## ONE STOP FOR ADVENTURE

**Moab Adventure Center**

Come visit us at 225 S. Main Street

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### RIVER ADVENTURES

<table>
<thead>
<tr>
<th>Activity</th>
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<tr>
<td>Full-Day River Adventure</td>
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<tr>
<td>Colorado River Morning Half-Day</td>
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<td>Colorado River Mid-Day Half-Day</td>
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<td>Westwater Canyon Full-Day</td>
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### ZIPLINE & ROPES

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<td>Ephebmus Grotto CANYONERIOR</td>
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### AIR TOURS & HORSEBACK

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<td>Arch &amp; Fisher Towers Flight</td>
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<td>Castle Valley Horseback Ride</td>
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<tr>
<td>Grand Safari</td>
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### JETBOAT TOURS & MORE

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<td>Sunset Dinner &amp; Jetboat</td>
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### CANYONLANDS SUNRISE DOWNSHILL

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<td>Daily &amp; Multi-Day Rentals</td>
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### CANYONLANDS NATIONAL PARK

**Canyonlands National Park**

The Needles District - pg 5B

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**FREE COPY**

MoabAdventureCenter.com  435-259-7019

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**Moab Happenings**

Volume 30: Number 3

**JUNE 2018**

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**www.moabhappenings.com**
Castle Creek Winery

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.

Castle Creek winery is located at mile post 14 on scenic byway 128. Wine tasting daily from 11am - 7pm wine sales daily 10am - 7pm.

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Moab Area Events Calendar

**June Events**

May 31-Jun 2 Canyonslands PRCA Rodeo - come see the cowboys & cowgirls of the Canyonslands PRCA Rodeo at the Spanish Trail Arena, 3641 S. Highway 191. Watch bull riders, calf ropers, barrel racers, saddle bronc riding, & much more! We even have a mutton busting' for the kids & a stick pony race for the even younger kids! Hope to see you there! For info: Kirk Pearson 435-259-4852 info@moabcanyonslandsrodeo.com; See ad pg 179

Jun 1 Moab Farmers' Market- Fridays 4-7pm, Swanzy City Park at 100 West & Park Drive.

Jun 1 Free Moab Movie: ICE AGE - 8:30pm. Bring your blankets & chairs, we'll provide the popcorn. Showing at Swanzy City Park. Free! Sponsored by Moab to all Recreation & Moab to Monument Valley Film Commission.

Jun 1 Dawg Days of Summer- 5:30pm-8:30pm at Old City Park, for our annual BBQ & Silent Auction for the Humane Society of Moab Valley. Relax & enjoy the tunes of Stray Grass playing Colorado Folk & Americana style music while treating your taste buds to delicious barbeque and donated & offered by the BuPi. And you would want to be there too! With many local auction items at our silent auction! For tickets call 435-259-4882 or visit moabpetops.com.

Jun 2-3 Moab Golf Club Tournament- Wing-Dinger mixed ecletic. For info 435-259-6488

Jun 2-3 Gravel Pit Lanes- 40th Annual Canyonslands Classic Bowling Tournament- 101 Ross Ranch Drive USBC certified with team prizes, doubles prizes & singles prizes. 435-259-4744

Jun 2-3 Biodynamic Gardening in Moab- 9am-Noon on Saturday & 9am-3pm on Sunday at Red Moon Lodge, 2950 Old City Park RD. This workshop is intended to help bring Biodynamic methods, therapies & practices to your daily farming & gardening. For info: 435-260-9027

Jun 2, 3, 6, 7 8 Portrait Modeling Class- held at Desert Sun Ceramics, 1320 S Hwy 191. For info: 803-272-8578

Jun 3 Jordan World Circus- With three even more affordable family fun that will thrill fans of all ages. Come see the death-defying aerial acts, animal attractions including tigers & elephants. In addition to the performing acts, kids will have the unique opportunity to ride & pet different types of animals. Shows 1 & 4pm at the Old Spanish Trail Arena, 3641 S Hwy 191. For info: 435-259-6226 or 702-456-2642

Jun 4-9 BEACON City Camp - Monday-Friday 9am-4pm. This full day camp incorporates recreation, nature & arts activities. Campers will spend time at Center St Gym, the MARC, the Aquatic Center, Lions & Old City Park throughout the day. Lunch, snacks & all project materials are covered in the registration fee. Enter 1st-5th grades. Cost is on sliding scale basis. Register at www.moabbeacon.net/summercamp.html. For info: Becky Peterson, 435-260-7001 or petersonb@grandschools.org.


Jun 5 Build Natural Now! Kaki Hunter & Doni Kiffmeyer- 6-7:30pm at the Grand County Public Library (Large Meeting Room). Feed your eyes on a cornucopia of small natural building projects you can get started on now! Kaki & Doni have been messing about with dirt for the past 25 years & would like to share their tools, tips & tricks with you in a fun-filled digital presentation featuring hundreds of wild dirt, sculpted mounds & fanciful plastic projects you can apply to almost any surface, inspirational examples of casitas, benches, planters & privacy walls built with cob, strawbale, earthenbag, adobe, stone, timber, wattle & daub, & much more cool stuff than we can shake a juniper stick at! Sponsored by Moonflower Community Co-op. Info: 435-259-5712

Jun 5, 12, 19, 26 Sheng Zhen Healing Gong- a moving & non-moving meditation class for self healing, with certified teacher Don Leathers from 5-7pm, at the Moab Arts & Recreation, 111 E 100 North. 435-259-8123

Jun 8 Moab Farmers' Market- Fridays 4-7pm, Swanzy City Park at 100 West & Park Drive.

Jun 8-9 Vision Relay- A 2528 mile route. For info: visionrelay.org or call 801-888-3233.

Jun 8 9th Moab Mountain Roundup- in Cortez, Colorado. See ad pg 7B

Jun 7, 14, 21, 28 All Levels Sheng Zhen Gong - is a moving & non-moving meditation class for self healing, with certified teacher Don Leathers from 5-7pm, at the Moab Arts & Recreation, 111 E 100 North. 435-259-8123

Jun 8 Moab Backyard Theater- featuring The Steward Brothers with Gene Perla. Jazz legend Gene Perla (Miles Davis, Nina Simone) appears in a rare western concert. Experience the finest jazz musicians in Four Corners team up for a once in a lifetime outdoor jazz night at 8pm. Located behind Zax at 56W 100 South

Jun 7-9 San Juan Stampede Pro Rodeo- 117 E. Main St. in Monticello. Article pg 17B, ad pg 7A

Jun 7-9 9th Moab Mountain Roundup- in Cortez, Colorado. See ad pg 7B

Jun 9 Magic Night Downtown- with the hilarious award-winning magic of Rick Borelli. Bpm $10 for adults, $5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S

Jun 11 12 19 26 33 40 47 Community Artist in Parks- bring your art supplies & join her in a creative endeavor. See article & schedule pg 10A

Jun 11 Second Saturday E-Waste Recycling- at the Community Recycling Center, 1000 E Sand Flats Road, Sam-Nano. For info on recyclable items visit solidwastessd1.com under events.

**DEADLINE for July Events Calendar: JUNE 20, 2018**

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
Jun 9 Moab ArtWalk - 5-8pm. Visit up to ten venues, see many art displays & enjoy refreshments. Enjoy Art Walk or Chuck Wagon dinner.

Saturdays of April, May, June, September, October & November. For more info visit moabartwalk.com or call 435-259-6272. See ad pg 9A

Jun 9 Gallery Moab Artist Reception - 5-8pm in honor of Jonathan Bailey, a well known conservation photographer. Using photography as his medium, Jonathan strives to help preserve fragile & sacred lands. Located at Gallery Moab, 87 North Main St. See article 10A

Jun 9 Museum of Moab Artist Reception - 5-8pm featuring artist Larry Christensen in the Barnes Gallery & the annual Detailchic Quilt Show. The quilt challenge this year is “Panel Play”. Visit the museum at 118 E. Center St. For info: 435-259-7985. See articles pg 9A & 11B, ad pg 9A

Jun 9 Garden Dinner at Youth Garden Project - a rich, delicious & unique experience for each of our guests. We invite guest chefs to the garden to prepare a 4 course meal using fresh garden produce. Guests are seated at tables in nooks throughout the garden and enjoy their locally grown meal in the midst of the garden’s beauty. All proceeds support youth & community programs. Come enjoy the bounty of the garden with us! 6pm with Guest Chefs Max & Joelle, owners of Yummytown Food Truck. $60 per person. For info: 435-259-2326

Jun 9-10 Moab Golf Club Tournament - Arch & Horsehead 2-man, Men’s & Women’s. 435-259-6488

Jun 9-10 Gravel Pit Lanes: 40ft x 20ft Aerial
Canyonlands Classic Bowling Tournament- 1076 Milecreek Drive. USBC certified with team prizes, doubles prizes & singles prizes. info: 435-259-4748

Jun 11-13 Rollerskating Camps - 5-8pm featuring skater David Thomas. Learn to skate at 4-7pm, Swanny City Park at 100 West & Park Drive. See ad pg 14B

Jun 11 Leon Levine Blues & Roots Festival - 5-8pm featuring musician Jimi Hendrix. By donation. 125 E. 200 North, Historic Helen Taylor Home, every Tuesday & Thursday 5:30pm. info: 435-259-6226 or 435-259-1311

Jun 11-15 BEACON City Camp - Monday-Friday 9am-4pm. This full day camp incorporates nature, recreation, culture, & arts activities. Campers will spend time at Center St Gym, the MARC, the Aquatic Center, Lions & Old City Park throughout the day. Lunch, two snacks & all project materials are covered in the registration fee. Enter at phxyouthcircus.org/summercamp2018 or 480-444-8617.

Jun 12-16, 14 Kundalini Yoga & Gong Meditation- 125 E. 200 North, Historic Helen Taylor Home, every Tuesday & Thursday 5:30pm. 10am Saturday at the Old Town Lodge, 250 Old City Park Rd. Teacher: Catherine Miller. info: 435-259-6623

Jun 12 The Root Cellar Project- the Museum of Moab’s new monthly oral history project. Tell a story or just listen to others every third Thursday of the month. 5-8pm at the Healyd, 239 W. Center St. Free for members, $5 for non-members. All stories are recorded & transcribed for inclusion in the Museum of Moab’s Oral History Archives. For info: 435-259-7985

Jun 14 Kids Camp- 9-3:30 pm at the Old Town Lodge. This FREE camp for kids ages 6-12 is full of fun activities, storytelling, singing, & more. Visit www.itsseewamob.com for registration information.

Jun 15 12 Star Parties- with Canyon Country Discovery Center - 8-10pm at 1117 N Main St, Monticello. For info: 435-587-2156. See ad pg 13B

Jun 15 Lecture Series: Painted Walls & Tree-Ring Dates South of the Bears Ears - this presentation presents the results of the Cedar Mesa Building Murals Inventory, Documentation, & Dating Project, a five-year study of decorated buildings at Ancestral Pueblo cliff-dwellings in southeastern Utah. 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands National History Association & Museum of Moab.

Jun 15 Moab Farmers’ Market- Fridays 4-7pm, Swanny City Park at 100 West & Park Drive.

Jun 16 Sandstone Saturdays - 5-8pm, Swanny City Park. All local vendors, music & fun! info: 435-259-4829

Jun 16-17 Gravel Pit Lanes: 40ft Annual Canyonlands Classic Bowling Tournament- 1076 Milecreek Drive. USBC certified with team prizes, doubles prizes & singles prizes. For info: 435-259-4748

Jun 17 FATHER’S DAY

Jun 17-23 Desert RATS Kokopelli 150- runners will race from Grand Junction, Colorado to the world famous Moab, Utah along the beautiful 148-mile Kokopelli trail. This is a grueling event that will challenge the most seasoned athletes yet it is designed so that less experienced ultrarunners can run for & successfully complete the course. For info: gminadventures.com or 303-249-1112.

Jun 18-22 Circus Arts Summer Camp- Juggling, Balancing, & Acrobatics & Aerial Art! Give your child the fun, fitness, creativity, confidence & adventure of the circus! Campers will learn juggling, wire walking, trapeze, aerial silks, rolling globe, ролa-bola, tumbling, partner acrobatics & mini-trampoline. 8am-3pm each day. Open to ages 7-15 Camp will be held at Center Street Gym. More information & registration at phxyouthcircus.org/summercamp2018 or 480-444-8617.

Jun 19 Moonflower Community Coop Herbalism Lecture- with Sarah Raveyn & Herbalist All Matz, 6-7:30pm, 39 E. 100 North. For info: 435-259-5712

Jun 19 The Root Cellar Project- the Museum of Moab’s new monthly oral history project. Tell a story or just listen to others every third Thursday of the month. 5-8pm at the Healyd, 239 W. Center St. Free for members, $5 for non-members. All stories are recorded & transcribed for inclusion in the Museum of Moab’s Oral History Archives. For info: 435-259-7985

Jun 21 12 Star Parties- with Canyon Country Discovery Center - 8-10pm at 1117 N Main St, Monticello. For info: 435-587-2156. See ad pg 13B

Jun 21 Lecture Series: A Different World: Southeast Utah During the Late Triassic & the Oldest Dinosaurs in Utah. Southeast Utah was not, surprisingly, a very different place 201-205 million years ago. Hear about the strange animals & plants that lived when the world was warm on the continents & not yet taken over the world. Evidence of these animals & plants is preserved around Moab. Will also discuss the chance discovery of the oldest dinosaur found in Utah. 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands National History Association & Museum of Moab.

Jun 21 Free Movie: RUMBLE: THE INDIANS WHO ROCKED THE WORLD - 7pm at Star Hall, 159 E. Center St. Directed by Catherine Bainbridge & Alfonso Maiorana. The profound & oft-missing role of Native Americans in popular music history, featuring some of the greatest music legends. Presented by The Grand County Public Library & The Utah Film Center. For info: 435-259-1111

Jun 22 Moab Farmers’ Market- Fridays 4-7pm, Swanny City Park at 100 West & Park Drive.

Jun 22 Museum of Moab’s Partner Showcase- we invite our local partners to set up a display in the museum. There will be fun activities, games & demonstrations all day! For info: 435-259-7985
June Events (continued)

Jun 22, 23 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm for adults, $5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S

Jun 23 2nd Annual Terry Page Memorial Golf Tournament- registration begins at 7am, shotgun start at 8am. This will be a 4 person scramble. Lunch provided. For info: 435-259-1111

Jun 23 Cortez Celtic Fair- 9am-5pm at Parque de Vida. For complete schedule: cortezcelfair.com. See ad pg 7A

Jun 23 Moab Contra Dance- at the Moab Arts & Recreation Center, 111 E 100 North. No partner or experience needed to dance. Workshop for beginning dancers at 7:30. Live music by The Moab Community Dance Band with Peg Harty, dance caller. $7 suggested donation goes to Grand County school music program.


Jun 25-29 Circus Arts Summer Day Camp- Juggling, Balancing, & Acrobatics and Aerial Arts! Give your child the fun, fitness, creativity, confidence & adventure of the circus! Campers will learn juggling, wire walking, trapeze, aerial silks, rolling globe, bola-bola, tumbling, partner acrobatics & aerial trampoline. 9am-3pm each day. Open to all children ages 7-15. Camp will be held at Center Street Gym. More information & registration at phyxycircus.org/camp2018 or 480-444-8617.

Jun 26 Grand County Library's Author Event- 7pm at 257 E. Center St. Writer & athlete Jennifer Pharr Davis will visit the Moab Library to share stories, slides, & readings from her latest book *The Pursuit of Endurance*. Jennifer a National Geographic Adventurer of the Year & Appalachian Trail record holder reveals the secrets & habits behind endurance as she chronicles the accomplishments of leading athletes of endurance hiking, backpacking, & trail running. For info: 435-259-1111

Jun 26, 28, 30 Kundalini Yoga & Gong Meditation- at the Moab Arts & Recreation Center (MARC) 150 W 5th North. Historic Helen Taylor Home, every Tuesday & Thursday 5:30pm. 10am Saturday at the Red Moon Lodge, 2950 Old City Park Rd. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearl, PhD. By donation. For info: 713-817-7859

Jun 27 Community Rebuilds Open Houses- 3-7pm at 507 & 511 Locust Lane along with 1177 La Sal Ave. Join us for the unveiling of the 23rd, 24th & 25th Habitat for Humanity homes. Walk on their adobe floors, learn about their solar pv systems, & stay cool in the summer heat thanks to the power of the living building. Instructors, students, & homeowner will answer all of your questions. For info: 435-260-0501

Jun 27 Utah Friends of Paleontology Meeting- Tiny Jurassic Furballs: Small Vertebrate Fossils in the Morrison Formation, Grand County, Utah by Brian Davis of the University of Louisville School of Medicine. 6pm, Zions Bank, 330 S Main (downtown Moab). Free event, open to the public. For info: 435-259-9533.


Jun 29 Moab Farmers’ Market- Fridays 4-7pm, Swanny City Park at 100 West & Park Drive.


Jun 29 The Lunatic Triathlon- 10pm at the Price City Desert Wave Pool & Washington Park. Register now for one of the most unique & fun races you’ll ever find! It is held at night during the full moon & begins with a 5k run, followed by a 12 mile bike & then a 300 yard pool swim. Join in with several hundred athletes as they cover themselves & their bikes with glowsticks and race around town. For info: www.active.com

Jun 29, 30 Moab Dog Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm $10 for adults, $5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S

Jun 30 Dialogues of Diversity - highlighting stories of strength from local community members of all ages & backgrounds, the Moab Valley Multicultural Center proudly presents a night of theater, cuisine, of strength from local community members of all ages & backgrounds, the Moab Valley Multicultural Center proudly presents a night of theater, cuisine, & community. Centered on the理念 of “being new” & highlighting stories of strength in the face of adversity. 5:30-7pm at Moab Valley Multicultural Center, 156 N. 100 West. For info: call 435-259-6444.

Jun 30 Free Moab Movie: THE SANDLOT - 8:30pm. Bring your blankets & chairs, we’ll provide the popcorn. Showing at Center St Ballpark. Sponsored by Moab City Recreation & Moab to Monument Valley Film Commission.

Jul 6, 13, 20, 27 Moab Free Concert Series- features a free Moab band concert every Friday in July at Swanny City Park from 4:30 to 7:30 pm. Farmer’s Market, food trucks, beer garden, shade trees & grassy lawn for a picnic & dancing. For info: moabfreeconcerts.com or 435-259-3198

Jul 9-13 Arty Farty Summer Art Camp - Earth, Explore Dirt, Mud, & Pottery! At the MARC, ages 5-11, 9am-3pm. Only $10/week. Scholarships available. Register at www.moaarts.org

Jul 9-13 La Sal Mountains Explorer Base Camp- Session 1 for students entering 5th-8th grade. Retreat from the heat in this popular environment & learn all about Moab & the Grand County MUSEUM - 8:30pm. Bring your blankets & chairs, we’ll provide the popcorn. Showing at Swanny City Park. Sponsored by Moab City Recreation & Moab to Monument Valley Film Commission.

Jul 14-15 Moab Golf Club Tournament- Global Scramble Challenge, Men’s & Women’s. For info 435-259-6488

Jul 16-20 Arty Farty Summer Art Camp - Wind, Air & Fire. Capture The Elements through a Lens! At the MARC, ages 9-14, Mon-Thurs. Only $170/week. Scholarships available. Register at www.moaarts.org


Jul 19 Free Movie: UCHC, 7th at Star Hall, 159 E. Center St. Directed by John Carroll Lynch. A subtlem 24 years-old atheist on a journey of self-exploration to the often unattainable: enlightenment. Presented by The Grand County Public Library & The Utah Film Center. For info: 435-259-1111

Jul 20-21 Monticello Pioneer Days - Civil War Expo at the Monticello Welcome Center. Jul 20, 10am-6pm, Jul 21, 12pm-6pm.

Jul 21 Moab Contra Dance- at the Moab Arts & Recreation Center, 111 E 100 North. No partner or experience needed to dance. Workshop for beginning dancers at 7:30. Live music by The Moab Community Dance Band with Peg Harty, dance caller. $7 suggested donation goes to Grand County school music program.


Jul 24 Utah Walls - WINE & CHEESE NIGHT

Jul 24 Museum of Moab’s 40th Annual Ice Cream Social- for info: 435-259-7985


Jul 27-29 Youth River Skills Camp- for students entering 7th-12th grade. Learn rafting & paddling techniques, guiding skills, & area natural history with Canyonlands Field Institute! This two-night program will provide participants with the often unattainable: enlightenment. Presented by The Grand County Public Library & The Utah Film Center. For info: 435-259-1111

Jul 29-30 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm $10 for adults, $5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S

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Jul 30 Free Moab Movie: THE SANDLOT - 8:30pm. Bring your blankets & chairs, we’ll provide the popcorn. Showing at Center St Ballpark. Sponsored by Moab City Recreation & Moab to Monument Valley Film Commission.

July Events

July 4 4TH OF JULY Fireworks Display sponsored by Grand County, the Grand County Recreation District, & the City of Moab. Fireworks will be choreographed to a playlist, aimed on 97.1 “KCVY” & showcased from Lions Back at dark, approximately 10pm. Rain/wind date: within 2 days.

Jul 6, 13, 20, 27 Moab Farmers’ Market- Fridays 4-7pm, Swanny City Park at 100 W & Park Drive.
KZMU science producer Kristina Young receives award from Charles Redd Center at BYU

KZMU producer Kristina Young has received a Public Programming Award from the Charles Redd Center for Western Studies, part of Brigham Young University. The $2000 grant will be used to promote Science Moab, heard weekly on Fridays on KZMU (90.1 and 106.7 FM or kzm.org) at 11:30 am. A soil ecologist currently working on her PhD, Young launched Science Moab in January 2017. She has interviewed more than 30 scientists in a variety of disciplines, most of them doing research on the Colorado Plateau. Besides exploring the cutting-edge science being done in our region, Young asks scientists about what attracted them to particular areas of study and why they enjoy their work, bringing a human and often quirky response from the interviewees.

KZMU Board of Trustees member Sasha Reed, a research ecologist with the USGS, had some words of encouragement and praise. “This new funding to Kristina Young and KZMU is so exciting and so well-deserved. Kristina and KZMU are part of an emerging frontier for science communication and radio engagement and I can’t wait for the next installment!”

Science Moab is archived online at kzm.org, and you can find it on itunes as a podcast. For more information, contact Kristina Young at 908 752 2280 or KZMU Manager Marty Durlin at 435 259 8824.

Around Moab Events

SATURDAY • JUNE 23 • 9AM-5PM
AT PARQUE DE VIDA ——
PUB CRAWL • FRIDAY • JUNE 22 • 5:30PM @ BLONDIES

Visit us at www.cortezcelticfair.com or on Facebook@cortezcelticfair

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San Juan ATV Safari
Enjoy the beauty & thrills found only in Utah’s Canyon Country!

SEPTEMBER 13-15, 2018
www.SanJuanSafari.com
Use Code MH18 for 10% off Registration
Host city: Blanding, Utah

San Juan Stampede
PRO RODEO
JUNE 7TH-9TH 2018
SanJuanStampedeProRodeo.com

GET YOUR TICKETS TODAY!
MOAB ARTWALK • SATURDAY, JUNE 9TH 5PM - 8PM

Enjoy June’s WATER themed ArtWalk! Featuring live music at the corner of Main St. and 100 N. Be sure to pick up a postcard at any ArtWalk destination and have it punched at all TEN locations for your chance to win a prize! Turn in your full punch card at your final art destination to enter.

**Multicultural Center**
156 N. 100 W. • 435.259.5444
Visit the Multicultural Mural! Free audio tours and learning activities. Learn about important social justice leaders painted by local artists! Receive your stamp and get more info about Moab Valley Multicultural Center at the CommuniTea Garden.

**Desert Thread**
29 E Center St. • 435.259.8404
We are so excited Betsy Kelley will be joining us this ArtWalk! She will demonstrate a traditional indigo dye process using silk and cotton. Watch this gorgeous historic color oxidize and bloom before your eyes.

**98 Center**
98 E Center St. • 435.355.0098
98 Center Restaurant is excited to be part of ArtWalk again this year! We invite you to make us your last stop and to “STAY LATE AT 98.” We will feature LIVE entertainment and rotating Vietnamese “street food” specials.

**Museum of Moab**
218 E. Center St. • 435.259.7985
A life-long student of the arts, Larry Christensen joins us for the month of June in the Barnes Gallery. He will have his oil and watercolor paintings on display.

**MARC (Arts & Rec Center)**
111 E. 100 N. St. • 435.259.6272
As we honor water and its importance to our community and to desert life, stroll through the MARC to view a variety of murals, posters, and flags. Also be sure to visit the newest Mill Creek Parkway Mural “Water is Life” (pictured).

**Moonflower Co-Op**
39 E. 100 N. St. • 435.259.5712
Thirtina started making art because of Juxtapoz Art & Culture Magazine. “I loved the street art style but could not afford to buy it, so I started making art that I wanted to hang on my walls. I dabbled a little with making stencils and spray painting art on the streets. Eventually it led to canvas.”

**Tom Till Gallery**
61 N. Main St. • 435.259.9808
Stay cool in June with Tom Till Gallery’s stunning photos of Westwater, Kaieteur Falls, and the Great Barrier Reef. From Utah and the Southwest to international vistas, Tom Till is Moab’s premier gallery for breathtaking photos of the world’s wonders.

**Moab Made**
82 N. Main St. • 435.261.3570
The artisans at Moab Made are looking forward to seeing you during the Spring Art Walk series. New works from our local community of talented artists will be showcased. Open till 9pm during art walk.

**CommuniTea Garden**
165 E. 100 S. • 435.260.8931
MIK embodies the voyager and alchemist in a vast and barren landscape: returning sand-blasted and sun-baked remnants of stories swallowed by the desert to the fertile lands of imagination.

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The “Reel” World Of Moab

In 1949, the television industry had just begun to blossom, creating a threat to the movie industry in Hollywood. In other news, the Korean War was starting, and Liz Taylor was dating Vic Damone, and a famous film director, John Ford discovered Moab, Utah.

John Ford had just finished his fourth movie filmed in Monument Valley and needed a change of scenery for his next movie, Wagonmaster. He came up to Moab and went to the office of L.L. “Bish” Taylor, editor of the local newspaper. The two discussed the possibilities of making movies in the area and Bish was quick to see the economic potential to the Moab area. Ford was introduced to George White who operated a ranch along the Colorado River, near Castle Valley. The White Ranch, in its pristine setting, would later become the location for many movies.

For a panoramic view of the area, George took Ford out on a gravel bar at Nine Mile Bottom, where he could look down the Colorado River past Fisher Towers to the LaSal Mountains. According to Ford, George exclaimed, “That’s the greatest sight I’ve ever seen.” Ford declared the production of Wagonmaster a “go” and proceeded to film the perfect spot for river crossing and the perfect bluff at Fisher Towers. So the filming of “127 Hours” began Moab’s long association with the film industry and would never be quite the same again.

The early films were mostly westerns with John Wayne, Ward Bond, Maureen O’Hara, Joel McCrea, Richard Boone, Rock Hudson, Henry Fonda, Richard Widmark, visiting and staying in Moab. “John Wayne Slept Here” says the Apache Motel on 400 East.

The more modern movies started with Thelma and Louise that filmed in Arches and Canyonlands National Parks; and the famous leap off spot – Fossil Point. Tom Cruise was hanging around for climbing scenes in Mission Impossible II. The Moab desert really showed off in 127 Hours as James Franco survived in Blue John Canyon, Horseshoe Canyon, Sand Flats and even the Moab Regional Hospital played a part! One of the latest films, The Lone Ranger, returned again to Professor Valley, but also left Johnny Depp hanging out at Fossil Point.

The Moab to Monument Valley Film Commission holds the title of the longest running film commission in North America as Moab has been a part of commercials, movies, TV shows, and music videos for well over 60 years. Some of the motion pictures filmed in and around Moab were classics – others too quickly forgotten. All had one trait in common: they displayed the incredible scenery of our Canyon Country for the World.

More film history can be seen at the Museum of Moab, 118 E Center in Moab. Now open from 10:00am – 6:00pm Monday through Saturday.

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Janet Buckingham, the 2018 Community Artist in the Park, has a strong foundation in creating art and sharing it with the American public inspired from across the globe an opportunity to see first-hand the results of artistic exploitation. Between development, vandalism, looting, and over-visitisation, rock art and other cultural sites are vanishing at an alarming rate. Part of preservation is activism.”

When asked about what or who has been influential to his art he wrote, “Aside from the creators of the rock art, who were probably most influential to my work, I have always deeply admired Leonardo da Vinci. He understood the potential of art and the depth in which it could convey meaning, both by science and through beauty. While the creation of art isn’t traditionally scientific, it certainly is an exploration of the physical and natural world. Under the right circumstances, it can even expand our understanding. I think that’s important.”

The exhibition of Jonathan’s work at Gallery Moab will give visitors and residents alike the opportunity to view and collect some his extraordinary photographic images. To the question of what he hoped to accomplish from showing his work at the gallery, he answered, “Education plays a crucial role in preservation. Exhibits are an impetus for us to teach people how to value, care for, and respect the past.”

An extensive collection of photographs can be viewed on Jonathan’s website, baileyimages.com. Join members of the gallery in a reception for the artist during ArtWalk Saturday, June 9, from 5-8 pm. Gallery Moab is located at 87 North Main Street.

Schedule of upcoming park visits:

June 8: Arches NP, Park Avenue Trail, north end (near Courthouse Towers viewpoint), 9am - 1pm
June 8: Arches NP, Park Avenue Trail, north end (near Courthouse Towers viewpoint), 9am - 1pm
June 14: Arches NP, Garden of Eden viewpoint, 9am - 11am and Arches Visitor Center 11:30 am - 2:30 pm
June 22, 23, 24: Canyonlands - The Needles, check at Visitor Center for locations
June 22: 4pm - 7pm
June 23: 10am and 4pm - 7pm
June 24: 10am - 12pm

Spot Community Artist in the Parks Janet Buckingham in a park. Bring your art supplies and join her in a creative endeavor, or just take a look at what she’s creating. Bring water, sunscreen, and a hat.

June Star Parties
June 13, 8:30 - 10:00 pm, Deep Space Objects
June 22, 8:30 - 10:00 pm, Summer Solstice

S3/person, $12/family, FREE for members

Join us for unique experiences exploring the night sky. GCN staff will be observing our Hubble telescope, teaching activities, and facilitating discussions. The party will move to our indoor planetarium if there is inclement weather.

Themed Activities Include:
• Observing deep sky objects - like galaxies, nebulae, and star clusters - through our telescopes
• Tour of the constellations in our night sky
• Exploring the night sky through stories, science, and creativity!

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Ted Sorensen at Big Horn Gallery Thru June

The Big Horn Gallery at Dead Horse Point State Park is featuring the works of artist Ted L. Sorensen through June 30th.

Ted Sorensen grew up in central Utah in a ranching and farming family. Most of his time, when not in school, involved working with cattle and horses. Long days in the saddle, moving cattle to the summer range and back provided a background which would later influence his field of interest as an artist.

A local artist got Ted involved in painting as a younger but, although he always had an interest, it was much later in life when he finally found the time to pursue art seriously. His second career, as an artist began about fifteen years ago, while living and working on the White Mountain Apache Indian reservation.

Ted now resides with his wife Lynda in beautiful Moab, Utah. Working in oils, he draws inspiration from his lifelong closeness with nature, his experience working with cattle and horses and his interest in the history and culture of the Native Americans.

Artist’s Statement
My life long experiences in the mountains and deserts of Utah, as well as being fortunate enough to have lived and worked among the White Mountain Apaches have been an incredible influence on the type of paintings that I create. The extended time I’ve spent observing the nuances of plants and animals helps with technique but, there’s something more. Something that nature teaches you if you let it. It’s something that Native Americans understand. I also love western history. I love the story of the American cowboy, the pony soldiers, the Indian nations and their interactions with each other. There are so many stories to tell and I strive to tell them with my art. Each image I create is the beginning of another story, an attempt to elicit an emotion which leads the viewer to finish the story, as only they can.

Each painting is done in oil, usually depicting a scene from a bygone or disappearing western culture or way of life, a scene that suggests a relationship with our earth. Again, it’s something that Native Americans understand.

The exhibition of Ted’s work at the Big Horn Gallery will give visitors and residents alike the opportunity to view and collect some his extraordinary portrait and photorealistic photographs. To the question of what he hoped to accomplish from showing his work at the gallery, he answered, “Education plays a crucial role in preserving. Exhibits are an impetus for us to teach people how to value, care for, and respect the past.”

An extensive collection of photographs can be viewed on Ted’s website, ted-sorensen.com. Join members of the gallery in a reception for the artist during ArtWalk Saturday, June 9, from 5-8 pm. Gallery Moab is located at 87 North Main Street.
Never Stop Looking For Unique Jewelry & Gifts!

Stylish Clothing, Fashion Accessories, Gorgeous Jewelry & Unique Gifts has been provided by Rave'N Image since 2003.

Whether you are a long time fan or first time shopper, did you know that WE:

- Reward local students for good grades! Bring in your report card with a B or A average for 20 or 30% off any one item in the store.
- Accept used clothing in return for store credit! Bring in the (good quality) clothing that you don’t wear anymore, & we’ll give you credit to use on buying new clothes from the shop.
- Value products that have been ethically made! We focus on Fair Trade & socially-conscious companies that have humanitarian goals & give back! We have wonderful merchants & artisans from around the world, and within the U.S.

Educate yourself about these incredible & charitable companies!! Proceeds from your purchases may be used to help fund literacy programs & cancer research, or to send school supplies to Africa & water filters to India. They may empower women rescued from bonded labor in Nepal, or stay at home Moms in North Carolina.

Never stop looking for unique Jewelry & Gifts! Maybe it is a pair of Earrings made from recycled materials, or a Necklace that is, itself, 100% recyclable. Perhaps your bracelet is signed by the artist who made it, or you know that your pendant is one of a kind.... when you shop at The Rave’N Image, you’re sure to find something special, and you’ll understand what people are “RAVE’N” about!!

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Summer has arrived! The latest additions to our array of unique apparel at Redtail Air Adventures Store will help you beat the heat in style. From embroidered denim to nostalgic creations that breathe romance, this summer collection has something that will suit every Moab lifestyle.

Pastel colors with geometric and gingham prints are having a moment this season. Come see our variety of charming dresses with whimsical prints of graceful cranes, plum blossoms, cacti and constellations. You’ll find something special in our line of embroidered cotton tops, casual skirts and linen flowered pants. Our manager notes that some of these designs are offered for only a limited time because of their popularity!

We carry a line from a company of three young women who have teamed with six fair trade organizations in India and Nepal. Their colorful original designs are made by women who belong to artisan cooperatives where they are being taught not only sewing skills, but significant life skills. These women are enabled to provide a stable income for their families, breaking the cycle of poverty. Each garment is made by one woman from beginning to end, and she can happily say, “I made this.” How satisfying!

Our most romantic tops and dresses come from a fashion house whose spirit is “poetic, bohemian, girly and free.” The company is over 20 years old, with very creative designers working hard behind the scenes. These garments are a delight to look at, let alone wear! They are made with the traveler in mind—practical, versatile, and instantly wearable.

Come see what we have! Whether your style is casual or adventurous, or you would like to make a splash at a special occasion, you’ll find something in this unique collection of summer attire at Redtail Air Adventures Store.

FYI, Redtail has taken to the air again now that Canyonlands Field is open, and you can book your flights here. How about giving a flight to Dad for Father's Day? Gift certificates are available. 23 North Main Street. Open daily 9-9. (435) 355-0889

Local Art & Handmade Gifts

Tumbleweed

31 North Main | Moab, Utah | 435-259-0099

Imagination Station

ART, CRAFT & PARTY SUPPLIES

GRAND RE-OPENING & NEW LOCATION!

STARTING IN JUNE

Imagination Station & It’s Party Time

Become One!

Everything Arts, Crafts & Party

New Location-New Hours-New Products

435-259-6497

Get Lost at the Station

Imagine the Possibilities

702 S Main St. #5A

In the Kane Creek Shopping Center

Open daily (Call for hours)

Join our Loyalty Program

Imagination Station

311 North Main | Moab, Utah | 435-259-6497

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Looking for quality outdoor gear, clothing, footwear, and accessories from Canyon Voyages Adventure Co.? We have what you need for your Moab adventure. Featured brands include Patagonia, Columbia Sportswear, Royal Robbins, Aventura, Camelbak, NRS, Smartwool, Keen, Chaos, Salomon, and many more.

Castle Creek Winery
Milo Rd, Hwy 128
435-259-3322
Castle Creek Winery offers wine tasting and sales seven days a week in their new tasting room. Our gift shop has everything from gourmet cheeses and snacks to T-shirts, hats, and wine tumblers. Stop by and sample some of our award-winning wines and enjoy the breathtaking views surrounding our vineyards. We are located 14 miles upriver from Moab on Scenic Highway 123.

Dave's Corner Market
400 East Millcreek Dr. 259-0099
Open 6am - 10pm
Dave's Corner Market is now serving Espresso and Lattes and has the largest selection of whole bean coffee in Southeast Utah. We carry over 70 varieties of coffee. Whether you are hiking, biking, or just stopping by, Dave's has what you're looking for. We carry a wide variety of cold beverages, snacks, fruit, cigarettes, beer, ice cream, bottled water and more! Dave's friendly, old-fashioned neighborhood market is your last stop before the Slickrock Bike Trail.

Desert Thread
20 East Center
435-259-8484
A luxurious oasis of rich colors and fibers for knitters, crocheters, spinners, weavers and felters. Featuring local farm-raised spinning fibers and yarns, accessories for every project, inspirational patterns and books, friendly atmosphere, helpful staff and a great selection of locally handmade gifts. Join us Wednesday evenings from 7-9 pm for a stitching social and enjoy getting to know other fiber artists. Hours: Tuesday - Saturday 10am - 5:30pm. Visit us online at www.deserthread.com.

Desert Tree Gift Shop
82 South Main St, Moab, UT 84532
435-719-2066
Beautiful Yarns and Fibers! Also, Handmade Gifts
Open Tue - Sat 10am - 5:30pm
Visit us online at www.desertthread.com

Pinon Tree Pottery
95 S Main St, Moab, UT 84532
435-259-8500
Beautiful Pottery.

Best Cup in Town
Largest selection of gourmet coffee in southeastern Utah
Open Sun - 10pm
The Best Gear, at the Best Price, for the Best Adventures! Whether you are shopping for brand new equipment or gently-used gear at great savings, we’ve got the inventory and expertise to make your next adventure your best adventure. Staffed by outdoor enthusiasts, this locally owned, family run business is Moab’s local destination for gear and information. Visit our website to view local conditions, and to learn how to sell your gear, even if you don’t live in Moab.

**PINYON TREE Gift Shop**
82 South Main
435-719-2086

Our friendly staff will show you our wide variety of gifts and home decor. We have an awesome selection of t-shirts, hoodies, hats and footwear. Come check out our metal art, pottery, and unique locally made items. Hey kids, we have toys!

**Rave ‘N Image**
59 South Main, #5
Located in McStiff’s Plaza
259-4968

New Unique Clothing, Jewelry & Accessories Arriving Weekly!
The Rave ‘N Image Boutique carries a wide variety of STYLISH CLOTHING, GORGEOUS JEWELRY, FASHION ACCESSORIES, BATHBODY PRODUCTS & UNIQUE GIFTS (including, many wonderful things Made in Moab). With a focus on FAIR TRADE items & Socially-Conscious companies that give back, we combine Style with Care. We have something for everyone (even a fun USED Section)!

Come by the Eddie McStiff Plaza (59 S. Main St. #5) to see what people are “RAVE’N” about!!

**Moab Gear Trader**
23 N. Main
435-355-0889

Open Daily 9am - 9pm
Redtail Air Adventures Store has atmosphere and variety of STYLISH CLOTHING, GORGEOUS JEWELRY, FASHION ACCESSORIES, BATHBODY PRODUCTS & UNIQUE GIFTS (including, many wonderful things Made in Moab). With a focus on FAIR TRADE items & Socially-Conscious companies that give back, we combine Style with Care. We have something for everyone (even a fun USED Section)!

Come by the Eddie McStiffs Plaza (59 S. Main St. #5) to see what people are “RAVE’N” about!!

Batteries, hard drives, routers, cable, memory, speakers, stereos, adapters, cable, headphones, satellite radio, town’s best selection of watch batteries. Surge protectors, accessories for cell phones and CBS, DVD players, microphones and much more. Home of River Canyon Wireless, Broadband Internet in Moab, Castle Valley, La Sal & Monticello. Monday - Saturday 9AM - 6PM Closed Sunday

**The Little Suitcase**
1030 Bowling Alley Lane • 435-259-3013
(Old WabiSabi location)
Monday - Thursday Open 11am - 5pm
Enjoy shopping in our peaceful, relaxing, inspiring atmosphere. We offer reasonably priced, one of a kind…
• women’s clothing - activewear to dressy
• men’s clothing - casual to dressy
• shoes - athletic to dressy, purse - casual to designer
• unique home decorating and housewares items.
• locally made lavender products.

**Tech Zen**
Tech Zen is now open to assist with all of your mobile device and computer needs! Our 600 sq/ft shop is ready to repair your broken iPhone or Samsung Device with a full inventory of replacement parts and accessories. Screen protectors and rugged cases are in stock from many premium brands like Otterbox and Lifeproof.

**The Little Suitcase**
Moab’s Community Thrift Store: We have everything you forgot to pack! Come see us one block from Main St.
Open 10am-7pm everyday! 160 E. 100 South
Donations accepted 10am-5:30pm
www.wabisaibimoab.org

**Tumbleweed**
Located in a beautiful historic building, tumbleweed features the work of many local & regional artists. In our bright and colorful shop you will find hand crafted gifts and works of art including pottery, jewelry, recycled & repurposed art, original paintings, home & garden decor, photographs and so much more.

**Walker Drug**
Located in a beautiful historic building, tumbleweed features the work of many local & regional artists. In our bright and colorful shop you will find hand crafted gifts and works of art including pottery, jewelry, recycled & repurposed art, original paintings, home & garden decor, photographs and so much more.

**Walker Drug & General Store**
290 South Main • 435-595-3959
Mon - Sat open at 7:30am Sunday open at 8:30am
Walker Drug is not an ordinary pharmacy. With 23,000 sq. ft. of merchandise overflowing from the shelves, Walker Drug is more like a general store with personality. Bikers, runners, jeepers, campers, river rafters, photographers, young & old alike, will find an endless variety of merchandise. From bathing suits, hats, fishing tackle, knives, toys, housewares, shoes, spaghetti sauce to socks & underwear, Walker Drug has something for everyone.

**Moab Gear Trader**
23 N. Main
435-355-0889

Open Daily 9am - 9pm
Redtail Air Adventures Store has atmosphere and variety of STYLISH CLOTHING, GORGEOUS JEWELRY, FASHION ACCESSORIES, BATHBODY PRODUCTS & UNIQUE GIFTS (including, many wonderful things Made in Moab). With a focus on FAIR TRADE items & Socially-Conscious companies that give back, we combine Style with Care. We have something for everyone (even a fun USED Section)!

Come by the Eddie McStiff Plaza (59 S. Main St. #5) to see what people are “RAVE’N” about!!
Moab Area Lodging Guide

Key to Lodging Guide

1. Inca Inn  
   - 435-259-7261  
   - www.incainn.com

2. Holiday Inn Express  
   - 435-259-1150  
   - www.HIExpress.com/moabut

3. Hampton Inn  
   - 435-259-3030  
   - www.hampton.com

4. Gonzo Inn  
   - 435-259-2515  
   - www.gonzoinn.com

5. Homewood Suites by Hilton  
   - 435-259-7000  
   - www.homewoodmoab.com

6. Days Inn  
   - 435-259-4468  
   - www.daysinn.com

7. Moab Valley Inn  
   - 435-259-4419  
   - www.moabvalleynv.com

8. Comfort Suites  
   - 435-259-5455  
   - www.comfortsuites.com

9. Redcliff Condominiums  
   - 801-243-2022  
   - www.stayinmoab.com

10. Redstone Inn  
    - 435-259-3500  
    - www.moabredstone.com

11. Red Cliffs Lodge  
    - 435-259-2002  
    - www.redcliffslodge.com

12. Big Horn Lodge  
    - 435-259-6171  
    - www.moabbighorn.com

13. Moab Rustic Inn  
    - 435-259-6177  
    - www.moabrusticinn.com

14. Bowen Motel  
    - 435-259-7312  
    - www.bowenmotel.com

15. Quality Inn  
    - 435-259-4655  
    - www.choicehotels.com

16. Aarchway Inn  
    - 435-259-2599  
    - www.aarchwayinn.com

17. Vacasa  
    - 435-726-2415  
    - www.vacasa.com

18. Sleep Inn  
    - 435-355-0809  
    - www.choicehotels.com

19. Mainstay Suites  
    - 435-355-0910  
    - www.choicehotels.com

20. Expedition Lodge  
    - 435-259-6147  
    - www.expeditionlodge.com

21. ACT Campground  
    - 435-259-6535  
    - www.actcampground.com

22. Lazy Lizard Hostel  
    - 435-259-6057  
    - www.lazylizardhostel.com

23. Camp Green River  
    - 435-564-8372  
    - www.campgreenriver.com

Moab Area Lodging Guide

Premium Moab Lodging

- AAA Triple Diamond Hotel
- Complimentary Hot Breakfast
- Complimentary Guest Shuttle
- Outdoor Heated Swimming Pool & Hot Tub
- Secure Bike Storage

Aarchway Inn  
1551 N. Riverview Dr.  
435-259-2599

Now offering 100+ affordable Moab vacation homes and condos with easy access to Arches National Park. Book your getaway today!

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435.728.2415

www.moabareacondos.com  
www.moabcondorentals.com

REDSTONE INN

- Bikes allowed in rooms
- Pets OK
- Barbeque Patio Area
- Mid-town location

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This space could be yours!

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Instagram: @moablodgingandrentals

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REDCLIFF CONDOMINIUMS

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- Three separate bedrooms – two full baths
- Full-size kitchen with accessories
- Free high-speed Internet & Smart-HD TVs
- Heated seasonal pool – spa all year round
- Sleeps eight comfortably – family friendly
- New construction – clean and spacious
- Large parking lot for trucks and trailers
- Bikes allowed in units
- Host/Manager on site

Moab Happenings  • June 2018  • 15A

BOWEN MOTEL

- 435-355-0580
- www.choicehotels.com

Close to Downtown  
Kitchens  
Heated Pool  
Laundry  
Toilet  
Bikes allowed in room

QUALITY INN

- 435-259-6177  
- www.choicehotels.com

435-259-2599

www.moabcondorentals.com

www.moabrusticinn.com

www.RedCliffsLodge.com

www.lazylizardhostel.com

www.redcliffslodge.com

www.moabcondorentals.com

www.aarchwayinn.com

www.choicehotels.com

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Camping Happenings

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iCamp Green River
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Come see what our four wheeler trails have to offer
Make your reservation for Melon Days, September 13-15
SPOTS ARE GOING FAST!
Most Reasonable/Cleanest Campground in Green River!
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or by phone: 435-564-8372

Camping Happenings

Have you ever wondered what happens to campgrounds when they outlive their usefulness? Some go by the wayside and everyday they grow older and sadder, no one cares and the weeds and desert start to take over what they once owned.

That’s how it was at the former A/OK RV Park in Green River, Utah. The campground went through many hands after it gave up its KOA franchise. People who didn’t care or love the business tried to make it but didn’t have the means to bring it back to its former glory. When Josh Dunham, Erin Cougill and Steve Reynolds found the park, they knew it was the one, “What an old beauty, it has so much potential, we couldn’t pass it up!”, Cougill, park owner/manager said. It took them five months of negotiating with a man who kept telling them if he didn’t get what he wanted he would just close it down. That made the three partners fight even harder to get what they wanted. The partners renamed the park “iCamp Green River” and started renovations in January of 2018. The bathroom shower walls were falling and the ceilings were caving in. The showers now are tile and the ceiling is doing much better after renovations. That was just one of the many problems that the new park owners faced. “I ran a KOA for a few seasons to get a feeling for how a park is run, I threw out the bad management practices I was taught and kept the good ones, mixed my experience in marketing and sales and took that with me to iCamp.” Cougill explained. She was the catalyst behind the decision to buy the park and renovate.

iCamp is in the heart of national park country in this area. 30 to 40 minutes away from Arches, Canyonlands,
Moab ArTTrails presents  Pavia Justinian, Fruita, Colorado

Pavia Justinian is a Colorado mixed media sculptor with work featured in public art programs throughout the state and held in private collections across the Southwest. Pavia is an acclaimed artist in the Grand Valley, having been featured in radio and print publications, commissioned work for the City of Grand Junction, and participated in numerous local exhibitions. She apprenticed with local sculptor Dave Davis, founder of the Grand Junction Art on the Corner, and has had the rare opportunity to develop under numerous local exhibitions. She has also participated in publications, commissioned work for the City of Grand Junction, and participated in public art programs throughout the state and held in private collections across the Southwest.

Moab ArTTrails is a non-profit organization that celebrates the vibrant community and economic health through the exhibition and procurement of artworks for the public’s permanent collection. Moab ArTTrails launched its program in 2015 with a permanent gift of art to Grand County. Forces At Play. 4 large scale stone and steel sculptures stand at the Moab Crossing at the Colorado Riverway Bike and Pedestrian Bridge.

Moab ArTTrails is pleased to announce the installation of 16 outdoor sculptures along an art trail in central Moab. Eleven artists selected from a national call installed their work in the heart of Moab for a year. All works are up for consideration for the public’s permanent collection. This first ever event of its kind in Moab is produced with the kind support of the Moab Arts Council, the Moab Arts & Recreation Center, the MARC, Grand County, the City of Moab, and the grace of a whole host of totally wonderful artists, contributors, arts lovers, civil servants, builders and friends. Enjoy the exhibition!

You can find brochures that include a complete map of all the art locations at the Moab Information Center, Moab Arts & Recreation Center, Copy Center and Gallery Moab. Take the tour and vote for your favorite art installation at moabartrails.org.

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The mission of Moab ArTTrails is... Moab ArTTrails celebrates and preserves the community’s cultural and economic health through the exhibition and acquisition of enduring works of art that connect beauty, people and place on shared trails through time.

All works are for sale throughout the year.

Vote for People's Choice!

Thanks to the Val A. Browning Foundation, the winner of the People’s Choice will receive a $1000 cash award at the 2018 artist’s reception. Votes will be accepted until September 1, 2018 at moabartrails.org/peopleschoice.

Vote now by phone!

Call 435-259-2709 to vote now by phone for People's Choice! All works are for sale throughout the year.

Peter Hazel, Reno, Nevada

Peter Hazel has been working as a tile and granite contractor for over 28 years. He is a master craftsman well-known for his design expertise and creativity with color, layout, and grain matching. On a trip to Barcelona in 2005, Hazel came across the works of Antoni Gaudi. “After seeing Gaudi’s work, I couldn’t wait to get home and start creating my own. I didn’t know if it was going to be good and apart from my experience with ceramics and stone, I was entering new territory; I was so inspired by what I had seen in Gaudi’s work.” Since 2005, second generation artist Peter has been creating two and three dimensional mosaic pieces in ceramic, tile, and glass. Primarily depicting the world of nature, Peter is a master of form and scale, and imbues his pieces with energy and vibrant color palettes that reflect his love of the subject matter. Peter’s hand-made tiles are all high-fired and vitrified, which causes the clay to become incredibly hard and impermeable to the elements. Peter’s installations are built to last in any extreme climate for many centuries. See more work: peterhazel.com

Take a moment and enjoy public art. View 2 or 3 sculptures or all 16.

Maps are available at the Moab Information Center (MARC), Moab Arts & Recreation Center (MAR), Canyonlands Copy Center, and Gallery Moab.
This is a short side spur that is often used to access a large Pullman meadow that features fantastic views down to the valley.}

Scenery

Vista like views of the Moab valley, the Moab Rim, and the Behind the Rocks area. Surface

Vary by section and altitude. Rutted dirt, loose shale rock, rock imbedded in roadbed, possible mud. Trail Details

This trip is more for scenery and cool air than it is for challenge unless heights bother you. If that is the case, another trail choice would be wise. But this trip offers a few sections that will put the vehicle and driver to work a little bit, and there usually is a mud hole or two to dirty up the rig as well. A short side spur is also often used to access a large Pullman meadow that features fantastic views down to the valley below. Just past the 10,000 foot summit there is the Medicine Lakes area, ideal for a picnic or for just a nice afternoon nap in the cooler alpine air. From the pass summit the leader has many choices, one loops around the mountains and drops back to Moab via the La Sal loop road, another descends to the La Sal town area and then back to Moab, a longer trip still would end up descending into Castle Valley and then return to Moab.

County dirt road with infrequent or light maintenance after rain or snow, high clearance light duty 4WD required.

Trail Difficulty Ratings are for Moab area roads in dry conditions. The effects of snow or rain varies greatly depending upon the altitude of the roads and the type of soil.

Trail Notes

Length: 36 miles minimum
Min Tire Size: stock
Winch: No
Front Locker: No
Rear Locker: No

For more information see the Red Rock 4-Wheeler website, www.rr4w.com, where the entire Easter Jeep Safari magazine is online.
If you can’t take the heat…

It’s that wonderful time of year again! The birds are chirping. The bees are buzzing. Children are gleefully ignoring their summer reading list. And every time you leave the comfort of an air-conditioned building, you feel sweat beading almost immediately on your neck.

Intense summer heat is just one of the adverse conditions that desert life faces. In and of itself, high heat poses a serious risk to all life, but high heat coupled with the dry and arid desert environment creates the added problem of extreme water loss. To keep cool and to conserve water, desert life has evolved some pretty amazing adaptations.

When the heat starts to get to us, what is the first thing we do? We find some shade or go inside. Desert animals have the same instinct as us, and avoidance is one of the most common reactions to the summer heat. Some animals, like kit foxes, are actually nocturnal so that the majority of their activity happens during the cooler night temperatures. Others will build nests or burrows in shaded areas, such as the cool underground burrows of various rodent species. While these behavioral adaptations are a quick and dirty way of cooling an animal, morphological adaptations are more efficient and more interesting, at least from an evolutionary perspective.

Some animals evolved larger appendages to help dissipate heat more quickly, seen in the jack rabbit’s large ears. Their ears contain more blood vessels that are closer to the surface, allowing the blood to transfer heat gained from the rabbit’s body into the environment.

Larger extremities may help some animals keep cool, but plants actually evolved in the opposite direction. You may have noticed that a majority of the plants we see in this area have smaller leaves than those you would see in a humid forest. For plants, smaller leaves mean less surface area for the water to escape from. Cacti have taken this even further by evolving the extremely small leaves we know as spines, and many cacti species can even store the saved water for later use.

The award for most impressive adaptation, though, has to go to the kangaroo rats of the area. These unique rodents actually never need to search for water thanks to multiple adaptations. They focus their diet on carbohydrate-rich seeds that are packed with energy and produce less heat in digestion than high fat seeds. These seeds are also so dry that, if stored in the kangaroo rat’s more humid burrow, they actually absorb more water from the environment before the animal eats them. The seeds still do not provide all the water the kangaroo rats need though, so their bodies have adapted even further. To conserve as much water as possible, they have evolved specialized kidneys that can reabsorb almost all of the water out of their waste products, recycling nearly all of the limited water they take in.

So what about us desert-living humans? I’ve already mentioned one of our most important adaptations to heat: sweat. When the sweat that beads on your skin evaporates off, the heat required to evaporate it leaves your body as well, helping to keep your internal temperature down. Unfortunately, this process requires method for cooking. Visitors camping in river corridors may also use a charcoal fire if the fire is completely contained in a metal fire pan. Fireworks are prohibited at all times in these national parks. These fire restrictions will remain in effect until further notice.

For information on statewide fire restrictions, visit www.utahfireinfo.gov.

Dead Horse Point State Park is located 32 miles from Moab heading north on US 191 and west on SR 313. The park fee is $15 per vehicle and valid for three days. If you have questions about your visit, contact the park at 435-259-2614 or visit deadhorsepoint.utah.gov.

Dead Horse Point State Park

The local Dead Horse Point Kit fox spending a lazy afternoon in the park.

Dead Horse Point Happenings

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Meet the Pilots of Redtail Air Adventures

Imagine having one of the most exhilarating professions in the southwestern United States! The pilots of Redtail Air love their work—flying over the breathtaking terrain of southeast Utah and sharing their knowledge of the area with awe-struck passengers.

Senior pilot Larry Van Slyke says “My favorite flight is Green River to Sand Wash early in the morning. It’s stunning to fly over a canyon as deep as the Grand Canyon. Spectacular—I never get tired of it, not even after 52 years of flying.” Pilot Mark Burg speaks of soaring in Redtail’s WACO bi-plane, “The WACO is magical—it’s the pure romance of flying. Exhilarating!”

So, what’s the story on these pilots? For certain, they are highly skilled, able to land on a narrow dirt airstrip above miles of remote canyon country on the way. And this season you can take a sunset flight! Let your experienced pilot/guide take you to see the best of the setting sun on Moab’s red rock.

The WACO bi-plane seats one or two adventurous passengers who are keen on barnstorming Moab’s red rock. You and your pilot will suit up in goggles and leather helmets for a tremendously exciting experience. Note: your pilot will be smiling with you the entire ride.

Log a lifetime memory in the air with Redtail Air! To book your choice of flights, call 435-259-7421, book on-line at www.flyredtail.com, or visit our downtown store at 23 North Main Street in Moab.
Aries – Aries, you feel especially creative this week and want to focus on the future. You may have concrete ideas, but don’t know just how to put those plans into action. Seek assistance. This week seems like a race, but you may lose your steam.

Taurus – Learning to detach from thoughts and feelings can help you learn which ideas are important and which ones are extraneous. This can help you reduce stress. Your imagination is very active lately, so much so that it may make it difficult to concentrate on anything else. Make an effort to get work done in spite of the distractions. Take some alone time to focus on what is important to you. This will help you get work done in spite of the distractions. Take some alone time to focus on what is important to you. This will help you get work done in spite of the distractions.

Gemini – If you feel like something is lacking in your life right now, you may want to surround yourself with some friends who provide inspiration and compel change. Others may misinterpret your enthusiasm for a carefree nature. However, you are actually busy getting the job done and even if you’re having some fun doing it. This week you are in the mood to rise above petty conflicts and mend broken spirits. Set aside time to speak one-on-one with those who need forgiveness. This will come out ready for a fight; instead, focus on mediating.

Cancer – Rather than looking to others for validation, take an inward look and praise yourself. There are so many things you do well, and these are deserving of attention. It’s possible you may misread someone’s intentions, and it could get you in a bit of hot water, Cancer. Don’t make any assumptions and apologize if you make mistakes. Fun and physical activity attract you this week, especially as you approach June 22 – July 22.

Leo – You could have some psychically tuned feelings this week and will seem to know about things before they happen. Test your instincts. If your energy levels are waning, find a way to put some hop in your step. Take a break from work if you work through various scenarios. You may feel more relaxed. Everything seems to happen by a harried pace, you need to find a place of solace where you can sit and exhale. It’s important to have this time to rest. Your energy is all over the map, so it may be best to schedule any major meetings or presentations for another time when you are more up to the task.

Virgo – Make yourself more available to your loved ones over the next few days. Try connecting with them by discussing your goals and asking advice. You haven’t yet found your groove at work, but don’t get discouraged. It will happen. Pay attention to others around you and how they act. There is no need to worry about whether or not you have been handling affairs deftly. Others will be quick to vouch for your work if called on. Your creative muse has been calling and you can’t resist her siren’s song. Dabble in any artistic or crafty project you can get your hands on in the next few days.

Libra – Compassion and understanding will drive your actions over the course of this week. You seem especially connected to others and their feelings. Even if others think you are ambivalent, you possess a clear understanding of what you want and where you are heading. Don’t let others’ misconceptions sway you. Your competitive nature might be needed. Your confidence will be an asset as you propel through tasks in record speed. Slow down to catch your breath. People often see you as even-keeled. But tempers may flare if you don’t get your way. Others should watch when you’re fired up.

Scorpio – A hectic schedule may have you feeling tense and resentful of all your responsibilities. Concentrate on one task at a time rather than obsessing about it all. If left to your own devices, you can get your work done quickly. But overcoming distractions may be difficult in the days ahead. Do your best to stay the course. It is time to share your good fortune with others. Expressing gratitude and helping those who do not have enough will make you feel happier and more fortunate. Cater your plan and speech to the audience receiving it. You can gain more support if your message is well-received. Figure out new ways to communicate.

Sagittarius – Reminiscing about the past can be a good way to connect with you with your history. Just do not dwell too much on what you’ve been through. Use it as a chance to grow. If you are feeling high strung or nervous, you may just need to take a little time away from a situation to reorient yourself. Come back with a fresh perspective. Infuse your social circle with some fresh energy. Get together with friends and find ways to include new people into your social circle. You do not have an argumentative nature. So when you’re bothered, it is probably for a good reason. Don’t come out ready for a fight; instead, focus on mediating.

Capricorn – Strengthen relationships by letting other people know how much you appreciate them. This will help you feel a greater sense of joy as well. Don’t put others off by being too serious. Learn how to let loose a little bit this week and your friends will flock to you in no time at all. If life has been rushing by at a harried pace, you need to find a place of solace where you can sit and exhale. It’s important to have this time to rest. Your energy is all over the map, so it may be best to schedule any major meetings or presentations for another time when you are more up to the task.

Aquarius – You may feel enthusiastic this week about what life has to offer. Make the most of your rejuvenated spirit. Make an effort to reconnect with an old friend. You’re normally a people person, but every once in a while you enjoy solitary time to think and avoid crowds. Be conscious of how your actions and words affect others. Communication issues can affect relationships when misconstrued words are taken to heart. It may seem like you’re feeling extreme highs or lows. Soon things will settle down. Enjoy some well-deserved escapism for the time being.

Pisces – Feeling nervous about the outcome of some endeavors is natural. But if you work through various scenarios, you will feel more relaxed. Everything seems to be unfolding on schedule. This is advantageous because you don’t have to put in extra effort or sweat the details. Procrastination is often a sign that a person is not interested in what he or she is doing. Find activities that truly motivate you. This week you will have the ideal blend of patience and passion, which has people lining up to be on your team.
Decoding the Pet Food Bag – Marketing vs Reality

By Kaye Davis
co-owner of Moab BARKery

Understanding the label of a pet food is very important, as it is legally binding contract between you and the pet food manufacturer. Even pet nutritionists have problems at times decoding pet food labels. There are thousands of things to consider, from maximums and minimums of fiber content to ingredient sourcing to how the food was actually tested so you don’t inadvertently turn your pets into test animals. Here is a simple way to decode the pet food label and to make the most of the information you’re given.

Labels, and any claims made on them, are regulated both on a federal and a state level. The federal regulations are published in the Code of Federal Regulations (CFR), Title 21 CFR. Every label is required by law to have eight pieces of information. Three things must be on the front of the package in plain view.

1. Brand and Product Name: The name of the food must indicate the percentage of protein in the food.
2. Species: The species the food is formulated for.
3. Quantity: The weight of food in the bag, can, roll or container.

The other five items may be included on the front label or elsewhere on the package, such as on a back or side label (called the “information panel”).

1. Guaranteed Analysis: Typically, the minimum percentages of crude protein and crude fat, and the maximum percentages of crude fiber and moisture (crude refers to testing not the food).
2. Ingredient Statement: All ingredients are listed in order of predominance by weight, including their inherent water content.
3. Nutritional Adequacy Statement: A substantiated claim of the food’s nutritional adequacy (e.g., complete and balanced) as well as which life stage(s) it is for.
4. Feeding Directions: Recommended quantity based on weight and/or age of pet.
5. Contact Information: Name and address of manufacturer or distributor.

The name of a pet food indicates the percentage of protein it has in it. If the food’s name includes a type of protein, then it must contain 95% by weight of that protein. For example, Beef Dog Food is 95% beef. Foods named “dinner, entree, platter or formula” must contain at least 25% of the stated protein (and up to 75% of other ingredients). Food names that include the words “with or made with” must consist of only 3% of the stated protein (and up to 75% of other ingredients). Food names that include “dinner, entree, platter or formula” must contain at least 25% of the stated protein (and up to 75% of other ingredients). Food names that include “dinner, entree, platter or formula” must contain at least 25% of the stated protein (and up to 75% of other ingredients). Food names that include “dinner, entree, platter or formula” must contain at least 25% of the stated protein (and up to 75% of other ingredients).

There are hundreds of meaningless marketing terms on dog food labels and we’ve listed just a few here. These words are just words, they have no legal definition (which is why you’ll see a lot of them) and there are no legal requirements for including them on packaging. When you see them, take the info with a grain of salt.

Natural: Arsenic is also natural. So are water, chicken, and the highest grade of protein. The US Food and Drug Administration (FDA) states, “The term ‘natural’ is often used on pet food labels, although that term does not have an official definition.” While the FDA does not have an official meaning, AAFCO does. It states, “For the most part, ‘natural’ can be construed as equivalent to a lack of ingredients. If the statement says, “Made with Organic Ingredients” then 70 to 94% of the product is organic. The seal is allowed to be used anywhere on packaging if less than 70% of the products are non-organic. Pet foods and pet treats must comply with the USDA’s National Organic Program (NOP) regulations (7 CFR 205). These regulations cover ingredient sourcing, ingredient handling, manufacturing, labeling and certification of products wanting to use the word “organic” in their labeling. Organic only refers to the processing of a product, not the quality of the product.

Premium: FDA labeling guidelines state that, “Products labeled as premium or gourmet are not required to contain any different or higher quality ingredients, nor are they held up to any higher nutritional standards than are any other complete and balanced products.”

Made in the USA: The Federal Trade Commission (FTC) governs this aspect of labeling. The rule states that “all or virtually all means” all significant parts and processing that go into the product must be of U.S. origin. That is, the product should contain no—or negligible—foreign content.

Organic: The organic seal is tricky to understand and it makes a difference where you find it on the label. “Organic” refers to the handling and processing of ingredients and products, not necessarily the quality of the product. If the official USDA Organic seal is on the actual label, then that means all ingredients are organic. If the seal is on the food ingredient panel, that means the food has less than 70% organic ingredients. If the statement says, “Made with Organic Ingredients” then 70 to 94% of the product is organic. The seal is allowed to be used anywhere on packaging if less than 70% of the products are non-organic. Pet foods and pet treats must comply with the USDA’s National Organic Program (NOP) regulations (7 CFR 205). These regulations cover ingredient sourcing, ingredient handling, manufacturing, labeling and certification of products wanting to use the word “organic” in their labeling. Organic only refers to the processing of a product, not the quality of the product.

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Each year, Moab’s Delicate Stitchers Quilt Guild has a themed challenge. This year’s challenge is “Panel Play”. Fifteen members have crafted 18 quilts depicting their interpretations of the theme. The show is on display through June at the Museum of Moab, located at 118 East Center Street. After viewing the quilts, stay to see the interesting exhibits about Moab’s history. Museum hours are 10am-6pm Monday-Saturday. Admission is FREE on Mondays.

Delicate Stitchers Quilt Guild meets on the second Tuesday of each month at The Grand Center, 182 N. 500 West. Meeting begins at 7 pm, but there is an informal half hour before to chat, check out a book from the Guild’s library and enjoy a snack. We hope you will consider joining us for a fun and informative evening!
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.

THE UTAH HIGH SCHOOL CYCLING LEAGUE
September 22, 2018. 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 2,400 students on 81 teams across the state. Please see their website www.utahmtb.org for more information.

• MOAB CENTURY TOUR - Road Cycling Tour, Sept 22-23, 2018. Ride one or two days! On Saturday, choose from 40–100 mile paved routes with breathtaking views of Moab's sandstone marvels and the Colorado River. On Sunday ride the newly-paved La Sal Loop Road through the mountains with 5550’ elevation change and views of fall colors before cutting down through red rock canyons and finishing along the Colorado River. Every registration includes a donation to the Moab Cancer Treatment Center. For more information visit skinnytreevents.com or call 435-260-8889.

• 6th ANNUAL GRAN FONDO MOAB, Sept 29, 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 Sal, 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.

• OUTERBIKE FALL October 5-7, 2018. 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. 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, shuttles, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

• MOAB BO-DOWN MOUNTAIN BIKE FESTIVAL October 25-28, 2018. 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.moabbo-down.com for more information.

• POISON SPIDER BICYCLES SPRING THAW, March 2019. 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 9-12, 2019. Jumpstart your spring training and tour along the Colorado River, Dead Horse Point State Park and Arches National Park. Routes average 50 miles/day and are fully supported with food, SAG vehicles, lunch, 5-star communication, and post-party entertainment. Every registration includes a donation to the Moab Cancer Treatment Center. For more information visit skinnytreevents.com or call 435-260-8889.

• MOAB ROCKS MOUNTAIN BIKE STAGE RACE, March 2019. Takes some of the regions best classic & new roads including Klonzo, 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 April 5-7 2019. Outerbike is a chance for you to test ride next year’s bikes on world-class roads and trails in Moab, Utah.
Heading out into the canyon country desert, for mountain biking, hiking, jeeping or canyoneering? It can be tempting to rely solely on an electronic map for navigation, but take a paper map with you. You’ll never regret having it. And on the other hand, you very well might regret not having it.

Batteries can run out, cell phone coverage is often nonexistent, canyon walls block GPS satellites, digital displays can be hard or impossible to view in high-contrast-light situations, or in an intense downpour.

And, less obvious: cell phone and other digital displays are small. Even with the best technology, 3D views and zooming out wide, paper maps can do one thing that is still impossible to do on small screen digital displays. Paper maps can unfold.

Sometimes, when you find yourself lost, what you need most is to see "the big picture" and "the little picture" all at the same time. With a paper map you can unfold it, lay it down on the ground or a handy boulder, and it shows everything all at once, in detail. The mountains on the horizon 50 miles away, the 100-foot tall butte 1 mile away, and the bend in the canyon 100 yards away are all lined up, giving you a perfect way to zero in on your location, but on a small screen display, it might be difficult if not impossible to view all three at the same time — when you zoom out to see the mountains, the nearby details disappear. When you zoom in to see the butte or the bend, the mountains disappear. (You can also draw a line on a paper map, taking a bearing off the three landmarks and extending that line to reveal your current position.)

GPS enabled navigation apps make the above technique seem not only old-fashioned (downright quaint) but also far less accurate. And it’s true, they are very accurate — if your device still has juice and is able to acquire its required number of satellites. But you would be surprised how often GPS signal gets blocked in canyon country.

If you don’t already have the paper maps for your canyon country explorations, an excellent place to purchase them is the Moab Information Center, 25 E Center St, Moab, UT 84532. They have every conceivable type of map for the region, and most are already opened and laid out on a table for you to view.

All that being said, there are many very useful phone apps for use in the field while mountain biking. Here is a list of the most useful (some are free, some require a small purchase, some allow for downloading and using maps offline, others require either a cell or GPS connection or both):

• Gaia GPS
• Maps 3D Pro
• Viewranger
• Google Maps Offline
• Alltrails
• Mtbproject
• Trailforks
• Strava
• Avenza PDF Maps
• GPX-Viewer
• Singletracks Topo
Howdy Owls

As westward traveling emigrants passed through the short-grass prairies of the American West, they encountered small, curious creatures they nicknamed “Howdy Owls.” Now known as burrowing owls, these creatures would perch on the rims of their burrows or stand atop a buffalo chip and watch the procession pass by. A tilt of the head or a slight bobbing up and down was interpreted as a greeting or acknowledgement to those weary travelers passing through the owl’s neighborhood.

Some travelers probably saw humor in the way the owl’s yawned or stretched their wings while standing on one leg. The owl’s diminutive size and diurnal activity period also lent to the appreciation of these prairie dwellers.

Modern-day visitors to Canyon Country can also experience these owls minus the dust of a wagon train. Burrowing owls are the only North American owl that uses ground burrows for nest sites. The abandoned burrows were constructed by prairie-dogs, badgers, kit foxes, or other desert-dwelling mammals. Any new homeowner, or owl, redecorates the burrows to their liking by adding grass, feathers, and bits of manure around the entrance or to the nest chamber. Originally thought to mask the owl’s odor against predators, some biologists believe the manure is to attract dung beetles, one of the owl’s preferred foods.

Within the owl’s 6-10’ long nest chamber, a female burrowing egg may lay up to a dozen eggs and incubate them for a month. Her mate brings her food and stands guard near the nest keeping an eye out for rattlesnakes, badgers, coyotes, and other potential predators. When threatened, the male flies away and makes loud calls to distract the intruder and draw it away from the nest.

The male’s vigilance is rewarded with the successful hatching of young. A couple of weeks after the young hatch, they emerge from their den and hang out near the burrow entrance. The wait for food deliveries of grasshoppers, beetles, caterpillars, small lizards, mice, voles, and even scorpions by the parents.

Good areas to look for these owls are the grasslands of the Cisco and Green River deserts, Needles Overlook, Arches National Park, and in the Montezuma Canyon drainage. Where you see pronghorn, look for burrowing owls. Listening for the bird’s harsh quail-like coo-coo call is also a great way to locate these owls. Like many birds, these owls have a repertoire of sounds that they make, including a raspy rattle that resembles the warning buzz of a rattlesnake!

Just as the emigrants passed through the region, these owls are also temporary residents. In the fall, the western populations of these owls migrate southward to Mexico or Central America. Disjunct populations that occur in Florida or the Caribbean remain there year-round. Keep an eye, and ear, open for these small denizens of the desert during your next visit to Canyon Country. The owl’s charismatic appearance and antic behavior will reward you with a smile, just like it did for those ancestors that traveled west in search of a better life so long ago.

By Damian Fagan

A NATURAL HISTORY WRITER. Former Moabite, now 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

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The Underground Secret of the Grabens

In the canyon country around Moab, some areas differ distinctly from the surrounding landscape. The La Sal Mountains towering over the surrounding redrock country is one area. Arches National Park, with its extremely high concentrations of natural arches and characteristic rock sites, is another. And the Grabens in the Needles District of Canyonlands National Park are a third such area. In fact, the Grabens are one of the most unusual topographic areas on our planet and are actively being studied by geologists from all around the world.

Like the other exceptional landscapes around Moab, the landscape of the Grabens is tied directly to the geology deep underground. To a geologist at least, the beauty of the area is more than skin deep. The Grabens look like a series of roughly parallel canyons with straight vertical walls. But they were not formed by stream erosion. In fact, some of the Grabens even have drainage patterns that cut across them but are no longer interconnected, and others are internally-drained basins that do not connect with other streams in the area.

The geological term graben comes from the German word for “ditch.” A graben is a trough that forms when a section of land drops down between two faults (faults are surfaces along which blocks of the earth’s crust have moved relative to one another). Horsts and grabens occur in the Needles District, although the area is known by the name of just one half of this geologic combination. Horsts are fault-bounded blocks that have moved up relative to the down-dropped grabens. Horst and grabens usually form in areas where the earth’s crust is pulled apart, such as in the Basin and Range province in Nevada and western Utah. There, the crust is being stretched (or extended) by as much as 25% compared to its original width due to the gliding in the salt layer due to the instability caused by the presence of the Paradox salt layer.

The Grabens are usually less than a third of mile wide, range from about 80 to more than 300 feet deep, and are usually no more than a few miles long. The faults that created them do not penetrate deep into the earth’s crust. This area with its high concentration of faults is completely unlike anything else in the surrounding landscape. How did it form?

The primary secret to the Grabens’ origin and evolution is found approximately 1500 feet beneath the surface in a rock layer called the Paradox Formation, which consists primarily of salt. Salt as a rock type has several unique properties, including the ability to flow ductilely (like Silly Putty) rather than break or fracture, and it will do so under geologically low pressures.

The Grabens are also related to the formation of Cataract Canyon, which came to be the way most landscapes in southern Utah were formed—eroded by flowing water. The Colorado River has cut into the earth carving Cataract Canyon, with the incision reaching nearly to the depth of the salt in the Paradox Formation. With the removal of billions of tons of sandstone and other rocks above the Paradox Formation where the canyon is now, the rock on either side lost its lateral support. And like books on a shelf that are no longer held in place after a book has been removed, the rocks started to slide. The soft salt layer underneath them acted like a lubricated surface for this sliding. While the salt layer underneath was able glide plastically, ordinary rock types like the sandstone above it could not. The land was stretched as it slid towards the gorge, and the brittle sandstones and limestones fractured and faulted. Alternating blocks dropped downward, leaving the land looking like an opened accordion. The area within the Needles Fault Zone (as geologists call the Grabens area) has been stretched (or extended) by as much as 25% compared to its original width due to the gliding in the salt layer due to the instability caused by the presence of Cataract Canyon.

The reason that most of the grabens are on the east (Needles) side of the river (versus being on both sides) is because there is a very slight tilt of the rocks layers downward to the west-northwest on the Needles side that aids the gravitational sliding towards the canyon. The older (and larger) grabens are located closest to the river. The Grabens get younger towards the east, with Devils Lane and Devils Pocket being among the youngest ones found in the park. The Needles Fault Zone is still geologically active, although the movement appears to occur mostly by gradual creep rather than by earthquake events. Extension and subsidence in the area is occurring at rates up to approximately 0.1 inches per year.

All geologists agree that the Needles Fault Zone and the Grabens are very young and that they began forming after rapid river incision carved Cataract Canyon as recently as one million years ago. It is thought that the Grabens themselves began forming within the last half million years. Sometimes people think that the geology of canyon country is concerned mostly with events that happened in the very distant past, but landscapes like the Grabens show that geology is still happening today. And we will continue to explore these events in Geology Happenings.

by Allyson Mathis
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Allosaurus

Allosaurus was discovered in the Late Jurassic Morrison Formation (~152 million years in age) and named by paleontologist O.C. Marsh in 1877. The name Allosaurus means “Different-Lizard” because it was thought that the vertebrae were entirely unique to this dinosaur. As the years passed and more material was discovered, the scientific understanding of Allosaurus increased alongside its popularity, with its first public debut in the 1925 film “The Lost World,” where it was shown as an alpha predator alongside Tyrannosaurus rex, and in reality it lived 90 million years before T. rex. Allosaurus is one of the most commonly found Late Jurassic fossils in the United States, as shown by the large number of Allosaurus fossils known from the Cleveland-Lloyd Quarry and at Dinosaur National Monument, both located in Utah. The frequency of these discoveries in Utah led to the naming of Allosaurus as the Utah state fossil in 1988, 111 years after Marsh’s initial excavations of its first remains.

Allosaurus was a predator, but it shared its top spot on the food chain with two other Late Jurassic predators: Torvosaurus and Ceratosaurus. Allosaurus had an average length of 28 feet (roughly 8.5 meters), but some specimens have been found reaching lengths of nearly 40 feet (roughly 12 meters). The teeth of Allosaurus were serrated, like a butcher’s knife, which would allow for them to easily slice through hide and flesh. The arms of Allosaurus were strong and had powerful hands with large claws, which would have been used for attacking prey. Tracks of Allosaurus can be seen at the Copper Ridge Dinosaur Tracksite, located north of Moab. These tracks also indicate that the Allosaurus who walked here had a limp and likely had an injury on its lower leg or foot.

Allosaurus is the dominant animal preserved at the Cleveland-Lloyd Quarry, which was discovered on Bureau of Land Management public lands in 1927. 46 individuals of Allosaurus are represented (making up 66% of the fossils preserved there), from babies only three feet long (or one-meter-long) to larger animals over 35 feet long (10 meters long). This large sample of fossils allows paleontologists to study how Allosaurus changed as it grew from an infant to an adult. The Cleveland-Lloyd Quarry is located 32 miles south of Price, Utah, with both the quarry and an on-site museum available for visitation from March to October yearly.

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Free Bluegrass Wednesdays a Big Hit for Moab’s Backyard Theater

Bluegrass, a uniquely American genre, is usually associated with the Appalachian Mountains, but since the 1970’s it has also become the mountain music of choice out west. Big bluegrass festivals—like those in Telluride and Lyons, Colorado—have helped popularize the genre to a new generation of fans. Now, locals and tourists alike are discovering that Moab has its own old-time bluegrass venue right downtown. Moab Backyard Theater, 56 W. 100 South (right behind Zax), provides a free bluegrass Night every Wednesday in a relaxed outdoor setting beneath a big cottonwood tree.

The hosts of the night are Quicksand Soup, a local collection of some of the finest pickers in the area. Sand Sheff, who owns the venue along with his wife Sunnie, provides vocal, guitar and banjo. David Steward, a renowned local songwriter and guitarist virtuoso, is on the lead guitar. Eric Jones, a native of Dinosaur, Colorado, plays mandolin while 18 year old local sensation Alan Snow plays upright bass. The amazing Tamara Frieda plays fiddle.

The band plays around a single microphone, just like groups did in the early days of amplified shows. The crowds love it.

“There’s something special about the sound we’ve been getting down there with the single mike,” says guitarist Dave Steward. “It definitely takes a little bit of graphology with the band to make it work, but that’s half the fun.”

Any given Wednesday, guests might hear songs from Bluegrass greats like Doc Watson or the Stanley Brothers, or great country songs from the likes of Hank Williams and Johnny Cash. The Backyard Theater has live entertainment

Forest Beutel is pioneering the Americana Blues genre. He draws influences from roots music across the U.S. to play a variety of originals and covers from uptempo bluegrass songs to down tempo delta blues.

Slinging banjo, guitar, harmonica, kick-drum and a high-hat, Beutel builds a swampy upbeat atmosphere that engages a crowd and gets folks on their feet. A modern day ramblin man, Beutel’s voice blends the high lonesome day ramblin man, Beutel’s voice blends the high lonesome sounds of Hank Williams and Townes Van Zandt with gruff baritone vibrations akin to Tom Waits and Johnny Cash. Beutel began his journey as a professional musician in Rhode Island over a decade ago, drumming in nationally touring bands. After moving across the country to Tacoma, Washington, Forest picked up the banjo and became a regional favorite as the frontman of several bluegrass bands including Barleywine Revue and The Rusty Cleavers.

Forest has been an active solo musician for over five years, with two solo albums, Friday June 8th and Saturday June 9th at the Blu Pig BBQ, 7pm, no cover. www.ForestMarxBeutel.com

Wednesday through Sunday in June. Rick Boretti’s famous Magic shows are, Friday and Saturday. All shows start at 8pm.

“Sometime there’s even lemonade,” says Sheff.
Moab boasts several upscale lounges. 98 Center, the newest addition, specializes in craft cocktails in a casual atmosphere. The Atomic Grill & Lounge offers a beautiful cocktail lounge with their unique brand of crafted libations, in addition to their new drive up coffee service. The Sunset Grill has an outdoor patio with a view of the Moab valley where you can relax and wait to be seated for dinner (pending weather). To just stop in at the end of the day and have a drink to unwind, try the Blu Bar located at The Blu Pig or The Alley Sports Bar beside the local bowling alley.

Moab has two local wineries. Castle Creek Winery is located at Red Cliff’s 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.

Some restrictions may still apply as to where you can sit in a particular establishment when consuming alcohol and whether or not you need to consume food or not with your drink. 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 Utah State Liquor Store is the only location where you can purchase a variety of 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) November to February and (11:00 am to 9:00 pm) April to October. The Utah State Liquor Store is closed on Sundays and Holidays. Moab Brewery, now has a Package Agency and sells full-strength beer to go every day including Sundays. Beer (3.2% alcohol content) for take-out can be purchased at grocery food stores and convenience stores for off-premise consumption only. On-premise beer (you can drink it here) is available at various licensed locations, including taverns, golf courses, bowling alleys, and restaurants that have the required beer license.

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

Moab Brewery are distilling and bottling their unique spirits onsite. Class 5 Vodka and Spot On Gin are available! Enjoy Class 5 Vodka and Spot On Gin in specialty cocktails served in the restaurant and tavern. Check out the newly remodeled Package Agency at the Moab Brewery, where you can get 16oz cans and 22oz bottles of their award-winning beer to go! Bottles of the Class 5 Vodka and Spot On Gin are also available to purchase from the Package Agency. Open every day at 11:30am (even on Sundays)
Restaurant

Desert Bistro
Contemporary Southwestern Cuisine

98 Center
66 E Center St
435-355-8088
Lunch: Mon-Fri 11am - 2pm
Dinner: Mon-Sat 5pm - 10pm

Closed Sundays

Owner Bob Wall has expertly blended New Mexico’s best ingredients, brightly colored by the desert sun, to create cuisine that is flavorful and visually stunning. Enjoy this diverse selection of dishes that are sure to inspire your taste buds.

The Alley Sports Pub & Grill
1077 Mill Creek Drive
435-250-4748

Open Daily

Open for a quick bite or a full dinner experience, The Alley serves a variety of classic American dishes with a southwestern twist.

Conway Grill at Red Cliffs Resort
16 Main St Highway 138
435-250-1381

Ripe from TABASCO! Dine and unwind overlooking the Mighty Colorado. An American menu. Steaks, chops, fish, and pasta, featuring local, organic produce from Castle Creek Farm, served at an affordable price. Enjoy a stress-free time away from the ordinary. Experience a new kind of dinner in a casual atmosphere. Make your reservations for private parties, weddings, or other special events.

Denny’s
435-355-8859
Breakfast, Lunch & Dinner
Closed Christmas

Family dining at affordable prices. Over 100 menu items including breakfast specials, and Family Fun for the Health conscious, including low fat options. Enjoy the best in American cuisine while still being kind to your budget.

Desert Bistro
36 South 100 West
435-250-0756

Closed Sundays

Owner/Chef Earl & Michele Kelly invite you to enjoy our welcoming dining at the Bistro. Magnificently fresh fish, game, the freshest meats, handmade pastas, steaks and desserts. Covered, not heated patio dining, Full license. Reservations are highly recommended.

Domino’s Pizza
702 South Main, Ste 101
435-250-5555

Open Daily

Enjoy our delicious pizzas made fresh with quality ingredients. Whether you’re craving a classic pepperoni or looking for something new, Domino’s has something for everyone.

Eckle'S Cafe
325 North Main Street
435-250-6096

Open Daily

Open 24 Hours

Eckle’s Cafe is open 24/7 for breakfast, lunch, dinner, or late-night snacks. Enjoy our classic American diner menu with a twist, from hearty breakfasts to savory sandwiches.

Daydreaming

Traditional and contemporary dishes are served Monday through Saturday. We offer a variety of options for every taste, from light lunches to hearty dinners.

El Chato Loco Mexican Grill
182 S Main Street
435-355-0854

Open Daily

El Chato Loco is a favorite spot for those seeking authentic Mexican cuisine in a relaxed, casual setting. From classic tacos and quesadillas to more adventurous dishes, there’s something for everyone.

Fiesta Mexicana
203 South Main Street
435-355-4566

Open Daily

Open 24 Hours

Fiesta Mexicana serves traditional Mexican dishes, including tacos, burritos, and more, for a taste of Mexico at home.

Fiesta Mexicana is one of the best places to enjoy delicious Mexican food. Whether you’re craving a Margarita or a plate of enchiladas, we’ve got you covered.

El Masquerado

Located in the heart of downtown St. George, The Masquerado offers a wide variety of dishes, from traditional Mexican fare to modern fusion cuisine.

Make sure to try our signature margarita, handcrafted with fresh lime juice and our own house-made syrup, paired with any of our delicious dishes.

Fiesta Mexicana
203 South Main Street
435-355-4566

Open Daily

La Guadalupana

Open Daily

La Guadalupana is a beloved Mexican restaurant that has been serving up authentic Mexican cuisine for decades.

Fiesta Mexicana
203 South Main Street
435-355-4566

Open Daily

La Guadalupana is a beloved Mexican restaurant that has been serving up authentic Mexican cuisine for decades.

Jalisco Grill
527 North Main Street
435-355-0520

Open Daily

Jalisco Grill is a popular Mexican restaurant in St. George, known for its delicious and authentic Mexican dishes.

Julia’s Cafe
2748 E Hwy 191
435-355-7711

Open Daily

Julia’s Cafe is a must-visit for anyone looking for authentic Mexican cuisine in St. George.

Check the ad before you order your dinner specials.

Lunch Specials - All $9.99

All served with rice & beans

Monday - Borracho Beef or Chicken
Tuesday - Borracho Beef or Chicken
Wednesday - Borracho Beef or Chicken
Thursday - Beef & Chicken
Friday - Beef & Chicken

Best Mexican Food in Town

For more information about these restaurants, pick up a "Mob".
Moab Brewing
686 South Main 435-259-6333
Open Daily 11am - 10pm.
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. Full liquor license.

Moab Chevon Deli
817 So Main 435-259-2212

Moab Coffee Roasters
50 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 capuccino and doughnut. Indoors and outdoors seating. Taste the fresh roasted difference! Check out our selection of Republic Tea!

Moab Diner & Ice Cream Shoppe
189 South Main 435-2406
Breakfast • Lunch • Dinner
Mon-Thurs: 6am - 10pm
Fri: 6am - 1pm
Closed Sundays
Home of the best green chile in Utah. You’ll love our specialty breakfasts, lunches and dinners. Our Ice Cream Shoppe features Blue Bunny ice cream.

Moab Garage Co.
78 North Main
Beau’s • Lunch • Dinner
Open Wed-Mon 8am-9pm
Closed Sundays
We have reopened this spring from our winter remodel. The Moab Garage Co. is now a full service cafe offering specialty coffee, breakfast, lunch, and dinner options, as well as a full bar on tap and an excellent wine selection. Oh, and of course our all-weather covered patio is back and we’re still accepting reservations. Come see all the exciting changes at The Garage, Beer & Wine Garden now open from 4pm Wed-Sat. Must be 21+ for Beer & Wine Garden.

Moab Giants Cafe
112 West SR-313 435-355-0288

Moab Grill Steakhouse
540 South Main 435-259-4488
Breakfast • Lunch • Dinner • Catering
Open 6am-10pm
Enjoy your home style cooking ranging from our ‘Cowboy Rib’ to our hearty steaks and stews and seafood for dinner. Our homemade soups, pies, cobbler, espresso and our spicy jujube burgers are good any time of day. Friday Steak and King Crab. Prime Rib served Friday, Saturday and Sunday evenings. Enjoy our new pasta dishes. Small Steak and King Crab. Prime Rib served Friday, Saturday and Sunday evenings. Enjoy our new pasta dishes. Small

Moonflower Community Cooperative
39 E 100 N 435-259-8712
Hot breakfast & lunch • Fresh coffee • Grab and go Catering: catering@moonflower.coop
Open daily 8am-3pm
Moonflower offers breakfast sandwiches & burritos, a hot lunch bar featuring a freshly baked bread entree and rotating soups, and a wide selection of grab & go sandwiches, salads, spreads, and snacks. We still bake a variety of muffins, scones, cookies, cakes, and breads every day. Gluten-free and vegan options are always available.

MOYO – Moab Frozen Yogurt
331 N. Main St. 435-355-0010
Open Sun - Thurs 12-10 & Fri & Sat 11-11
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 35 options, from healthy to decadent, to enhance your fruys experience. All of our yogurts and sorbets are real dairy, and active culture certified as well as OC-D Kosher certified. Come down and enjoy our indoor seating or our covered, lightly patio with misters. We also offer plenty of parking in back. Enjoy a free sample and meet our friendly staff.

Pancake Haus
196 South Main 435-259-7141

Pasta & Pizza
435-259-2467
Beau’s • Lunch • Dinner
Open 5-10pm Wed-Sat. Must be 21+ for Beer & Wine Garden.

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 435-259-5914
Breakfast • Lunch
Open Daily 9am-3pm • 4pm

Salsalucky
90 East Center 435-259-4455
Susga Thai Cuisine
92 E Center 435-259-0039

Spitfire Smokehouse
221 S. Main St.
River Grill at Sorrel River Ranch Resort & Spa
Mile 17 Highway 128 435-259-4642
Reservation Recommended
Feast on Southern BBQ-operated scenery while enjoying delicious, locally-sourced fare. Dine indoors or al fresco by the river. Full liquor license and extensive wine list.

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

Sunset Grill
900 North Highway 191 435-259-7144
Dinner • Open 7am • 10pm
daily
Closed Sundays
Steaks, Seafood, Pasta, Prime Rib. Fresh ingredients brought in daily. Children’s menu. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Stein’s historic home with the million dollar view. State Liquor License. Call for free Shuttle Service: 435-259-7777

Susie’s Branding Iron
2971 South Main 435-259-6275
Lunch • Dinner
Open Daily 11am - Close
Welcome to my ranch cookhouse. Come in, take off your hat, and sit a spell. Relax and enjoy a home cooked, hearty cowboy meal. Our signature Prime Rib is served every Wednesday, Friday and Saturday night after 5pm. Ribs served Tues & Thurs. nights. To go orders are welcome.

Sweet Cravings Bakery & Bistro
397 North Main 435-259-8983
Breakfast • Lunch • Catering
Open Daily
A local’s favorite featuring fresh baked goods made onsite (cinnamon rolls, cookies, pies, etc) with incredible breakfast and lunch selections. A full menu to dine in or take out on the trails. Choose from our wide selection or build your own sandwiches, wraps and pastas. Gluten Free & Healthy Options.

Szecuan Restaurant
125 North Main 435-259-8984
Wake and Bake Cafe (inside Eddie McStiff’s) 59 S. Main, McStiff’s Plaza 435-259-2420
Wendy’s 260 North Main 435-259-2595

Wicked Brew Drive Thru
1146 South Highway 191
Open at 6am - 3pm
Wicked Brew is committed to providing you unbeatable fresh and full flavored coffee and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from only environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest and most enjoyable coffee experience in Moab.

YummyTown! Food Truck
83 South Main Street 435-799-3720
Lunch • Dinner Starting at 11am Everyday
At YummyTown, Mobile Mediterranean, we make gyros everyday with hormone free pork shoulder, grilled fresh guinea beans for light and crispy falafel, and source amazing tabbouli for our creamy hummus. We have a variety of other options for carnivores and vegetarians alike, and we make thick shreading shawlu with local fruits. Available events and catering.

Zax
96 South Main Street 435-259-6555
Breakfast • Lunch • Catering
Open Daily
Our extensive menu includes the best burgers in Moab, sandwiches, pastas, salads, sausages & our famous All-You-Can-Eat pizza buffet & salad bar. Dine inside or out on our all-weather covered patio. Watch favorite sporting events on the 50” flat screen or one of the other 22 TVs throughout the restaurant. Full liquor license. Locally owned and operated. Call us to host your event on our patio, or in our tavern.

Moab Happenings
“Guide” And tell them you found them in "Moab Happenings"
Raining Avocados

While growing up my husband's family didn't eat much from the fruits and veggie section of the food pyramid. The extent of fruit and greens they ate consisted largely of green popsicles and lime green Jell-O. So, needless to say, when Randy got out of the house he learned quickly about things being greener on the other side.

My favorite story of his introduction to new foods is when he discovered what an avocado was. Randy spent a few years in California where he frequented a house that happened to have an avocado tree. Now, the poor guy had never even eaten an avocado let alone picked one. So, when he first arrived at the house (whether by joke or because he was simply the tallest person available) Randy was given the assignment to go outside and bring back several avocados for the group. He was instructed to take the avocado picking tool/pole and simply knock down an avocado and bring it inside. While simple enough the poor guy neglected to account for gravity in his calculations and stood right under the avocado in question. He got a face to face introduction with the avocado and as soon as his friends were able to revive him, they also introduced him to guacamole and the two have had a wonderful relationship ever since. Here are a few recipes to spread the avocado love.

This recipe is for Stuffed Avocados. First start with avocados cut in half and pitted. Spoon a ¼ of the avocado out so that there is more room to stuff them. Squeeze them with lemon salt and pepper to taste and set aside. Now for the stuffing…follow the recipe and spoon them into the avocado and serve to spread the happiness.

**Breakfast Style**

- 2 Scrambled Eggs
- Bacon crumbles
- Cheddar Cheese
- 1 Tbsp. Chives

**Chicken Salad**

- 1/4 c. Greek yogurt
- 1 tbsp. red wine vinegar
- 2/3 c. Shredded chicken
- 1 celery stalk diced
- 1 tsp. finely chopped dill (optional)
- Salt and Pepper to taste

Now as an alternative for a healthier dessert try this avocado chocolate mousse.

**Avocado Chocolate Mousse**

- 2 ripe avocados
- 3/4 c. heavy cream
- 1/2 c. chocolate chips melted
- 1/4 c. honey
- 3 tbsp. cocoa powder
- 1 tsp. vanilla
- 1/2 tsp. kosher salt
- 1/4 c. Chocolate curls, for garnish

Come on down to The Broken Oar Restaurant and try the avocado California burger (chicken or beef) or the three-bean avocado salad for your avocado fix and so much more! The Broken Oar is now open for Lunch. We have daily specials for locals and nightly features, so you never get bored. The Broken Oar is open daily at 11:00 a.m., closed Sundays. We are located at 53 West 400 North Moab, Utah. Drop on in or visit www.thebrokenoarmoab.com or call 435-259-3127 for a reservation. We look forward to serving you!
Restaurant Guide

Authentic Thai Cuisine
Arches Thai
Open 6 Days a Week  Closed Tue.
Tel: (435) 355-0533
www.ArchesThai.com
60 N 100 W  Moab UT 84532
Our menu items are made of the highest quality and freshest ingredients. Each of them is made to order to meet your every expectation.

Giliberto’s
Established 1954
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
Homemade Shakes & Old-fashioned Malts

MOAB GRILL
FEATURING SMOKEHOUSE BBQ
- STEAK - BURGERS - SEAFOOD - PASTA - KINGS CRAB LEGS
- ANYTIME! - $10 DOUBLE BURGER SPECIAL EVERYDAY!
- HOMEMADE SOUPS - NEW PASTA DISHES
- 2 $1 PANCAKES EVERY SATURDAY MORNING
- FULL BEER AND WINE SELECTION
- Bring in this ad for 10% OFF
- Dine between 4-5pm and receive additional 10% OFF
- Open 6 Days a Week  Closed Tue.

Sunset Grill
“Dining with a Million Dollar View”
Former Home of “Uranium King” Charles A. Steen
FREE SHUTTLE  435-259-7777
Open Nightly at 5:00 p.m.  Closed Sunday
900 North Hwy 191  •  435-259-7146

MOAB CAFE & ESPRESSO
LIQUID NITROGEN ICE CREAM
PASTRIES • SANDWICHES • SALADS • BEER & WINE GARDEN 5-10PM

Restaurant Guide
The Dark Belongs To You

The night skies have ever held our intrigue. Looking up at a clear sky filled with diamond lights and the arcing dust cloud of the Milky Way, my breath catches in my throat. Timelessness. Stillness. Oneness. All experiences of the night sky.

Growing up in Moab, I could see the Milky Way Galaxy almost every night. Above me were always billions of bright, twinkling lights illuminating my imagination. I couldn’t fathom counting them because I knew it would be impossible. But I created my own constellations and named stars; I watched for satellites and meteors.

Looking up and seeing the vastness of the universe before my very eyes made a pronounced impact on my life as a child. Now as an adult, I feel unsteady and a little nervous when I’m looking into the night sky, for it provokes the understanding that I’m in the corner of an infinite universe of planets and galaxies, moons and black holes. There is an element of mystery and uncertainty to the starry night sky. What is the universe but the greatest of all questions, the one that we will never fully understand? The night sky is powerful.

When we see the night sky, we’re suddenly acutely aware of our place within the universe. In today’s fast-paced society, these experiences can be important for grounding ourselves. When we experience awe, we realize that we’re not the center of the universe. As we once thought the Sun revolved around us, we tend to think so does the world. But we seek to belong, to find meaning in our lives, and to connect with something larger than ourselves. The night sky does all of this for us. It’s important to look up from our self-centric lives to connect ourselves to the bigger picture. The red iron in our blood comes from the supernova explosion of the stars. We came from the stars, and are intrinsically connected to them more than we are aware. The universe is us, so let’s stay in touch with it.

Bettymaya Foott is the Coordinator of the Colorado Dark Sky Cooperative.

The Moab Dark Skies was established by the Friends of Arches and Canyonlands Parks in conjunction with the National Park Service and Utah State Parks Division of Natural Resources.
Landscaping Savings

Forest canopies aid in: carbon dioxide absorption, shade and reduced air conditioning needs, increased property values, storm water absorption, traffic calming along streets, pedestrian buffers from vehicles, and habitat for wildlife. The City of Moab supports cultivating native species to promote and restore biodiversity. Deciduous trees (trees that lose all their leaves each fall) save energy by shading houses, paved areas and air conditioners. Plant deciduous trees so they shade east-facing walls and windows from 7-11 am and west facing surfaces from 3-7 during June, July and August. A well-planned landscape can reduce an unshaded home’s air-conditioning costs by 15-50%. Conservative estimates would be a savings of $75 year! Evergreens save energy by slowing cold winds in the winter and should be planted upwind if they are to be protected and close together on the northwest, west or north side of your home or business. A windbreak creates dead air space that insulates your home in the summer and winter. The City of Moab is considering adopting the following tree canopy and biodiversity goals:

Goal: Achieve a 30% forest canopy density in suitable areas of Moab City Parks and properties by 2023. Maintain a 70% of native vegetative cover in downtown parks. Shade trees preferred for streets and corridors in Parks/Trails. Utilizing planters as bicycle trail protection barriers.

Let us know what you think.

Additional resources: www.Treelibrary.com; www.anothertree.com

Moab Clubs & Organizations

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

Alcoholics Anonymous ................................................................................................................ (435)-625-1342
For Emergencies (24/7) .............................................................................................................. 888-333-9649
Alpha Rho Sorority (Bobbi Long) ............................................................................................ (435) 259-6758
American Legion Post (Ronald Irvin) ....................................................................................... (435) 719-4095
Arches Education Center (Trish Hedon) .................................................................................. (435) 259-8764
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) 637-8019
Boy Scouts of America Utah National Parks Council ...................................................................... (801) 437-6222
Canyonlands Field Institute (Redford Rouzer) ........................................................................... (435) 259-7750
Canyonlands Rodeo Club (Kirk Pearson) .................................................................................. (435) 260-2222
Colorado Outward Bound School – Moab Basecamp (Casey Montano) .................................... (303) 904-4400
Community Rebuilds (Emily Niehaus) ....................................................................................... (435) 260-0501
Daughters of Utah Pioneers (Shirley Stewart).............................................................................. (435) 259-7979
Deadhorse Motorcycle Club (Ron Dickerson) .......................................................................... (435) 260-8213
Delicate Stitches Quilt Guild (Deleka Behunin) ........................................................................ (435) 210-0904
Friends of Arches and Canyonlands Parks (Joiete Lancaster) ..................................................... (435) 259-8008
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 County Mentoring (Dan McNeil) .................................................................................... (435) 259-9646
Grand County Democratic Party (Bob Greenberg) .................................................................... (435) 259-7013
Grand County Extension & 4-H (Michael Johnson) .................................................................. (435) 259-7508
Grand County Education Foundation (Melodie McCandless) .................................................... (435) 259-9797
Grand County Food Bank ........................................................................................................... (435) 259-6456
Grand County Hospital (Jessie Walsh) ...................................................................................... (435) 259-7191
Grand County Library (Meg) .................................................................................................... (435) 259-1111
Grand County Kids Rock (Debbie Thurman) ............................................................................ (435) 260-1039
Grand County Republican Party .................................................................................................. grandrepparty@gmail.com
Humane Society of Moab Valley .................................................................................................. (435) 259-4862
KZMU Community Radio (Marty Durlin) .................................................................................. (435) 210-0599
Ladies Golf Club (Chris Curwin) .................................................................................................. (435) 259-8014
League of Women Voters (Barbara Hick) ................................................................................... (435) 259-5306
Lion’s Club (Tom Warren) .......................................................................................................... (435) 259-7834
Moab Aglow Lighthouse Fellowship (Murine Gray) .................................................................... (435) 259-2742
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 (Laici Shumway) ........................................................................ (435) 259-7814
Moab City Animal Control ......................................................................................................... (435) 259-4838
Moab City Recreation (Patrick Trim) .......................................................................................... (435) 259-2255
Moab Community Day Band (Miriam Graham) ........................................................................ (516) 376-8003
Moab Community Theater (Kaki Hunter) .................................................................................. (435) 259-8378
Moab Country Club (Rob Jones) ............................................................................................... (435) 259-6488
Moab Diak Golf Club (Rolf Hefenstret) ...................................................................................... (435) 208-7205
Moab Family History Center ...................................................................................................... (435) 259-5563
Moab Free Health Clinic ............................................................................................................ (435) 259-1120
Moab Friends For Wheelie Jeeb Club (Melissa Fischer) ............................................................ (435) 268-7208
Moab Garden Club (Tricia Scott) .............................................................................................. (303) 880-9158
Moab Half Marathon (Austin & Denise Richs) .......................................................................... (435) 259-4525
Moab International Film Festival (Nathan Wynne) .................................................................... (435) 261-2393
Moab Masonic Lodge #30 (Gregory Kleplig) ............................................................................ (435) 260-1823
Moab Music Festival (Laura Brown) .......................................................................................... (435) 259-7803
Moab Rock Club (Jerry Hansen) ............................................................................................... (435) 259-3393
Moab Roller Derby (Jessica O’Leary) .......................................................................................... (575) 635-3898
Moab Rotary April Auction Car Show ....................................................................................... (435) 260-1948
Moab Solutions (Sara Melincoff) ............................................................................................. (435) 259-0910
Moab Sportsmen’s Club (Frank Darcey) .................................................................................. (435) 259-2222
Moab Taiko (Michele Blackmun) ............................................................................................... (435) 259-0816
Moab Trails Alliance (Kristin Peterson) ..................................................................................... (435) 259-5223
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 (Tannis McCormick) ........................................ (435) 259-7733
Plastic Beach Clean Up (Meg Stewart) ....................................................................................... (435) 259-2627
Red Rock 4-Wheelers (Ron Brewer) .......................................................................................... (435) 259-7625
Rotary Club (Dave Bierscheid) ................................................................................................. (435) 260-1968
SukhRahm Crisis Center (Abigail Taylor) .................................................................................. (435) 259-2229
Senior Center (Verleen Strohen) ............................................................................................... (435) 259-6623
Sierra Club (Marc Thomas) ...................................................................................................... (435) 259-3603
Southeastern Utah Buck Country Homesteads (Steve School) .................................................. (435) 220-0860
Southern Utah Wilderness Alliance (Neal Clark) ...................................................................... (435) 259-7090
The Moab Healthcare Foundation (Tom Edwards) ................................................................ (435) 260-1504
Toquerville Democrats (Jon 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 Gnome (Scan Damroth) ............................................................................. (435) 797-0946 ext 1
Utah Friends of Paleontology – Gastonia Chapter (Lee Shenton) ............................................. (435)-259-9533
Utah State University Moab ...................................................................................................... (435) 259-7432
Valley Voices (Marian Eason) ................................................................................................. (435) 259-6447
Veterans of Foreign Wars (Fred Everly) .................................................................................... (435) 260-1277
WabiSabi www.wabisabimoab.org ........................................................................................ (435) 259-3313
Young Life Moab ..................................................................................................................... (435) 260-0285
Young People’s Garden Project (Ruth Linford) ........................................................................... (435)-BEAN (2326)

Sustainable Happenings

Moab Happenings • June 2018 • 15B

Moab Happenings  •  June 2018  •  15B
Explorer Base Camp – A Learning Adventure!

During the summer months in Moab, the La Sal Mountains offer a lush escape from the heat, and a perfect setting for Canyonlands Field Institute’s Explorer Base Camp youth program. Fifth through 8th graders can participate in this fun and immersive experience while forming a deeper connection with the Colorado Plateau. One explorer discovered that “the outside world is more amazing than anyone can imagine.” Explorers learn this and more as they camp, hike, and learn on this multi-day adventure.

Explorer Base Camp provides youth with the opportunity to leave their comfort zones, explore wild places, connect with people and nature, and engage in experiential learning with the help of CFI Naturalist-guides. Campers at Explorer Base Camp experience first-hand the rocks and geology, alpine ecology, stream dynamics, and native wildlife of the La Sal Mountains. Hands-on learning challenges campers to get dirty as they uncover new wonders in streambeds and marvels around every trail corner. Activities such as watercolor painting, reading, journaling, and fishing give campers the chance to learn about animal tracks and scat, the night sky, and outdoor skills in a fun and creative way. After their time in the La Sal, campers have not only learned skills and gained confidence in outdoor safety, map reading and orienteering, and an understanding of “leave no trace” etiquette, but they also express a greater appreciation for the natural world.

This year, CFI will lead two sessions of Explorer Base Camp from July 9 - 13, and July 16 - 20. Three days and nights are spent camping at Warner Lake Campground and hiking on various trails. Transportation from town is included, and CFI will provide all food, drinking water, tarps, tents, life jackets, and camp chairs. Campers bring their own sleeping bags or can borrow one from us. In order to engage more local youth, CFI offers a discount to Grand County School District students. Prices are $200 per child in Grand County and $250 per child outside of Grand County. We also offer tuition assistance based on a sliding scale of family income. Canyonlands Field Institute is a non-profit outdoor education organization with a mission to increase awareness and appreciation for the Colorado Plateau through direct natural and cultural experiences.

For more information about this program go to our website at cfmoab.org/trips/lasal-mountains-explorer-base-camp/.

Canyon Country Youth Corps Tackles Conservation Projects

The Canyon Country Youth Corps (CCYC) and Crew Leaders finished up their first trip down the San Juan River in May. The crew spent nine days floating from Mexican Hat to Clay Hills removing invasive species from river right. During the float, the crew worked 10 hour days to remove these invasive species. Throughout the day they had to manage their time between floating the river and removing invasive species in order to ensure they make it to their take out on time. On a typical day crews might rise before 5:30am in order to have breakfast, prep for the day and be ready to start work at 7am. They often work until 5:30pm, after which they have dinner and engage in an educational activity before returning to their river-side camp (most likely exhausted) to get up and to it all again the next day! During their float Crew Leaders worked with an Adventure Guide from Canyon Country Discovery Center who helped them learn river skills such as knots, paddling an oar boat, and expedition behavior.

The stretch of river from Mexican Hat to Clay Hills has not been worked on in recent years, and because it is only accessible by raft, conservation crews have to be specially trained in order to work on this area. This was CCYC’s first river hitch of the season, and they will return to continue the work that they started in the fall season. This river float was made possible through a partnership with BLM. Crew Leaders work closely with project sponsors to complete projects, ensuring that they are adhering to the proper procedures and within the proper timeline for invasive removal. Project sponsors often are knowledgeable about proper treatment of invasive species, the presence of native species and the proper time in which to treat invasive species.

Crew Leaders also participated in a service project with the rest of the Canyon Country Discovery Center staff. On May 10th, three of Crew Leaders, and the Canyon Country Discovery Center staff worked with a school group from Salt Lake City to complete several different service projects around the CCYC campus. All together the school cleared weeds, removed Russian thistle, build a three bin compost, maintained campus trails and participated in projects around the City of Monticello. While working alongside these students, Crew Leaders were able to share their skills and knowledge they have learned at their time at CCYC so far. During the summer season these Crew Leaders will each lead their own crew of 15-17 year olds completing trail work, fence building, and weed pulling to name a few projects.

CCYC is currently looking for crew members for this summer or fall season. In the summer, there are four youth crews with members 15-17 in age. Crew members will work on conservation projects ranging from trail and fence building to weed pulling and nursery work.

Base Camp for Bears Ears

Base camp for exploring Bears Ears, Natural Bridges, Edge of the Cedars, Hovenweep, Monument Valley, Canyonlands, Lake Powell, Dark Canyon, Goosenecks, Cedar Mesa, Moki Dugway-Muley Point and Arches

Blanding City

Blanding, just 77 miles south of Moab, is centrally located yet can still feel secluded.

Solitude

Stay and play in Blanding Utah, the gateway to Utah’s Canyon Country. We have good choices for lodging, dining and outfitters. Events throughout the year.

www.blandingutah.org

For information on housing in Monticello at the CCYC bunkhouse. The Canyon Country Discovery Center is currently working with Crew Leaders to plan weekend events for crews to participate in during the summer season! The center is also working to plan a volunteer event one weekend in mid-June. If you are interested in employment as a crew member please email ccyc@ccdscolery.org and if you are interested in volunteering with the crews please email christiener@ccdscolery.org.
San Juan Stampede Pro Rodeo, June 7, 8 & 9

As the temperature rises in San Juan County, so does the number of festivals, events and activities available to both residents and visitors. One of these notable events is the San Juan Stampede Pro Rodeo, taking place Thursday, June 7 to Saturday, June 9. The three-day rodeo will be held in Monticello and begins each night at 7 p.m. with gates opening at 6 p.m.

Several years ago, a pro rodeo was held in San Juan County; however, the event was not continued. The county recently felt that this type of activity would be successful if brought back. In response, the San Juan Stampede Pro Rodeo was then introduced in 2017, making this the second consecutive year of this particular event.

Updates have been made to the 2018 San Juan Stampede Pro Rodeo, such as extending the event from two days to three. Those who attend the rodeo will discover entertainment aimed to highlight what makes San Juan County different than other destinations while also experiencing a unique, enjoyable recreational activity.

The rodeo will consist of both professional and local events. Professional events include bareback riding, steer wrestling, tie-down roping, saddle bronc riding, team roping, barrel racing and bull riding. Dusty Barrett is this year’s rodeo clown, and the stock contractor is Bar T Rodeo.

Local events include a rescue race, local barrel race, hide race and stick horse race. A limited number of spots are available for local events, so those who are interested in participating should watch for the local event sign up. Teams are required to pay an entry fee and will compete for cash prizes.

In addition, the San Juan Stampede Pro Rodeo provides fun local entertainment, highlights top quality cowboys and cowgirls and has lots of great food vendors. Tickets to the event range in price from $5-30 depending on age, time of purchase and how many days guests plan to attend the event. Those looking to purchase tickets in advance can do so at BCL in Blanding and the San Juan Record in Monticello, while those purchasing tickets the day-of can do so at the rodeo gates. Advance tickets are discounted.

To learn more about the San Juan Stampede Pro Rodeo, visit sanjuanstampedeprorodeo.com or facebook.com/sanjuanstampede.

Details:
What: San Juan Stampede Pro Rodeo
When: Thursday, June 7 to Saturday, June 9
Where: 117 East Main, Monticello, Utah
Admission: $5-30 (depending on age, duration and time of purchase)
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Hemorrhoids

Hemorrhoids, they sound embarrassing, but they’re really nothing to be embarrassed about. They are very common (half the population at some point in their life will have a hemorrhoid) and there is no point not treating them due to shame.

Hemorrhoids are swollen veins in the lower rectum or anus (like varicose veins that occur elsewhere). They can be prevented. They are commonly caused by pregnancy, dehydration, prolonged sitting, diarrhea, or constipation. So stay hydrated, and don’t sit too long on the toilet strainig!

Banding:

Hemorrhoid banding has an extremely low risk of complication and a high risk of success.

For hemorrhoids, early treatment is the best option. It is also important to get checked as hemorrhoids that go untreated for too long may progress to the point where surgery is the only option. Moab Regional Hospital’s general surgeon, Dr. Kim Brundage, MD, is an excellent physician with over 20 years of experience focusing on internal and external hemorrhoids. She uses a non-surgical technique called hemorrhoid banding. Hemorrhoid banding is fast, reliable, and painless, and works for more than 90% of hemorrhoid patients. She stated:

“The procedure involves placing a tiny rubber band around the blood supply at the base of the hemorrhoid. In a few days, the banded hemorrhoid falls off without the patient ever noticing. The procedure is painless as there is no pain nerves where the rubber band is placed.”

Hemorrhoid banding has an extremely low risk of complication and a high risk of success.

You can schedule an appointment with Dr. Brundage at (435) 719-5550 and be sure to mention you read about it in the Moab Happenings.

**Sources:**

- Dr. Kim Brundage, MD
- MayoClinic.org
- Cancer.org

**Dr. Kim Brundage, MD**

**Moab Regional Hospital**

**Why I still go to my studio class after all these years!**

By Kristi Paul

It would be so much easier to practice yoga at home today. It’s raining out, and I only have the scooter or my bike. My house needs cleaned, I need to go grocery shopping, I’m exhausted from too many hours at work, my dog looks lonely, there is still coffee that needs to be drank. As I sit here I can think of at least a dozen amazing excuses. Each one better than the next. At this point I might not have to get on my mat for the next month! Instead, I set down my beloved (my coffee cup) and throw on my favorite pair of leggings. Off in the rain to the studio.

As I walk through the door I have forgotten all those really amazing excuses. I feel pride for taking this 75min all to myself. I silence my phone and feel the heavy weight of commitment to the world being lifted. I begin to notice my breathing and my body for the first time today. I find my spot along the back row, grab ALL the props, and sit. I begin to worry about my hamstrings being too tight. I hope the class is shoulders and hips...if I’m lucky we’ll do backbends...I’m good at those. I come back to my breath. I set my intention that it does not matter what my body looks like today. What does matter is how it feels today.

The Yoga Sutra says that each person gets different things from the practice today. Why we come together, in this common room, from different places, all different ages and abilities...to this moment. Everyone’s “why” will be different. While we are all taking the same class, with the same teacher, we will all get something different out of the practice today.

Yoga is a practice intended to make us wiser, more able to understand things than they were before. The Yoga Sutra says that each person gets different things from the same teaching based on his or her own perspective. A good yoga teacher can hold a mirror in front of you, giving you perspective into yourself. When my practice is “successful” it is not because I mastered an asana or touched my toes (this part is a lie, I’m always ecstatic to touch my toes.) Yoga class is successful when I have managed to create a state in which I am truly present -really present- in every action, in every moment. A place where I am not thinking about the past or concerned about the future. A place where there is a calm in my mind and body. A place where I can look into the mirror and find answers and peace.

A very famous yogi, T.K.V. Desikachar once spoke “Yoga is different from dance or theatre. In yoga we are not creating something for others to look at. As we perform the various asanas we observe what we are doing and how we are doing it. We do it only for ourselves.” So I brave the rain, the chaos, the exhaustion, and go to class. I allow the teacher to take me on a journey of discovery. I allow myself to shed the physical and emotional tightness of my week. I breathe.

You can begin a yoga practice from any starting point. Some will start with reading the Yoga Sutras and meditating. Some will start with an asana practice, so as to begin to understand yoga through the experience of the body. Pranayama (or study of the breath) can help us to turn inward and feel the connection between the inner and outer world. Each beginning leads us down the path to the others. There is no right or wrong direction. You just have to begin.

Kristi is a 500 hour RYT with certifications in Ashtanga and Hatha Yoga with specialties Yoga Therapy and Prenatal Yoga. Kristi’s classes are at 37 E Center Street. For online schedule or questions visit www.moabyoga.com or call 435-259-2455.

And be sure to mention you read about moabyoga in the Moab Happenings.

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Am I Losing My Mind?

By Ray Andrew, MD

Are you concerned about dementia? If not, you should be: Alzheimer’s, the most common form of dementia, is expected to double between now and the year 2030. It is already the most expensive disease in the Western world.

Memory loss is increasing for a variety of reasons, the number one reason being insulin resistance. Right now, 1 in 3 adults in America has insulin resistance, and this is increasing rapidly. Even those whose insulin resistance never reaches full-blown diabetes are still at increased risk of heart disease, cancer, arthritis, and dementia, among other problems.

Additional causes of memory loss include nutrient deficiencies, decreased fitness, increased stress, hormone deficiencies, and exposure to brain toxins. In case you were wondering, a lot of what is sold as “food” is actually toxic to the brain, including additives, preservatives, flame retardants, enhancers, pesticides (on produce), and of course, refined sugar in its many forms.

Whether you’re 30 or 60, it’s never too early to start thinking about your brain health. For starters, take the following Brain Symptom Score Quiz to get a rough idea of how you’re doing:

1. Do I lose things (keys, pens, cellphone, glasses) more often?
2. Is it harder to find my car in a big parking area?
3. Is it difficult to remember a seven-digit phone number and dial it?
4. Do I find myself writing lists to help my memory more than I used to?
5. Am I forgetting names of movie and sports stars or other well-known figures I once knew well?
6. Is it easier to remember an event from 2 years ago than 2 days ago?
7. Do I have trouble dealing with everyday math problems, like reviewing personal finances and calculating percentages for tipping?
8. Am I challenged when I have to follow directions, learn a software program, or assemble a piece of furniture?
9. If I’m in a meeting at work or listening to a detailed lecture, does my mind start drifting sooner than it used to?
10. When I’m working on a project, do I find it hard to get back into the groove after being interrupted by a phone call, text-mails, or visitors?

If you’ve answered yes to:

– None of these questions: You’re doing great!
– 1-2 questions: You’re doing fairly well for now, but be on the lookout for further cognitive loss
– 3-4 questions: This is concerning. Consider formal brain evaluation.
– 5 or more questions: Seriously consider formal brain testing.

The good news is, the earlier you undergo evaluation of your brain function and get treatment targeted to your specific needs, the better your chances of maintaining and even improving your brain function. In other words, many cases of “mild cognitive impairment” and even dementia can actually be arrested or reversed. This is because we know what causes the brain to malfunction, and the sooner we make key changes, the more brain cells we can save.

More importantly, the majority of cases of dementia can actually be prevented. This has been proven in studies. But you don’t have to be a medical scientist to understand this. Think about it: Why are some people as sharp as a tack in their 90s while others are clearly “losing it” in their 50s? It’s not an accident. And it’s not merely a matter of having “good genes” or “bad genes.” Simply taking care of your body in the same ways that help your heart helps your brain as well: healthy diet, physical activity, maintaining a healthy weight, avoiding tobacco, and so forth.

Thanks to modern technology, we can test your memory, brain processing speed, attention, motor speed, reaction time, and much more—painlessly—within minutes. We can even tell if your brain is slowing down years before you or anyone else notices it. And studies have shown that appropriate intervention can improve every aspect of brain function both measurably and noticeably.

Don’t wait until you have serious memory loss. By then, your brain may already have shrunk. It is much more difficult to reverse brain shrinkage than to prevent it. Start by finding out exactly where you are. Testing is covered by most insurances and Medicare. Schedule testing at Moab Family Health by calling (435) 259-4466.

New Medical Labs at USU Moab Campus

Utah State University Moab recently completed construction on two new labs for their nursing and health professions programs taught at the Moab campus. Previously students in Moab would need to travel to the USU campus in Blanding to complete the lab portions of their coursework.

The new rooms, located in the USU Moab campus on 200 North, provide both teaching and testing support for students and instructors. Each of the two labs contain a medical mannequin capable of simulating many medical conditions, and control its reaction based on what the students do or don’t do to treat it. I can even speak to them through a speaker in the mannequin to give them verbal input from the patient.

The renovation and construction of the new labs were funded by the Talent Ready Utah grant program, which was awarded to the USU Moab campus last year. The Talent Ready Utah Grants have been designed to strengthen collaboration between industry, education, and economic development in order to better respond to the needs of the regional and statewide high-growth, high-wage and STEM occupations and industries. Much of the equipment to outfit the labs was paid for by the USU Nursing department.

“I’m able to control the mannequin to simulate different ailments and control its reaction based on what my students do or don’t do to treat it. I can even speak to them through a speaker in the mannequin to give them verbal input from the patient.”

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