Gallery Happenings.....10A
Live Music.....10B
Lodging Guide 20-21A
Museum Happenings 16A
Mileages 6B
Moab City Map 20B
Must See Happenings.....19B
Nature Happenings.....8B
Night Sky Happenings.....2B
Pet Happenings 23B
Photography Happenings . 14A
Restaurant Guide.....11-15B
Road & Mountain Biking.....4B
Shopping Guide 11-13B
Stunts, Stars & Legends.. 22A
Water Adventure 18A

Redtail Air's Group Safari Adventures

Join a Safari for a truly unique and memorable adventure! Exciting and new—Redtail Air Adventures presents Canyon Country Group Safaris. Designed to deepen your experience of the Southwest, each consists of an air tour to an exceptional destination and a lively, land-based



interaction with culture and history at that destination. Three different safaris are available.

The Cowboy Country Air Tour and Horseback Ride starts with a 38 minute flight to the luxurious Gateway Canyon Resort in western Colorado. Along the way, you will see Arches National Park, historic ranches that dot the La Sal Mountain range, and the Dolores and Colorado River Canyons. At the resort's private landing strip, you will be met by wranglers and saddle up for a trail ride along the base of the beautiful Uncompahgre Plateau. Guests who prefer not to take the horseback ride can visit the resort's fascinating classic car museum. The trip includes lunch. This four-hour adventure departs at 9am.

The Monument Valley Navajo Tribal Park Air and Land Tour takes off with a 60 minute flight over Dead Horse Point State Park, Canyonlands National Park, Natural Bridges National Monument, and the remote canyon country leading south to Monument Valley. After touching down at the Navajo Tribal landing strip, you will enjoy breakfast at the historic Goulding's Trading Post, followed by a journey through the valley narrated by Navajo guides. Made famous to movie goers by John Wayne films, the area's beautiful southwest terrain is iconic. This trip departs at 8am for a five-hour tour.

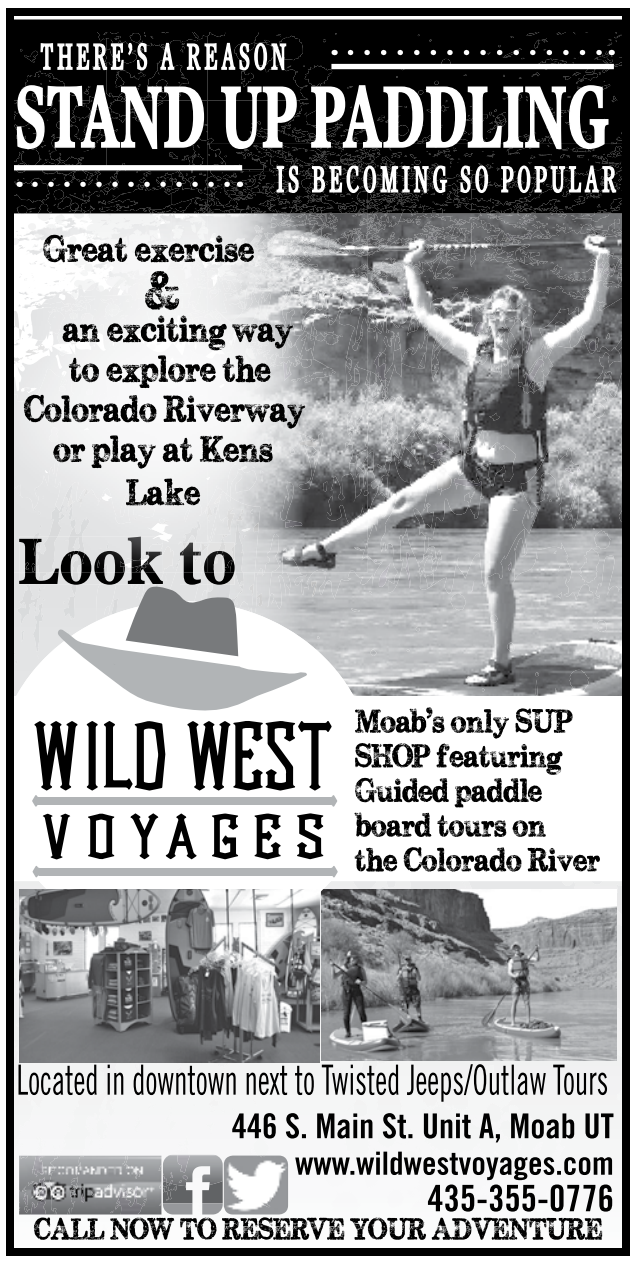
The Mesa Verde National Park and Crow Canyon Archaeological Center begins with a 45 minute flight that skirts the La Sal mountains to the south, and passes over cattle ranches and pinto bean farms into Colorado. After viewing the ancient cliff dwellings of Mesa Verde and Ute Mountain Tribal Park from above and landing in Cortez, Colorado, you will travel by van to Crow Canyon, which hums with the excitement and activity of students and practicing archaeologists. Here you will enjoy an overview of regional archaeological topics, an authentic hands-on activity, and a tour of the labs. Lunch is included. This six-hour adventure begins at 8 am.



Book your adventure now! Each tour has a four person minimum. Contact Redtail Air Adventures at 435-259-7421, and stop in at the Redtail Air Adventures Store, 23 N. Main St, 435-355-0889. See more that Redtail Air offers at www.flyredtail.com







CASTLE CREEK WINERY

Award Winning Wines at Castle Creek Winery

by Scott Rogers

When asked to list some of the more famous areas for the world's best wine, a lot of places come to mind: Italy, France, Napa Valley California, but most people won't immediately think of the American Southwest. In fact, the dry but cool desert around Moab provides nearly-identical growing conditions to some of the Mediterranean region's top vineyards. Grape vines require a minimum of 1300-1500 hours of sunshine during the growing season and a long, warm summer to perfect the sugar and acid levels in the grapes themselves. At our local vineyards at the Castle Creek Winery, we consistently have fruitful and ideal growing conditions with our long, dry summers and plentiful sun. Not only do our grapes thrive, but we thoroughly enjoy growing them in the beautiful desert we call home.





Since our founding in the year 2000, we have perfected eight different varieties of wine, Merlot, Cabernet Sauvignon, Chardonnay, Chenin Blanc, 2 red blends – Outlaw Red and Monument Red, and 2 white blends, Lily Rose White and Petroglyph White. We have quickly become Utah's largest and most renowned winery, producing more than 15,000 gallons of wine each year. By keeping our output low we can focus on the quality of the wine we produce and use the most locally sourced and ethically produced ingredients possible. This also keeps our prices low and our taste and quality incredibly high, while maintaining the principles of local production and labor throughout our production process. We grow grapes in our local vineyard and combine them with locally sourced grapes from other small vineyards nearby in Western Colorado. From the growing process, to crushing and fermenting, to the delicate bottling, we artfully prepare our wines to preserve the smooth and bold flavors of the desert and to bring your dinner table to life. It's the adventure you find in Moab, right in your glass.





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MOAB AREA EVENTS CALENDAR

Desert Sun Ceramics
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Thursday - Sunday
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Visit our Gift Shop
1320 S. Hwy 191
Contact Barb: 970-819-7938
DesertSunCeramics@gmail.com

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May Events

May 1 Intro to Yoga, a Gentle Yoga Series- curious about yoga, looking for a gentle class? Mondays 10-11:15am. Try this 8 week series, or drop-in any class. Moab Yoga 37 E Center St. Questions about this class contact Star Kolb 406-291-6408 www.moabyoga.com

May 1 Diabetes Prevention Round Table- Moab Regional Hospital Education Room 2, 5:30pm. Dinner provided, reserve your space at vista@mrhmoab.org or 435-719-5580

May 2 The Posture-Digestion Connection- 6-7:30pm at Moonflower Commuinity Cooperative. In this class you will learn correct posture & diaphragmatic breathing to aid digestion. Alignment exercises to lengthen & reposition your body will be introduced & practiced sitting & standing. Please wear casual clothes that will allow unrestricted movement. Please sign up for this free class at Moonflower! 435-259-5712

May 2 Moab Garden Club- 6:30 pm at Red Moon Lodge with Deanna & George. Please be prompt, the tour starts at 6:40 pm. Bring water to drink if needed & please park offsite by Old City Park. Tour the Tranquil flower & vegetable gardens of Red Moon Lodge, a retreat type BnB spanning 6 acres! Gardens are just 3 years old and were designed to instill calm & a reminder to celebrate abundant beauty in nature and oneself. We added a "Medicine Wheel", Pathways, sitting areas, goddesses/deity's, green houses, & of course a lot of (year round) color. 2950 Old City Park Rd., please park at the park & walk up the dirt road. Any questions call Tricia 303-880-9158.

May 2 Four week Blues Dance Fundamentals Series- Tuesdays 7-8pm at the MARC, 111 E. 100 North. Like Blues Music? Try blues dancing! As one of the oldest styles of partner dance in America dating back to the 1850s, Blues Dance is deeply rooted in history & based off improvised steps. For info: 435-225-6248.

May 3 Moab Toastmasters- 1st & 3rd Wednesday at Noon in the Zions Bank building. For info: 435-260-9646

May 3 Weed n Feed- 6-8pm at the Youth Garden Project, 530 S. 400 East.These are a great way to learn about gardening, get outside, enjoy a free meal & to socialize. Join your community for an evening in the garden! No need to RSVP. For info: youthgardenproject.org/weednfeeds

May 3 Swing & Blues Dance Night- Join us at Club Rio, 2 S. 100 West, 21+. Get out & take advantage of the $5 lesson at 8pm (no experience or partner necessary!), followed by social dance to sweet swing & blues tunes. For info: Moab Swing Dance Community on Facebook or call (970) 633-2623. Brought to you by the Moab Swing Dance Community!

May 3-7 Cruise Moab- an event for Toyota owners & enthusiasts. For info: cruisemoab.com

May 4 Free Lecture Series: Jody Patterson- Kicking off Utah Archaeology & Preservation Month! Jody is a principal investigator at Montgomery Archaeological Consultants. His research interests include land use studies, historical ecology, lithic technology & archaeological method & theory. Interests include the American Southwest, the Colorado Plateau/Great Basin & the Subarctic. 6pm. Moab Information Center, corner of Center & Main Streets. Lectures are sponsored by Canyonlands Natural History Association & the Museum of Moab.

May 4 Sustainable Communities Panel Series: Solar Energy- 6:30-8pm at the Grand County Public Library. Community Rebuilds & the Grand County Public Library will be hosting the third in a four part series of panel discussions focused around creating sustainable communities. This next discussion will focus on the solar industry — from the basic fundamentals to where the industry as a whole is headed, & most importantly, what does all of this mean for you. Come join the solar conversation! For info: 435-260-0501

May 4 Magic Night Downtown- the hilarious award-winning magic of Rick Boretti. 7pm 10 dollars for adults, 5 dollars for kids over 5--- --- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 4-7 Moab Photo Symposium: "The All B & W Version"- 6 featured speakers, field workshops, breakout sessions, camaraderie & the infamous photoJAM. For info: moabphotosym.com

May 5 Utah Broncos Club- Non profit organization that shares the love of outdoors, Broncos, & rubbing shoulders with other off-roaders. Old Spanish Trail Arena, 3641 S. Hwy 191. For info: maryrytting@utahbroncoclub.com or 801-999-8088.

May 5 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North. Music with David Steward

May 5 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 5 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available.1078 Millcreek Drive.

May 5-7 Restoring The Heart Of Relationships- join Virtues Project™ licensed facilitators, Cynthia Wand & Linda Black for this inspiring & informative weekend retreat designed for parents & any others desiring to build more meaningful, heart-felt relationships. Friday night-5-9pm, Saturday 9-12pm & 2-5pm. A Bonus Class "Building Relationships From The Heart" will also be offered from 7-9pm. Sunday Sunrise Pranayama Practice from 7:30-8:30am. All events held at The Historic Shafer Home/Youth Garden Project, 530 South 400 East. Register at: cynthiawand.com

May 5-7 USTRC Team Roping- come watch one of the oldest sports in the west, Team Roping! Watch as two riders an & their horses see who can rope the steer the fastest. Spectators are welcome at the Old Spanish Trail Arena, 3641 S. Hwy 191. No charge. For info: Walt Eddy 505.879.6181 or walteddy@hotmail.com

May 6 Scott Enduro Cup presented by Vittoria - Moab is an iconic mountain biking destination that boasts endless desert riding, incredible mountain vistas & technical slickrock terrain. For more info visit endurocupmtb.com or call 801-349-4616

May 6 Moab Comic Con- 10am-4pm at the Moab Library, 257 E. Center St. Door prizes, TARDIS dance party, Comic enthusiasts & vendors. Enter to win the costume contest – Adults are age 18 +. Teens are 13- 17. Children category too. Any costumes that are overly gory, revealing, or deemed inappropriate or offensive by library staff, the wearer, will be asked to leave or change. For info: grandcountyutah.net/858/Library-Comic-Con. For info: 435-259-1111

May 6 Museum of Moab Open House- 10am-2pm. See article pg 17A

May 6 Spanish Valley Winery Art & Wine Tasting Festival- Wine Tasting starting at noon, artist from 2-7pm. Wine tasting, lite hor d'oeurvres, & local artists. For info: 801-419-9470. See ad pg 7a, article pg 7B

May 6-7 Moab Golf Club Tournament- Men's Canyonlands Amateur. Call for info 435-259-6488

May 6 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 8 Intro to Yoga, a Gentle Yoga Series- Mondays 10-11:15am. Try this 8 week series, or drop-in any class. Moab Yoga 37 E Center St. See full description on May 1st.

May 8 Young Artists in Concert- See ad pg 19B utahscanyoncountry.com.

May 9 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678.

DEADLINE for JUNE Events Calendar: MAY 20, 2017

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
email: info@moabhappenings.com

MORE EVENTS

May Events (continued)

May 9 Watershed Stewards Bike Tour- 6:30pm-9pm to celebrate the Canyonlands Watershed Council's 5% Day at the Co-op we are going Pedal to Petal on a bike-powered, maintenance-minded garden tour. We will start at Moonflower Community Cooperative to hydrate & from there we will bike tour a series of gardens, young & old - from Seekhaven Family Crisis & Resource Center to Wabisabi Moab to Utah State University Moab. We will end at the The CommuniTea Garden, a project of the Resiliency Hub, where it will be Watering Day in the Garden & a prime opportunity to see the flood channels in action! Locally brewed tea will be served. See us on facebook

May 9-Jun13 Six week Intro to Swing Series - Tuesdays 7-8pm at the MARC, 111 E. 100 North. This is the most familiar & user-friendly version of swing dancing; a great place for beginners to start! Also called East Coast Swing or Jitterbug, this dance is done to up-tempo swing music, & is easy & fun to learn. You'll learn the basic steps to East Coast Swing & the Charleston, new turns & moves each week, & the essential skills to get you out on the dance floor grooving to the music. No partner or experience needed! $60, for info 435-225-6248

May 10 Bike to School Day

May 11 Dinner with a Doc: Chronic Disease & Dietary Supplements- Moab Regional Hospital Education Room 2, 5:30pm. Dinner provided, reserve your space at vista@mrhmoab.org or 435-719-5580

May 11 Free Lecture Series: Where Dinosaurs Roamed: Lost Worlds of Utah's Grand Staircase- join Paleontologist & educator, Christa Sadler, as she takes us on a journey to explore the extraordinary world of Southern Utah during the last part of the age of dinosaurs. From about 100 million years ago to 76 million years ago, the region was home to a diversity of plants and animals that seems impossible today. Southern Utah appears to have been a cradle of diversity & evolution. The extraordinary "greenhouse world" of the Late Cretaceous may have important information for our modern world in the context of a changing climate & changing ecosystems. 6pm at the Moab Information Center, corner of Center & Main Streets. These lectures are sponsored by Canyonlands Natural History Association & the Museum of Moab.

May 11 Free Film: *To the Ends of the Earth-* 7pm, doors open at 6:30, at Star Hall, 159 E. Center St. Join us for a free screening of this amazing new documentary featuring John Weisheit, our lovable local expert. We will highlight the connection of Moab to some of the world's most extreme energy production, tar sands. This film follows concerned citizens living at the frontiers of extreme oil & gas extraction, bearing witness to a global crossroads. They call for human ingenuity to rebuild society at the end of the fossil fuel era. Co-sponsors: Living Rivers, Southern Utah Wilderness Alliance, and Canyon Country Rising Tide

May 11 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 12 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North. Music with Simply B.

May 12 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available.1078 Millcreek Drive.

May 12 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 13 International Migratory Bird Day (IMBD)- Meet at 8 am at The Nature Conservancy's Matheson Preserve, 934 W Kane Creek Blvd. Bring binoculars if you have them, sturdy walking shoes, & water. For info: Kay McLean at 435-259-6199 or Marian Eason at 4535-259-6447. See article 14A for more info.

May 13 Desert Wildflowers Day Seminar- join Canyonlands Field Institute (CFI) with guest wildflower expert & local biologist Joel Tuhy, On this day long field seminar we will visit numerous sites hand selected by our expert to share a wide range of blooming wildflowers. For info: visit cfimoab.org, call 435-259-7750

May 13 Back of Beyond Paddle Race - follows 7-miles of the Colorado River through the spectacular red rock canyons of Southeastern Utah & past some of the world's most breathtaking scenery - through Moab's 'Postcard Alley' & into Utah's own 'back of beyond'. For more info visit backofbeyondsup.com or call 435-210-4665.

May 13 Desert RATS Classic -100K & 50K MTB Race - follows the world famous Kokopelli & classic Zion Curtain trails. This section has a wonderful mix of technical singletrack trail, big climbs & heinous descents, & even some jeep roads. For more info visit geminiadventures.com or call 303-249-1112.

May 13 Comb Ridge Classic Trail Run - offering runners the chance to have an experience of geological history while running a challenging route. Runners will experience the sharp ridges, breathtaking views. 10K $35 / Half Marathon $75 Cedar Mesa, Utah fourcornersschool.org 435-587-2156

May 13 White Mesa Ute Community Protest & Spiritual Walk- rally starts at 11am, followed by the spiritual & protest walk to Energy Fuels White Mesa Uranium Mill. Wear comfortable shoes, & bring plenty of water! Co-sponsored by Canyon Country Rising Tide, the Grand Canyon Trust, Greenaction for Health & Environmental Justice, Haul No, Living Rivers, & Uranium Watch. For info call White Mesa Concerned Community (435) 485-0265.

May 13 ArtWalk- from 5-9pm, visit up to eleven different venues, see many different art displays & enjoy refreshments. For more info visit moabartwalk.com or call 435-259-6272. See ad pg 3B

May 13 Youth Garden Project Art Show- Catherine Moore & her Red Devil Art Classes take what they learn in the classroom & put it to practice. Photos & drawings of the garden captured by students will be displayed at the MARC during the Art Walk from 6-9pm. This is a free & family friendly event.

May 13 Gallery Moab Reception- is excited to showcase the paintings of three wonderful landscape painters: Carolyn Dailey, Robin Straub, & Phil Wagner, 5-9pm, 87 N. Main Street. See article pg 10A, ad pg 8B

May 13 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 13-14 Moab Super Jam at Old City Park- starting at Noon with music all day. Rock n' Roll, Bluegrass, Funk, Folk, nine bands for 2 full days of music. Old City Park, corner of Murphy Lane & Old City Park Rd. Brought to you by Frenzic Funk & Moab Gear Trader. Show is Free to all! Bring your food, blanket but no alcohol please.

May 13-27 Friends of the Library Spring Book Sale- at the Library during regular library hours. Additional books will be added for the second week of the sale. For info contact: Belinda Ledbetter 435-719-5086

May 14 MOTHER'S DAY

May 15 Intro to Yoga, a Gentle Yoga Series- Mondays 10-11:15am. Try this 8 week series, or drop-in any class. Moab Yoga 37 E Center St. See full description on May 1st.

May 15 Every Body needs Bitters! 6-7:30 at Moonflower. Wellness begins in the stomach & good digestion is supported with bitters. This free will discuss the role of bitter herbs for improved digestive function & optimal health. The students will formulate a bitter tonic of their own to take home to create herbal medicine that effects healing on four levels: Spirit, Mind, Emotion & Body. Sign up at 435-259-5712

May 15 Jr. Livestock Heath & Quality Assurance Workshop- utahscanyoncountry.com. See ad

May 15-19 Bike to Work Week see article pg 5B

May 16 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678.

May 16-20 Rally On The Rocks- Bring your UTV for some great family fun! Go out on trails with your guides & see some of the most amazing scenary you will ever see. Go to the Old Spanish Trail Arena for the vendor show & test drive new UTV models. For info: Jared Livingston 435.851.3637 or jared@rallyontherocks.com

May 17 Moab Toastmasters- 1st & 3rd Wednesday at Noon in the Zions Bank building. For info: 435-260-9646

May 17 Weed n Feed- 6-8pm at the Youth Garden Project, 530 S. 400 East. No need to RSVP. For info: youthgardenproject.org/weednfeeds













MORE MOAB AREA EVENTS

May Events (continued from page 5A)

May 17 Swing & Blues Dance Night- Join us at Club Rio, 2 S. 100 West, 21+. Get out & take advantage of the $5 lesson at 8pm (no experience or partner necessary!), followed by social dance to sweet swing & blues tunes. For info: Moab Swing Dance Community on Facebook or call (970) 633-2623. Brought to you by the Moab Swing Dance Community!

May 18 Advance Directives Workshop- Moab Regional Hospital Education Room 2, 5:30pm

May 18 Free Lecture Series: Mysteries of the Jurassic Navajo Sandstone from Moab to Mars- the Jurassic Navajo Sandstone is a thick, impressive rock unit that occurs in four of Utah's five National Parks & is prominent in Grand Staircase Escalante National Monument. This unit represents one of the largest ancient wind-blown desert dune systems (erg) known to exist on Earth, with a well-exposed, thin erg margin near Moab, Utah. Insects to dinosaurs left a variety of trace fossils. The sedimentary record preserves dynamic environments that were sensitive to rainfall, runoff from the ancestral Uncompahgre Uplift, springs, and episodic strong ground motion. Remarkably, many features of the Navajo Sandstone are important analogs to interpreting the geology of the red planet Mars. 6pm at the Moab Information Center, corner of Center & Main Streets. These lectures are sponsored by Canyonlands Natural History Association & the Museum of Moab.

May 18 Movement as Medicine Workshop- join Christina Meyers to learn simple, easy, gentle, everyday movements that can support overall body/mind health-movements that can help you relax, reduct stress, ease pain & increase energy. 6:30-8:30pm at the Moab Arts & Recreation Center, 111 E. 100 North. By donation. For info: 937-284-2190

May 18 Free Film: *The Eagle Huntress*- Directed by Otto Bell. 87 min | 2016 | UK/Mongolia/USA | Rated R. Aisholpan, a 13-year-old nomadic Mongolian girl battles to become the first female in 12 generations of her Kazakh family to become an eagle hunter. Presented by the Grand County Public Library & the Utah Film Center. 7 pm @ Star Hall 159 E. Center St. For info call the library at 435-259-1111.

May 18 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 18 Bike Party- 7:30pm Meeting at the Bike Co-op behind Bike Fiend at 69 E Center. Watch for the May theme to dress up for the Bike Party.

May 19 Bike to Work Day

May 19 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North. Music with Brian Coulter

May 19 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available.1078 Millcreek Drive.

May 19 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 19-21 8th Annual Willys Overland Rally - explores the beautiful riches that the Moab area has to offer in your Willys Overland Station Wagon or Truck. Held at Red Cliffs Lodge this year! For info:willysrally.com or call 702-622-5688.

May 20 Moab Charter School Color Run- 9am pedal over to Rotary Park for this 5K run. The event raises funds for the Moab Charter School. Register online or at the Charter School, 358 East 300 South, www.imathlete.com/events/MoabCharterSchoolColorrun

May 20 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 20 Contra Dance- 7pm at the Moab Arts & Recreation Center, 111 E. 100 North.

May 20 Huff to Bluff Marathon & Half Marathon- utahscanyoncountry.com. See ad pg 19B

May 20-21 Moab Golf Club Tournament- Women's Desert Duster 2 Lady Bestball. Call for info 435-259-6488

May 21-26 Gone Moab- Nissan off-road & outdoor, trail ride event. Nissan truck & SUV owners experience some of the best 4wheeling in the world. For info: www.gonemoab.com

May 22 Intro to Yoga, a Gentle Yoga Series- Mondays 10-11:15am. Try this 8 week series, or drop-in any class. Moab Yoga 37 E Center St. See full description on May 1st.

May 22 Food Fight! How to Make Peace with Salt, Fat, & Sugar- see article pg 17B

May 22-26 Moab Dark Sky Time-Lapse Workshop- learn how to capture stunning time-lapses of the night sky & Milky Way in this 3-day, 3-night dark sky time-lapse workshop with award winning cinematographer, Ron Risman. For information please visit timelapsemoab.com.

May 23 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678.

May 23 The Healing Therapy of Ortho-Bionomy ®- a gentle, highly effective body therapy for chronic stress, injuries, & pain. By drawing upon the body's ability to heal & self correct, it will naturally calm itself & can reverse many painful conditions. Catherine Leathers & Marcie Shumway team up together to share with you this powerful approach so you can experience your innate body wisdom to promote health & well being. This free Moonflower class is 6-7:30 pm at the MARC. Please sign up at Moonflower 435-259-5712.

May 25 Free Lecture Series: Steve Simms - Dating Barrier Canyon Rock Art at the Great Gallery, Canyonlands National Park: Later Than We Thought and Implications for the Ancient History of Utah- Rock art compels interest from both researchers & a broader public, inspiring many hypotheses about its cultural origin & meaning, but it is notoriously difficult to date numerically. Barrier Canyon-style (BCS) pictographs of the Colorado Plateau are among the most debated examples. This presentation summarizes the geological dating, & targets the human behavioral context in which the Great Gallery was produced. Our dating suggests that Barrier Canyon Style rock art was an artistic tradition that spanned cultures and arose out of a time of fundamental change in the lives of Utah's ancient inhabitants. 6pm at the Moab Information Center, corner of Center & Main Streets. These lectures are sponsored by Canyonlands Natural History Association & the Museum of Moab.

May 25 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South

May 26 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North. Music with Haley Austin

May 26 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available.1078 Millcreek Drive.

May 26 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 26-31 Moab Dark Sky Time-lapse & Motion Control Workshop- Take your time-lapse skills to the next level in this 4-day, 4-night workshop with award winning cinematographer, Ron Risman. For information please visit timelapsemoab.com.

May 27 Community Festival Springtime on the Colorado Plateau- celebrate springtime on the Colorado Plateau & explore the unique wonders this season brings. Discover the plants, animals, & traditions of the area. Nature walks, fun family activities and more! 10am-4pm. Free, Monticello, Utah fourcornersschool.org 435-587-2156

May 27 Magic Night Downtown- Moab Backyard Theater --Behind Zax at 56W 100 South. See article 10B, ad pg 5A.

May 27 Moab Music Festival Concert. Time for Three at Star Hall. 7:30 pm - adults $25, 18 & under $5. See article pg 9B

May 27 Rock the MIC- doors open at 7:30pm, starts at 8pm. Stories, Comedy, Poetry, Music, for all ages. Share your talents in the warm & welcoming environment. Donations welcome. Moab Arts & Recreation Center, 111 E. 100 North.

May 27-28 25th Annual Moab Arts Festival with Beer & Wine Garden- free admission, live music, Wine & Beer, Saturday 10am-7pm; Sunday 10am-6pm. For more info visit moabartsfestival.org, email info@moabartsfestival.org, or call 435-259-2742. See article pg 1B, ad pg 24A

May 27-29 Eastern Book Cliffs Deep History- join Canyonlands Field Institute (CFI) with guest experts, John Weisheit & Michael 'Red' Wolfe, as they share decades of experience about this seldom visited landscape crucial to understanding the geologic & human history of the Colorado Plateau. For info: visit cfimoab.org, call 435-259-7750, or email info@cfimoab.org.

May 27-29 Barrel For Bucks- Come watch some of the fastest horses and their riders compete for top spotin the popular sport of Barrel Racing! It is free to come and watch, we love the support! For info: Sally Soltvedt 970-210-6712

May 29 MEMORIAL DAY

May 29 Intro to Yoga, a Gentle Yoga Series- Mondays 10-11:15am. Try this 8 week series, or drop-in any class. Moab Yoga 37 E Center St. See full description on May 1st.

May 30 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678.

May 31 Weed n Feed- 6-8pm at the Youth Garden Project, 530 S. 400 East. No need to RSVP. For info: youthgardenproject.org/weednfeeds

May 31 Sweetwater String Band with Slim Pickins- this outdoor house concert will be held at 523 Rosetree Lane, 7-10 pm. Get tickets online at eventbrite.com or call Mike 435-259-0246

Moab Recreation & Aquatic Center
Fitness Center
• Fitness Classes
• Lap Swim
• Water Aerobics
• Springboards & Water Slides
• Showers
• Child Care
Open Swim
374 Park Ave (435) 259-8226
Visit website for fees & schedules
www.moabcity.org

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
$3 Children 6-12
Tour Buses $3 per person
Annual Passes are $75
Park Hours: Mon-Sat 9 a.m.-5 p.m.
Closed Sunday
Closed: Thanksgiving, Christmas & New Year's 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.

EVEN MORE MOAB EVENTS

June Events

Jun 1 Free Lecture Series: Brian M. Davis ~ Tiny Fossils and the Big Picture: Mammals from the Age of Dinosaurs- The ancient world was a diverse & vibrant place, and dinosaurs lived alongside a cast that included the earliest mammals. Come & learn what our ancestors were like & what their tiny fossils reveal about their lives. 6pm at the Moab Information Center, corner of Center & Main Streets. These lectures are sponsored by Canyonlands Natural History Association & the Museum of Moab.

Jun 1-3 Canyonlands PRCA Rodeo- come & see the cowboys & cowgirls of the Canyonlands PRCA Rodeo. Watch bullriders, calf ropers, barrel racers, saddle bronc riders, & much more! We even have a mutton bustin' for the kids & a stick pony race for the even younger kids! Hope to see ya'll there! For info: Kirk Pearson 435-259-4852 info@moabcanyonlandsrodeo.com. See ad pg 1B

Jun 2 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Jun 2 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available.1078 Millcreek Drive.

Jun 2-4 Beyond Against: Activism from the Eye of the Storm- a weekend of exploring the soul of activism & workshop retreat in the beautful desert landscape outside of Moab. You will have the opportunity to be transformed & renewed, open to fresh perspectives, network, hear & share tools for bulding bridges & gather joyous momenturm for the long haul. For info & registration: newmoonritesofpassage.com/beyond-against

Jun 3 Thelma & Louise Half Marathon & Relay - a fun, fast course full of surprises. Well-stocked aid stations, & characters from the movie are on course during this scenic 13.1 mile run. For more info visit www.moabhalfmarathon.com or call 435-259-4525

Jun 3 Dinosaur Tracks Paleontology- join Canyonlands Field Institute (CFI) with guest expert, Dr. John Foster Director of Museum of Moab, as we explore dinosaur tracks found throughout the Moab area. This day long field seminar is a great introduction into the vast paleontological history found in the area. For info: visit cfimoab.org, call 435-259-7750, or email info@cfimoab.org. See article pg 16A

Jun 3-4 Moab Golf Club Tournament- Wing-Dinger Mixed Eclectic. Call for info 435-259-6488

Jun 5 The Jordan World Circus- on tour for one night only. A spectacular display of circus performers & aerialists for a one-of-a-kind 2 hour show.

Jun 6 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678.

Jun 7 Moab Toastmasters- 1st & 3rd Wednesday at Noon in the Zions Bank building. For info: 435-260-9646

Jun 7 Swing & Blues Dance Night- Join us at Club Rio, 2 S. 100 West, 21+. Take advantage of the $5 lesson at 7pm (no experience or partner necessary!), followed by social dance to sweet swing & blues tunes. For info: Moab Swing Dance Community on Facebook or call (970) 633-2623.

Jun 9 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Jun 9 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot.1078 Millcreek Drive.

Jun 9-10 Vision Relay - Road Bicycle Relay from Moab to St.George. 4 person teams cover the course now stop in a relay format. Starts at Swanny park in waves at 7am, 9am, & 11am. For more info: visionrelay.com or call 801-888-3233.

Jun 9-11 Range Creek Utah Archeology- join Canyonlands Field Institute (CFI) with guest expert Dr. Kevin Jones & explore the beautiful & rarely visited Range Creek Canyon. Managed by the University of Utah this living museum holds many artifacts of the Fremont Culture where they have sat for hundreds of years. For info: visit cfimoab.org, call 435-259-7750, or email info@cfimoab.org.

Jun 9-11 Palisade Bluegrass & Roots Festival- kicks off Friday at 3pm, Saturday & Sunday at 11am. See article pg 6B

Jun 9-11 Pagosa Folk 'n Bluegrass- in Pagosa Springs Colorado. For info: folkwest.com or 877-472-4672

Jun 10 ArtWalk- from 5-9pm, visit up to eleven different venues, see many different art displays & enjoy refreshments. For more info visit moabartwalk.com or call 435-259-6272. See ad 5B

Jun 10 Dawg Days of Summer BBQ - join us 5:00-8:00pm at Old City Park for our annual Dawg Days of Summer BBQ & Silent Auction Benefit for Humane Society of Moab Valley. For more info visit moabpets.org or call 435-259-4862. See article pg 22B.

Jun 10 Rock the MIC- doors open at 7:30pm, starts at 8pm. Stories, Comedy, Poetry, Music, for all ages. Donations welcome. Moab Arts & Recreation Center, 111 E. 100 North.

Jun 10-11 Moab Golf Club Tournament- Men's/ Women's Arch & Horsehead 2-man. Call for info 435-259-6488

Jun 12 Three-week Posture Fitness Class Series- Mondays, 11:30am-12:30pm. Free! This class combines Egoscue Method® posture exercises with the breath to align the body, using gentle standing & mat exercises. The class is moderately paced & appropriate for those with chronic musculoskeletal issues. Drop-ins are welcome anytime. Moab Recreation & Aquatics Center, 374 Park Ave. For info: Jessica Kisiel, 505-412-3132, www.thepfathlete.com.

Jun 13 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678.

Jun 14 Weed n Feed- 6-8pm at the Youth Garden Project, 530 S. 400 East.These are a great way to learn about gardening, get outside, enjoy a free meal & to socialize. No need to RSVP. For info: youthgardenproject.org/weednfeeds

Jun 16 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Jun 16 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot.1078 Millcreek Drive.

Jun 16 Monticello PRCA Rodeo- See ad pg 22A, utahscanyoncountry.com

Jun 17 Monticello City Sprint Triathlon- see ad pg 19B, utahscanyoncountry.com

Jun 18 FATHER'S DAY

Jun 18- 24 Desert RATS Kokopelli 150 Stage Trail Race - Racers will run from Grand Junction, Colorado to the world famous Moab, Utah along the beautiful 148-mile Kokopelli trail. This is a 6 day, fully-supported stage race with distances ranging from day to day between 9 and 50 miles. For more info visit geminiadventures.com or call 303-249-1112.

Jun 19 Three-week Posture Fitness Class Series- Mondays, 11:30am-12:30pm. Free! For info: Jessica Kisiel, 505-412-3132, www.thepfathlete.com. See full description June 12th

Jun 20 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678.

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Jun 21 Swing & Blues Dance Night- Join us at Club Rio, 2 S. 100 West, 21+. Get out & take advantage of the $5 lesson at 7pm (no experience or partner necessary!), followed by social dance to sweet swing & blues tunes. For info: Moab Swing Dance Community on Facebook or call (970) 633-2623. Brought to you by the Moab Swing Dance Community!

Jun 21 - 24, 2017 Art & Science on the San Juan River Summer Camp- join artist & art instructor Kate Nickols along with our own Four Corners School staff for a creative journey down the San Juan River of Southern Utah. For info: fourcornersschool.org or 435-587-2156.

Jun 23 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Jun 23 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available.1078 Millcreek Dr.

Jun 26 Three-week Posture Fitness Class Series- Mondays, 11:30am-12:30pm. Free! For info: Jessica Kisiel, 505-412-3132, www.thepfathlete.com. See full description June 12th

Jun 27 Sheng Zhen Healing Gong - is a moving & non-moving meditation class for self healing, with certified teacher Lisa De Rees from 1:00-1:45pm, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678.

Jun 27-30 Earth, Water, & Sky Summer Science Camp- Spend three days of hands-on learning with a geologist, astronomy educator from Clark Planetarium, & art teacher from Monticello High school. Includes ages 12 -18. For info: Utah fourcornersschool.org or 435-587-2156

Jun 28 Weed n Feed- 6-8pm at the Youth Garden Project, 530 S. 400 East. No need to RSVP. For info: youthgardenproject.org/weednfeeds

Jun 30 Moab Farmers Market- 4-7pm, Swanny City Park at 100 West & 400 North

Jun 30 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available.1078 Millcreek Dr.

Jun 30 Jr. Livestock 2-Day Camp- see ad pg 19B, utahscanyoncountry.com

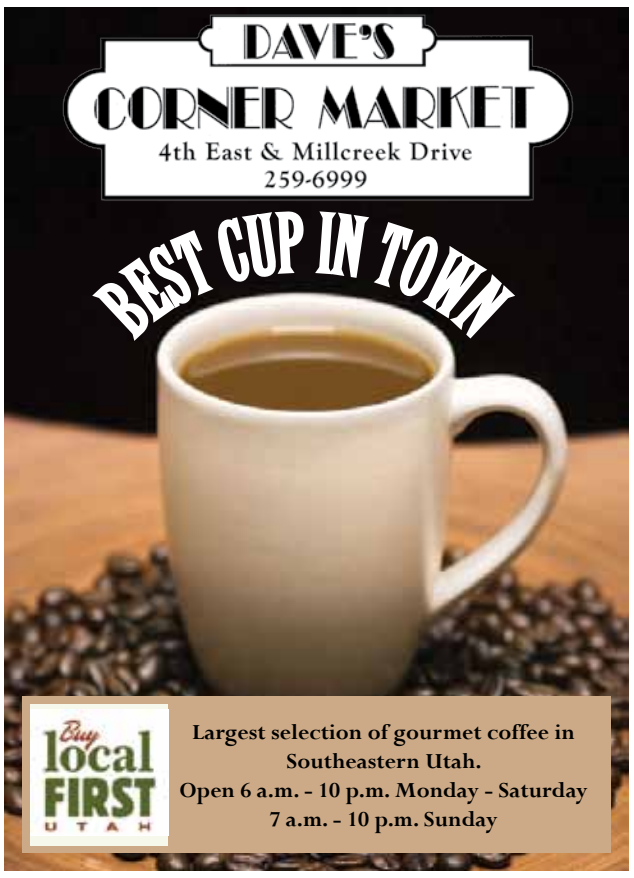




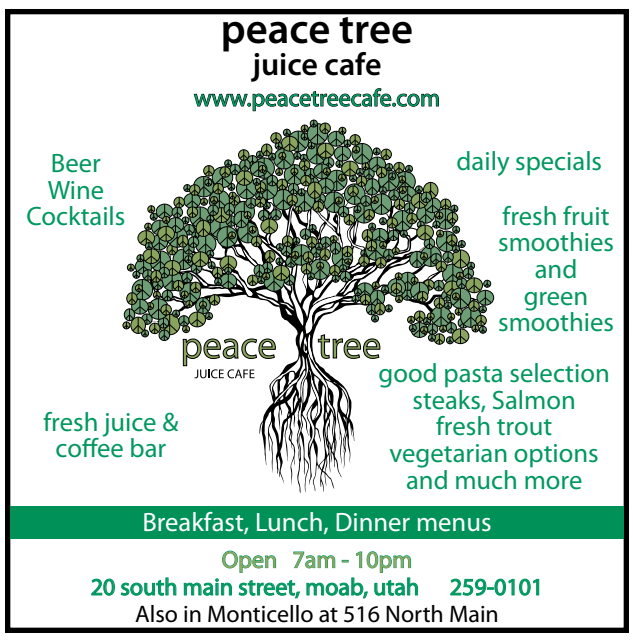




CAFFEINE HAPPENINGS









Wicked Brew Serves
Triple Certified Coffee

Wicked Brew Expresso Drive-Thru is a place not only a place where you can grab a quick cup of great coffee, but where you can go to feel good about the coffee you drink. Wicked Brew, on the south end of Moab at 1146 S. Highway 191, serves Caffe Ibis® which has been a pioneer in the development of the organic coffee market in the United States.

Caffe Ibis coffees are processed and harvested with human health, human dignity, and environmental benefits in mind. Many of their coffees are 'triple certified' as organic, fair trade, and shade grown.

CAFFE IBIS
coffee roasting company
www.caffeibis.com

Caffe Ibis coffee has the rigorous Quality Assurance International (QAI) organic certification, which includes annual on-site inspections, and is in compliance with USDA (United States Department of Agriculture) organic standards. Organically-grown coffee is essential for sustainable agriculture because of the harmful impacts of herbicides, pesticides, and artificial fertilizers on the environments of coffee plantations and the people who work on them.

QUALITY ASSURANCE INTERNATIONAL
CERTIFIED ORGANIC

Early organic coffees were really wild, poorly graded coffees, but the demand for specialty grade organic coffee has given rise to some really good coffee worthy of the high praise normally reserved for very special estate coffees.

Fair Trade certification also is a key element for a sustainable coffee future. Fair Trade means paying farmers a fair price for their harvests, helping small farmers gain access to needed loans, establishing direct, long-term trading relationships between buyers and farmers, support for democratically-run coffee co-ops, no child labor, and gender equality.

FAIR TRADE CERTIFIED™

Shade grown coffee allows for a greater level of biodiversity for birds, butterflies, animals, and plant life than does sun-technified coffee. Smithsonian Migratory Bird Center shade grown organic coffee certification is held by our Triple Certified organic coffee products. Smithsonian-certified shade grown organic coffee is certified to be organically and shade grown under conditions that are ecologically sustainable for migratory birds and their habitat.

Bird-friendly, shade-grown coffee is also the best tasting coffee because it is grown using traditional Arabica bean rootstock. It is grown without chemical herbicides, pesticides, and artificial fertilizers. The biodiversity of the plantation provides the nutrients and natural pest controls needed by the coffee trees. Shade grown organic coffee produces fewer cherries and ripens slower than "sun-technified coffee." This allows a concentration of nutrients in shade coffee relative to sun-technified coffee.

BIRD FRIENDLY
Smithsonian Migratory Bird Center

Wicked Brew Expresso Drive-Thru offers tasty and creative libations in a very casual Moab atmosphere with stunning red rock views. They offer hot, cold and iced drinks including house coffees espresso, , lattes, chai, teas, and speciality drinks. They also serve famous and deliciously healthy 100% crushed fruit smoothies.











HIKING HAPPENINGS

Two Different Arches – Two Different Personalities

By Marcy Hafner

Welcome to our unique corner of the world - to our spectacular slice of geology and our sensational collection of arches. No matter how long I live here, the novelty of this extraordinary landscape never seems to wear off. Consequently every hike I take continues to be a fresh exploration. So join me now, both locals and visitors, on a 1.5 mile walk as I revisit two uniquely different arches – Bowtie and Corona – on a trail that has just enough challenges to keep it both interesting and exciting.

From Moab it's a quick, easy drive to the trailhead. Drive north on Highway 191, and after you cross the Colorado River Bridge, continue 1.3 more miles. Then turn left on to the Potash Road (State Road 179), and drive ten more miles to the sign for Corona and Bowtie Arch on the right side where there's a gravel parking area with an informational kiosk.



Now all you have to do is grab your pack and start walking up Bootlegger Canyon on a popular hikers-only trail. Actual elevation gain is only 440 feet, but having said that – be forewarned - some of the drop offs can be intimidating. During the heat of summer this route offers minimal shade so a crack-of-dawn start is a wise thing to do. The cooler temperatures in the spring or fall make for more comfortable hiking conditions, but that's when this trail is most crowded. If you're seeking more solitude, winter is a better choice (although I don't recommend it when there's snow or ice on the ground).

A late cold snap during early April has put the big bloom of wildflowers on hold. The big exceptions are: the bright yellow, daisy-like naked stem bahia, the palest of blue tomentose amsonia, and the elegance of those lovely ladies of the desert – the pure white evening primrose.

Initially there's no easy-going warm-up. Instead this trail instantly starts a steep climb. With each step upward I stare farther down the length of the Colorado River as a pair of vocal Canada geese fly down stream. Upon reaching the trail register you'll immediately be crossing the railroad track. This spur, which was built in 1964, connects the potash plant at the end of Potash Road to the main line at Crescent Jct. on I-70. Just below Corona Arch, a several-times-a-week train enters a one-mile long tunnel and emerges to the light of day above Highway 191.

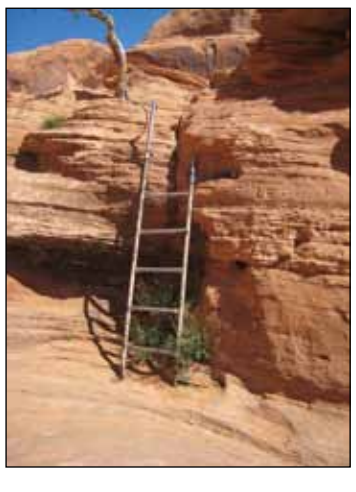


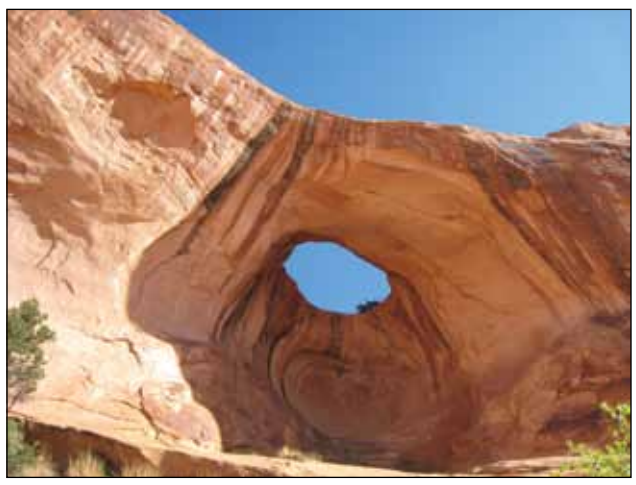
After crossing the tracks, the river views disappear, and an old, eroding road gradually travels through a gap in the rim. The uphill workout continues. The saving grace, however, is that several level areas during the ascent offer you a chance to catch your breath. I always take this opportunity to look around at the gigantic mounds of sandstone that surround me from every direction.



Now we're following the cairns (piles of rock) toward the base of a cliff, where the challenges are directly ahead as gradually the slickrock tilts up on a severe slant. At this point, if you're feeling nervous a long cable to hang on to is there for an extra measure of security.

Shortly after that, I am grateful for the aid of another cable to pull myself up the super steep Moki steps that have been chipped out of the slickrock. When you reach the top of that staircase - ah ha – here's your first glimpse of Corona Arch. But don't start celebrating yet. There's one more challenge left – the metal ladder. This is so easy for some, but climbing ladders is not everyone's favorite activity. At least, it is short, and once on top you're walking on the final bench of slickrock where the cairns point out the most direct route to those two distinctive arches.

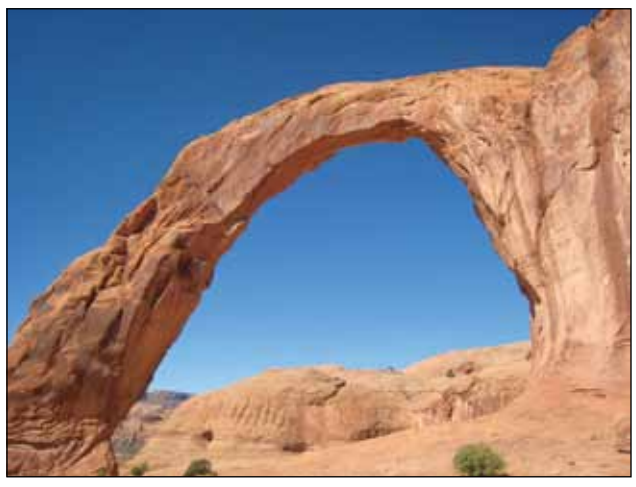




I always stop at Bowtie first to observe the unusual structure of a pothole arch, which is formed when water collects in a depression in the overhanging slickrock. As erosion, both chemically and mechanically, erodes the sandstone, eventually the bottom falls out, and Bowtie looks like someone punched a hole in the roof resulting in a lopsided skylight.

What attracts me the most, especially on an overly warm day, are the seeps of water below this arch where a hanging garden is filled with tiny, light pink cave primroses. In their moist environment they cling tenaciously to every tidbit of available soil within the cracks of the wall. This drip irrigation continues to flow down the slickrock to a depression filled with life-giving dirt that nourishes a miniature garden of grasses, junipers and a small cottonwood tree – Something you don't expect in this huge expanse of solid slickrock.





Corona Arch is close by and no matter how many times I see this stupendous structure, its immensity and shape never cease to amaze me. With one arm jutting out of a cliff face, it has been referred to as a buttress arch. Because of its resemblance to Rainbow Bridge on Lake Powell, it is also known as Little Rainbow Bridge Arch. With a 140 X 105 foot opening, however, this portal is anything but little. Within these immense dimensions a small fixed-winged plane has flown through its gaping opening, an aerial feat that is now illegal.

To build a buttress-looking arch, first start with a big block of sandstone. Then wait while the water seeps into the cracks and collects at the weaker points. Gradually a chemical reaction between the water and the rock tear down the natural silica cement that holds everything together. As time marches on, rock particles start peeling off. After while the relentless cycle of freezing and thawing creates a pressure so powerful it acts like a wrecking ball that knocks out larger chunks until an opening appears. Gradually it enlarges and then, a million years later, it's done – the full-scale showcase of Corona Arch.

Sitting under Corona's massive formation, it is entertaining to do some people watching. All ages and abilities are represented: kids with energy to spare as they race around testing their rock-balancing skills, families enjoying the antics of their children, couples, senior citizens, serious hikers and even joggers. Some of these determined souls seemed surprised they could possibly make it this far.

People from all over the country, all parts of the world travel to southeast Utah to admire the handiwork of our bizarre geological creations. As I watch their reactions, it is obvious they are blown away by the powerful poses of these two arches as well as the rest of our dazzling landscape.







HALF-DAY TOURS
Small Groups • Our guides are great with kids
Every Wednesday–Sunday, May–October

Rafting on the Colorado River
A fun learning adventure
1:30pm to 5:30pm

Moab's Ancient Past
Investigate dinosaur tracks & rock art 8:30am to12:30pm

Naturalist Tour of Arches NP Experience a deeper understanding
3:00pm to 7:00pm



Call for rates and to reserve:
435-259-7750
Or reserve on-line:
cfimoab.org

CANYONLANDS FIELD INSTITUTE
Outdoor Education Nonprofit Organization

THE BEST GEAR
VIEW OUR INVENTORY ONLINE!
MOAB GEAR TRADER
AT THE BEST PRICE
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GALLERY HAPPENINGS

May at Gallery Moab

Gallery Moab is excited to showcase the paintings of three wonderful landscape painters: Carolyn Dailey, Robin Straub, and Phil Wagner. A reception will be held for the artists during Artwalk, May 13th from 5-9. Gallery Moab is located at 87 N. Main Street.



Carolyn Dailey

Our Guest Artist in May is local resident Carolyn Dailey who has been a plein air landscape painter for 30 years. Her primary training in the plein air tradition was by workshop study at the Fechin Institute of Taos, New Mexico. New Mexican artist Frank LaLumia was her main mentor. A full-time artist since 1987, Carolyn lived in Durango, Colorado and Moab, Utah before moving to Guatemala in 1990, where she still maintains a residence. In 2006 she returned to the USA, and settled in Crestone, Colorado. In 2010 she moved back to the Moab area and now resides at Pack Creek Ranch in the foothills of the La Sal mountains. She has exhibited her award-winning work in numerous juried as well as solo exhibitions since 1983.



Robin Straub

Carolyn "paints to express her vision of the land and its people." Using oils as her primary medium, Carolyn prefers working outdoors from nature to capture the beauty and light of the landscape. She travels and paints throughout the Southwest. This exhibition will have work from the Moab area, both framed and unframed. "Peaceful and serene, her paintings bring a glimpse of spirit and wonder to the busy world."

Gallery member Robin Straub also paints outdoors in the landscape. Robin writes that she "is having an amazing life-long love affair with desert landscapes, storm clouds and ravens by way of plein air oil painting "in her own back yard!" She invites you to share her latest love efforts (paintings) with her at Gallery Moab.

Phil Wagner, also a member of our co-op says: "Art has everything to do with "courage" and not much to do with "talent". And, like the postman, an artist, rain or shine, "shows up". Good art is a conversion experience. Like love, laughter, poetry, and music, the art-experience is about relationship, direct and immediate. Yes! Art and the art-process demonstrate a way of 'seeing the real world anew' – a world which is not a fear-whipped place inhabited by boogey-men, but one filled with wonder and appreciation, a world which 'welcomes' you. Amen."



Phil Wagner

Meanwhile, a long time ago, Phil Wagner did go to graduate school and law school. He was in the Peace Corps, made documentary films and built many houses. Phil also wrote and taught poetry, fell madly in love, laughed heartily, made and taught music. Like everybody else he had his ups and downs, but continuously dabbled with watercolors, until 1994, when he progressively took up oil painting as a full-time occupation. He loves it --- and for good reason!

Gallery Moab is open Daily 12-9. See more of us at gallerymoab.com and on Facebook..

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

Moab Pastel Guild featured at Dead Horse Point State

The Moab Pastel Guild will return to the Bighorn Gallery at Dead Horse Point State Park from May 2 through June 30 with a new show entitled "Lyrical Landscapes." The Guild is a group of like-minded local artists who meet regularly to paint, offer mutual support, inspire one another, and critique each others' work.

The group has been working together for several years, enthusiastically embracing opportunities to learn and experiment with different techniques and approaches to composition. All share a deep love of the surrounding landscape and its ever-changing light, moods, and colors. Over time, each member has developed a unique personal vision and style. Several have received awards for art entered in shows in Utah and Colorado. The artists all initially focused on honing their skills with pastel, but now some are expanding their repertoire by working in watercolor and oils as well.



Sarah Hamingson

Pastel is often mistakenly confused with chalk. It is quite different. Pastel is pure pigment mixed with just enough binder to hold it together in stick form. The purity of the pigments lets their brilliance glow. Pastel is a very vibrant and versatile medium that mixes well with other mediums. Some artists use only dry pastel on paper. Others apply it over underpaintings rendered in watercolor, acrylic, or pastel dissolved in turpenoid or alcohol on heavier, textured surfaces. The resulting works are varied, ranging from detailed realism and more loosely rendered impressionism to abstraction.

Subject matter includes our beloved local landscape, as well as animals, flowers, and more distant landscapes which have inspired the artists. Works on display will include both paintings created in the studio and en plein air. During the exhibition the original paintings will be available for purchase, as well as prints and note cards.

The Guild members invite you to join them for an opening reception at the Bighorn Gallery on Sunday, June 4th from 11:00 a.m. to 4:00 p.m. Entrance to the park will be free for those attending the reception.

The participating artists are:

Helen Becker	Mary Collar
Victoria Fugit	Sarah Hamingson
Peggy Harty	Margie Lopez-Read
Marsha Modine	Thea Nordling
Charlotte Quigley	Larry Thomas



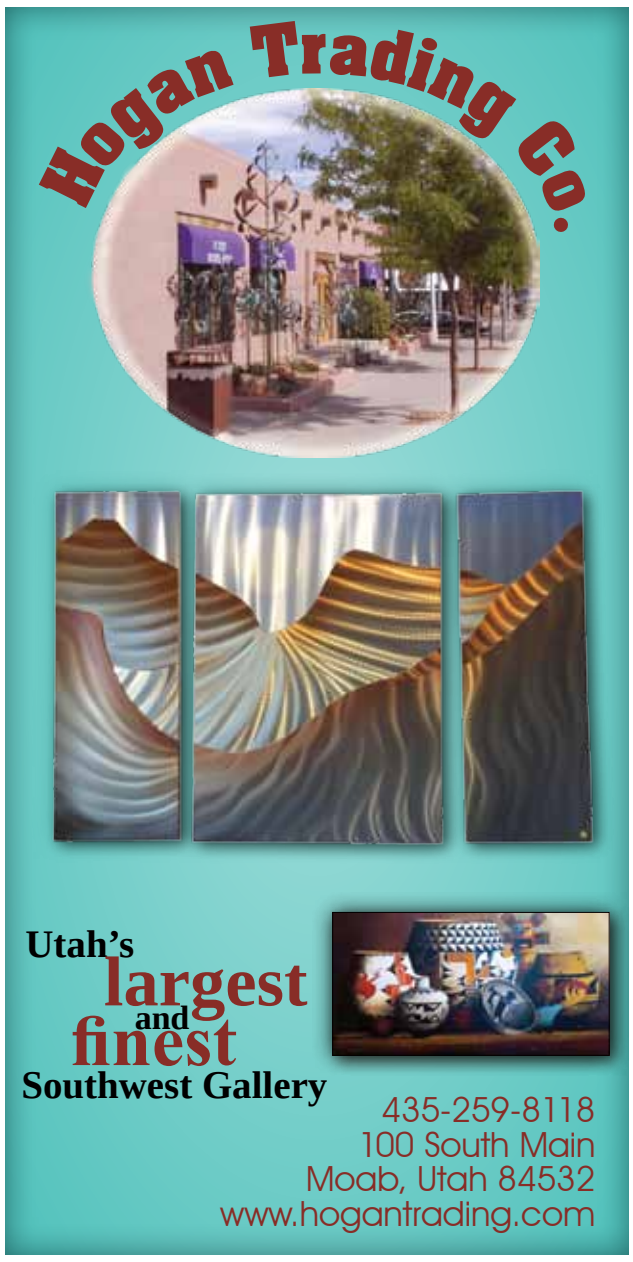
Thea Nordling

Dead Horse Point is located nine miles north of Moab on US 191, and 23 miles south on SR313. The visitor center is open daily from 8 a.m. to 6 p.m. Park admission is $15 per vehicle for three days. For more information, please contact the park at (435)259-2614.



Mary Collar



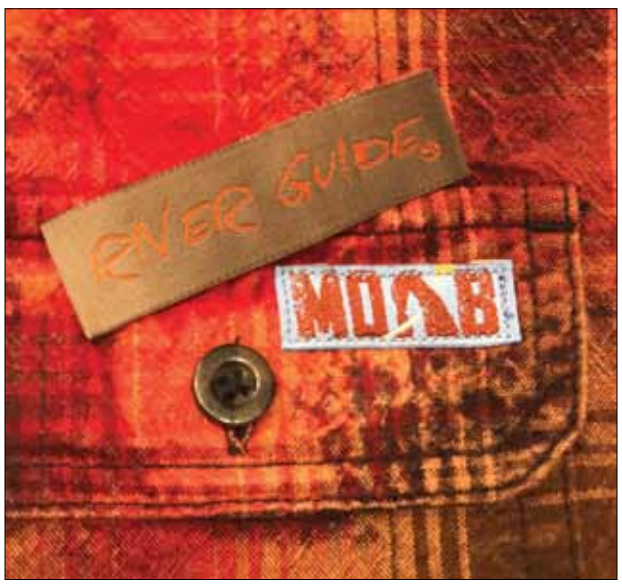


RETAIL ADVENTURES

Redtail's "River Guide" Shirts

"Oh what fun I'm having with these plaid shirts! This project scratches my itch for design"—the response of Redtail's clothing designer Jan Rousseaux to a question about **River Guide plaid shirts**. Have you been in to see them yet? Or are you one of the many who now owns one? They are Redtail's hottest selling item! Western style shirts with yokes and snaps are the favorite with Redtail's adult customers, both American and international. And following fast in popularity are the kid styles from infant sizes up, including little girl shirts and dresses. Delightful!

These shirts come from cities all over the U.S.—Las Vegas, Phoenix, Atlanta, Dallas, Detroit, Chicago. Previously owned, each has now become an entirely unique, one-of-a-kind work of art through a proprietary technique. The outdoorsy quality of plaid enhanced by





the effect of this design work calls for a special label, and River Guide fits the bill perfectly. In addition, each garment sports a special Moab label inspired by Redtail pilot Tim Martin, the Arch Enemy #1: a contrail left by a biplane flying through Delicate Arch creates the "A" in Moab.

Plaid has a long and somewhat feisty history. The oldest fabric woven in a distinctive plaid design was found as leggings on a 3000 year old mummy in Northwestern China. Some small pieces of plaid fabric found in Europe have been dated 8th century BC. In the 1500's, plaid became established in Scotland. Specific local designs and colors were adopted by the various Scottish clans. The fabric design was called "tartan;" the "plaid" was actually a part of the highland dress: a warm cloak. In 1745, the Scots were defeated by the English in war. Tartan fabric, because of its association with the Royal Highland Regiment, was banned in Britain for the next 40 years. It became fashionable in England during the Victorian era among the wealthy, for whom its association with British nobility and the military was appealing. Plaid next shows up as a political statement among the British punk rockers in the 1970's, who wore scraps of the royal tartan as a symbol of discontent with these same powers.



Woolrich Wool Mills produced the first American tartan, the Buffalo plaid, in 1850. This very familiar black and red design was first marketed to lumberjacks, and gradually plaid became established as a workwear fabric in this country. In 1924 Pendleton released their first wave of fashion-forward plaid shirts, and established plaid as mainstream fashion. Get this—according to one source, the Beachboys first called themselves The Pendeltoons because of these shirts!

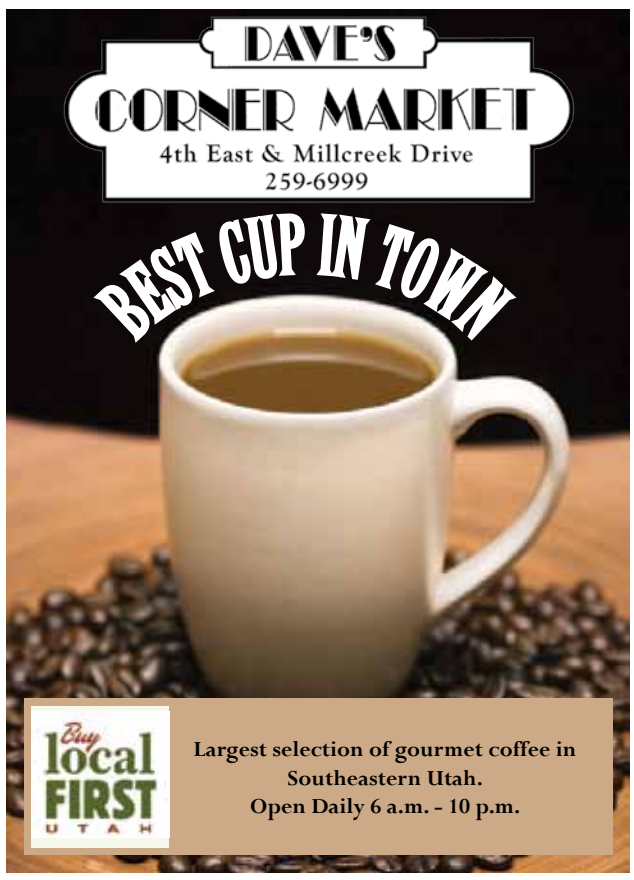
The Scottish tartan colors were limited by locally available dyes, but today this exciting fabric comes in every imaginable blend of color, and the special technique used by Redtail's designer Jan adds remarkable color variations within each River Guide shirt. Artsy, sporty, anti-establishment and yet classic. **Make your own history in plaid!**

Article courtesy of Redtail Air Adventures Store at 23 N. Main St. Open 9-9 daily. 355-0889

And be sure to say that you read about it in the *Moab Happenings*.

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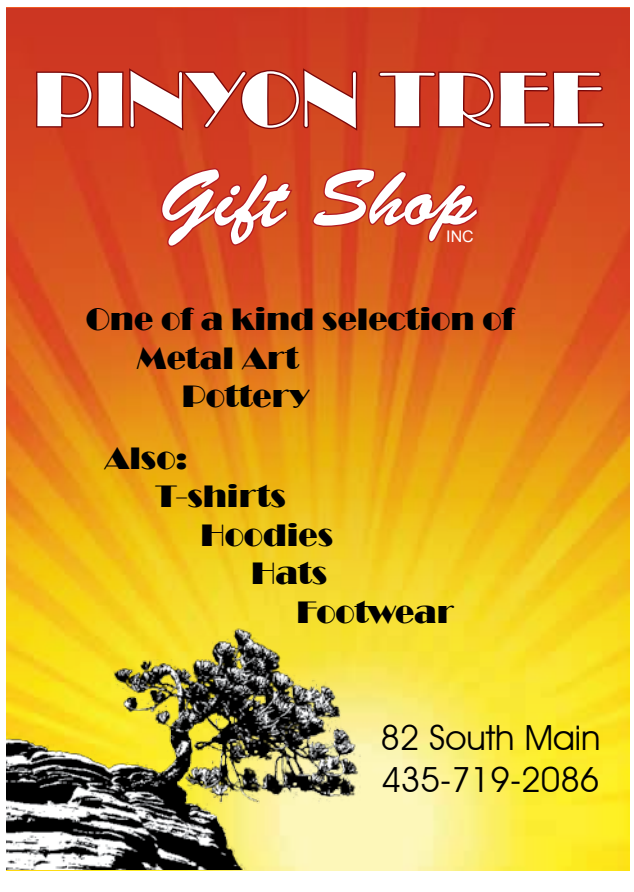
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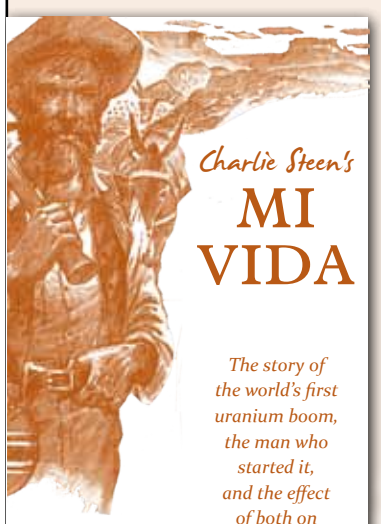
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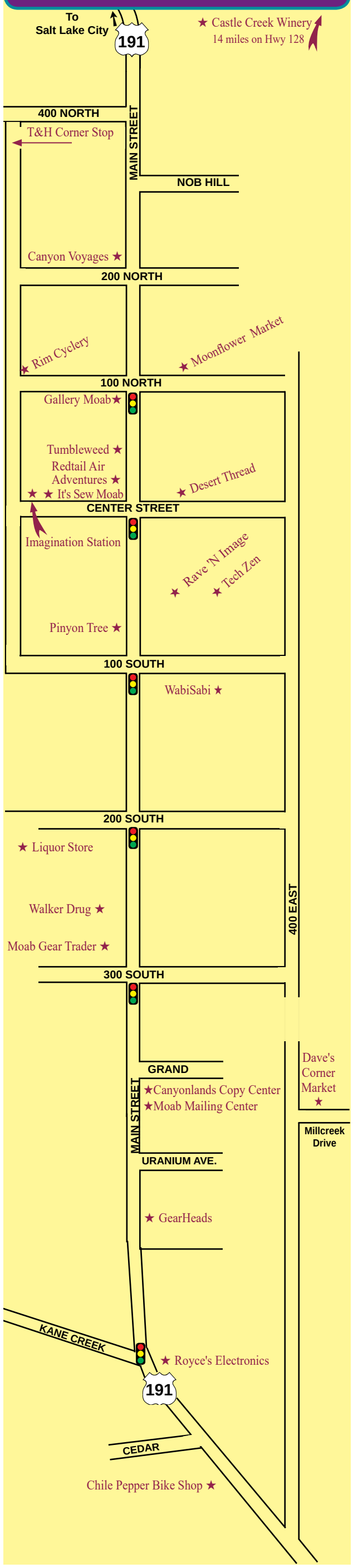
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SHOPPING GUIDE MAP



PHOTOGRAPHY HAPPENINGS

Photographing the Red Rocks Country:
Exploring Kane Creek Canyon – And Beyond

By David L. Brown

David L. Brown is a professional photographer, journalist and novelist. He lives in Moab where he leads photo tours and workshops. He can be reached at 435-210-8158 or through his website at www.imagequest.photo.

In the first of my new series of articles about great places to make pictures in the Moab area (March Happenings) I introduced my readers to features along Potash Road. This time we'll explore the other side of the Colorado River, a path that takes us into Kane Creek Canyon, then via a Jeep trail across Hurrah Pass and on to Chicken Corners Road.

Like many Moab area locations, this is a feast of red rock wonderlands, with hidden canyons, towering cliffs and majestic vistas. It all starts when you turn onto Kane Creek Road at the southwest corner of town. Passing the wildlife preserve, you will soon find yourself driving along the left bank of the Colorado.

A couple of miles on you will come to Moonflower Canyon, a narrow defile guarded by several ancient cottonwood trees. Try capturing images of the spreading branches with your camera. Here you will find a panel of petroglyphs, a reminder of those who came before. Sadly, this is one of the most vandalized panels in the area. For those so inclined a ladder made from notched logs takes you up a narrow crack to the top of the bluff.

Continue on until the paved road turns to gravel and soon you will turn into Kane Creek Canyon. A couple of miles on watch to the right for a large boulder surrounded by what looks like a rail fence. This is Birthing Rock, one of the most interesting petroglyph sites in the area. It takes its name of the image of a woman giving birth and surrounded by baby footprints (Fig. 1). There are many other pecked images on this rock.



Fig. 1 – The iconic image of a woman giving birth gives Birthing Rock its name. The image is surrounded by baby footprints. Birthing Rock is located on Kane Creek Road just a few miles from Moab.

Walk around to the right side and you will see several petroglyphs featuring Boötes, the Herdsman, a constellation described by the ancient Greek historian Herodotus. I discovered this alignment while photographing the Milky Way at this site a couple of years ago. When examining the petroglyphs by flashlight, then turning around to look at the constellation in the northern sky, the identification was unmistakable, including Arcturus, the second brightest star in the sky forming the head of Boötes (Fig. 2).



Fig. 2 – In the author's estimation, the constellation Boötes is represented in this petroglyph on Birthing Rock. The star Arcturus, which forms the head of Boötes, is the second brightest in the sky.

Continue on and you will go down a steep switchback into the canyon with its lush cottonwood trees, as seen in Fig. 3. Notice the pretty contrast between spring leaves and stark red rocks.



Fig. 3 – A cottonwood tree displays spring foliage in Kane Creek Canyon, in a picture taken in late March. This photo was made near Hunter Canyon, an ideal place to photograph trees and wildflowers in a red rocks setting.`

About a mile further on you will come to Hunter Canyon, a lovely spot for an early morning hike. Hunter is similar to Granstaff (formerly Negro Bill) Canyon, but without the large numbers of hikers. There are numerous photographic opportunities here, including flowering cacti and other plants in season. Walk about 200 yards past the walk-in campsites to the trailhead. The canyon is about three miles long.

As you continue Kane Creek Canyon opens out to a wide valley and eventually you will come to a fork in the road. If you have a high-clearance vehicle, take a right to explore Hurrah Pass. As you ascend to the west you can photograph wide views of the Kane Creek Canyon and myriad hoodoo rock formations. At the pass you will again glimpse the canyon of the Colorado River with distant Dead Horse Point and deep blue potash mining ponds.



Fig. 4 – A pillar with balanced rock on top stands beside the Chicken Corners jeep trail, located beyond Hurrah Pass in the Colorado River valley. A long stretch of the trail can usually be traveled with a 2WD high clearance vehicle.`

Now will be driving on Chicken Corners Jeep trail that winds back down toward the river. You will encounter an interesting pillar and balanced rock along the road. I captured a sunny day picture of this subject during a March trip (Fig. 4).

Going further you will see what looks like a huge pile of boulders to your left. Take a side trip to investigate and you will see that this formation is exactly what it looks like, a huge pile of boulders. Take time to explore the many "caves" formed among the rocks, offering the chance to make pictures such as Fig. 5, where I used one of the openings in the boulders to frame an image of a distant butte.



Fig. 5 – Near the Chicken Corners trail a massive pile of giant boulders is honeycombed with "caves," offering the opportunity to make pictures such as this one, looking out at a desert landscape.

Incidentally, the powers of Photoshop are illustrated in this picture, for a bright red side-by-side four-wheeler was parked right in the middle of the picture. I chose to digitally remove it and there is no sign of it or the man standing next to it in this version of the picture.

For the more adventurous the Chicken Corners trail becomes more challenging beyond this point and 4WD may be required. The trail climaxes with high viewpoints along the Colorado and across the canyon to looming Dead Horse Point.

Pack a lunch and plan to spend a day to explore Kane Creek Canyon and beyond. Later in the season there will be wild flowers, including many blooming yuccas to add interest to your landscape photos.

In upcoming articles I will continue to feature some of my favorite places to make photographs around Moab. If you want to share your personal favorites with me, or just to chat, please call at the phone number above or write me at david@dlbrown-inc.com. Thanks.



BIRD WATCHING HAPPENINGS

International Migratory Bird Day 2017



For the last four years, the Moab Bird Club, assisted by the Nature Conservancy and the Utah Department of Wildlife Resources, has revived an annual tradition of a spring bird census in celebration of the International Migratory Bird Day (IMBD). This event has been so well received by area residents and visitors that we have made it an annual event. Last spring five groups leisurely strolled Matheson Preserve and located, identified, and counted 663 individuals of 62 different species. Some of these birds were migrating to their breeding grounds far to the north and were pausing to rest and feed at the Preserve, while other species were establishing nesting territories, joining our area's permanent resident birds. In the last four years, a total of 82 species and 1885 individuals have been counted and results sent in to a national data base, fulfilling the purpose of IMBD.

We are fortunate to have a national organization whose sole focus is the health of migratory bird species. This group, the American Bird Conservancy, has again contributed information to distribute at this year's IMBD event. Please join us Saturday, May 13th for free guided bird watching walks at The Nature Conservancy's Matheson Wetlands Preserve (934 W. Kane Creek Blvd) from 8am until 11am. Bring binoculars, if you have them, water and wear sturdy shoes. This will be a good way to celebrate Mother's Day early. Bring your mothers for a spring stroll through the woods and wetlands.

Each December, for over 30 years, Moab birders have braved snow, sleet, and freezing temperatures to participate in the Audubon Christmas Bird Count. This event began in 1900 to count and census birds; and now, after spreading all over the Americas it provides scientists and citizens with a better understanding of the winter bird populations and changes that might be occurring. However, May is a far more hospitable and exciting time to watch birds than is December, and the IMBD count results reflect important data on migratory and summer birds as well as our resident species, making the event a nice balance to the Christmas count.









Created in 1993, IMBD increases public awareness and involvement in bird conservation. The yearly spring count gives birders a chance to share a day of birding with the public. The results of their findings, together with the birds counted in other areas, provide insight on the progress of spring migration and data on the abundance and distribution of each resident and migrating species. Like the Christmas count, this is a crucial tool in bird study. Birds are critical indicators of the environmental health upon which we all depend as well as being economically important and a priceless part of America's natural heritage.

The Nature Conservancy's Matheson Wetlands Preserve is only a few miles from downtown Moab. The variety of habitat, with miles of paths, entices migratory birds to feed and rest on their way north to summer breeding grounds. Our resident summer birds will be tuning up their songs and flashing colorful plumage to attract mates and establish breeding territories. Matheson is a perfect place to welcome spring and contribute to International Migratory Bird Day.

For more information, contact Kay McLean at 435-259-6199 or Marion Eason at 435-259-6447.







MUSEUM HAPPENINGS

Museum of Moab Open House on May 6th

By John Foster

The Museum of Moab is the Moab Valley's center for cultural and natural history of eastern Utah and the Moab area. The exhibits include everything from a Jurassic dinosaur found just south of town to archaeological artifacts to tools and historical artifacts from pioneer settlement to mining equipment and geologist Charlie Steen's bronzed boots commemorating the day in 1952 that he found the Mi Vida mine deposit.

Stop on by Saturday, May 6 for our OPEN HOUSE and Partner Showcase from 10 – 2:00 PM, FREE admission ALL DAY! Join us for tours of the new Geology Lab and behind the scenes of our Collections area. Lots of Hands-On Activities for everyone! There will be flint-knapping demonstrations, games and Atlatl throwing. Visit with our Partner Organizations. Join us for a fun day at the Museum of Moab.

Presenting for the month of May in the Fran and Terby Barnes Gallery – With the speed of light, "Women from Venus" and "Men from Mars" will collide into "Car Heaven" on Earth to present "The Guys and Dolls" Art Show. Thanks to Geri Lee Drake's "For the Love of Chrome" exhibit, the dolls will be displayed among the car parts in the exhibit in Honor of Susan Ossana. Mona Horiwitz is also sharing some of her vast collection of the finest antique and collectable dolls and teddy bears in Utah.

The Quilts return to the Museum from Wednesday, May 10 through the end of June. Each year, we host the Delicate Stitchers Quilt Guild's annual themed quilt challenge. This year's theme is "Portals". Participating members have created quilts reflecting their interpretations of the theme, which displays the inventiveness of each artist. Be sure to vote for your favorite!

So stop on in for our OPEN HOUSE, Saturday, May 6, see the quilts, dolls and what else is new. If you've not visited us yet, come and check out the Museum of Moab at 118 East Center Street!

See our website at www.moabmuseum.org for information on our exhibits, tours, and programming.

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







Delicate Stitchers Quilt Guild's annual themed challenge

Each year, the Museum of Moab hosts the annual themed quilt challenge of the Delicate Stitchers Quilt Guild. This year's theme is **"Portals"**.

Participating Guild members have created quilts reflecting their interpretations of the theme, which displays the inventiveness of each artist.

The show will hang May 9th through the month of June, during regular Museum hours. The Museum of Moab is located at 118 E Center St.



EDGE OF THE CEDARS
State Park Museum

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2017 Lecture Series

May 13, Deborah Westfall, Winston Hurst, Jonathan Till, ***50 Years at the Edge: Perspectives from the Curator,*** 2 pm

May 13, ***"Archaeology Day"*** 10:00am - 4:00pm
Join us as we celebrate the rich cultural history of San Juan County. Come watch skilled artisans make pottery, stone tools, and textiles. Hear fascinating lectures. Throw an atlatl (ancient dart thrower), start a fire with a bow and drill, or take a tour of Ancestral Puebloan ruins. Bring your friends and family and plan to spend the day. Food will be available for purchase. Free Admission.

June 30, Portor Swentzell, ***The Pueblo Food Experience*****,** 6:30pm

July 15 Shanna Diederichs, ***A Frontier in Bloom: Basketmaker II Colonization of the San Juan Frontier*****,** 2 pm

September 23, Fumiyasu Arakawa, ***Landscape Studies in Alkali Ridge and Montezuma Canyon*****,** 2 pm

October 14, Jason Chuipka, ***Time's Arrow in Southeastern Utah: An Overview of Recent Stabilization Projects and Why Preservation Matters*****,** 2 pm

Exhibit: May 13 to December 30, a photographic exhibit by Paul Martini, **Night and Day Dreams**

Workshop: June 5-9, Cherylene Caver, **Pottery Replication**

All lectures are at the Edge of the Cedars Auditorium and are free to the public.

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.

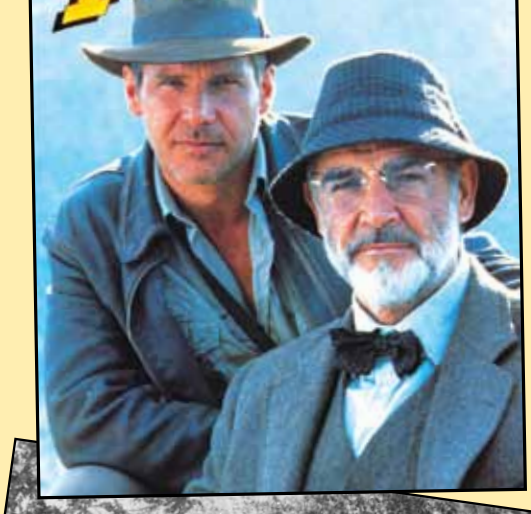
In the museum one can learn more about film locations, how the sets are built, and how the filming process is managed on nature's own sound stage. On display in the museum are production photographs, movie posters, autographed scripts, props from the many pictures filmed in the area, and displays about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

A partial list of stars that have made movies in Moab

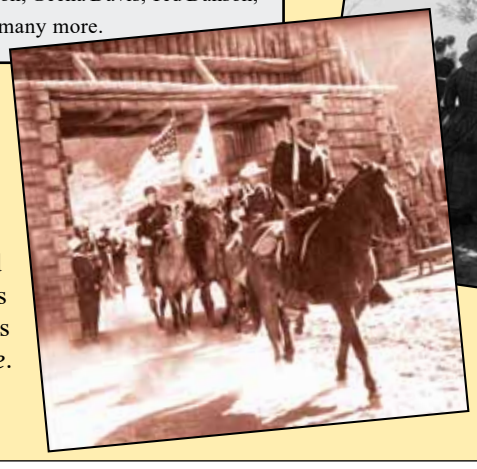
John Wayne, Maureen O'Hara, Henry Fonda, Lee Marvin, Rock Hudson, Jimmy Stewart, Richard Boone, Anthony Quinn, Mickey Rooney, Shirley Temple, Kris Kristofferson, Billy Crystal, Robert Duvall, Gene Hackman, Bill Murray, Jack Palance, Susan Sarandon, Geena Davis, Ted Danson, Tom Cruise, and many more.

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.







DINOSAUR HAPPENINGS

Blanding Dinosaur Museum Opens for Its 22nd Season

by Allison Yamamoto-Sparks

In the past 6 months since The Dinosaur Museum in Blanding closed for the season last October, my 4½ year old son has asked me countless times, when it would be open again. If you know how persistent kids of this age are, I'm sure you can imagine how relentless his questioning has been- I'm not exaggerating at all when I say that we've spent the last 6 months counting down, probably on a weekly basis, to April 15th- the day The Dinosaur Museum opens for the season each year.

I'm happy to say that somehow we made it through the winter and have already made our first trip to the museum just a couple days after they reopened for their 22nd season! This year, just like last year, one of my son's favorite displays at The Dinosaur Museum was the cast of a mummified Edmontosaurus laying on its side in the middle of one of the rooms toward the front of the museum. This rare duckbilled dinosaur was found in Wyoming and was discovered intact with large patches of skin on the side, neck, along the backbone, and on both hands. The original fossil is in a museum in Germany and this cast is one of only two on public view worldwide! And it's located in Blanding, Utah!





The most impressive room at the Dinosaur Museum has to be the Special Exhibits Hall, which houses several large, feathered dinosaurs and colorful movie posters along with lots of other movie memorabilia. The highlight of every visit is definitely the 14 ft tall Therizinosaurus which dominates the room- I've never seen anything like it! When most people think of dinosaurs they probably think of Tyrannosaurus Rex, Triceratops, or maybe Pterodactyls, but I doubt very many people think of, let alone even know of Therizinosaurus. The Therizinosaurus sculpture on display at the museum is 14 ft tall with a 20 ft wingspan, and from reading the description countless times on our many visits, I've learned that they are flightless birds from the Late Cretaceous period and were first found in Mongolia.

First-time visitors are often surprised to see the enormous collection of dinosaur movie posters and movie memorabilia at the museum. I never would have expected to find such an impressive collection in such a small town in Utah, but after learning a little about the founders of the museum, it makes perfect sense…

The Dinosaur Museum was founded in 1992 by Stephen and Sylvia Czerkas- both renown paleo-artists and authors. Stephen spent his early career sculpting dinosaurs for the Motion Picture Industry, then in 1981 he began sculpting life-size dinosaurs for museums around the country and world-wide. Steven and Sylvia co-directed The Dinosaur Museum from the time it opened to the public in 1995, until Stephen passed away in 2015, and Sylvia continues to operate the museum in memory of her late husband.





The Dinosaur Museum is located on the south end of Blanding, UT, just 1 hour and 20 minutes south of Moab on Hwy 191. For anyone with kids who love dinosaurs like my son, this museum is well worth the drive!

The Dinosaur Museum, 754 S 200 W, Blanding, UT, 435-678-3454 dinosaur-museum.org

Hours: Monday- Saturday, 9:00am-5:00pm, April 15th-October 15th. Admission: Adults-$3.50, Seniors & Students-$2.50, Children- $2.00 (Group rates available for groups of 10+)

Read more about The Dinosaur Museum and other family-friendly activities in San Juan County, on the Utah's Canyon Country Blog: utahscanyoncountry.wordpress.com



Dinosaur Tracks Paleontology Tour

Follow in the footsteps of giants on June 3 with Canyonlands Field Institute. Track the ancient trails of dinosaurs with the help of our expert guide, Museum of Moab's Director Dr. John Foster. On this paleo excursion we will see and learn about tracks ranging from the Triassic (225 Million Years Ago) through the Cretaceaus (65 mya). Dr. Foster will share how these tracks provide long-preserved evidence of dinosaur behavior and clues to creatures that have yet to be discovered. Dr. Foster states, "Foot prints are the neatest thing, they preserve the activity of the animal when it was alive and the area they frequented."

Throughout the day we will observe some of the most precious dinosaur track sites in the Western Hemisphere – including the incredibly rare dromaeosaur 'raptor' tracks. With a paleontologist as your guide, learn to spot tracks in unexpected places, interpret these tracks, and learn about the prehistoric past that surrounds Moab. As with all historic sites we will be looking and not touching to ensure that these sites remain pristine for future generations.

Dr. Foster is a vertebrate paleontologist who specializes in the paleoecology of Late Jurassic terrestrial ecosystems. He has researched the Mesozoic Era through its geologic remnants in the Colorado Plateau for more than twenty years. This research has been featured in his two authored books– Jurassic West: The Dinosaurs of the Morrison Formation and Their World and Cambrian Ocean World: Ancient Sea Life of North America.

This seminar will begin at the Museum of Moab at 8:30 a.m. CFI will provide transportation, lunch, and snacks for this day-long trip. From the Museum of Moab we will head out into the landscape to visit locations pre-selected by Dr. Foster. During our exploration there will be short walks to the track sites and plenty of time to take pictures of these ancient tracks. The trip will conclude back at the Museum of Moab around 4 p.m.



For more information about this field seminar visit cfimoab.org, call us at 435-259-7750, or email us at info@cfimoab.org.



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WATER ADVENTURE HAPPENINGS

Swirlin' Eddy's Facts and Figures for Folks 'n' Boats

Lovingly penned by Swirlin' Eddy

Welcome to Moab's Colorado River corridor! Planning a guided river trip or a self-propelled tour of your own? Here are a few facts and figures to help plan your day.



RIVER ACCESS POINTS
Unless otherwise noted, all sites feature rustic (pit) toilets.
Travel times and distances are approximate.

Gold Bar (small dirt ramp for smaller vessels, camping) – 10 miles downriver on Potash Road – allow 25 minutes from town

Highway Bridge/Moab Ramp – park across the bridge at Lyons Hub for bathrooms- mile 0 on HWY 128 (River Road)

Big Bend (small vessel access, no ramp) – mile 7 on River Road – allow 15 minutes

Take Out Beach/Ramp – mile 10 on River Road – allow 20 minutes

Sandy Beach (small vessel access, no ramp) – mile 12 on River Road – allow 25 minutes

Rocky Rapid (ramp with parking) - mile 16.5 on River Road – allow 35 minutes

Onion Creek (two small ramps with camping) – mile 21 on River Road – allow 45 minutes

Hittle Bottom (ramp with camping) – mile 23 on River Road – allow 45 minutes

Dewey Bridge (ramp with camping) – mile 30 on River Road – allow 60 minutes



More rapids: Between Onion Creek and Big Bend

More flat water: Dewey Bridge to Hittle Bottom or Onion Creek, Big Bend to Gold Bar

Always wear your PFD (personal flotation device) and stay hydrated. If going out on your own, be informed about what to expect on a given stretch of river and make sure your fitness and skill level are commensurate with the water at that level in that area.

Need more information? Give Wild West Voyages a call at 435-355-0776 or stop by their Main Street shop at 446 South Main, Unit A, and plan your guided river tours in rafts, inflatable kayaks, or on stand up paddle boards! They also rent out this equipment and offer shuttle service on site to get you out there!

"NOW…LET'S GO BOATIN'!"

Do You Dare to Ride the "King"?

by Mallory Burton

What is the "King" you ask? The Nitro Spin King is the newest boat on the Colorado River and Canyonlands By Night & Day dares you to try their newest thrill of a ride called the Spin & Splash. The Spin & Splash is a 1 hour tour that takes you up river of their private boat dock on the Colorado River for adrenaline fueled fun. The tour travels 28-miles round trip and does exactly what the name implies- it spins and splashes! Through-out the tour you'll jump rapids, enjoy giant splash-downs and zip along the Colorado River all while jamming to a sweet playlist. It's a wet and wild tour which will keep you engaged the whole time while zooming next to the beautiful red cliffs of the Colorado River.



If you accept the challenge, the trip departs four times daily at 9am, 11am 2pm and 4pm. Price is $49 for adults 13+ and $39 for youth 4-12. Minimum age is 4, but you must weigh at least 50lbs to fit in the life jacket. Maximum weight is 330lbs. For more information call 435-259-BOAT or visit www.canyonlandsbynight.com.



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NATIONAL PARK HAPPENINGS

Road Construction Update for Arches National Park

An extensive road construction project in Arches National Park is well underway with crews currently working on the park entrance road, constructing a new entry lane and roundabout. Park visitors should expect long lines and significant delays to enter the park during this phase of the project.

Interagency Annual Passes and Senior Passes are available for purchase online at store.usgs.gov/pass/index.html. Park entrance passes (valid for 7 consecutive days) can be purchased online at www.pay.gov/public/form/start/79771817. Visitors with their pre-purchased pass and photo identification ready to present at the entrance booth may help reduce the amount of time it takes to enter the park.

The Devils Garden Loop, one of the park's three most popular hiking areas, will be closed at 7pm on April 30th and be reopened by June 4th. Traffic will be turned around at the Sand Dune Arch parking lot during the closure. The Fiery Furnace and Salt Valley Overlook are tentatively scheduled to be closed May 30th through June 23rd. Other areas of Arches National Park, such as The Windows Section, may be closed for up to four weeks. Devils Garden Campground is closed through November 30th. Given the many variables that can impact road projects, work dates are subject to change.

Arches National Park is open daily from 7am to 7pm and weekends from 7am Friday until 7pm Sunday during this road construction project. The park will have extended open hours during the following holiday weekends:

- Memorial Day: 7am Friday, May 26th to 7pm Tuesday, May 30th
- Independence Day: 7am Monday, July 3rd to 7pm Wednesday, July 5th
- Pioneer Day: 7am Friday, July 21st to 7pm Tuesday, July 25th
- Labor Day: 7am Friday, September 1st to 7pm Tuesday, September 5th

Other than the above holiday weekends, the park is closed nightly Sunday through Thursday from 7pm to 7am. Vehicles are prohibited from stopping/lining up on US Highway 191 near the park entrance road while waiting for the park to open in the morning.

Night time closure of the park road is necessary to maximize visitor and contractor safety, and help alleviate travel impacts during the day when the park is busiest. During this night time closure, the park road is closed to all use including by vehicles, pedestrians, and bicycles. Starting May 14th, the "last entry" into the park will be 6:30pm Sundays through Thursdays, and all visitors must exit the park by 7pm.

Road work will resurface, restore, and rehabilitate approximately 26 miles of roads and pullouts in Arches National Park and is scheduled to last through November.

Limited daytime road closures may still occur even with nighttime work. Construction crews will use pilot cars and flaggers to control traffic during the day. When



NPS photo by Neal Herbert

partial daytime road closures are in effect, crews will limit traffic delays to 30 minutes or less per work zone. While construction crews will make every effort to minimize disruption to visitor daytime travel and activities during this project, visitors should expect frequent delays and closures.

The park will post road construction updates on its official website as they become available. However, construction work schedules are subject to change.

Visitors to the Moab area can find a wide variety of spectacular scenery and hikes in other public lands around the region. Information about these other travel and hiking options can be found on the Moab Travel Council's website at www.discovermoab.com.

Anthony Lott, 2017 Community Artist in the Parks

Created in 2009, the Community Artist in the Parks program fosters inspiration and appreciation of the landscape among visitors by giving them the unique opportunity to watch local artists translate the scenery of the parks into a work of art. Anthony Lott, the 2017 artist, will be in the Needles District of Canyonlands, May 12-13.

Anthony, a Salt Lake Citynative, spent college weekends backpacking in canyon country, taking countless photos, and using them to paint landscapes back home. He and his family now live in Bluff, and he teaches drawing, painting, ceramics, art appreciation, and emergency medical response at the Blanding campus of Utah State University

He speaks of his desert home in colorful images: "The dry sandstone is as climbable as Velcro... Water shapes the landscape through the violence of summer thunderstorms. Dry washes become temporary rivers that scour the sides of canyons with rocks, trees, and silt, and this turbulence is recorded by the stone and sand as it subsides. More often, however, it is stillness that defines the life that grows here." Anthony captures this dance of stillness and life in figure paintings and landscapes.

May 12
Canyonlands National Park, Needles District
Lost Canyon Trail 9:00 - 5:30 pm

May 13
Canyonlands National Park, Needles District
Squaw Canyon Trail 9:00 am - 3:00pm





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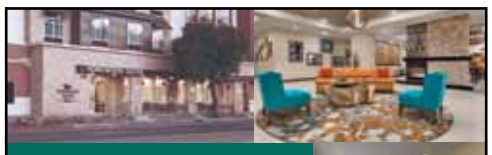
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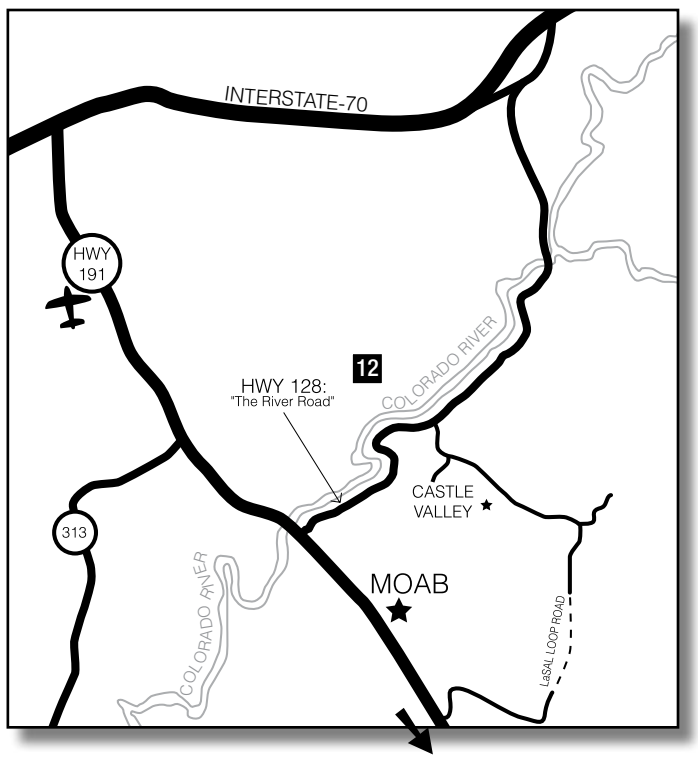
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Highway Map for Hwy 128 "The River Road" and Castle Valley
(Take Hwy 191 North to Hwy 128 - approx 2 miles)
Castle Valley Turnoff is approx 15 miles up River Road.



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3	Hampton Inn	435-259-3030	www.hampton.com
4	Gonzo Inn	435-259-2515	www.gonzoinn.com
5	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
6	Homewood Suites by Hilton	435-259-7000	www.homewoodmoab.com
7	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
8	Comfort Suites	435 259-5455	www.comfortsuites.com
9	Days Inn	435-259-4468	www.daysinn.com
10	ACT Campground	435-355-0355	www.actcampground.com
11	Redstone Inn	435-259-3500	www.moabredstone.com
12	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
13	Big Horn Lodge	435-259-6171	www.moabbighorn.com
14	Moab Rustic Inn	435-259-6177	www.moabrusticinn.com
15	Bowen Motel	435-259-7132	www.bowenmotel.com
16	Sleep Inn	435-259-4655	www.moabsleepinn.com
17	Aarchway Inn	435-259-2599	www.aarchwayinn.com
18	Vacasa	435-728-2415	www.vacasa.com / www.moabcondorentals.com

Moab Church Services Directory

Assembly of God
1202 South Boulder Avenue
435-259-7747

Bahá'í Faith
435-650-5778

Canyonlands Fellowship
111 East 100 North
435-260-2434

Church of Jesus Christ of Latter-Day Saints

First & Second Wards
475 West 400 North
435-259-5566

Third, Fourth & Fifth Wards
701 Locust Lane
435-259-5567

Community Church
544 MiVida Drive
435-259-7319

Episcopal Church of St. Francis
250 South Kane Creek Blvd
435-259-5831

First Baptist Church SBC
420 MiVida Drive
435-259-7310

Friends in Christ Free Lutheran Church
1240 South Highway 191
435-259-4378

Grace Lutheran Church
360 West 400 North
435-259-5017

Jewish Interfaith Beit Moabi
435-260-0241

Moab Baptist Church
356 West Kane Creek Blvd.
435-259-8481

Quaker Worship Group
81 North 300 East
435-259-8178

River of Life Christian Fellowship
2651 East Arroyo Rd.
435-259-8308

St. Pius X Catholic Church
122 West 400 North
435-259-5211

Seventh Day Adventist
4581 Spanish Valley Drive
435-259-5545

The Church of Christ
456 Emma Boulevard
435-259-6690















MOVIE HAPPENINGS

Stunts, Stars and Legends

by John Hagner

Robert Fuller

Leonard Leroy "Buddy" Lee, better known as Robert Fuller, in his decades of television, became known for his deep, raspy voice and was familiar to viewers throughout the 1960s and 70s from his co-starring roles as Jess Harper and Cooper Sm·ith on the popular 1060s western series "Laramie" and "Wagon Train".

The early highlights of Fuller's life were acting and dancing. In 1950, at the age of 16, he traveled with his family from Troy, New York to Hollywood, California, where his first job was as a stunt man. His first role was as an extra in the 1952 film "Above and Beyond". He attended Richard Boone's acting classes, as a suggestion of his friend, stuntman, Chuck Courtney. His first speaking role was in "Friendly Persuasion" in 1956.

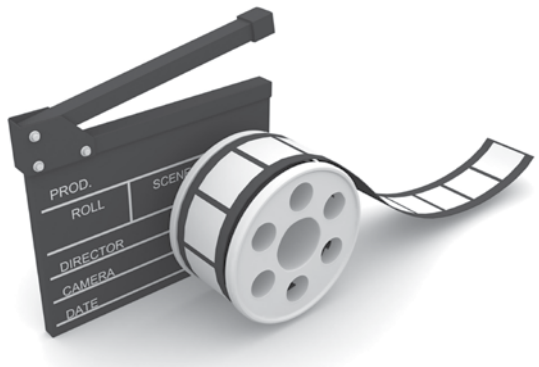
Fuller became an immensely popular character actor, guest-starring in dozens of televisions programs including "Buckskin", "The Big Valley", "The Restless Gun", "M Squad",and "The Adventures of Rin Tin Tin". He landed the co-starring role of Jess Harper on "Laramie", which ran from 1959 to 1963, being cast opposite his best friend John Smith. "Laramie" was eventually aired in more than 70 countries.

Jack Coffer

Jack was born in 1938 in San Joaquin County, California as Jackie Laure Foster. He is known for his work on the television series, "Laredo" (1965), as stunt double for Robert Fuller. Other appearances as a stuntman were in "The Rare Breed" (1966) and "The Way West" (1967).

Sadly, he was killed in an automobile accident in 1967, in Encino, California.

Jack Coffer was an honored Inductee in the Hollywood Stuntmen's Hall of Fame.







Films Made in the Moab Area

1939 - Stagecoach
1949 - Wagon Master
1950 - Rio Grande
1950 - The Battle At Apache Pass
1953 - Taza, son of Cochise
1958 - Warlock
1959 - Ten Who Dared
1961 - Comancheros
1963 - The Greatest Story Ever Told
1963 - Cheyenne Autumn
1964 - Rio Conchos
1966 - Wild Rovers
1966 - Fade In
1967 - Blue
1975 - Against a Crooked Sky
1982 - Spacehunter: Adventures in the Forbidden Zone
1984 - Choke Canyon
1985 - MacGyver
1987 - Nightmare at Noon
1988 - Sundown: Vampires in Retreat
1988 - Indiana Jones and the Last Crusade
1990 - Thelma and Louise
1992 - Knights
1992 - Slaughter of the Innocents
1993 - Geronimo: An American Legend
1993 - City Slickers II: The Search for Curly's Gold
1993 - Lightning Jack
1994 - The Great American West
1995 - Larger Than Life
1995 - Riders of the Purple Sage
1995 - The Sunchaser
1996 - Breakdown
1996 - Con-Air
1997 - Lost Treasure of Dos Santos
1998 - Chill Factor
1998 - Galaxy Quest
1999 - The Adventures of Joe Dirt
1999 - Mission Impossible II
1999 - Vertical Limit
2000 - Nurse Betty
2001 - Touched by an Angel
2002 - Austin Powers 3
2005 - Don't Come Knocking
2008 - Star Trek
2009 - The Canyon
2009 - Remember I'll Always Love You
2010 - 127 Hours
2010 - John Carter of Mars
2013 - After Earth
2013 - The Lone Ranger
2014 - Need for Speed
2014 - Transformers: Age of Extinction



UTE MOUNTAIN TRIBAL PARK

TOWAOC, COLORADO

2017 CALENDAR OF EVENTS

During the National Preservation Month of May the
"Seventeenth Annual Ute Mountain Tribal Park Open House"
will be held on May 27, 2017.
Porcupine House Tour at 9:10 a.m., $29.00 per person
Fry Bread Making, Tasting and Ute Cradle Board Presentation at 8:30 A.M.
Transportation is free and on a first come first serve basis.
No reservations required.

"Inaccessible, Casa Colorado, & Casa Blanca House Cliff Dwelling Tour"
will be held on July 8, 2017, at 8:30 a.m.
Tours are $35.00 per person and transportation is $14.00 per person. Various tour participant pickup locations.
Tour reservations are required.

"Turning Red Tail Hawk Tour to Morris Three Cliff Dwelling"
In Johnson Canyon, will be held on August 12, 2017,
At 9:00 a.m. and 10:00 a.m. departure times from the Tribal Park Visitor Center. This tour is $35.00 per person, transportation is Free and on a first come first serve basis.
Tour reservations are required.

Full day, half day, remote, and private tours are conducted April 2017 to October 2017.
Departure times from the Tribal Park Visitor Center.
Tour fees vary.

Tour reservations can be made at phone numbers
(970) 565-9653 & (970) 565-3751 ext. 330
e-mail: utepark@fone.net
or umtp@utemountain.org.
Website: utemountaintribalpark.info

Note: Ute Mountain Tribal Park does not accept credit cards. Accepted are: personal checks, cash, money orders, and traveler checks.
Tours may be canceled due to inaccessible roads or bad weather.

RADIO HAPPENINGS

Celebrating 25 years of Broadcast
KZMU Spring Radiothon, April 28-May 6

Moab's community radio station KZMU will mark a quarter century of live, local broadcasting during its Radiothon this Spring. The station turned 25 on April 2, designated by the City of Moab as "KZMU Day," and celebrated with a birthday party at the MARC attended by several hundred fans, including four former managers.

The happy anniversary represents years of contributions of all kinds, from the Thelma and Louise days when actress Susan Sarandon gave generously to the station that wasn't even on the air yet, to the gifts of time and energy made by so many DJs and supporters, through CPB funding to the current era when KZMU relies entirely on the community.

Times change. Over the years KZMU has moved from its original headquarters in a castoff NPS trailer to studios atop Rocky Road. The station has been solar-powered since 2008, saving about 270,000 pounds of CO2 from the air since the panels were erected. In the early days, KZMU was pretty much the only thing available on the local airwaves. Now the radio dial is crowded with other options, including two other public stations, both broadcasting from hundreds of miles away. After being defunded in 2015 by the Corporation for Public Broadcasting for being "too small to survive," KZMU joins other area nonprofits in soliciting funds from our rural community, often stretched thin.

KZMU has upped its game, adding new programming and new events, while still operating with a part-time staff of five and 75 volunteers. New programming includes Science Moab, produced by local soil ecologist Kristina Young (Fridays at 11:30); Tiny Station Concert (last Saturdays, 5-6 pm); and collaborations with the Moab Music Festival (Bach & Beyond, Sundays 5-7 pm) and Back of Beyond Books (KZMU Radio Book Club, every first Monday, 5-6 pm). New events include an annual radio play, performed live at Star Hall and aired in episodes on KZMU; a KZMU birthday party; and (along with a consortium of local nonprofits and businesses) the Moab Free Concert Series (every Friday evening in July in Swanny Park). The station continues its commitment to local youth, including training kids as DJs, producing Word of the Day with Moab schools, and offering Youth Rock Camp Moab during Spring Break.

KZMU's 25th Anniversary Radiothon begins on Friday, April 28 and runs through Saturday, May 6. As usual, we'll have a variety of premiums, including our 25th anniversary T-shirt in both women's and men's styles, and the commemorative KZMU pint glass — both designed by Serah Mead. And as usual, you can find our bright orange tent just outside City Market, where we'll have premiums and volunteers waiting to take your pledge. Listen for special programming and unusual premiums and please support our homegrown, independent radio station as we march into the next quarter century.





Rouge Assets performing at the KZMU birthday party..





Jeff Flanders, a former manager of KZMU at the anniversary party.

KZMU - Moab Community Radio 90.1 & 106.7 FM

P.O. Box 1076 • Moab, Utah 84532 **on-air studio: 259-5968 • office: 259-8824** **contact us: www.kzmu.org**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Native Spirit (First Nations)	Inflection Point	Early Morning	Art of the Song	EARLY MORNING		Desert Diva (dance, pop)
8:00		Native News 7:55am					
9:00		DEMOCRACY NOW					Shine Time (children, eclectic)
10:00	Jah Morning (reggae)	Moab Mamas/ Morning Blend (everything)	MOAB MORNING BLEND: Amarillo Highway (alt. country, alterna-twang)	Tilted Park (Americana classic rock)	Rocket Ship Radio (indie, eclectic)	Bronze Medal Show/Get Psyched (Indie Rock/Psych Folk)	Wayward Wind (alternative, americana, oldies)
11:00						Science Moab	
Noon							
1:00	Grass is Greener (bluegrass, folk)	The Skye's the Limit (rock, blues, unreleased)	Radio mmm... (classic indie)	Horizon Line (modern chill)	Tangled Roots (early R&B, soul)	Times Top 5, Art Beat	A Still Life (rock, pop)
2:00		"I Can Hear Queerly Now" Worktrain w/DJ Caboose	Joe's Garage (radio obscura) / Thematics	Bait and Switch (pop, top 100)	DJ Lady J (70's-00's)	1-2-3 (funky world soul)	Uncovered Remix (covers)
3:00	Entre Las Piedras Between the Rocks (norteno New Mexico rock & roll)						Belagaana Review (fruit and nuts)
4:00		Alternative Radio (news / talk)	Pirates & Poets/ Twang Thang (americana)	Wednesday Drive Time (new, alternative, indie)	Heart Beats (down tempo/house chill) Bambizz Live (instrumental hip hop)	Fire on the Mountain (dead, jam)	Tween Time
5:00	Bach & Beyond	This Week in Moab (Interviews / Calendar)					Psychedelicatessen w/Peggy
6:00		DEMOCRACY NOW					
7:00	Kokopelli Coffeehouse (acousitc, folk)	Big Swing Face (big band jazz) The Watering Hole (blues)	On Deck/Off Trail Alt Rock	Thin Edge (jazz)	Rock Wasteland	The Lounge of Uncle Meat (blues & soul revue) Beat Monkey (dance)	Ill Beats Radio (hip hop)
8:00							
9:00	Hardwired (hard techno chill)	Operation Punk Subversion (punk vinyl)	MOAB AFTER HOURS: Conscious Party (ska, punk, native, rock, dub)	Liberty Jam (americana, live, rock)	Ear Rooster (radio obscura)	Plastic Magic (alt Indie)	Rock of Ages
10:00							
11:00	KZMU OVERNIGHT						
12:00							

25th Season Swanny City Park FREE ADMISSION!

MOAB ARTS FESTIVAL



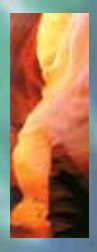


Memorial Day Weekend
Saturday/Sunday, May 27 & 28, 2017





Fine Art
Glass
Jewelry
Photography
Pottery
Wearable Art
Wood & Metal







Live Music
Art for Kids
Food! Fun!
Beer & Wine Garden







now accepting artist applications www.moabartsfestival.org 435-259-2742

Major Road Construction at Arches National Park

Plan on significant impacts to travel, hiking, and touring the park in 2017.
The paved road is closed to all traffic from 7 pm to 7 am Sunday through Thursday.
Visit www.go.nps.gov/ArchesConstruction for updated project information and schedules.



Discover the beauty of Moab with a reputable tour company you can trust. Offering water, land and air tours of the entire Moab area with knowledgeable and experienced guides. Create unforgettable vacation memories with Canyonlands By Night & Day.

Call 435-259-5261
www.canyonlandsbynight.com

TOP EXCURSIONS



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Sunset Jet Boat with Dinner



Daytime Jet Boat Tours » *1 or 3 hours*



Spin & Splash Jet Boat » *NEW!*



David DaVinci
Thrillusionist Magic Show

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www.canyonlandsbynight.com | info@canyonlandsbynight.com | Located North of the Colorado River Bridge

CANYONLANDS PRCA RODEO

JUNE 1ST – 3RD
THURSDAY – SATURDAY

prca PRORODEO

Indoors at the Spanish Trail Arena • Doors Open 6:00pm • Rodeo Begins 7:00pm

TOUGH ENOUGH TO WEAR PINK? Sponsored by Wrangler

THURSDAY NIGHT

MOAB GRILL

DISCOUNT ADVANCE TICKETS AVAILABLE ONLINE!

www.moabcanyonlandsrodeo.com

Or at these outlets: City Market, Moab Information Center, Big Horn Lodge, Canyonlands Copy Center

***AT THE DOOR:** Adults $16 • Children under 12 $10 • Family $50*

***THURSDAY NIGHT SPECIAL!** Vets & Seniors $8 • Adults $10 • Children under 12 $5*

Carnival

Town & Country Shows

Thursday & Friday, 2pm - Close

Saturday, Noon - Close



FOOD VENDORS

Shaved Ice
Sloppy Joes
Kettle Corn
Pulled Pork
Nachos
Fried Chicken
Ribs, Brats
Hamburgers
Hot Dogs

CASH BAR

McKenna Hales MISS RODEO UTAH





LIVE MUSIC
SATURDAY NIGHT
After the rodeo, join
JEFF KEELE BAND
for dancing and cash bar.
Shuttles available until 1AM!





KID'S EVENTS!
STICK PONY RACES AND MUTTON BUSTIN'
PONY RIDES & SIGN-UPS AT THE MOAB ARTS FESTIVAL
SATURDAY MAY 27TH FROM 11AM - 2PM

SPONSORED in part by...

CRUMP-REESE CHEVROLET BUICK FORD — Main Street - Moab, Utah

RED CLIFFS LODGE — Moab's Adventure Headquarters

MOAB Diner

Aarchway Inn

BOYD GAMING

WANG ORGANIZATION

MK Moab, USA

SHOPPING DINING **MOAB HAPPENINGS** LODGING EVENTS

Volume 29 Number 2 Section B May 2017

MOAB ARTS FESTIVAL

SATURDAY 10-7
SUNDAY 10-6
MAY 27-28

We are excited to bring the Moab Arts Festival back to Swanny City Park for its 25th year. A broad selection of original art from over 100 artists will be on display. Many of the artists have been showing their work at the Arts Festival for many years but we are also expecting many new artists this year. The Moab Arts Festival is unique in that it's the first show of the season for many of the artists so they will be showing their latest new items. We expect a variety of different artisans to attend in categories such as furniture, fine art, creative arts, pottery, fiber & textiles, jewelry, bath & body and a new category, upcycled art.

Returning to the Festival for its fourth year will be the Beer & Wine Garden with Moab's own Moab Brewery and Castle Creek Winery. They will be offering a selection of locally made brews and wines for sale. The Beer and Wine Garden will be open from Noon until 6:00pm both days of the Festival.

The Kids Art Tent will also return for a plethora of activities to entertain and amuse! Pick up a copy of the Moab Arts Festival newspaper for a full list of activities and times.

Swanny City Park will have live music throughout the day on two stages. From the ever favorite Moab Taiko Dan and Sister Wives to some new bands and many of your returning favorites will be performing for your enjoyment.

No festival would be complete without a variety of festival food vendors. From cotton candy, to corn on the cob, wood fired pizza, ice cream, burgers, quesadillas and gourmet tacos. A variety to please everyone's taste buds.

Come to the Moab Arts Festival and meet the artists, stay for great live entertainment, local wine and beer, delicious food, and purchase something special and unique.

The Festival will be open from
10 to 7 on Saturday, May 27
10 to 6 on Sunday, May 28
Join us in celebrating Art and Artists for our 25th year

Swanny City Park
400 North and 100 West
Free Admission

painting by Carmel Walden

NIGHT SKY HAPPENINGS

The Night Sky for May 2017

By Faylene Roth

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

DATE	SUNRISE	SUNSET
1	6:21am	8:10pm
2	6:19am	8:11pm
3	6:18am	8:12pm
4	6:17am	8:13pm
5	6:16am	8:14pm
6	6:15am	8:15pm
7	6:14am	8:16pm
8	6:13am	8:17pm
9	6:12am	8:19pm
10	6:11am	8:19pm
11	6:10am	8:20pm
12	6:09am	8:21pm
13	6:08am	8:22pm
14	6:07am	8:23pm
15	6:06am	8:23pm
16	6:05am	8:24pm
17	6:05am	8:25pm
18	6:04am	8:26pm
19	6:03am	8:27pm
20	6:02am	8:28pm
21	6:02am	8:29pm
22	6:01am	8:29pm
23	6:00am	8:30pm
24	6:00am	8:31pm
25	5:59am	8:32pm
26	5:58am	8:33pm
27	5:58am	8:33pm
28	5:57am	8:34pm
29	5:57am	8:35pm
30	5:56am	8:36pm
31	5:56am	8:36pm

The Milky Way is absent from May evening skies. It lies below the northern horizon until after midnight when the long arm that stretches towards the galaxy center sweeps into view along the eastern horizon. A long isosceles triangle formed by bright 0-magnitude star Arcturus (Boötes) and 1st magnitude stars Spica (Virgo) and Regulus (Leo) still dominates the overhead sky. Use the Big Dipper—an asterism in Ursa Major—to identify them. Follow the handle of the Dipper outward in a 30˚arc to Arcturus. Continue the arc and spike down about 35˚to Spica. Follow the handle back to the cup of the Dipper, then use the two stars of the cup that touch the handle to trace a 45˚arc southward to Regulus. Jupiter sits on the ecliptic about 15˚west of Spica and about 45˚east of Regulus. C-shaped Corona Borealis and the trapezoidal core of Hercules appear in the northeastern sky between Arcturus and 0-magnitude Vega (Lyra). The four faint stars of Libra sneak into the southern sky behind Virgo—sandwiched between Spica and the head of Scorpio. It is a good time to become familiar with Hydra, Crater, and Corvus in the southern sky. See the sky map to determine their orientation to Leo, Virgo, and Libra.

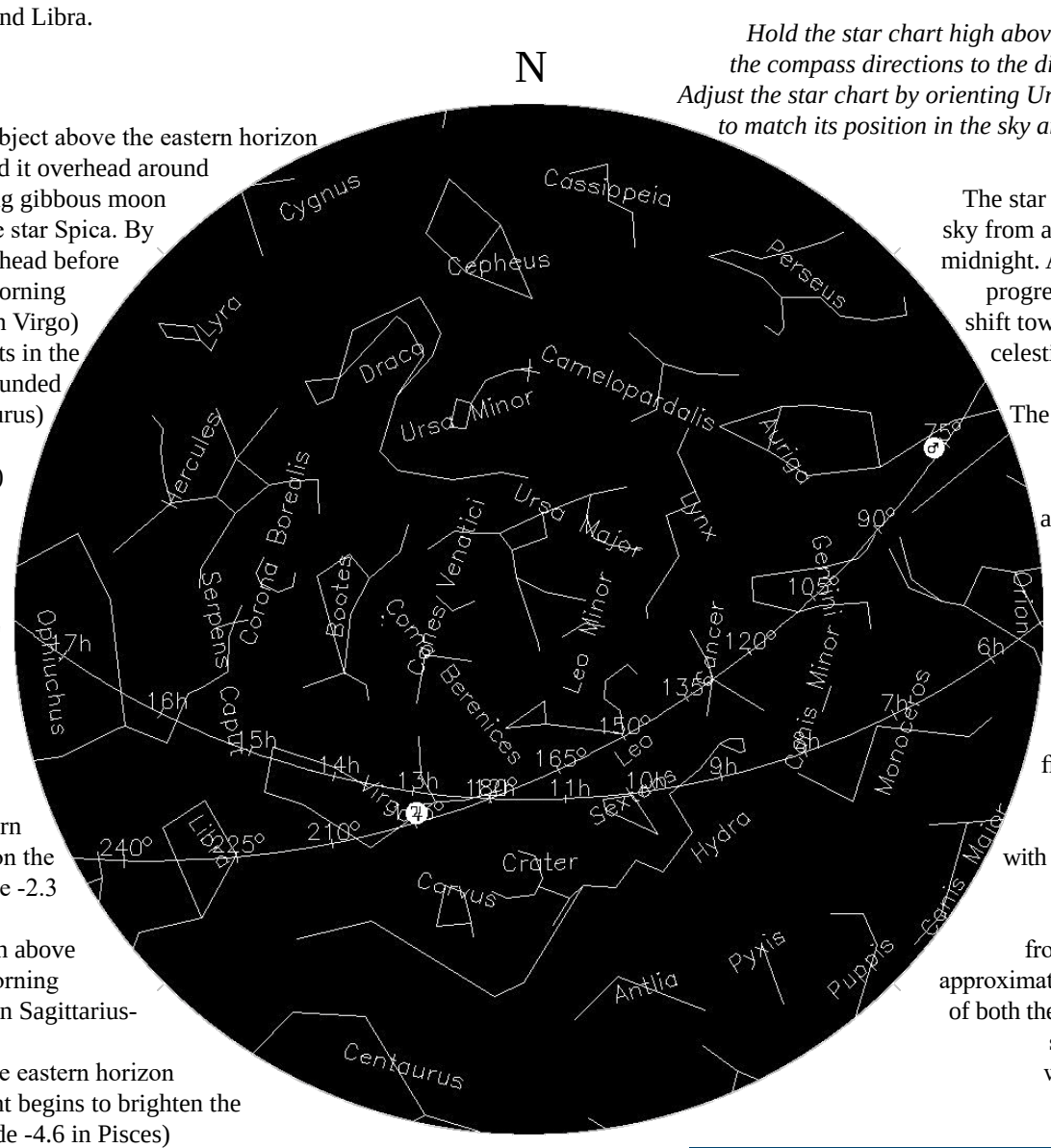
Moab UT (at City Hall)
38˚34’ N Latitude - 109˚33’ W Longitude
4048 ft - 1234 m Elevation

VISIBLE PLANETS

Evening (Before Midnight)
Jupiter ♃ –The brightest object above the eastern horizon in early May is Jupiter. Find it overhead around midnight. May 6-8 a waxing gibbous moon grazes past Jupiter and blue star Spica. By month’s end Jupiter is overhead before 10:00pm and sets before morning twilight. (Magnitude -2.3 in Virgo)
Mars ♂ –The red planet sets in the last stages of twilight surrounded by red stars Aldebaran (Taurus) and Betelgeuse (Orion). (Magnitude +1.6 in Taurus)
Saturn ♄ – Saturn rises just before midnight in early May, before 11pm at midmonth, and before 10pm at the end of the month. (Magnitude +1.1 in Sagittarius-Ophiucus)

Morning (At Twilight)
Jupiter ♃ –In early May compare the brightness of Jupiter setting on the western horizon with Venus rising on the eastern horizon. (Magnitude -2.3 in Virgo)
Saturn ♄ – Look for Saturn above the SW horizon in early morning twilight. (Magnitude +1.1 in Sagittarius-Ophiucus)
Venus ♀ – Venus pierces the eastern horizon before astronomical twilight begins to brighten the surrounding sky. (Magnitude -4.6 in Pisces)

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.



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

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

Hold your hand at arm’s length to measure apparent distances in the sky. The width of the little finger approximates 1.5˚. Middle, ring, and little finger touching represent about 5˚. The width of a fist is about 10˚. The fist with the thumb extended at a right angle equals 15˚. The hand stretched from thumb to little finger approximates 20˚- 25˚. The diameter of both the full moon and the Sun spans only 0.5˚less that width of the little finger.

MOON HAPPENINGS

May 2 – Waxing first quarter moon lights the evening sky then sets soon after midnight.
May 10 – Full moon (3:42pm) rises at 8:13pm.
May 18 – Dark evening skies return with the waning last quarter moon rising after midnight.
May 25 – New moon (1:44pm) yields dark skies for several nights.

(The moon rises later each day—as little as 30 minutes to as much as one hour. Time of moonrise and moonset may also be delayed in mountainous terrain.)

Twilight transitions between night and day in three stages at each end of the day. Morning twilight begins with astronomical twilight as the eastern horizon brightens — about 1-1/2 hours (nearly 2 during summer months) before sunrise when the sun is 18˚below the horizon. Nautical twilight takes over for another 30-40 minutes—as the sun passes 12˚below the horizon and the overhead sky turns blue and color returns to the surrounding landscape. The final stage—civil twilight—begins when the sun ascends to 6˚below the horizon and provides adequate light for most outdoor activities for the half hour before the sun crests the horizon. The opposite progression occurs after sunset. Civil twilight covers the period after sunset during which daytime light quality persists for about one-half hour. Color then fades from the landscape during the 30-40 minute period of nautical twilight during which the overhead sky darkens while the western sky retains color. Astronomical twilight then transitions to night skies that are now darkened along the horizon.

CELESTIAL HAPPENINGS

Comets are notoriously unpredictable, but it would be disappointing to miss a good one. **Comet C/2015 V2 (Johnson)** could reach 6th magnitude during May. Extend the line from the upper right arm of Hercules southward grazing the western edge of Boötes. At the beginning of May Comet Johnson will be a little beyond the arm of Hercules. By midmonth look for it near the SE point star of the club of Boötes. The comet continues along this line, passing Corona Borealis but not traveling as far as Arcturus (Boötes). Sixth magnitude objects shine at the edge of naked eye visibility, so use binoculars to locate it. Go to http://www.cometwatch.co.uk/ for updates.

Primary Sources: USGS; U.S. Naval Observatory; The SkyLive at https://theskylive.com/; Your Sky at http://www.fourmilab.ch/yoursky/

To find out when the International Space Station is visible from your location, go to: https://spotthestation.nasa.gov/

MAJOR METEOR EVENTS

Shower	Peak (May)	Range (May)	Constellation Radiant	Rate (/hr)	Details	Conditions
Eta Aquarids	5/6 6/7	3-9	Aquarius	10-30	Swift with persistent trains just before morning twilight. Fireballs common after May 9.	Waxing gibbous moon sets in early morning twilight (hour earlier on May 5)

Best time to view any meteor event is between midnight and morning twilight when the radiant is overhead.

Trace the path of any meteor backwards through the sky to reach its radiant--the region of the sky from which meteors appear to originate.

Look up at the stars tonight!



Dark skies are a valuable and rare resource that millions of people throughout the world never get to see. Discover ways to appreciate and conserve Moab’s unique and rare dark skies here at home. The universe is right overhead in our back yards!



MOAB ARTWALK • SATURDAY, May 13TH 5PM - 9PM

Pick up a postcard at any ArtWalk destination and have it punched at all ELEVEN locations for your chance to **win a $50 gift certificate to Imagination Station Art & Craft Supplies.** Turn in your **full** punch card at your final art destination, to enter.

Imagination Station 1

90 W Center St.• 435.259.6497

Imagination Station has new hours: Check us out Wednesday, Friday and Saturday 10am-6pm, Thursday 11am - 6pm, Sunday 10am - 4pm. Closed Monday and Tuesday. Rumor has it we were a hit at the last Art Walk, great food, drinks, artist & company. Have you discovered us yet?



It's Sew Moab 2

40 W Center St.• 435.259.0739

Stopping by It's Sew Moab is a great way of finding unique gifts stitched by Moab locals using fabrics that are only seen in Red Rock Country! Just arrived is the new Jeep Brand licensed fabric! Come see the quilts for sale, handbags, totes, and clothing.



Desert Thread 3

29 E Center St.• 435.259.8404

Celebrate knitting this ArtWalk, it's good for your brain and warms your heart! We will feature a line of handmade shawls for inspiration. Want to learn? Stop by anytime for a current schedule.



Bike Fiend 4

69 E Center St.• 435.315.0002

We will be showcasing Custom Built Bike Frames in Steel and Titanium, Hand Crafted by Pierre Chastain, and Hand Painted Bikes by local artists. We are also excited to be showcasing artwork by local High School Students.



98 Center 5

98 E Center St.• 435.355.0098

May Artwalk at 98 Center will feature *Desert Botanicals*, new work by local artist Holli Zollinger. The show will highlight Zollinger's work as both fine artist and designer with an array of lush desert flora and fauna digitally formatted to canvas.



Museum of Moab 6

118 E Center St.• 435.259.7985

With the speed of light, "Women from Venus" and "Men From Mars" will collide into "Car Heaven" on Earth to present "The Guys and Dolls" Art Show. Mona Horiwitz is sharing some of her vast collection of the finest antique and collectable dolls and teddy bears in Utah.



Tom Till Gallery 7

61 N. Main St.• 435.259.9808

Have a favorite place to hike, bike, raft or four wheel in Moab? Keep your eyes open for Moab's blooming spring flowers, both in and out of the Gallery.

20% discount on any flowers images for the May Artwalk!

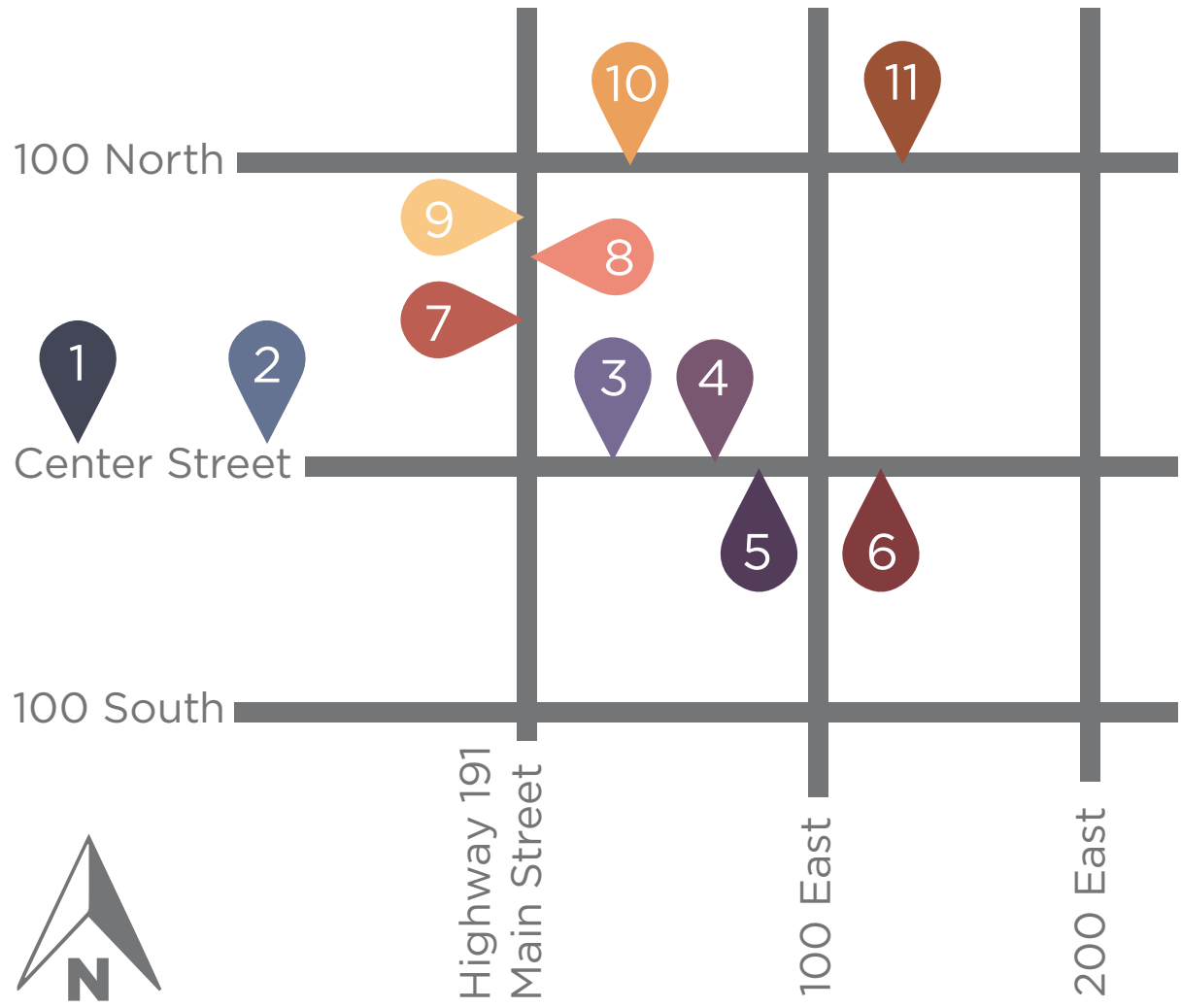


Moab Made 8

82 N. Main St.• 435.261.3570

May at Moab Made is all about the making. Mingle with some of our makers and see their process in person. A behind the scenes look at how the artisans create.





Gallery Moab 9

87 N. Main St.• 435.355.0024

Gallery Moab presents the landscape paintings of Guest Artist Carolyn Dailey, and gallery members Robin Straub and Phil Wagner. All three paint 'en plein air' (outside in nature) with distinctly different results. Come meet the artists.



Moonflower Co-Op 10

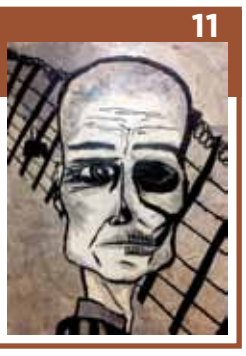
39 E. 100 N. St.• 4.259.5712



The landscape. The seasons. Moon, stars and sun. Chris Conrad has combined traditional film and contemporary digital photography of these things for many years. Chris will present some never-seen-before works from a decade ago and also present new, surreal reality landscapes.

MARC (Arts & Rec Center) 11

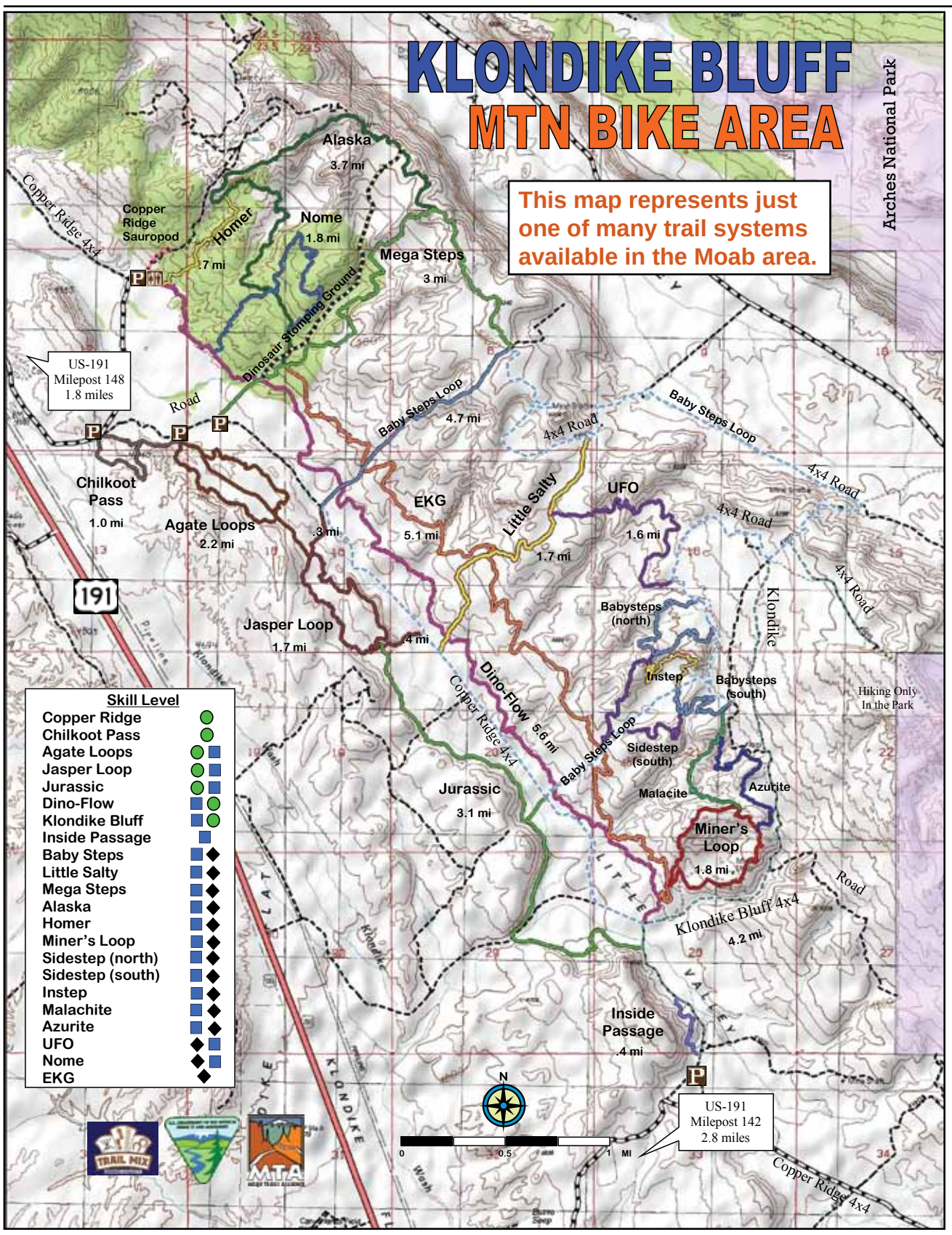
111 E. 100 N. St. • 435.259.6272



In honor of Mental Health Awareness Month (May), the MARC will be displaying mental health and wellness themed art contributed by local community members in a show entitled "Open Mind." Accepting submissions until May 7th, get in touch today!



ROAD & MOUNTAIN BIKING



Moab has become known worldwide as a mountain biking mecca. The canyon country around Moab offers some of the most unique and varied landscape on earth, from 13,000 foot peaks and high alpine meadows to high desert vistas above the sandstone canyons. Varied terrain and spectacular scenery bring riders from all over the world to Moab to try the trails. Many trail systems have been developed in the area to provide a variety of mountain biking challenges. Several companies in the area can provide rentals and information.

• **MOAB CENTURY TOUR - Landscape Worth Training For! September 23, 2017.** Utah's most scenic road cycling routes with 40, 65, and 100 mile options. Ride along the scenic Colorado River for 40 miles or challenge yourself with a 60 mile ride to the edge of the earth—Dead Horse Point State Park overlooking the Colorado River 2000 feet below. Or combine both and make this your century ride! Enjoy weekend of fabulous roads, cycling icons, delicious food, superior support staff in route vehicles and at water and food stations. For more info visit skinnytireevents.com or call 435-260-8889. This annual event benefits the Moab Cancer Treatment Center and the Lymphoma and Leukemia Society.

• **OUTERBIKE FALL October 6-8, 2017.** 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 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.*

THE UTAH HIGH SCHOOL CYCLING LEAGUE October 20-21, 2017. The Utah High School Cycling League is hosting races in Moab at the Bar M Trailhead. Approximately 800 students will be racing each day from the north and south regions starting at 8am. The Utah League is the governing body for interscholastic cycling for students grades 7-12. They currently have close to 2400 students on 81 teams across the state. Please see their website www.utahmtb.org for more information."

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL October 2017.** 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.

• **6th ANNUAL GRAN FONDO MOAB, May 5, 2018.** Due to the La Sal Loop Road closures there will be no Gran Fondo Moab event for 2017 but it will return in 2018. 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.

• **POISON SPIDER BICYCLES SPRING THAW, March 2018.** A fun, long weekend with demo bikes, women's ride, shuttles, frame giveaway and guided group rides on the Bar-M and the Mag 7 Trails. Food and parties included for $40. Preregister for free t-shirt! For more info visit poisonspiderbicycles.com or call 435-259-7882.

• **MOAB SKINNY TIRE FESTIVAL - ROAD CYCLING TOUR, March 2018.** Four days of road cycling along the Colorado River, and Dead Horse Point State Park. This event benefits the two room cancer treatment center at the Moab Regional Hospital and other cancer survivorship programs and research. For more info visit skinnytireevents.com or call 435-260-8889.

• **MOAB ROCKS MOUNTAIN BIKE STAGE RACE, March 2018.** Takes some of the regions best classic & new routes including Klondike, Porcupine Rim & Mag 7 combining them into a 3-day masterpiece of cross country & timed descents in a fully supported format. All this wrapped up in a fun & friendly atmosphere, combining camaraderie & competition. For info: transrockies.com/moab-rocks or 403-483-9977.

• **OUTERBIKE SPRING 2018.**Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah.

CYCLING HAPPENINGS

Best Way to See the New Bears Ears National Monument?

Ride Twin-track Roads on a Mountain Bike

By Franklin Seal
Rim Tours photos

Have you heard about the new Bears Ears National Monument? It's been in the news a lot. Among many things unique about Bears Ears, it is the first national monument that will be managed in conjunction with an official Bears Ears Commission made up of representatives from five Native American tribes with historical ties to the land.

However, the main job of managing of our country's newest monument will fall to the Bureau of Land Management (BLM,) holder of the largest share of land within Bears Ears' 1 million-plus acres. They will do so in coordination with the US Forest Service (USFS,) which also has lands inside the monument, and in conjunction with the Tribal Council.



Every Bit As Amazing As Its Sister Parks

This newly recognized national treasure is every bit as amazing as its sister parks immediately to the north, Canyonlands and Arches National Parks. Bears Ears contains (and protects) hundreds of ancient Indian ruins and rock art panels, and scores of intricate canyons cutting down through the sandstone to the Colorado River. If you want to visit Bears Ears, there are many ways to do it, but perhaps the easiest and most intimate method is by mountain bike.

You could venture out on your own, doing the research in advance, rigging or renting your own camping gear and bikes, but on a guided mountain bike tour, you'll be sure to see all the very best sites and views, and learn about what you're seeing from expert interpreters. Plus, guides will tune your bike and create delicious backcountry gourmet meals at camp each night and morning (and you can leave the rigging to them!)

One such guided mountain bike tour is the 3-day/2-night Bears Ears Backcountry Weekend offered by Rim Tours. Their summer itinerary sticks to two-track BLM and Forest Service dirt roads, so the riding itself is perfect for beginners and those who enjoy taking it easy.

The reason Rim Tour's Bears Ears tour is offered during the summer is that much of the National Monument is at higher elevation than Canyonlands or Arches, so it serves as a welcome, cooler alternative to the surrounding lower elevation areas during June, July and August. For this same reason, some areas in Bears Ears (including the actual Bears Ears themselves) are difficult to visit during Spring and late Fall when winter snow and mud make some of the higher roads impassable.

During Spring and Fall, Rim Tours offers an alternative "Bears Ears" tour called the Needles to Moab Canyonlands Tour. This 4-day/3-night itinerary starts at the Needles District of Canyonlands, travels the Lockhart Basin Road through the northern section of the national monument.

Already Gaining Popularity

Lisa Bryant, BLM Public Affairs Specialist, said "Visitation to the Cedar Mesa and surrounding areas has been increasing for some time. That trend is expected to continue with the publicity surrounding the new Bears Ears National Monument."

She added that the National Monument offers a unique opportunity to visit cultural sites, including spectacular rock art sites and the remains of prehistoric family dwellings, granaries, kivas, towers, and large villages. But she cautioned that, "These sites are fragile and irreplaceable and need to be treated with care."



For visitors looking for a scenic drive and a picnic area, the Needles and Anticline Overlooks provide excellent views of Canyonlands National Park and the Bears Ears National Monument. A marked road headed west of Hwy 191 about 32 miles south of Moab leads to both viewpoints. There are also a couple of campgrounds in the general area.

For people looking for a more back country adventure or experience, Bryant advised that it's best to stop in at the Kane Gulch Ranger Station (located on State Route 261.) From there visitors can visit the rock art exhibit, learn more about the region, and then consider a number of day hikes in the area depending on each person's time and abilities. "This is rugged country, far from gas stations and convenience stores," Bryant said. "We ask that everyone be prepared with proper clothing, water, food, maps, and obtain necessary permits before entering the back-country."

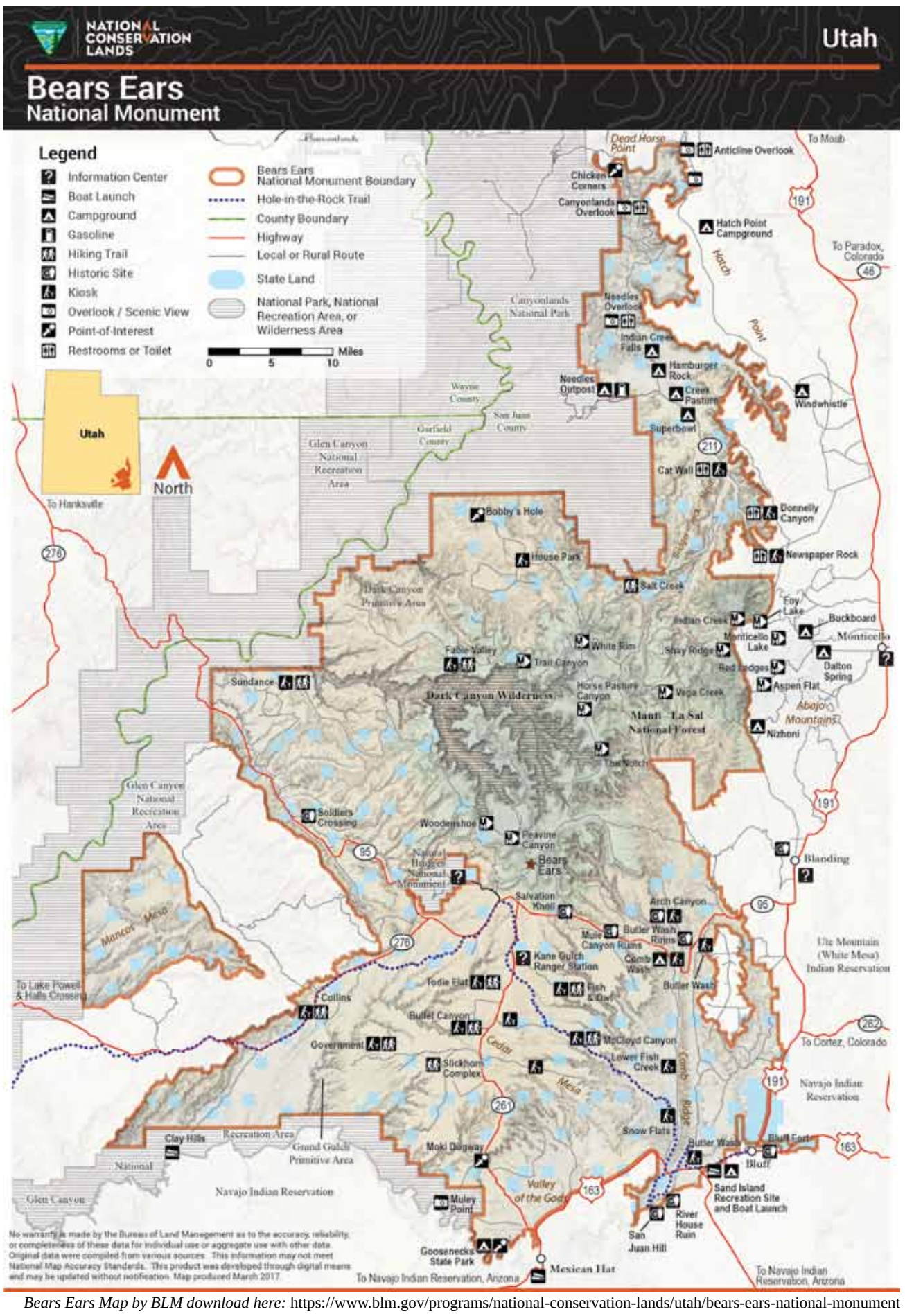
BLM has an online trip planner for the Kane Gulch area. There are additional brochures available on the BLM' Bears Ears webpage to areas like Fish and Owl Canyon. It also has a new map with the monument boundaries and all the important locations.

Respect and Protect

In anticipation of the increased visibility of the area, BLM has been working with partners and volunteers to stabilize sensitive cultural sites and provide interpretive information at some of the more frequently visited sites. Bryant added. "We are also promoting our Respect and Protect campaign to help visitors understand the best way to enjoy these sites without harm. In these rugged landscapes it's easy to feel like you are the first person to come across a site and feel that special sense of discovery. By visiting with respect you can give that gift of discovery and sharing something sacred to those that follow, just as those who came before have given that to you."

Article courtesy of Rim Tours Mountain Bike Adventures 1233 S. Hwy 191, 435-259-5223.

RIM TOURS
MOUNTAIN BIKE ADVENTURES
rimtours.com



Bears Ears Map by BLM download here: https://www.blm.gov/programs/national-conservation-lands/utah/bears-ears-national-monument

National Bike Month

May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.

National Bike to Work Week 2017 will be held on May 15-19. Bike to Work Day is May 19! Information: bikeleague.org

Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride.

THE LEAGUE OF AMERICAN BICYCLISTS NATIONAL BIKE MONTH

As a national sponsor, the League provides resources to help you plan an event in your area, and each year the number and diversity of Bike Month celebrations continues to grow, accelerating the momentum around bicycling nationwide.

BLUEGRASS HAPPENINGS

Western Colorado's Palisade Bluegrass & Roots Festival

June 9-11

By Sharon Sullivan

As an 8-year old banjo player and son of bluegrass legend Del McCoury, Rob McCoury learned early on the fun of making music. He remembers his father's bands jamming for hours at the family home.

After the younger McCoury started "fooling around" with the bass at age 14, he was invited to fill in for his father's Del McCoury Band for a three-day gig in New York.

"He said "get some good clothes and grab that bass – you're going,'" recalled McCoury. "I was the bass player for about a year, and then moved on to be the banjo player."

These days McCoury and his mandolin playing brother Ronnie, have their own band, The Travelin' McCourys, which includes fiddle player Jason Carter, Alan Bartram on bass, and Cody Kilby playing guitar.

The Travelin' McCourys will perform Saturday afternoon, June 10, at the Palisade Bluegrass and Roots Festival –and then again that evening when the progressive bluegrass band joins the Jeff Austin Band on stage for a collaborative "Grateful Ball" set of Grateful Dead songs.

"A lot of people got turned on to what we do because of what they did," said McCoury. "Jerry Garcia was a bluegrass guy first and foremost. It's been fun learning their songs and working them up on bluegrass instruments."

The western Colorado music festival begins Friday at 3 p.m. with a lineup of Colorado-based musicians that include Let Them Roar, The Sweet Lilies, Mayhem Gulch, The Lonesome Days, and the closing headliner, Shel – a virtuoso indie-folk quartet of sisters currently on tour to promote their album "Just Crazy Enough."

"They're incredible musicians – Shel is really going to explode into Palisade's consciousness," said festival co-promoter Amy Kimberly. "They're very fresh. There's a lot more indie in them than a lot of the other artists."

On Saturday the festival kicks off at 11 a.m. with the lively San Francisco-based band Front Country, followed at



1 p.m. by the Venice Beach-based band Dustbowl Revival – an American roots orchestra that combines "bluegrass, hot jazz, pre-war blues, southern soul and a good dose of New Orleans funk."

Saturday is a "hot day all around," said Kimberly, with the Travelin' McCourys and the Jeff Austin (formerly lead singer for Yonder Mountain) Band closing out the day.

Opening Sunday is Harpeth Rising, a group comprised of cello, banjo and violin that fuses folk, newgrass, rock and classical to create a sound that is both "familiar and impossible to categorize."

Next up is Parsonfield, a group known for its "jubilant and danceable indie roots music."

At 3 p.m., The Lil' Smokies perform their traditional bluegrass-turned progressive acoustic music. The Lil' Smokies garnered awards at the 2016 International Bluegrass Music Association and won the 2015 Telluride Bluegrass Festival band completion.

Closing out the festival is Keller and the Keels, a bluegrass trio that includes award-winning flat picker Larry Keel and his bass-playing wife Jenny Keel.

Set alongside the Colorado River in Riverbend Park, the festival allows for camping a short walk or golf cart ride way from the stage. Campers can expect music jams in the campground all night long.

"It's just such an amazing scene," Kimberly said. "It's beautiful, with lots of shade."

Part of what makes the Palisade Bluegrass and Roots Festival so special is the "sense of place" the town provides, Kimberly said. There's lot to do throughout the weekend – including standup paddle boarding on a nearby lake, touring the wineries, and attending yoga classes in the morning before the music starts.

"Recreation is an intricate part of the festival and we allow time for that," Kimberly said. "It's a chance to soak up the flavor of Palisade. It's part of the magic."

For tickets, or more information visit the web site: www.palisademusic.com.

MILEAGES TO MOAB

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

MILEAGE CHART

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

WINE TASTING HAPPENINGS

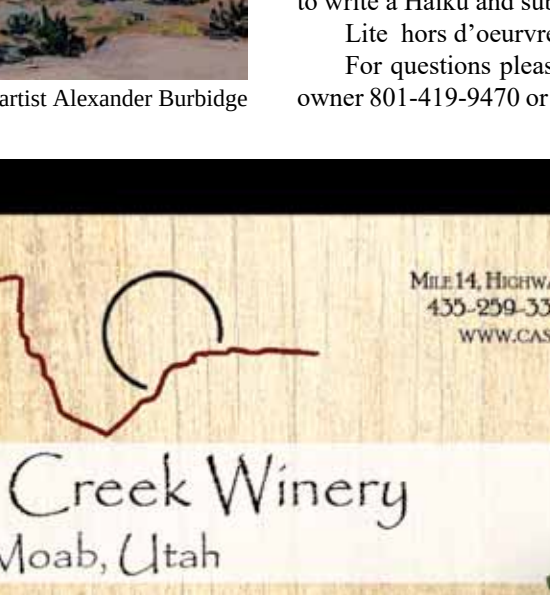
Wine Tasting and Art Boutique Sale

Spanish Valley Vineyards and Winery is excited to be hosting our first wine tasting and Art Boutique sale of this year on Saturday, May 6, from 12pm - 7pm.

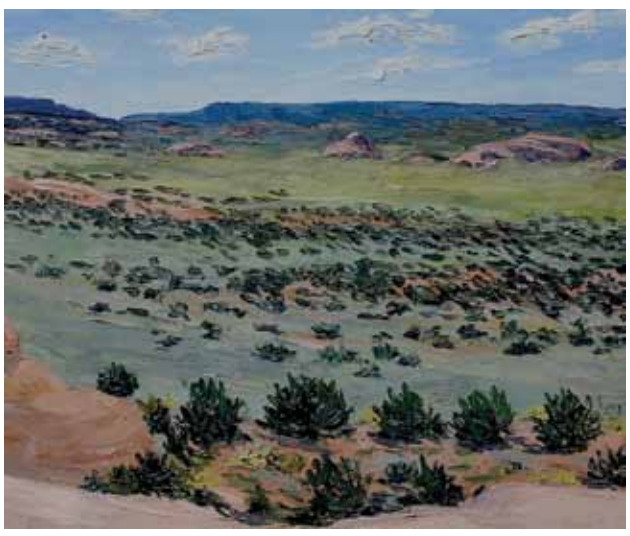
For this event we will be featuring some of Moab's unique local artists. We will be exhibiting various mediums from traditional paintings, fine art prints, handmade jewelry, handmade soaps candles and creams and fiber art.

One of the artists that will be attending will be Alex Burbidge, a painter of multitude of different styles and techniques, ranging from palate knife, plein air, landscapes, to color intensive abstracts, as well as figurative social commentaries and cartoon realism. Alex's art is featured at www.alexburbidgeart.com.

BarnYard Saints is the artist duo Walker T Roman and Danielle Mulcahy. Partners in art and life they travel the country producing fine art and fiber crafts from the comfort of their tiny home/studio. Walker's paintings are atmospheric landscapes, highly informed by mid-century abstraction, while Danielle produces whimsical animal portraits full of life and spunk. Together the couple processes animal fiber; washing, dying, and spinning the fiber by hand into luscious one of a kind pieces of wearable fiber art. Walker and Danielle will be sharing spinning demos on site during the art show.



artist Alexander Burbidge



artist Alexander Burbidge

Victoria White Eagle—Moab Handmade Artisan Candle and Soap Company. Victoria has been using her gifts as a native healer to make a unique line of products since 1998. This year she is expanding her line to include handmade natural candles made with 100% soy wax. Soaps made with ingredients created from local artisans such as locally roasted coffee, farm fresh goats milk and beer brewed right here in Moab. Each ingredient is chosen for its unique moisturizing and nourishing effects on skin and its impact on our environment. Keeping you in harmony and walking in beauty.



artist Chris Miles

Prints by Utah Artist Chris Miles whose artwork is featured on the Spanish Valley Vineyard wine labels, *Salt Lake Magazine* cover and the cover of *The Catalyst* magazine. Examples of his artwork can be found www.chrismiles.com

Photographs will be featured by Utah photographer Peter Hines, who has spent extensive time up in Alaska holding photography workshops. Peter's photos can be found on his website www.taooflightphoto.com

We will also be featuring other artist to be announced.

During our art show we will have wine tasting from 12-7pm. We are excited to be showcasing our newest wine Heavenly Red Blend which is a wonderful blend of 75% Cabernet Sauvignon and 25% Syrah. We are very proud of our new wine label featuring the Flying Angel painted by Chris Miles. In addition, we will have available our other varietals Gewurztaminer, Riesling, Cherry, Tempranillo, Syrah, Cabernet Sauvignon and Late Harvest Riesling. While tasting our amazing wines we encourage our guest to write a Haiku and submit it in our Haiku Poetry contest.

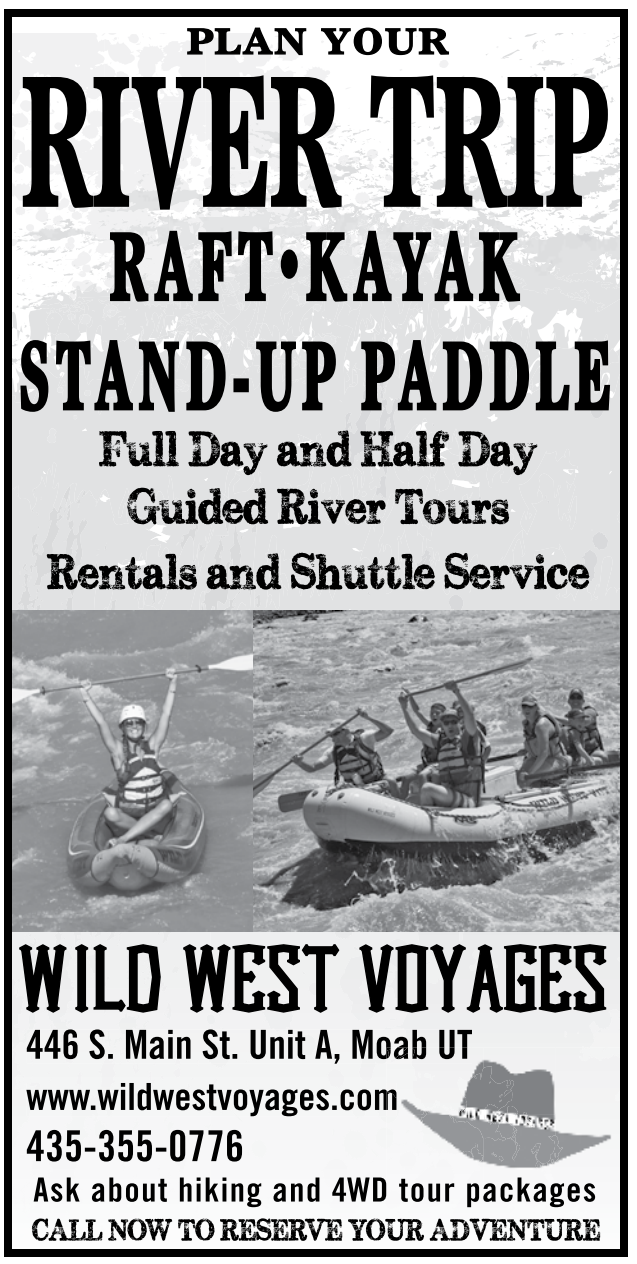
Lite hors d'oeurvres will be available.

For questions please feel free to call Alesia Stripeika owner 801-419-9470 or curt@spanishvalleyvineyards.com



artist Chris Miles





NATURE HAPPENINGS



May Flowers

By Damian Fagan

A NATURAL HISTORY WRITER. *Based in the Pacific Northwest, Damian Fagan is a freelance natural history writer and nature photographer who focuses on the flora and fauna of the American Southwest and the Pacific Northwest. Of course, this gives him a good excuse to go hiking. Follow Damian's writing adventures at* **damianfagan.blogspot.com**



Prickly pear cactus



Fish hook cactus



Narrow leaf yucca

The remarkable existence of desert plants is magnified during the spring wildflower season. In this land of little rain, plants seem to eke out an existence. Their growth is not measured in height or board feet, but by the decades they have survived. In spring, ancient trees, twisted and gnarled by the seasons, and compact, spiny shrubs are suddenly accented by a wonderland of wildflowers.

Many of these plants have been here for years. They are the perennials, those with a life span greater than one season. Many are familiar wildflowers like narrow-leaf yucca, sand verbena, Eaton's penstemon, lupines and sunflowers to name a few. Others have also been here for years, but in a different state.

Lying dormant as seeds buried beneath shifting sands and awaiting optimal conditions to germinate, seeds of wildflowers need the right soil moisture conditions before they germinate. Though the right conditions may not guarantee success to flowering, they at least offer an opportunity to sprout and grow and race against Mother Nature's biological clock.

The vast fields of wildflowers that bloom in May might be either perennials or annuals, plants that have a one-season life cycle. Some years, the desert is carpeted with fields of globemallow, blazingstar, woody asters or yellow beeplant, a plant the Ancestral Puebloans harvested and used as a black pigment to paint their pottery. When these plants carpet the desert floor it is an amazing sight.

Desert trumpet is another plant that heralds spring, sometimes in profusion. With its oddly-shaped stems that are narrow at the base and "inflated" towards the tip, this plant can grow in abundance after a wet winter. The tiny yellowish flowers lack petals so they are easily overlooked, but the unusual stems may persist even into winter.

Scorpionweed, with its bluish-purple flowers that are coiled in a tight cluster that resembles a scorpion's tail, cloak clay-rich, reddish-brown slopes of the Moenkopi and Cutler formations. Their foul-smelling foliage may seem like a deterrent to herbivores or foraging humans, but Native Americans used the powdered leaves mixed with water as poultices for sprains and swellings.

In addition to the flowering plants, the prickly pear and fishhook cacti produce beautiful flowers in May. The prickly pears with their jointed, flattened stems produce brilliantly colored flowers that are havens for pollinators which are often seen plowing through the small forest of stamens within the flower. In contrast, the barrel-shaped fishhooks produce pinkish flowers protected by curved spines that resemble fishhooks and thus give this plant their common name.

But if my money is on one spring plant that's a real show stopper, it has to rest on the rough mule's ears. This weird sounding name refers to the texture of the leaves which reminded early botanists of the feel of their mule's ears. The large, almost shrub-size stature of the plants produces large sunflower-like flowers that often cloaks the plant. The genus name Wyethia, is named after Nathanial Wyeth (1802-1856), better known as the "Cambridge Ice Man."

Wyeth was a Bostonian who owned several ice businesses, but he had been bitten by the "Go West Young Man," bug in the 1830s. He eventually led two overland expeditions to the Northwest, and helped a couple of famous naturalists, John Kirk Townsend and Thomas Nuttall, collect plants along the way, one of which was named in his honor.

Though the colorful red rocks and odd geologic formations of Canyon Country will always take center stage, spring adorns the desert with a spectacular wildflower show that is greatly appreciated and shouldn't be missed.



Scarlet globemallow



Mules ears



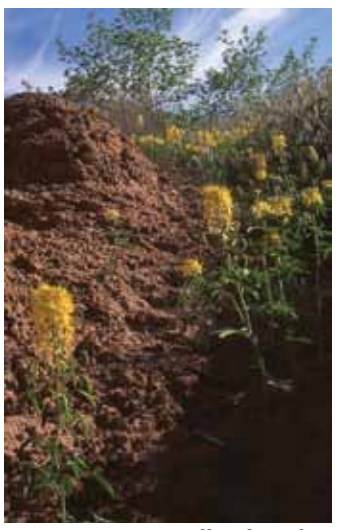
Lupine



Penstemon



Penstemon



Yellow bee plant





MUSIC HAPPENINGS

Time for Three Helps Celebrate
Moab Arts Festival and Moab Music Festival's 25th Anniversary

ZIONS BANK

This season, the Moab Music Festival (MMF) celebrates 25 years of music in concert with the landscape™ with "sandstone walls for acoustics, willows for privacy and river sand for a stage" (Sunset Magazine). In conjunction with the Moab Arts Festival's 25th Anniversary, we celebrate the vibrant arts community in Moab with the groundbreaking, category-shattering trio Time for Three (Tf3) on Saturday, May 27 at 7:30 pm. After the Moab Arts Festival closes for the day at 7 pm, wander up Center Street to Star Hall and catch this high energy trio! Tickets for the event are $25 for adults and $5 for 18 and under. All tickets are general admission. Doors will open at 7 pm. Tf3 will also be playing a short set during the Moab Arts Festival on Saturday, May 27. Come hear what they are all about!



Time for Three transcends traditional classification, with elements of classical, country western, gypsy and jazz idioms forming a blend all its own. The members — Nicolas (Nick) Kendall, violin; Charles Yang violin; and Ranaan Meyer, double bass — carry a passion for improvisation, composing and arranging, all prime elements of the ensemble's playing.

To date, the group has performed hundreds of engagements as diverse as its music: from featured guest soloists on the Philadelphia Orchestra's subscription series to Club Yoshi's in San Francisco to residencies at the Kennedy Center to Christoph Eschenbach's birthday concert at the Schleswig-Holstein Festival in Germany. Recent highlights included their Carnegie Hall debut, appearances with the Boston Pops, Melbourne Symphony Orchestra, a sell-out concert at the 2014 BBC Proms, and an appearance on the ABC prime time hit show "Dancing with the Stars."

Time for Three was a hit at MMF's 2015 Family Picnic Concert and Festival musician, Charles Yang, became a



member of the group in 2016. You can hear more of Charles Yang and other chamber musicians at the 25th Moab Music Festival running August 31–September 11. Along with the Festival musicians, other featured artists include Béla Fleck & Abigail Washburn, Marcus Roberts, The Requinte Trio, and the Pedrito Martinez Group. The MMF celebrates 25 years of music in concert with the landscape™ with music programs of past composers-in-residence, the Leonard Bernstein Centennial Celebration, and music written by composers when they were 25 years old.

For more information about Time for Three at the Moab Arts Festival or the Moab Music Festival's 25th Season, go to www.moabmusicfestival.org, info@moabmusicfest.org, or call 435.259.7003. This concert is generously sponsored by Zions Bank.

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









LIVE MUSIC

Finding Evening Entertainment In Moab is Easy!

Everyone knows that there's plenty to do in Moab in the daytime. Virtually every kind of outdoor adventure awaits area visitors. But at the end of the day, can one find evening entertainment in this little desert town? The answer is a resounding: yes! Moab boasts more entertainment options per capita than perhaps any town in the west, and is certainly the night life capitol of Southeastern Utah.

Live music is available at several local clubs for adults, especially on the weekends. But if you're looking for a place where kids, adults and even dogs can go be entertained downtown, then the destination has got to be the Moab Backyard Theater, a one-of-a kind outdoor venue featuring shows five days a week.

The Moab Backyard Theater is a throwback to bygone days of American entertainment, when traveling carnivals and minstrel shows entertained lonely frontier audiences. Located just off main behind Zax restaurant on 100 South, the theater has a stage set beneath a giant cottonwood tree that is older than the town itself. Thursday through Saturday at 7pm, there is a popular magic show featuring the acclaimed magic of Rick Boretti. The show is not only mystifying but filled with humor. Adults and kids alike are entertained by what is the longest running outdoor magic show in the southwest.

Wednesdays feature the famous Bluegrass Night at the theater, featuring the music of Quicksand Soup. They keep old-time traditional music alive and also feature original songs, backed by some of the finest pickers in the region. Mondays is New Western music night, showcasing a variety of regional and national talent.

New this year to the theater is the Spitfire Smokehouse BBQ, with delicious all-American cooking. For the first time in downtown Moab, you can now get dinner and a show, and watch the sunset too! The Moab Backyard Theater is located at 56W 100 South in downtown Moab, just a half block off Main.







May 2017

May 1 Backyard Theater, Western Music Night, 7pm

May 1 Blu Bar, Jon O, 7pm

May 2 Club Rio, Karaoke, 9pm

May 2 Blu Bar, Jasper Groff, 7pm

May 3 Backyard Theater, Quicksand Soup-Bluegrass, 7pm

May 3 Blu Bar, Community Music Night with Scott Ibex, 7pm

May 4 Blu Bar, Lost Buffalo, 7pm

May 5 The Alley, Donnie C & the Slickrock Riders, Country Music & Dancing, 8:30pm

May 5 Blu Bar, Bob Greenspan & Mama T, 7pm

May 5 Club Rio, Bubba Bartosh & the Red Rock Outlaws Band, 9pm

May 6 Blu Bar, Bob Greenspan & Mama T, 7pm

May 6 Club Rio, Phil Dirt, 9pm

May 6 The Alley, Bubba Bartosh & the Red Rock Outlaws Band, 8:30pm

May 7 Blu Bar, Rogue Assets, 7pm

May 8 Backyard Theater, Western Music Night, 7pm

May 8 Blu Bar, Jon O, 7pm

May 9 Blu Bar, Jasper Groff, 7pm

May 10 Backyard Theater, Quicksand Soup-Bluegrass, 7pm

May 10 Blu Bar, Community Music Night with Scott Ibex, 7pm

May 11 Blu Bar, Lost Buffalo, 7pm

May 12 Club Rio, Ponder the Albatross, 9pm

May 12 Blu Bar, Bob Greenspan & Mama T, 7pm

May 12 The Alley, Donnie C & the Slickrock Riders, Country Music & Dancing, 8:30pm

May 13 Blu Bar, Bob Greenspan & Mama T, 7pm

May 13 Club Rio, Ponder the Albatross, 9pm

May 13 The Alley, Bubba Bartosh & the Red Rock Outlaws Band, 8:30pm

May 14 Blu Bar, Rogue Assets, 7pm

May 15 Backyard Theater, Western Music Night, 7pm

May 15 Blu Bar, Jon O, 7pm

May 16 Blu Bar, Jasper Groff, 7pm

May 17 Backyard Theater, Quicksand Soup-Bluegrass, 7pm

May 17 Blu Bar, Community Music Night with Scott Ibex, 7pm

May 18 Blu Bar, Lost Buffalo, 7pm

May 19 Club Rio, Satin Steel, 9pm

May 19 The Alley, Donnie C & the Slickrock Riders, Country Music & Dancing, 8:30pm

May 19 Blu Bar, Harry Harpoon, 7pm

May 20 Club Rio, Satin Steel, 9pm

May 20 The Alley, Bubba Bartosh & the Red Rock Outlaws Band, 8:30pm

May 20 Blu Bar, Harry Harpoon, 7pm

May 21 Blu Bar, Dave Stewart & David Earl Brown, 7pm

May 22 Blu Bar, Jon O, 7pm

May 22 Backyard Theater, Western Music Night, 7pm

May 23 Blu Bar, Jasper Groff, 7pm

May 24 Backyard Theater, Quicksand Soup-Bluegrass, 7pm

May 24 Blu Bar, Community Music Night with Scott Ibex, 7pm

May 25 Blu Bar, Lost Buffalo, 7pm

May 26 Club Rio, Donnie & the Blackhats, 9pm

May 26 The Alley, Live Country Music & Dancing, 8:30pm

May 26 Blu Bar, Dave Stewart & David Earl Brown, 7pm

May 27 Club Rio, Donnie & the Blackhats, 9pm

May 27 The Alley, Bubba Bartosh & the Red Rock Outlaws Band, 8:30pm

May 27 Blu Bar, Andrew Wynne, 7pm

May 28 Blu Bar, Andrew Wynne, 7pm

May 29 Backyard Theater, Western Music Night, 7pm

May 29 Blu Bar, Jon O, 7pm

May 30 Blu Bar, Jasper Groff, 7pm

May 31 Backyard Theater, Quicksand Soup-Bluegrass, 7pm

May 31 Blu Bar, Community Music Night with Scott Ibex, 7pm

Music Locations

Blu Bar
811 S. Main Street
435-259-3333

Club Rio
2 S 100 West
435-259-2654

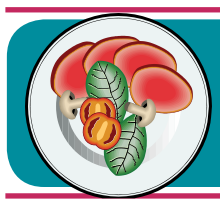
The Alley Sports Pub & Grill 1078 Millcreek Dr. 435-259-4748

The Backyard Theater
56 W. 100 South
Behind Zax









RESTAURANT GUIDE



BURGERS • SHAKES • BREWS
THE SPOKE ON CENTER
MOAB, UTAH
5 North Main Street 435-260-7177
www.thespokemoab.com

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

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

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

Moab Brewery, Moab's only on-site microbrewery, offers a variety of locally brewed beers in their bar, and an agency where they can sell full-strength beer to go. Moab Brewery beer is available at other restaurants in town and at retail stores in Moab as well in the Salt Lake City area.

Moab boasts four upscale lounges. The Atomic Lounge crafted cocktail lounge, next to Atomic Burger, The Ghost Bar, upstairs at Jeffrey's Steakhouse and Blu Bar located in The Blu Pig. They 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. 98 Center is the newest lounge.

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. Look for restaurants serving these award winning 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 Monday through Saturday 11:00 am to 7:00 pm. They are closed on Sundays and Holidays. Moab Brewery now has a package agency open every day at 11:30 am where you can purchase their new higher volume beer selection.

Beer (3.2% alcohol content) for take-out can be purchased at food stores and convenience stores for off-premise consumption only. Moab Brewery, now a packaging agency, sells full-strength beer to go. See ad on this page. 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."

SORREL RIVER RANCH
RESORT AND SPA



For Inspired Seasonal Dining

Overlooking the Colorado River, our River Grill restaurant specializes in farm-to-table cuisine. Dine indoors or al fresco on our riverside deck.

Reservations Recommended
Mile 17 Highway 128, Moab, Utah 84532
844.362.3602 | www.sorrelriver.com

Established 1954
Milt's Stop & Eat
Located at 400 East and Millcreek Drive on the way to the Slickrock Trail.
Featuring
Local Grass-Fed, Hormone-Free Beef Burgers
Natural Buffalo Burgers
Hand-Cut Fries
Classic Diner Sandwiches
Fresh Delicious Salads
Homemade Shakes & Old-fashion Malts
Open Tuesday ~ Sunday 11am–8pm
Closed Mondays
www.miltsstopandeat.com
Eat in or take out: 435-259-7424



Twisted Sistas'
Open Friday - Tuesday
Lunch 11:45am - 3:00pm
Dinner 5:00pm - 9:00pm
Open Thursday for Dinner only 5-9pm
Closed all day on Wednesday
www.twistedsistascafe.com
1-435-355-0088
11 E. 100 N. Main Street



LA HACIENDA Restaurant
Reestablished in 2015
Lunch & Dinner
Open Noon - Close
Closed Tues
Catering - Full Liquor License
Sports viewing area with HD 4K TV's
574 North Main Street
435-355-0529
LaHaciendaMoab@gmail.com



BANGKOK HOUSE TOO
SUSHI BAR & ASIAN BISTRO
Sushi • Thai • Pho
NO MSG
Dine in • Take out
Bento Boxes • Lunch Specials
Vegetarian • Gluten Free Options
59 South Main St.
Suite 8
tripadvisor yelp
BangkokHouseToo.com
Closed Mondays 435-355-0168
Open Tues. - Sun. 11:30am - 10:00pm

RESTAURANT

Jeffrey's STEAKHOUSE
Casually Upscale
Classic Steakhouse Fare
Dinners starting at $20
Patio Open
(Weather Permitting)
Open 5:00pm
Call for reservations or use Open Table
www.jeffreyssteakhouse.com
State Liquor Licensee
218 North 100 West 435-259-3588
Just slightly off Main



Desert Bistro
Casual Fine Dining
Contemporary Southwestern Cuisine



Now located
in the heart of downtown
36 South 100 West
Open Tues - Sun 5:30pm-9:30pm
Closed Monday
Reservations: www.desertbistro.com
259-0756 FULL LIQUOR LICENSEE



98 Center
98 E. Center St. 435-355-0098
Mon - Fri 12 - Close, Sat 11 - Close (Brunch 11 - 2)
98 Center invites you to elevate your palate, elevate your experience. By day we offer a fun, fast, fresh lunch that boasts homemade Pho, Bahn Mi sandwiches, salads and an endless supply of cold brew, pour over, and Vietnamese coffee. By night 98 Center transforms into a casual lounge offering craft cocktails and delectable small plates made from the freshest ingredients available. Our distinct atmosphere is our specialty—a place to gather, listen to live music, or enjoy good conversation with friends over our selection of signature cocktails, beer and wine.

Arches Thai 60 North 100 West 435-355-0533
Lunch • Dinner
Open 6 days a week 11am - 9pm
Closed Tue.
At Arches Thai we strive to serve you authentic Thai cuisine and our style Pho with fresh and healthy ingresdients as well as our friendly service. Our extensive menu includes choices of organic chicken, pork, beef, seafood mix, tofu, vegetarian, squid and shrimp. We use cage free eggs. Now serving beer & wine.

Atomic Grill & Lounge
1393 North Hwy 191 435-259-5201
Breakfast • Lunch • Dinner
Open 7am
The ATOMIC is an eclectic eatery owned and operated by Chef Tim Buckingham. Whether you are looking for that specialty coffee drink in the morning and a quick bite to go or you want to enjoy one of his lunch and dinner creations from his refined menu of small plates, gourmet burgers, BBQ and more. You may choose your setting either from the warm earth toned dining area, the beautiful secluded patio or mingle in the lounge imbibing with one of his unique craft cocktail creations.

The Alley Sports Pub & Grill
1078 Millcreek Drive 435-259-4748
Open Daily
The newest sports pub & grill insde Gravel Pit Lanes. Come enjoy the game on our 80" Ultra HD TV and our other 14 screens. Serving delicious pub grub along with beer, & handcrafted sodas. 50 beers to choose from, 24 on tap. Under 21 welcome. wwwgravelpitlanes.com.

Bangkok House Too, Sushi Bar & Asian Bistro
59 South Main St. Suite B 435-355-0168
Dine In • Take Out Closed Monday
Open Tues - Sun 11:30-10:00
Our chefs prepare authentic dishes using the highest quality ingredients. We have a large menu including Sushi, Thai, Bento Boxes, Pho and Seafood. There are vegetarian options, gluten free and a kids menu. We offer take-out lunch specials.

Bike Fiend/Coffee Fiend
(Formerly Moab Classic Bike & Coffee)
69 East Center 435-315-0002
Open 7 days a week, 9am to sundown
Classic Bikes, Classic Coffee. Professional barista creating specialty hot drinks using Moab's finest locally roasted coffee (FMC) and Organic milk. Free WiFi and newly renovated seating area, come and taste the difference. The fiend is a full service bike shop featuring new, used, vintage, custom builds & rentals. All bikes welcome. Perfect for an after dinner espresso. www.facebook.com/pages/Moab-Classic-Bike/129161960570308

Blu Pig & Blu Bar
811 S. Main 435-259-3333
Lunch • Dinner • Take Out
Open Daily 11:30-close
Moab's only BBQ and Blues destination. Ribs to write home about. Casual, laid back establishment that you'll want to come back to again and again. Smoking your favorites all day, every day. Covered patio dining and internet bar are just some of the extras offered for your enjoyment and convenience. Large Screen HD TV's. Take out available. Ice cold beer. State liquor license. Blu Bar specializing in Whiskey and Tequila offers over 60 beers. Live Music Daily.

Broken Oar
53 West 400 North 435-259-3127
Open 4pm Nightly - Closed Sundays
Our beautiful log building provides the perfect casual atmosphere. Relax by our stone fireplace in the cooler months, or enjoy the Moab scenery on our enormous outdoor deck. Amazing food, large variety of gluten free options, wide beer and wine selection, and excellent service. For more information visit our website www.thebrokenoarmoab.com. Please call for private functions.

Burger King 606 South Main 435-259-2700

Club Rio
2 South 100 West 435-259-2654
Open everyday Till 1:00am
New kitchen, featuring House smoked meats, specialty Burgers, sauces and dressings made in house. Late night kitchen. Sandwiches - Burgers - Full Dinners. Great food. Great drinks. Great service. To go orders welcome. Live music, DJ, Karaoke. 21 years and older with valid ID.

China Cafe 812 South Main 435-259-7933

Cowboy Grill at Red Cliffs Resort
16 Miles up Highway 128 435-259-2002
Breakfast • Lunch • 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.

Denny's
989 North Highway 19 435-259-8839
Breakfast • Lunch • Dinner
Open 24 Hours. 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 435-259-0756
Open Tuesday-Sunday 5:30pm-9:30pm
Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at the Bistro. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Covered, secluded patio dining. Full liquor license. Reservations highly recommended.

Eddie McStiff's
59 South Main Street 435-259-2337
Lunch • Dinner Open 11:30am
Established in 1991, Eddie McStiff's is a long time local favorite with a variety of comfortable indoor and outdoor family friendly environments. Eddie's boasts Moab's largest selection of microbrews and high point bottled beers. Come and enjoy our bar and lounge. We strive to use the best organic ingredients and the freshest local produce when available. We are known for our tasty house ground burgers and fresh salads, and steaks, but we also offer several delicious vegan, vegetarian and gluten free options.

El Charro Loco Mexican Grill
812 S. Main Street 435-355-0854
Lunch • Dinner / Open daily 11am
Serving authentic Mexican cuisine 7 days a week. Family owned and operated using the freshest ingredients and traditional recipes. Lunch Specials served daily from 11am-3pm. Come enjoy our intimate and friendly atmosphere. ¡El Arte de Comer Bien! The art of good eating! Patio dining.

EklectiCafe
352 North Main Street 435-259-6896
Breakfast • Lunch
Daily 7:00am - 2:30pm
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. Also named the "Fan Favorite" in the March/April issue of 2014 AAA magazine.

Fiesta Mexicana
202 South Main Street 435-259-4366
Sun - Thurs 11 - 10 Fri & Sat 11 - 11
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 6 TVs! 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 $7.75 Full bar.

Giliberto's
396 South Main 435-259-1678
Open 6am-2am
Newest location of family owned chain of restaurants. Enjoy the same authentic Mexican cooking as our other restaurants in Arizona, Colorado and Utah. Traditional Mexican recipes including Lengua and Menudo. Mexican bottled Coca Cola, Horchata, Rica Jamaica and Tamarindo.

Jailhouse Cafe
101 North Main Street 435-259-3900
Daily 6:30am-Noon
Moab's Breakfast Place located in Grand County's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

Jeffrey's Steakhouse
218 North 100 West 435-259-3588
Open at 5:00pm
Call for reservations.
Our mission at Jeffrey's is to provide our guests with the absolute highest quality in all that we serve. Our steaks are all Wagyu style, the American Kobe beef. We are committed to utilize the resources of our local farmers. Gluten free, vegan, and vegetarian options nightly. 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 St. 435-355-0529
Lunch • Dinner
Open Noon - Close Closed Tuesdays
Chef John and Jennifer Garrard are the proud new owners of the La Hacienda. Committed to re-establishing a local favorite. We strive to provide excellent service and an inviting atmosphere. Introducing exciting new dishes of our own. 435-355-0529 lahaciendamoab@gmail.com

Love Muffin Café 139 North Main 435-259-6833

McDonald's 640 South Main 435-259-8800

Miguel's Baja Grill
51 North Main 435-259-6546
Open nightly 5pm
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. Vegetarian, Vegan & Gluten Free items available. Proud to cook with zero trans fat.

For more information about these restaurants pick up a "Moab

GUIDE

Milt's Stop & Eat
400 East and Millcreek Drive 435-259-7424
Open Tue-Sun 11am - 8pm
Closed Mondays
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 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.

Moab Brewery
686 South Main 435-259-6333
Open 11:30am Daily
Whatever the season, whether you're hungry or thirsty, come in and enjoy the comfortable atmosphere. Food & Beer to go. Moab's only onsite brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu, house made gelato & root beer. State Liquor Licensee.

Moab Chevron Deli 817 So Main 435-259-2212

Moab Coffee Roasters
90 N. Main St.
Open everyday 7am - 9pm
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. Organic gelato made with all fresh ingredients, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference!Check out our selection of Republic of Tea!

Moab Diner & Ice Cream Shoppe
189 South Main 435-259-4006
Breakfast • Lunch • Dinner
Mon-Thurs: 6am - 10pm.
Fri-Sat: 6am - 11pm
Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners. Our Ice Cream Shoppe features Blue Bunny ice cream.

Moonflower 39 E. 100 N 435-259-5712

MOYO – Moab Frozen Yogurt
331 N. Main St. 435-355-0010
Open Daily 1-9
MOYO is a self-serve frozen yogurt shop that offers 14 delicious flavors of yogurt, including low fat and no-sugar added. We also have custard and Italian ice. Our topping bar offers over 30 choices, from healthy to decadent, to enhance your froyo experience. All of our yogurts and sorbets are real dairy, live and active culture certified as well as OU-D Kosher certified. Come down and enjoy our indoor seating or our covered, lighted patio with misters. We also offer plenty of parking in back. Enjoy a free sample and meet our friendly staff.

Moab Grill Steakhouse
540 South Main 435-259-4848
Breakfast • Lunch • Dinner • Catering
Open 6:30am
Enjoy our home style cooking ranging from our 'Cowboy Benedict' in the morning to hand cut choice steaks and seafood for dinner. Our homemade soups, pies, cobblers, espresso and our crazy juicy burgers are good any time of day. Friday Night Steak and King Crab Night. Saturday and Sunday - Slow Roasted Prime Rib. Enjoy our new pasta dishes. Small private meeting room. Internet service, and catch up on the news on 2 flat screens. Full wine and beer menu. Vegetarian and gluten free dishes. Counter Dining.

Pancake Haus 196 South Main 435-259-7141

Paradox Pizza
702 South Main St 435-259-9999
3pm-9pm Wed-Mon
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 435-259-2900

Peace Tree Juice Cafe
20 South Main 435-259-0101
Breakfast • Lunch • Dinner
Open 7am - 10pm
Welcome to the healthy restaurant. We have full Breakfast and Lunch menus in addition to our new Dinner menu. Good pasta selection. Beer, Wine, Cocktails, Fresh Juice, Fresh Fruit Smoothies, Green Smoothies.

Pizza Hut 265 South Main 435-259-6345

Quesadilla Mobilla 89 N. Main 435-260-0289

Red Rock Bakery & Net Cafe
74 S. Main Street 435-259-5941
Breakfast • Lunch
Open Mon - Sat 7am- 3pm Sunday 7am - 2pm
Made in Moab since 1997. Serving an array of fresh made products including bagels, scones, muffins, cinnamon rolls, cookies, brownies & other treats. Full espresso bar with locally roasted Fresh Moab Coffee. Great sandwiches for the trails. Order ahead for faster service. Free WiFi with purchase. Featuring artwork from local artist Alex Burbidge's "Wendover & Beyond"

Sabaku Sushi 90 East Center 435-259-4455

Singha Thai Cuisine 92 E. Center 435-259-0039

River Grill at Sorrel River Ranch Resort & Spa
Mile 17 Highway 128 435-259-4642
Reservation Recommended
Feast on Southern Utah's spectacular scenery while enjoying delicious, locally-sourced fare. Dine indoors or al fresco by the riverside. Full liquor license and extensive wine list.

The Spoke On Center
5 North Main 435-260-7177
Lunch & Dinner Open daily 11:00 a.m.
Moab's newest restaurant located right in the middle of town, corner of Center and Main Street. Delicious gourmet burgers, brews and shakes. Our menu uses the freshest ingredients available. If burgers are not your favorite, we have something for everyone including freshly made salads, barbeque pork, fish and chips and several build your own options. Gluten free and vegetarian options are also available. Full service liquor license. Take out available.

Subway Sandwich Shop
299 South Main 435-259-SUBS
Breakfast & Lunch Open 7am everyday
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RESTAURANT GUIDE

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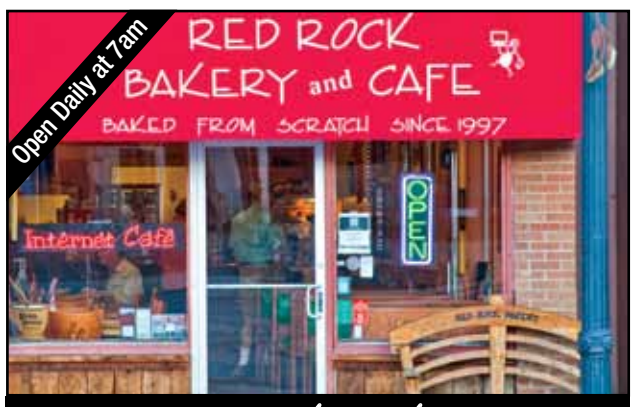
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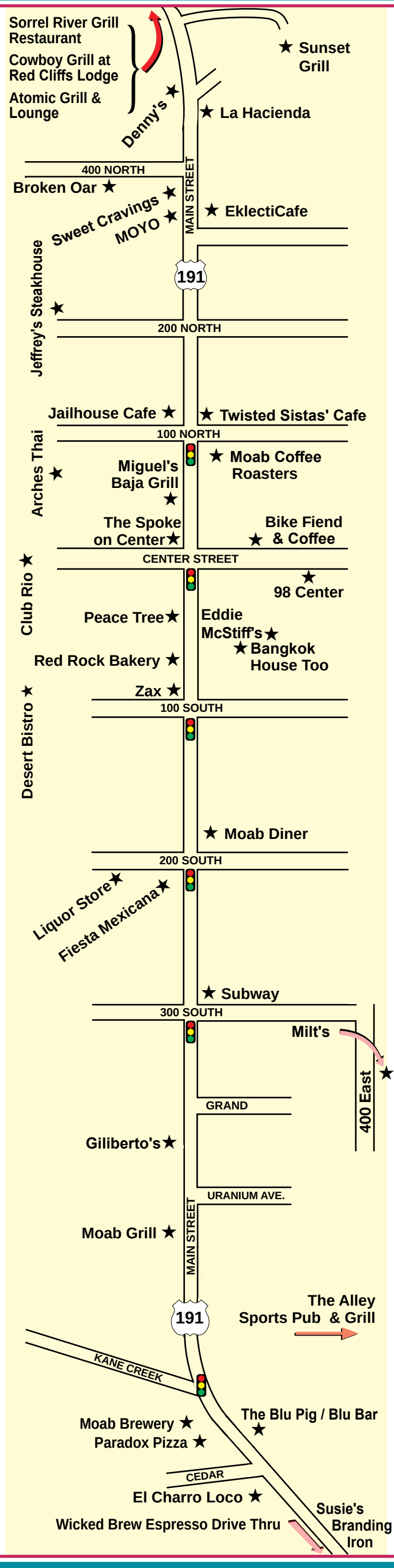
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Moab Farmers' Market returns with music & entertainment

Hello Moab! Welcome to the beginning of another great season for The Southeast Utah Health Departments' Moab Farmers' Market! Come and enjoy live entertainment while snacking on fresh foods. The market is a perfect place to enjoy music and entertainment with the people you love!

This year we are welcoming many long time and new vendors to our Market. The Market is located at Swanny City Park every Friday from 4:00pm - 7:00pm, May 5 - Oct 27. We look forward to seeing our town come together for yet another productive season. Come out and support our amazing vendors that work to provide you with quality foods and creations of all kinds. New vendors are encouraged to join throughout the year. The application can be found at our website www.moabfarmersmarket.com or pick one up in person from the Market Manager.

Tune into KZMU radio "This week in Moab" every Monday from 5pm-6pm to hear about upcoming events detailing the Market happenings. More information can be found on the website www.moabfarmersmarket.com including a list of vendors, upcoming entertainment, sponsors, articles and other community updates.

Double-up food bucks will be starting June 2nd! For every dollar someone uses on their EBT card, the Market will match up to ten per week! It's a great program for our Moab citizens!

Thank you Market Manager, Greg Hernandez, and to our many generous sponsors!

For more information on the Farmers' Market, contact Orion Rogers, M.S., REHS/RS, Southeastern Utah District Health Department, at 435-259-5602, Cell: 801-557-6978.



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HEALTHY HAPPENINGS

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Pain Relief Through Posture Alignment

By Jessica Kisiel

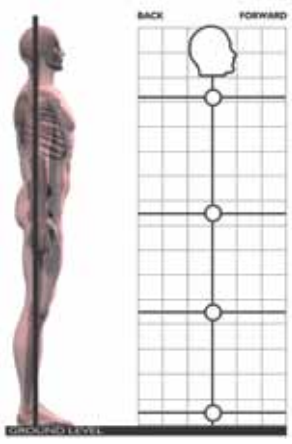
Do you have joint or muscle pain? Although it is easy to blame age, genetics, the sports you play, or the activities you did when you were young, the truth is, it may be your posture. Besides, if pain is an inevitable part of growing older, wouldn't we all have the same aches? Or, wouldn't both sides of your body, which are the same age, hurt equally, not just the right ankle or left shoulder?

Aligned posture has all eight load-bearing joints—shoulders, hips, knees and ankles--at 90-degree angles to each other, as seen from both the front and side views. The spine is in its natural curves; the feet and knees point straight forward; and body weight is evenly distributed right to left and across the feet. Stand up and take a look: are your shoulders symmetrical, hips level, spine appropriately curved and feet straight? If not, these postural deviations could be contributing to your discomfort.

Muscles move bones, and soft tissue creates our posture. Structural alignment forms the foundation upon which we move. If we are misaligned while sedentary, these imbalances will be amplified when we are in motion. The stresses generated throughout the body in response to gravity and ground-reaction forces will be directed into these deviated areas of the body, causing breakdown, inflammation and pain.

Using a personal example, both of my knees point inward, the left more so than the right. When I play sports, my left knee has a greater risk of pain and injury because of its faulty position. The forces generated through movement are damaging instead of strengthening my joint when in this unbalanced position. Consequently, I have had three surgeries on my left knee due to cartilage degeneration and meniscus tears.

When the skeleton is asymmetrical and the soft tissues are imbalanced, dysfunctions and compensations can result. Dysfunctions are when the body's musculoskeletal system loses the ability to perform everyday movements for which it is designed. This can lead to compensations, where surrounding muscles and joints begin engaging in actions and movements for which they are not intended. This often occurs near the compromised area of the body. In my case, dysfunction in my left knee lead to compensation in my left hip, which then became injured.



Realigning the body can reverse this downward trend! Muscles and soft tissue can be re-trained, bones can be moved, and destructive forces can be alleviated. The Egoscue Method® is one approach to achieving this result. To return the body to postural balance, Egoscue® uses a personalized program of corrective exercises to re-establish correct muscle biomechanics and proper position. As a result of doing posture therapy, my pain has subsided. Plus, I've gained strength, move easier, enjoy more activities and feel younger. The same can be true for you!

So, the next time you experience pain, instead of accusing mom and dad, cycling, or the number on your driver's license, take a good look in the mirror and check the alignment of your bones.

Jessica Kisiel, MS, CSCS, PRT, is a local wellness professional specializing in injury recovery and pain management through alignment. She is certified by the Postural Restoration Institute® and Egoscue University®. Learn more by signing up for her newsletter, http://www.thepfathlete.com/subscribe.

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Where The Mind, Body, And Spirit Meet To Heal

What if the pain in your back is connected in some way to the your stressful job, which is connected to a sense of meaninglessness you experience in your life, which is connected to how much salt, fat, and sugar laden comfort food you eat, which is connected to your lack of motivation to exercise like you know you need to, and that the anxiety all of this creates disrupts you from getting a good night's sleep regularly, so you pump yourself up with caffeine in the morning to get you going through the next day of……and the cycle continues? Or maybe your story is about your unhappy job, not having enough like- minded friends, multiple symptoms from an illness, or feeling spiritually disconnected.

What if the story about your anxious mood or your high stress lifestyle or your ongoing pain or your physical complaints were about more than just a list of symptoms to be dealt with in isolation of each other? What if health involved connecting all these dots and healing happened when you embraced the whole context of your life and addressed what it takes to bring your body into harmony with the emotional, mental, relational, and spiritual parts of your life?

Such is the INTEGRATED way to health and wellness – a healing oriented process that encompasses all aspects of the individual – their body, mind, spirit, lifestyle. With increasing amounts of research that reveal evidence linking the mind and body, practitioners with skills in lifestyle and behavioral change, bodywork and movement practices, and supportive, compassionate communication skills can partner with individuals to create a unique, individualized strategy for healing. An integrated model of health and wellness:

- Is a partnership between practitioner and client
- Focuses on health promotion and disease prevention
- Honors and facilitates the body's innate healing capacity
- Encompasses all seemingly subtle health factors like managing stress, the adequacy and restorative nature of sleep, the quality of all relationships and support systems, sexual health, the presence or absence of a sense of purpose in one's life
- Expands the concept of dis•ease to show the relationship between how our bodies reveal our experiences, feelings, and thoughts through physical symptoms, posture, movement, energy and vitality
- Seeks information not usually touched upon for its potential insight to link to the root of the existing problems
- Teaches mind/body skills to empower the client for their own self care plan

As a counselor and bodywork practitioner for 38 years, I have used an integrated, holistic approach to help people heal. In a course of consultations, you can expect:

- Guidance for healing yourself with diet, exercise, stress management, and sleep
- GENTLE bodywork to soothe the nervous system, help address somaticized pain, relieve pain and movement problems, increase energy, and connect with the body's innate ability to "right" itself
- Relief from depression and anxiety that accompanies lifestyle changes and health challenges
- To learn how to dissolve the fears that impact your healing
- Learn movement practices that can shift your mood, ground you when anxious, and influence your structure
- Develop a personalized practice for quieting your mind
- To develop a deeper connection with your inner wisdom to guide decisions and actions
- My steady support, encouragement, and affirmation in your ability to heal. You are not alone on this journey!



Health & Wellness

As a culture, we are all doing more, causing us to be constantly in "doing" mode as opposed to "being" mode. This model urges individuals to value practices that help them become more whole, balanced, and resilient. Wellness is a journey – a series of action strategies that help you move closer to health in the midst of an everyday, busy life.

To schedule an individual consultation or to find out more information, call Christina at 937-284-2190. ALSO attend my presentations this month where I teach about some of the principles described above.

FOOD FIGHT – HOW TO END THE BATTLE WITH SALT, FAT, AND SUGAR
May 22 at 5:30 PM at Moab Regional Hospital

MOVEMENT AS MEDICINE
May 18 from 6:30-8:30 PM at the MARC



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HEALTHY HAPPENINGS

The Freedom That Yoga Can Bring

By Meagan Coy

I will never forget the feeling that I experienced at the end of about my 4th yoga class I had ever attended. I was sitting in a cross-legged position after coming out of our final relaxation, called Savasana, and I had the most peaceful feeling in my mind and my body. I felt very present and in the moment, and a very serene feeling washed over me. I wanted to sit there and feel that for as long as I could. When I went out into the rest of my day, I wanted to experience that feeling again, and I knew that practicing yoga was a way to achieve it. That moment in my early 20's awoke within me a realization that yoga was a much deeper practice than just going through the poses. Yoga was a way to bring a sense of freedom into my life that I had no idea was possible.

In the Sanskrit language, the word "yoga" is used to signify any form of connection or union. Yoga is both a state of connection and a body of techniques that allow us to connect to ourselves and anything else we experience more deeply and with more awareness. It is about cultivating a conscious connection that brings on a joyful, blissful, and fulfilling experience. In a yoga class, the teacher is providing a space and guidance for the participant to try and practice techniques that have been proven to help bring conscious connection. The intention is that you take away from a yoga class some "tools" that you can do on your own that will help deepen your connection day-to-day, hour-to-hour, and eventually moment-to moment.

Yoga practices include poses, breathing, control of subtle forces through hand positions called mudras and body energy locks called bandhas, visualizations, chanting of mantras, and many forms of meditation. Through these practices, which all go hand -in-hand with one another, we start to experience shifts in our awareness. This is when these moments of freedom start to arise. You may suddenly start to realize through your yoga practice a pattern that you've been holding on to in your body, such as leaning into one hip, and you start to correct the posture imbalance throughout your day. Or you may notice that you tend to breathe shallow, and yoga helps you bring awareness into breathing more fully and getting the most out of your breath.

A consistent yoga practice can start to shed layers that we hold in our bodies, such as build-up of emotional layers from past trauma or unhealthy relationships, or layers of tension from past injuries that have become stuck in our bodies. You start to learn and become more aware of how to move out stagnant energy that is no longer serving you, and allowing space for new energy and vitality to take its place. Consistency in practice also brings a connection that everything we do throughout our day can become a form of yoga when it is done with awareness. Awareness is the key to discovering all the mysteries of who we truly are, revealing the authentic intelligence and the beauty that lies within us.



By practicing yoga, you start a process of self-discovery, which leads us to free ourselves from whatever past situations, relationships, and doubts have clouded our true potential to be who we are supposed to be in this lifetime. I have encountered that blissful feeling that I described earlier many times throughout the years. But I've come to learn that it isn't about becoming attached to wanting to have that experience randomly, it's about continuing to do the practice, and to keep facing what's holding me back over and over again. Also, to move through my practice and my day with a sense of gracefulness, no matter how much of a struggle it may seem at times. Through the consistency, awareness and struggle comes the union, peacefulness, awareness and freedom.

Meagan Coy teaches an All-Levels Class Wednesday Mornings at 9am at the Moab Yoga Studio. Moab Yoga offers a variety of classes for you to practice, whether you are brand new to your yoga practice or already have a practice established. Please check out the schedule and visit, we would love to meet you!

Mental Health, Myths, and More



Antje Rath

May is national Mental Health Month. Mental health is extremely important to overall wellbeing and Moab Regional Hospital is helping to raise awareness and address mental health issues in Moab. Call (435) 719-5550 to make an appointment with our Clinical Mental Health Counselor, Antje Rath.

Here are 5 Myths about Mental Illness:

1. Mental health doesn't affect you.

Mental health issues are far reaching. In fact, 1 in 5 American adults have experienced a mental health issue. 1 in 10 young people have experienced a period of major depression. If you have not experienced mental health issues, chances are someone close to you has.

2. A pill will fix everything.

Everyone's experience with mental illness is different because we all come from different backgrounds. Combinations of different types of therapies and lots of hard work can lead to the best outcomes. One specific pill may not be the answer for everyone's struggle.

3. It is impossible to prevent a mental illness because people are born with them.

Mental illness is caused by a range of genetic catalysts and environmental stressors. Prevention and preparedness can aid in alleviating certain mental issues, especially in young people.

4. You can't do anything to help someone with a mental illness.

A professional should be providing treatment, but being understanding, non-judgmental, and listening can go a long way to make someone suffering with mental health issues feel supported.

5. If you feel better, you are cured.

If you are feeling better, that means that the treatment is working! However, that does not mean that you should cut treatment short. Long term treatments are meant to provide sustainable tools for dealing with all kinds of mental stressors.

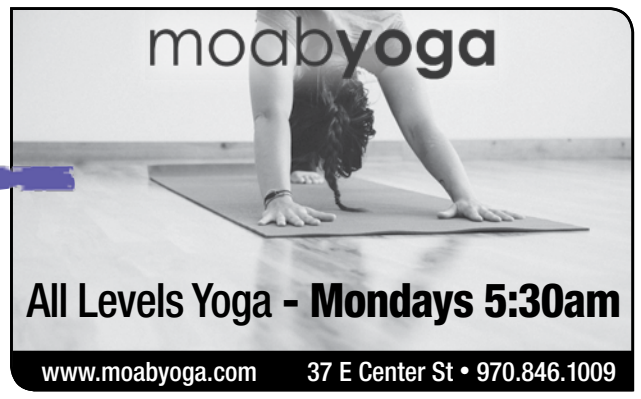
For more information, visit www.mentalhealth.gov or www.antjerath.com

On May 22nd, Moab Regional Hospital will be holding an education titled Food Fight! How to Make Peace with Salt, Fat, and Sugar. The presentation will be facilitated by Clinical Mental Health Counselor, Christina Myers. Eating a balanced diet is difficult enough, with all of the tempting pressures to eat junk food. On top of all the pressures, brains are wired to crave these foods. In fact, salt, fat, and sugar utilize the same mechanisms in the brain as any other addiction. Food can also become a strategy for dealing with unhappiness, loneliness, anger, boredom, and many more stressors, away from its role of nutrition and sustenance to sustain life. Even after making an effort to make positive changes, sometimes willpower is not enough. It is much easier to reach for food that is quick, convenient, and requires little effort or thought, especially when stressed. Christina Myers will discuss the mental challenges that go along with trying to adopt a healthier diet and how to embrace them.



Christina Myers

The event will take place on Monday, May 22nd at 5:30PM. If you are interested in attending Food Fight! How to Make Peace with Fat, Salt, and Sugar, please RSVP by emailing vista@mrhmoab.org or call (435) 719-5580. This event is free and open to the public and dinner will be provided!



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ASTROLOGY HAPPENINGS

Your Horoscope for May 2017

By Victoria Fugit

We are experiencing transformation from the square of Uranus in Aries to Pluto in Capricorn. Capricorn rules the bedrock of structure -- of human beings, the planet, corporations, governments, economic structure – all that we have assumed to be stable. Pluto was in Capricorn from 1762 to 1777. Capricorn rules the 2nd house of money and values in the US chart. Pluto was in Capricorn at the birth of the United States.

Now that Pluto (plutocracy) is in opposition to the traditional mindset (Mercury, Sun) of the US and rather than working with the population of the US for improved overall conditions, Pluto is working within its own sphere in making plutocracy more powerful.

Neptune, the planet of illusion, confusion and irrational thinking squares our ascendant – our way of presenting ourselves to the world. By the middle of May, with Mars entering into our 7th house of enemies and Jupiter (grandiose thoughts, limitless sense of power) squares the US Mars from the 10th of executive power. By July, however, Saturn brings a karmic bill.

None of this feels easy, but remember, there is another act warming up in the wings which I'll write about next month. The change from caterpillar to butterfly is not easy but the end view is worth it.

Mar. 21 - Apr. 20



Aries – Mercury is in Aries conjunct Uranus in your 1st house until May 13th. Stabilizing Saturn is trine both and can structure any far- out or innovative you might come up with this month. Jupiter in opposition to your Sun can cause dissatisfaction with present earning ability and Venus in Aries enhances the "I want – I need" factor. Look before you leap into debt.

Apr. 21 - May 21



Taurus – New Moon in Taurus brings a sense of renewal, optimism and a desire for new projects. Mars in your 2nd house all month cautions against overspending since unexpected expenses may require more than a littler of your budget. Friends may be inspiring you with new ideas but give them serious consideration and put pencil to paper before any commitment is made. Your work, health and creative endeavors may require more time than usual this month.

May 22 - June 21



Gemini – Restlessness and desire for change is pushing you to make possibly drastic changes, as your sense of identity morphs. Neptune is dissolving who you were and Jupiter is urging you to leap into ?? Make sure that what you're planning is your heart's desire and not what someone close to you wants. Don't let Neptune serve up a large slice of pie in the sky.

June 22 - July 22



Cancer – Dreams and intuition are strong during this month's full Moon. An unexpected journey might cause confusion, so check all details if possible. After you get underway, however, it will be full of surprises and possible adventure. Watch your hips and lower back when working out or hiking

July 23 - Aug. 24



Leo – If you feel a little funky this month there is reason for it – nothing big just small things that add up to a mild, but constant irritation and the frustration of things not happening or not going the way you planned or just plain old confusion about your direction and actions. Jupiter, Saturn and Pluto retrograde can create the feeling of waiting for something to happen but you aren't sure what. Relax and take naps and let yourself adapt

Aug. 24 - Sept. 22



Virgo – Jupiter in your second house continues to support your financial well-being into October. It then moves into Scorpio and your 3rd house giving a greater feeling of optimism and more expansive beliefs and ways of thinking. Neptune is still opposing your Sun, opening space in the sometimes rigid Virgo identity structure to play with new ways of being and experiencing life with less worry. Enjoy.

Sep. 23 - Oct. 23



Libra – Actions started near the full moon concerning travel education, public relations, or social change may not come to fruition due to confusion or ambiguous data. Wait until after the 18th to get better results. Your mental abilities can be brilliant or just erratic. Slow down enough to discern which direction they are taking. Changes in your home or its structure could run into setbacks.

Oct. 24 - Nov. 22



Scorpio – The full Moon at 12º Scorpio with Saturn in your 3rd house, Jupiter in your 12th house and Mercury conjunct Uranus in your 6th house squaring Pluto in the 4th creates a sort of minestrone soup of "oops!" and "wow" and "really?" Pay attention to communications at work – don't take action on assumptions only. Health issues may not be as serious as you imagine. Love and children can be erratic and confusing. Just imagine you are running a river and hit unexpected white water – go with it.

Nov. 23 - Dec. 21



Sagittarius –Saturn on your Sun is saying "no, no" Mars and Uranus are telling you"Yes, yes, go, go". Jupiter is saying "more, more", Neptune is causing you to wonder "who am I, where am I, what am I?? -- ambiguous, confusing, head-spinning. Only one thing to do Sag, find things, however small, that bring joy and comfort and hold those feelings until you can sort out and work with the planetary energies buffeting you now.

Dec. 22 - Jan. 20



Capricorn – Pluto in Capricorn is now moving into the later part of your sign and if you were born from January 9th to the 19th, you are now looking forward to a similar transformation that earlier Capies went through. With Uranus and Mercury in Aries you may find yourself uncharacteristically erratic in thought and behavior and also willing to let go of much of your present foundation either physically or emotionally. Start new creations in line with who you feel yourself becoming.

Jan. 21 - Feb. 18



Aquarius – Both New and Full moon put the spotlight on your home and foundations. Siblings or neighbors can cook up plans that are disruptive to your flow at the moment. Love can pop up unexpectedly through a class, trip, lecture or meditation group after the full Moon. Opportunities for investment or speculation could bring greater financial security.

Feb. 19 - Mar. 20



Pisces – Neptune on your sun increases your compassion, idealism and sensitivity, but` it can also cause fatigue, physically, psychologically and emotionally. Because of this you may feel as if you are being "lazy". You're not. Pay attention and don't overdo even if it feels like you're doing nothing. Not listening to your body can lead to feelings of disappointment in self and confusion, aimlessness and purposeless action. Rest and explore your inner worlds at this time so that your vision is grounded when the time comes to manifest it.

About Victoria...



The passion I have for Astrology began when I was twenty-four. I had been traveling in Europe for months and was becoming more and more curious about the letters my mom was sending me. They were waiting for me in each city or town I went to and it was as if she had a spy following me. She seemed to know my every move. Then she started to give me advice about what was coming up and what to watch out for. Coming home, I was horrified to learn that both she and my dad (LT. Colonel in the Air Force) were involved in Astrology. I asked them how two well-educated and intelligent people could possibly believe a superstitious myth that was so lacking in any proof of its claims. My dad said he had no belief in it. It worked, so he used it, much like electricity – we don't believe in it, don't know exactly how it works, but are happy to turn on the lights with it.

Astrology has been part of my life ever since and has led to my involvement with researchers and teachers in the human potential movement, such as Jean Houston (Institute for Mind Research), Werner Erhardt (EST), Elmer Green (Duke University), Joe Kamiya (early researcher in bio-feedback), Swami Rama (Himalayan Institute) and others.

Sun sign astrology obviously doesn't give the depth of knowledge available in a full reading. Each chart is unique, like snowflakes. But it's fun and entertaining. Hope you get both from this column.

You can get in touch with Victoria at 435-259-9417 or vfugit@etv.net









MUST-SEE HAPPENINGS

Grosvenor Arch: A Cathedral in the Desert

by Laurie Schmidt

Hiking Distance: Short paved path from parking area

Cautions: Remote location, access via 10 miles of unpaved road

If your trip through Utah canyon country will include a visit to the Bryce Canyon area, you'll pass through sections of the Grand Staircase-Escalante National Monument (GSENM). Encompassing about 5,000 square miles, the GSENM is one of the best locations in the world to get an up-close look at erosion-carved features such as arches, natural bridges, and slot canyons.



Standing like a grand sandstone cathedral in the middle of the desert, Grosvenor Arch is one of the highlights of the GSENM. At 152 feet high, Grosvenor is a prime example of a geologically rare double arch—a pair of arches that share the same rock base on one side. The arch is cut from three different rock formations: the pale-colored rock at the bottom is the Henrieville Sandstone, which is lighter than many other types of sandstone because it has lower iron content. Above that sits a darker boundary layer of the Cedar Mountain Formation, and the very top is capped with the sedimentary rock of the Dakota Formation.

To get to this spectacular arch, you'll have to leave the safety net of pavement for about 10 miles, but the payoff is well worth the effort. Depending on weather and when the road was last graded, the drive can be a bit of a bumpy



washboard, but if you drive slowly, the route is typically suitable for most vehicles. Be aware that there is one wash crossing that can become difficult or impassable after wet weather. Don't attempt it if it looks questionable, especially if you're in a regular passenger car. There are also a couple of rocky sections that require cautious driving.

From the parking area, it's an easy walk to the arch. Be sure to explore the arch from various angles, all of which give completely different perspectives. The best time for photographs is typically late afternoon, when the sun casts a golden glow on the arch.

What's up with the Hard-to-Pronounce Name?

After your first look at this majestic arch, you might find yourself thinking that they could have come up with a more creative name…something like Cathedral Arch or Temple Arch, or even Knock-Your-Socks-Off Arch. But, alas, like many landforms in the West, the arch now has a person's name attached to it—that of Gilbert Grosvenor, the founder of the National Geographic Society.



Grosvenor didn't name the arch himself, though. In 1949, writer and photographer Jack Breed was part of the first motorized expedition into the Escalante region. One day, the party stopped on a high plateau and climbed to the top of a mesa with a commanding view of the area. When Breed looked through his binoculars and spotted an opening in one of the distant sandstone fins, the group set out to investigate. "What we saw was an arch—a new arch, uncharted and unnamed," said Breed in an article he later wrote for National Geographic.

The uncharted part was probably true, but like many features in the Colorado Plateau region, the arch was likely known by local ranchers and farmers long before the expedition party stumbled on it. In fact, records show that the arch was once known as Butler Arch. Nonetheless, Breed named the arch in honor of Gilbert Grosvenor because he believed that Grosvenor "had done more than any other person to arouse public interest in geography."

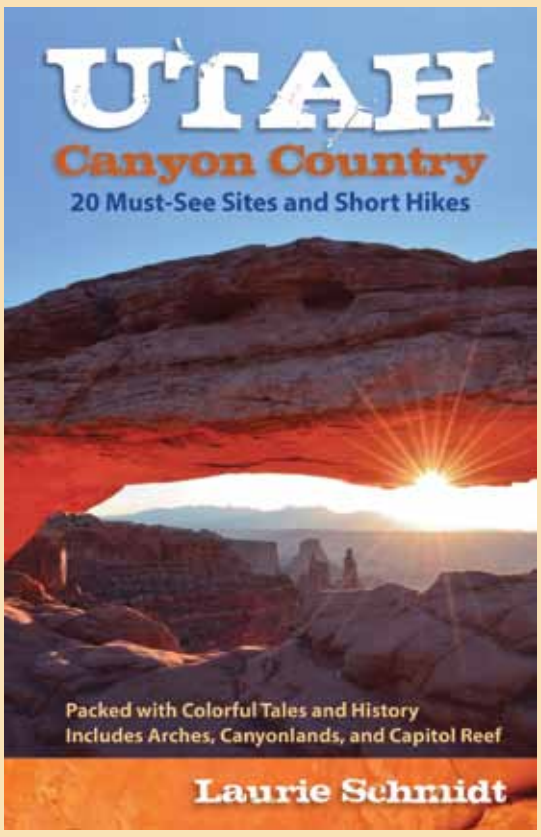
Cottonwood Canyon Road

After visiting Grosvenor Arch, you can continue south on the unpaved Cottonwood Canyon Road for another 35 miles, where you'll eventually connect with US 89 in northern Arizona. The Cottonwood Canyon Road parallels the Cockscomb, a wall of steeply inclined layers of rocks that make up part of the East Kaibab Monocline. The entire 46 miles can usually be driven in a two-wheel drive car, but recent storms can make the road impassable even to 4WD vehicles. Don't take chances; check current road and weather conditions before you head out on this adventure.

Getting There

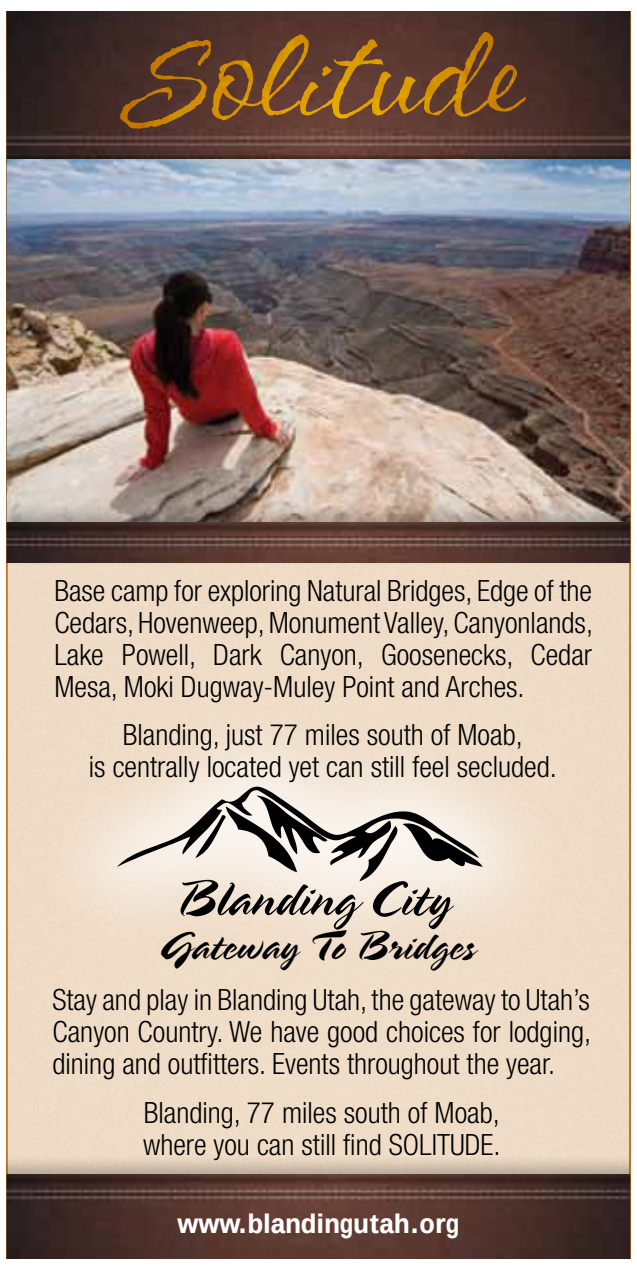
From Cannonville, Utah (15 miles from Bryce Canyon National Park): Head south on Main Street/Kodachrome Road, which becomes Cottonwood Canyon Road. About 7 miles from Cannonville, the pavement will end. Continue straight on the gravel road for about 10 miles to a short spur road that leads to Grosvenor Arch. A sign marks the turnoff to the arch.

Laurie Schmidt is the author of Utah Canyon Country: 20 Must-See Sites and Short Hikes. This article is excerpted from the book. The book is available on Amazon at: http://amzn.to/29pRRT7.



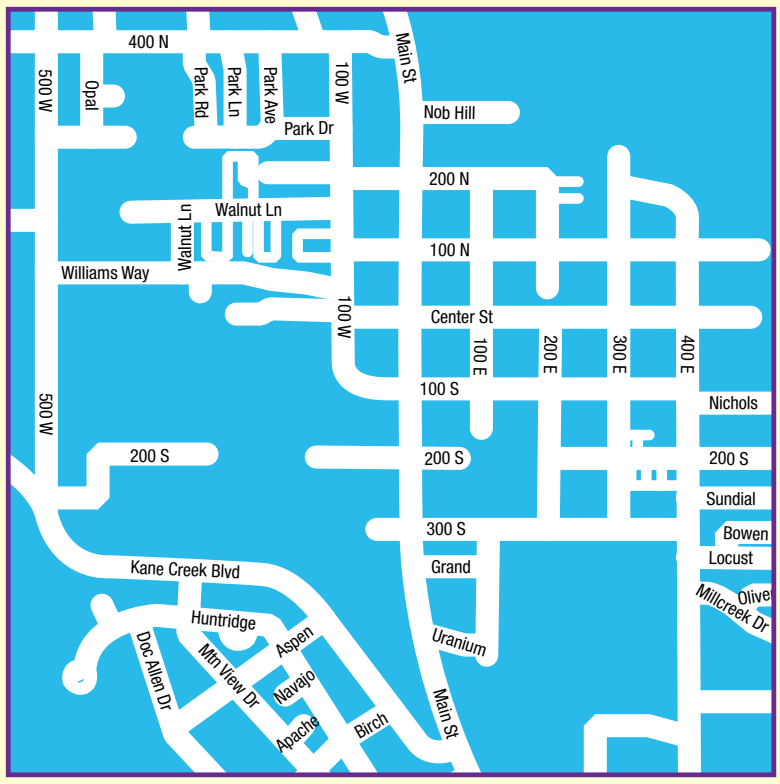






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EDUCATIONAL HAPPENINGS

Mix up your National Park Tour!



Family vacations can be challenging for restless bodies spending endless hours in the car with little creative activity, and frequent potty stops getting you nowhere fast. What if there was a place where everyone could recharge, interact, and activate their mind!

The Canyon Country Discovery Center in Monticello, Utah sits at the base of the Abajo or Blue Mountains 54 miles south of Moab. Located on Highway 191, Monticello is on the way to all of southeast Utah! This beautifully crafted campus has a little something for everyone where you can relax and let everyone discover something different!

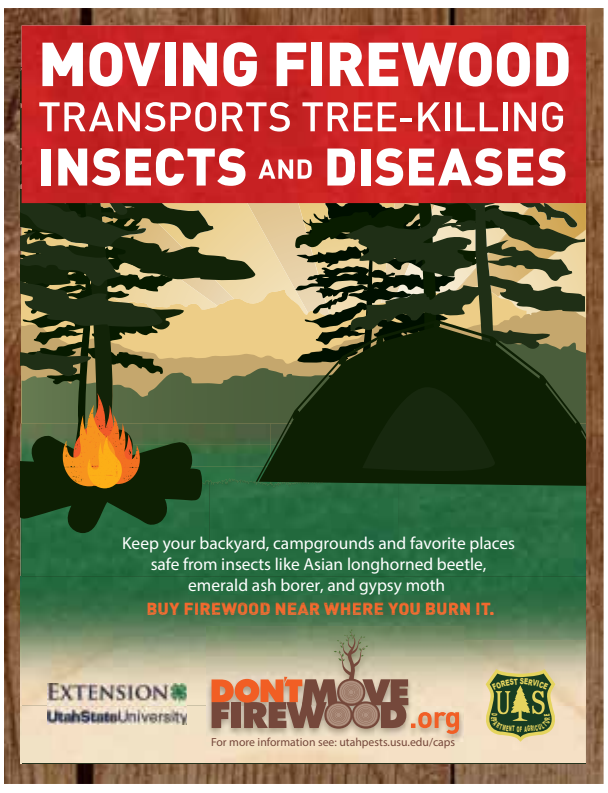
The campus is filled with challenging and creative experiences to get your family energized and back on the road. Travelers can stop to explore 1.5 miles of campus trails or play in the outdoor nature playscape filled with sloping hills, tunnels, and outdoor musical instruments. Perch on our swings for a view of the surrounding plateau. Pack your lunch and enjoy the many pavilions with outdoor restrooms provided. Take advantage of the numerous hands-on learning exhibits, youth bouldering wall, and outdoor science programs. Or relax in the reading nook with puppets for imaginative play. Pick up small puzzles or games, perfect for the car, in the gift shop. The Discovery Center also has night sky astronomy programs that allow you to view the night sky through a variety of telescopes, including a 14" observatory instrument!





Have more time? Check the custom premier trips and summer camps on the San Juan River scheduled from May – September 2017. Join in yoga, music, and photography on this majestic waterway with a relaxing float trip.





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.

Alcoholics Anonymous ..... (435)-625-1342
For Emergencies (24/7) 888-333-9649
Alpha Rho Sorority (Bobbie Long) ..... (435) 259-6758
American Legion Post (Ronald Irvin) ..... (435) 719-4095
Arches Education Center (Trish Hedin) ..... (435) 260-8764
Arches New Hope Pregnancy Center (Debbie Nelson) ..... (435) 259-LIFE (5433)
BEACON (Edith Sage) ..... (435) 259-2767
Bikers Against Child Abuse -B.A.C.A.(John Taggart) ..... (435) 259-4756
Boy Scouts of America (Jim Bethel) ..... (435) 637-8059
Boy Scouts of America Utah National Parks Council ..... (801) 437-6222
Canyonlands Field Institute (Resford Rouzer) ..... (435) 259-7750
Canyonlands Rodeo Club (Kirk Pearson) ..... (435) 260-2222
Canyon Winds Concert Band (Ronald Irvin) ..... (435) 719-4095
Colorado Outward Bound School – Moab Basecamp (Casey Montadon) ..... (303) 968-4407
Community Rebuilds (Emily Niehaus) ..... (435) 260-0501
Daughters of Utah Pioneers (Shirley Stewart) ..... (435) 259-7797
Deadhorse Motorcycle Club (Ron Dickerson) ..... (435) 260-8213
Delicate Stitchers Quilt Guild (Murine Gray) ..... (435) 259-5514
Elks Lodge #2021 (Dan Stott) ..... (435) 259-7334
Friends of Arches and Canyonlands Parks (Joette Langianese) ..... (435) 259-0108
Friends of Canyonlands Health Care (Tom Edwards) ..... (435) 260-1504
Friends of Indian Creek ..... (435) 259-6639
Friends of the Grand County Library (Meg) ..... (435) 259-1111
Girl Scouts of The U.S.A. (Michelle Hill) ..... (435) 259-5884
Grand Area Mentoring (Dan McNeil) ..... (435) 260-9646
Grand County Democratic Party (Bob Greenberg) ..... (435) 259-7013
Grand County 4-H (Mike Johnson) ..... (435) 259-7558
Grand County Education Foundation (Melodie McCandless) ..... (435) 259-9797
Grand County Extension (Michael Johnson) ..... (435) 259-7558
Grand County Food Bank ..... (435) 259-6456
Grand County Hospice (Jessie Walsh) ..... (435) 259-7191
Grand County Library (Meg) ..... (435) 259-1111
Grand County Prevent Child Abuse (Debbie Thurman) ..... (435) 260-1039
Humane Society of Moab Valley ..... (435) 259-4862
Ladies Golf Club (Chris Corwin) ..... (435) 210-0599
League of Women Voters (Barbara Hicks) ..... (435) 259-5306
Lion's Club (Tom Warren) ..... (435) 259-7834
Moab Aglow Lighthouse Fellowship (Murine Gray) ..... (435) 259-5514
Moab Arts Council (Theresa King) ..... (435) 259-2742
Moab Arts Festival (Theresa King) ..... (435) 259-2742
Moab Arts & Recreation Center (Meg Stewart) ..... (435) 259-6272
Moab Bird Club (Nick Eason) ..... (435) 259-6447
Moab Chamber of Commerce (Jodie Hugentobler) ..... (435) 259-7814
Moab City Animal Control ..... (435) 259-8938
Moab City Recreation ..... (435) 259-2255
Moab Community Dance Band (Miriam Graham) ..... (516) 376-8003
Moab Community Theater (Kaki Hunter) ..... (435) 259-8378
Moab Country Club (Rob Jones) ..... (435) 259-6488
Moab Disk Golf Club (Rolf Hebenstreit) ..... (208) 720-1258
Moab Duplicate Bridge Club (Warren Ohlrich) ..... (435) 260-1242
Moab Family History Center ..... (435) 259-5563
Moab Free Health Clinic (Beth Joseph) ..... (435) 259-1120
Moab Friends For Wheelin' (Jeff Stevens) ..... (435) 259-6119
Moab Garden Club (Tricia Scott) ..... (303) 880-9158
Moab Half Marathon (Ranna Bieschke) ..... (435) 259-4525
Moab Horse Show Association (Kathy Wilson) ..... (435) 259-8240
Moab International Film Festival (Nathan Wynn) ..... (435) 261-2393
Moab Masonic Lodge #30 (Gregory Klepzig) ..... (435) 260-1823
Moab Music Festival (Laura Brown) ..... (435) 259-7003
Moab Poets & Writers (Marcy Hafner) ..... (435) 259-6197
Moab Rock Club (Jerry Hansen) ..... (435) 259-3393
Moab Roller Derby (Jessica O'Leary) ..... (575) 635-3898
Moab Rotary April Action Car Show ..... (435) 260-1948
Moab Solutions (Sara Melnicoff) ..... www.moab-solutions.org ... (435) 259-0910
Moab Sportsmen's Club (Frank Darcey) ..... (435) 259-2222
Moab Taiko (Michele Blackburn) ..... (435) 259-0816
Moab Trails Alliance (Kimberly Schappert) ..... (435) 260-8197
Moab Valley Multicultural Center (Rhiana Medina) ..... (435) 259-5444
Nursing Home Abuse Support (Nicole Peters) ..... www.nursinghomeabusesupport.com
Order of the Eastern Star (Fran Townsend) ..... (435) 259-6469
Plateau Restoration/Conservation Adventures (Tamsin McCormick) ..... (435) 259-7733
PleinAir Moab ..... (435) 259-6272
Red Rock 4-Wheelers (Ron Brewer) ..... (435) 259-7625
Rotary Club (Dave Bierschied) ..... (435) 260-1968
The Salvation Army, Moab Service Extension, (or Sara Melnicoff) ..... (435) 259-0910
Seekhaven Crisis Center (Michael Gardiner) ..... (435) 259-2229
Senior Center (Verleen Striblen) ..... (435) 259-6623
Sierra Club (Marc Thomas) ..... (435) 259-3603
Southeastern Utah Back Country Horsemen (Dick Walter) ..... (435) 640-5532
Southern Utah Wilderness Alliance (Neal Clark) ..... (435) 259-7090
Toastmasters (Jim Webster 435-259-8037) or (Daniel McNeil) ..... (435) 260-9646
Trail Mix Committee (Paul Spencer) ..... (978) 688-7480
Utah Avalanche Center ..... (888) 999-4019 or (435) 259-SNOW
Utah Conservation Corps (Sean Damitz) ..... (435) 797-0964 ext 1
Utah Friends of Paleontology – Gastonia Chapter (Lee Shenton) ..... (435)-259-9533
Valley Voices (Marian Eason) ..... (435) 259-6447
USU Moab ..... (435)-259-7432
Veterans of Foreign Wars (Fred Every) ..... (435) 260-1277
WabiSabi (Mandy Turner) www.wabisabimoab.org ..... (435) 259-3313
Young Life Moab (Silas Rappe) ..... (435) 260-0285

VISITING ROTARIANS: Join us for Lunch every Monday 12 noon at Grand Center, 182 N. 500 W. Moab

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

DAWG DAYS OF SUMMER HAPPENINGS

Humane Society Barbecue and Silent Auction

Summer will soon be here and the Humane Society of Moab Valley is hosting its biggest fundraiser of the year, Dawg Days of Summer, in Old City Park on Saturday, June 10th from 5-8 p.m. Bring your lawn chairs and enjoy a BBQ dinner, silent auction, and Acoustic Americana style music featured by Stray Grass. Dancing encouraged! The silent auction runs from 5:00-7:15 p.m., dinner from 5:30-7:00 p.m., and music from 6:00-8:00 p.m.

This is the fifteenth year of the Dawg Days event and it generates a significant part of the Humane Society's budget. Adult tickets are $25 in advance, $30 at the "door," and kids under 10 years of age are $10 in advance and $15 at the "door" (5 and under are free). Tickets are available at the HSMV office in the Moab City Animal Shelter, as well as the Moab BARKery, Back of Beyond Books, Canyonlands's Copy Center, Moab Farmer's Market, and City Market Dog Adoption Days.





Donations from Moab community businesses make the Dawg Days successful. The Blu Pig is cooking backyard-style pulled BBQ pork and BBQ chicken dinners for the fourth year in a row. RSVP ahead for a vegetarian entree. Additional primary sponsors include Zions Bank, Grand County Credit Union, Aarchway Inn, Eastern Utah Community Federal Credit Union, and Zax Restaurant. Many local businesses generously donate items for the silent auction. Restaurant packages, spa dates, landscape plant certificates, day trips, beautiful art work, food, massage and fitness certificates, and more – 100 items in all – are great gift items to pamper yourself or give to a friend or loved one! And your purchases will help the Humane Society promote and provide responsible care for community pets.



Celebrating 17 years of serving the Moab area, the local Humane Society, a no-kill organization since 2004, is run solely on donations and grants. Volunteers supply the vast majority of work. The organization's mission is to improve the lives of companion animals and their owners by:

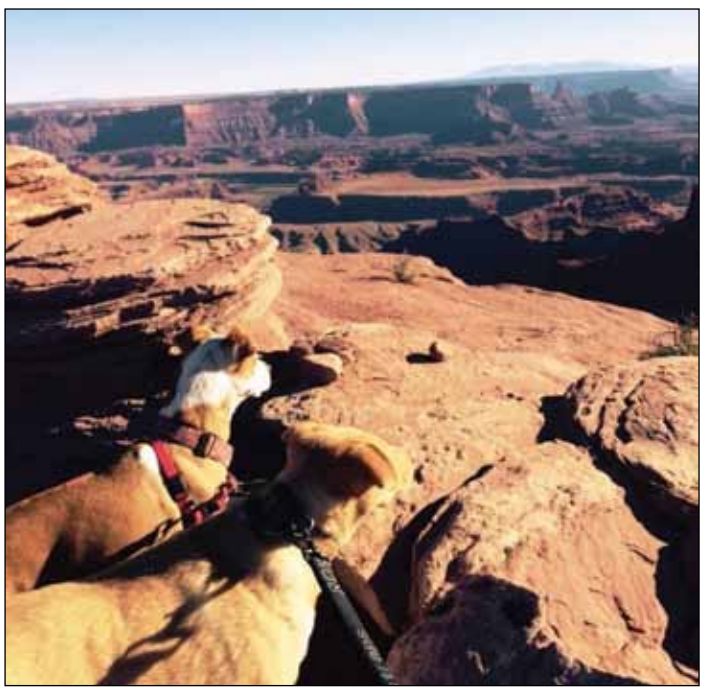
* Saving the lives of orphaned animals through rescue and adoption services.
* Providing training, support and education for pet owners and the community.
* Providing spay/neuter opportunities for all cats and dogs.

Holding adoption days most Saturdays, sponsoring spay/neuter clinics in Moab, Monticello, and Blanding, providing year-round low-income vouchers, administering a pet food bank for low income pet owners, and providing discounted fees for senior adopters and/or senior animals are just a few of the on-going programs of HSMV. For more information on the BBQ, adoptable animals, volunteering, or making a donation call 435-259-HUMANE (259-4862) or visit the website moabpets.org or Facebook Moab Humane-Society.

Visit Dead Horse Point State Park with your K9 Companion

By Christopher Moore

As the summer season quickly approaches, there is likely no better time to traverse the seven miles of hiking trails found within Dead Horse Point State Park. Dramatic canyon views are available on the 1.5 mile East Rim trail, 2.5 mile West Rim Trail, and the 1.25 mile Big Horn Overlook trail (all distances are one way). If hiking is not your forte, visitors are welcome to drive directly to Dead Horse Point to take in the breathtaking and iconic view of the horseshoe bend in the Colorado River some 2,000 feet below the rim edge.



Are you interested in exploring the trails or taking in the views at Dead Horse Point but unsure of what you can do with your K9 traveling companion? **Like all Utah State Parks, Dead Horse Point State Park is dog friendly!** Dogs are welcome to accompany their owners on all hiking only trails (Rim trails and Big Horn Overlook trail), within all paved areas of the park, and inside of the campground. However, dogs are not permitted on the Intrepid Mountain Biking trail system, inside of the visitor center, or in the yurts.

While we encourage you to bring your furry friend with you on your trip to Dead Horse Point, there are a few additional guidelines each pet owner will need to follow to ensure a worry free visit. All pets are required to be leashed at all times - even within the campground. Keeping your pet on a maximum 6 foot leash helps us protect wildlife and biological soil crusts while also ensuring the safety of your pet and fellow visitors. Unfortunately, many unleashed dogs have been lost within the park chasing objects or small rodents over the cliff side.

Spring and summer time bring sunny days and warmer temperatures to Dead Horse Point State Park. While the outside temperatures may seem enjoyable, please remember that the temperature of your vehicle can quickly exceed 140 degrees Fahrenheit (60 celsius) on even moderate days. For this reason, pets cannot be left unattended inside of vehicles during your visit to the park. Cracking windows or leaving water for your pet are not sufficient alternatives. It is also not acceptable to leave a pet unattended by leashing them to your vehicle or other object. If you intend to hike or bike the Intrepid Mountain Biking Trails during your visit, please plan on leaving a person behind to attend to your pet.

Don't forget to keep your dog hydrated! Water is available both in the visitor center and within the campground. While hiking in the desert, we recommend that you bring at least 1.5-3 ounces of water per 1 pound of your dog's body weight. For example, a 40 pound dog should have anywhere between 7.5 to 15 cups of water. Remember to allow your pet to drink slowly over the course of the day. Drinking too fast could lead to nausea or vomiting.

For your convenience, dog waste bag dispensers are located at various points throughout the park. Please remember to pick up after your dog and help us keep Dead Horse Point clean! If you have any questions about these policies, please do not hesitate to ask a Park Ranger. We hope to see you and your K9 traveling companion soon!

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. for the season. Park admission is $15 per vehicle. For more information, contact the park at 435-259-2614 and be sure to mention you read about it in *Moab Happenings*.





Humane Society of Moab Valley

435-259-4862 • www.moabpets.org

May 2017 Events

May 6 - Cat Adoption Day at the Moab BARKery from 11am - 1pm

May 13 - Dog Adoption Day at City Market from 10am - noon

May 20 - Cat Adoption Day at the Moab BARKery from 11am - 1pm

May 27 - Dog Adoption Day at City Market from 10am - noon

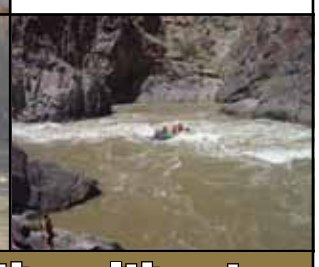
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PET HAPPENINGS

Does Your Dog Have A Leaky Gut?

By Kaye J. Davis–
owner of the Moab BARKery

Dysbiosis and Leaky Gut Syndrome are two names for the same disorder. However, definitions for each are somewhat different, which makes things unnecessarily confusing. Dysbiosis is often defined as an imbalance of gut bacteria - too few friendly bacteria and too many opportunistic or pathogenic (bad) bacteria. Leaky gut syndrome is defined as the inability of the intestinal lining to prevent undigested food particles or potentially toxic organisms from passing into the bloodstream.

It's simpler to look at the situation this way: the imbalance of bacteria is what causes the problem, inadequate supplies of good bacteria, plus an overgrowth of bad bacteria, and sometimes yeast. This bacterial imbalance leads to inflammation of the membranes of the intestine, which results in the condition known as dysbiosis or leaky gut syndrome.



Leaky gut syndrome is an increasingly widespread condition in dogs and is exactly what it sounds like. The delicate intestinal mucosa that lines the gut and allows tiny digested nutrients to pass through the blood stream can be likened to cheesecloth or a tea strainer. This is how nutrition is assimilated into the body, but this lining also acts as an important barrier to toxins, pathogens and undigested food particles. The mucosa becomes traumatized and inflamed, causing the junctions (the spaces in the cheesecloth) to become stretched or damaged to the point where they are no longer able to filter out larger food particles, bacteria and toxins.

These substances can now pass through the intestinal wall and make their way into the blood stream and lymphatics. This sets off a series of events in your dog's body, which begins with the liver working over-time to screen out the particles; it has no chance of keeping up with the onslaught, and the pathogens begin to accumulate. The immune system is then triggered to fight the intruders, but it too becomes overwhelmed, leading to particles being absorbed into body tissues.

This causes inflammation; but even worse, the immune system can attack these intruders, which can lead to autoimmune disease. The body starts to perceive food as its enemy, the reason we see so many dogs that are allergic or reactive to almost every protein and many vegetables and grains. This leaves little to choose from when it comes to feeding, in addition to the challenges of allergies to grass, pollen and more; but importantly the result is an animal that is in a chronic and constant state of inflammation and distress.

There are many causes of leaky gut syndrome. The three primary causes are…

Poor Diet - specifically feeding your dog a species inappropriate diet of highly processed, grain based foods containing wheat, rice, spelt and soy, food additives and preservatives; the lectin found in un-sprouted grains; sugar; genetically modified foods (GMOs); pasteurized dairy; and meat from stressed factory-farmed animals. So, the resulting mix is a brew of chemically altered proteins that are very difficult to digest, process, and assimilate.

Drugs and Other Toxins - Many pets these days – very early in life – are unfortunately given antibiotics. These are either topical or oral antibiotics prescribed for really minor, insignificant things, most of which could be resolved with natural substances. To make matters worse, often additional medications like corticosteroids such as prednisone, or NSAIDs are administered along with antibiotics. These drugs exacerbate the gut problems created by the antibiotics. This category includes the unnecessary use of steroids, non-steroidal anti-inflammatories (NSAIDs), deworming drugs, flea and tick treatments that often contain pesticides.

Over vaccination - When the body is forced to respond to a vaccine to which it has already established antibodies; this wreaks havoc on the immune system and cause a number of chronic diseases.

Stress – Chronic stress or boredom can also influence the gut's health. Not getting enough exercise or mental stimulation, or being left home alone for long periods, can be a major cause of stress for a pack animal. Stress negatively affects the immune and digestive systems.

You can see trauma in a joint by watching your dog limp or on the skin as a lesion or wound. But gut trauma is hidden trauma and we can't fix what we can't see. Because it is left untreated and unhealed, it becomes more chronic and more dangerous to your dog's overall health. You start to see symptoms that in conventional medicine are diagnosed as a disease or infection. Treatment begins for that disease and the wheel starts spinning, you see the symptoms disappear but then they return.

A recurring ear infection may clear up, but then the dog suffers disorders like hot spots, full blown allergies or hypothyroidism. In many case this is because the initial trauma causing the disease – leaky gut syndrome – is not healed … because you can't see it.

Leaky gut syndrome appears in the form of many chronic diseases that plague our dogs. Examples include (but are not limited to):

Diseases of the skin – allergies, thyroid, joints, heart disease, spinal cord, eyes or brain.

Inflammatory bowel disease, interstitial and chronic cystitis, collapsing trachea, laryngeal paralysis, liver, gallbladder and pancreatic disorders.

Behavior problems - aggression and obsessive-compulsive disorders or self-mutilation.

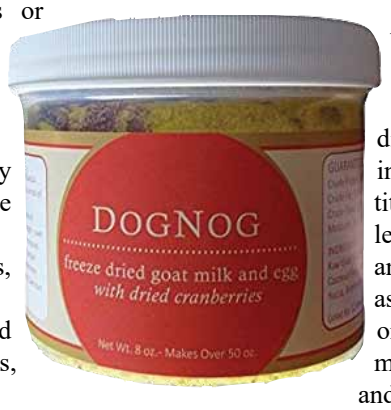
Autoimmune disease - nutritional deficiencies, which left untreated, could lead to some forms of cancer because of the chronic inflammation.

Your dog's gut is responsible for more than 70 percent of their immune system and is directly responsible for the absorption of all that food you are feeding them. With an unhealthy gut, no amount of raw food nutrients will support their health and longevity, let alone heal something like an allergy.

Leaky gut syndrome treatment involves addressing food allergies and intolerances, as well as any underlying nutritional deficiencies caused by malabsorption or inefficient digestion. Appropriate probiotics, enzymes, and nutraceuticals must be prescribed to help reduce inflammation in the GI tract. Probiotics are an extremely important part in the treatment of leaky gut syndrome. They reseed your pet's gut with good bacteria and prevent an overgrowth of bad bacteria, which returns the intestine and mucosal lining to good health.

However, there are many different types of probiotics, each having its own merit and benefit. Some animals can't tolerate milk-based probiotics. Some animals can't tolerate probiotics derived from yeast cultures or even certain strains of non-dairy organisms -- hence the importance of working with a veterinarian that understands all of these different facets of leaky gut syndrome.

In general, removing highly processed, high-stress foods from a sick pet's diet in favor of a balanced species-appropriate, low-stress diet, plus appropriate supplements to address inflammation and yeast, if necessary, and support of other organ systems including the liver and pancreas, can relieve symptoms, address the root cause of the leaky gut, and get the pet on the road to recovery.



Leaky gut syndrome can be prevented when you stop feeding processed foods and feed a raw, species appropriate diet. Stop routine vaccinations; instead ask your vet for blood titer tests to measure antibody levels. Get a copy of the results and ask a vet to interpret them, as there are differing opinions on what the results actually mean. Stop using chemical flea and tick products that contain pesticides. Use natural products and protocols with proven success, we recommend Buzz for Bugs. Stop all drugs where possible, but consult with your vet first. Determine your dog's source of stress, make the time to go for longer walks or hire a dog walker or someone to check in on them during the day or even add a playmate.



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