Moab Artwalk
Easter Jeep Safari
Moab Car Show
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Dive into Spring!
Indoor Pool
Individuals, families and groups welcome!
Daily passes available
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• Lap Swim
• Fitness Center
• Fitness Classes
• 2 Springboards
• Water Slides & Features
• Water Aerobics
• Showers

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Dec-Feb
Dec-Feb
Dec-Feb
Dec-Feb

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

The late George White was founder of the Moab to Monument Valley Film Commission, the longest ongoing film commission in the world. In the museum one can learn more about film locations, how the sets are built, and how the filming process is managed on nature’s own sound stage. On display in the museum are production photographs, movie posters, autographed scripts, props from the many pictures filmed in the area, and displays about the western ranching heritage. For information, call Red Cliffs Lodge at 259-2002.

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

April Events
Mar 30-Apr 1 Moab Rocks MTB Race- taking some of the regions best classic & new routes including Klondike, Porcupine Rim & Mag 7 combining them into a 3-day XC masterpiece in a fully supported format. For info: transrockies.com/moab-rocks

Apr 1 Annual Planting of the Pinwheels- 2-4pm at the Grand County Courthouse Lawn. This event is sponsored by the Christmas Box House to raise awareness of Child Abuse. Light refreshments served. See article pg 10B

Apr 1 Caden’s Comedy Show - 6:30pm at the Moab Arts & Recreation Center. Tickets are by donation (suggested $10). Bring your mat, or borrow one of ours & join us for an hour and fifteen minutes of yoga led by local yoga instructors Kristi Paul, Porschia Doucette, Sam Metzner & Meagan Coy. For info: 435-259-6272

Apr 1, 8, 15, 22, 29 Community Yoga- 6:00pm-7:15pm at the Moab Arts & Recreation Center. Classes are by donation (suggested $10). For info: 435-259-6272

Apr 2 Beginner Swing Class & Social Dance-7pm at the Moab Arts & Recreation Center, 111 E. 100 North. Join us for some fun swing dancing! No experience or partner necessary. Beginner lesson at 7 pm. Big Band-era DJ music till 10. $5 suggested donation. More info at facebook.com/ swingdancingmoab.

Apr 2, 9, 16, 23, 30 Introduction to Taiko Drumming- learn about the art of Japanese taiko drumming with Moab Taiko Dan. We welcome beginners to join us on Tuesdays 5:30 at the Grand County Middle School band room (door facing the soccer field) for basics of form & technique of drumming in minutes, while having a ton of fun! For info: moabtaikodan.org. Come drum with us!

Apr 3 The Wild Bunch Film Screening- 5:30pm (film to start at 6:30pm) at Star Hall, 159 E. Center. This special event will commemorate the 50th Anniversary of Sam Peckinpah’s classic western The Wild Bunch. The Grand County Public Library is delighted to welcome author W. K. Stratton to discuss his new book The Wild Bunch: Sam Peckinpah’s Revolution in Hollywood, and the Making of a Legendary Film. Mr. Stratton will be answering questions about, & signing copies of, his new book from 5:30-6:30pm, when he’ll introduce the film. Attendees will then enjoy a full screening after Mr. Stratton’s movie the building & question & answers after the film. The evening is presented in partnership with the Center for the Book at Utah Humanities and the Elash Film Center with additional support from the Moab to Monument Valley Film Commission. Visit www.moablibrary.org for more info.

Apr 3, 17 Toastmasters Meeting- Noon-1pm at Zions Bank, 330 S. Main Street. Improve your public speaking & leadership skills. For info: facebook.com/MoabToastmasters.

Apr 3, 17 Weed & Feed at Youth Garden Project- 6pm at 530 S. 400 East around the school. Join the Youth Garden Project twice a month during the growing season for light weeding & garden work followed by a fresh garden meal. Meet on the patio – no RSVP needed! A great way to volunteer, socialize, & skip cooking while eating healthy! For info: 435-259-2328

Apr 3, 10, 17, 24, Daughters of the Utah Pioneers- meet every Wednesday from 2-3pm at the historic building between the City offices & Center St Gym.

Apr 4 Nutrition Mentoring Training- 4:30–5:30pm at HMK Elementary School. Grand Area Mentoring will host an advanced training conducted by Kelsey Huckle; certified Nutrition Therapy Practitioner. This training is being conducted in collaboration with Moonflower Community Co-op & is geared towards the mentoring programs new nutrition-informed mentoring project for its community-based mentors. All who work with youth are welcome to join.

Apr 4-22 John Wesley Powell River History Museum- presents the Canyon River Runners Art Show. 1765 W. Main Street in Green River, UT. See pg 17A

Apr 5 Spring Swing Golf Tournament- this tournament helps the Moab Chamber of Commerce fund two scholarships for Grand County high school graduating seniors. We are all geared up & ready to get our golf on game! Contact us if you are interested in sponsoring a Hole &/or a Team. We have limited space, first come first serve. For info: 435-259-7814

Apr 5, 6 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. $10 adults, $5 kids over 5. 7pm- Moab Backyard Theater-Behind Zax at 56W 100 South. See article pg 8A

Apr 5, 7 Community Rebuilds Salvage- 9:30am- 4pm to help us demolish 808 Mill Creek Drive (the old Community Rebuilds interm housing). Bring a hard hat, hammer, pry bar & tell them & lunch. Please RSVP to intern@communityrebuilds.org

Apr 5, 12, 19, 26 Gravel Pit Lakes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Apr 6 Musical Story Hour- 10:30am at the Grand County Public Library, 259 E. Center St. Join us for our second musical story hour of 2019! This special story hour is presented in partnership with the Moab Music Festival. Visit www.moablibrary.org for more info. See article pg 11B

Apr 6 Fallen Peace Officers 6th Annual Ride- a ride honoring Fallen Police Officers & their families. The event will include the Spanish Trail Ride, 3641 S. Hwy 191. For info: Brody Young 801-386-2355 or http://www.upoa.org. See ad pg 14B

Apr 6 Bow Wow Film Festival- 6-9pm at the Grand Center, 182 N. 500 West. A new fresh event to fundraise for Underdog Animal Rescue’s rescue operations. We love rescuing Rez dogs. Tickets $20 in advance, $25 at the door. For info: 435-260-8033 or underdogrescue17@gmail.com. See ad pg 15B

Apr 9, 23, 30 Tuesday Night Swing Roulette- 7pm at the Moab Arts & Recreation Center, 111 E. 100 North. Learn a new swing dance each week! We’ll teach a beginner-friendly lesson each week of a different swing dance style. Each week will build into a choreographed routine. All ages & abilities welcome. $10 per week. More information at facebook.com/moabswingdance.

Apr 10 The Unruly Mystic: John Muir - valuing our natural wild places for their transformational qualities, & encouraging everyone to deeply experience nature for its spiritual nourishment. The Unruly Mystic is a story about the remarkable life & influential works of a patron saint of environmental activism & Father of America’s National Parks. The filmmaker, through his own personal journey, entices people to appreciate nature’s beauty & to connect deeper to its abundant. (70 minutes). 7-9pm at Star Hall, 159 E Center St.

Apr 11 John Ninnemann – John Wesley Powell: Down the Great Unknown- In 1869 Civil War veteran, John Wesley Powell, accomplished a daring feat no one else before him had survived: running the Colorado River through the Grand Canyon. Much more than a publicity stunt, his river trips charted previously unknown territory, introduced the Nation to regional Indian cultures, & generated questions we are still asking today about water management. This presentation not only celebrates Powell’s fearless accomplishments 150 years ago, but also shows how profound Powell was about one of the major issues facing the west today; our limited water supply, 6pm at the Moab Information Center, corner of Center & Main Streets. Sponsored by the Museum of Moab & Canyonlands Natural History Association (CNHA)

Apr 12 S.T.E.A.M Expo at USU Blanding- a vibrant event designed to enliven & increase excitement for learning in the fields of Science, Technology, Engineering, Arts, & Mathematics. Crammed full of fun for all ages including, but not limited to: Engagement activities including a CSI crime scene, learning to solder, Chemistry of slime, ceramics, & paper rockets. Held at Utah State Blanding Campus, 639 W 100 S, Blanding. For info: 435-459-9700

Apr 12, 13 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. $10 adults, $5 kids over 5. 7pm- Moab Backyard Theater-Behind Zax at 56W 100 South. See article pg 8A

DEADLINE for MAY Events Calendar: APRIL 20, 2019

Listings in the Moab Happenings Events Calendar are FREE!!

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

Call (435) 259-8431 email: info@moabhappenings.com

Listings in the Events Calendar are FREE!!

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


**More Events**

**April Events continued**

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<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location/Details</th>
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<tbody>
<tr>
<td>Apr 13</td>
<td>Moab Art Walk second Saturday April, May &amp; June. See article and map on pg 2B</td>
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<tr>
<td>Apr 13</td>
<td>Gallery Moab Artists Reception- 5-8pm at 87 N. Main Street. See article pg 8B</td>
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<tr>
<td>Apr 13-21</td>
<td>Easter Jeep Safari- Gathering of full 4x4 vehicles from around country-side &amp; beyond. Also a trade show by major industry suppliers presenting products for 4x4 vehicles. For more info visit nw4.com. Pick up your free copy of Jeep Safari Magazine around town.</td>
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<tr>
<td>Apr 15-19</td>
<td>Spring Break Camp with Youth Garden Project- Camp will be Monday-Friday from 9-3:30pm. Snacks &amp; lunch provided. Tuition is $120 per week &amp; tuition assistance is available. For info: Julie 435-259-2326.</td>
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<td>Apr 18-19</td>
<td>Jeep Safari Expo- two days of gathering of four-wheelers (who might want to buy something) becomes a magnet for people who would like to sell something. The product displays have been limited to items of interest to &quot;our crowd,&quot; but some spaces have been donated to worthy causes that are directly related to Easter Jeep Safari. As in recent years, there will be indoor &amp; outdoor displays of 4-wheel-drive products. For info: 435-259-1916 or nw4.com.</td>
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<td>Apr 19</td>
<td>20 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. $10 adults, $5 kids over 5. 7pm-Moab Backyard Theater-Behind Zax at 56W 100 South. See article pg 8A</td>
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<tr>
<td>Apr 19-27</td>
<td>KZMU’s Spring RadioThon- see article pg 7A</td>
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<td>Apr 20</td>
<td>Second Annual Earth Day Owner Drive- 9am-8pm at Moonflower Community Cooperative, 39 E. 100 North. Listen to live music, meet local artisans, meet our Board of Directors, sample our wares &amp; shop. For info: 435-259-6712</td>
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<td>Apr 20</td>
<td>Learn about Essential Oils- 5:30-7pm at Moonflower Community Cooperative, 39 E. 100 North. Presentation with Erin Scott Breslinsmith of House of Aromatics of Boulder, Utah. For info: 435-259-5712</td>
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<td>Apr 20</td>
<td>National Park Service Fee Free Day- (Arches &amp; Canyonlands national parks &amp; recreation) is joining national parks across the country in waiving entrance fees days in 2019 as a way to encourage people to get outdoors &amp; spend time with their friends &amp; family in the national parks this year.</td>
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<td>Apr 21</td>
<td>Easter Day</td>
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<td>Apr 22</td>
<td>Spring Gala- at the Monticello High School Auditorium, 148 S 200 W, Monticello, 7pm. Admission is by Blue Mountain or Kigalia Season Membership. For info: contact Deryl Jack at: (435) 567-2218</td>
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<td>Apr 23</td>
<td>Figure Drawing- 7-9 pm at the Moab Arts &amp; Recreation Center, 111 E. 100 North. Join local artists in this free form drawing class. Must be 18 years or older. For info: 435-259-6722</td>
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<td>Apr 24</td>
<td>Evidence of a large, long-lived lake in the upper Navajo Sandstone by Speaker Josh Smith, Utah Friends of Paleontology Meeting. 6pm, Zion Bank. Free and open to the public.</td>
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<td>Apr 25</td>
<td>Where do all the Wildflowers Go? by Speaker Joe Roy Webb, a talk focused on Colorado River history. Sponsored by Grand County Public Library. This event is free. For info: moablibrary.org</td>
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<td>Apr 26</td>
<td>Colorado River Science: Moab- 7pm at Star Hall, 159 E. Center. Author and journalist Jonathan Thompson, the first of the Colorado River Science speaker series, will discuss how politics, science &amp; power interact in the rural west to impact rivers &amp; the people who depend on them. Thompson wrote River of Lost Souls, the story behind the mine disaster that turned the Animas River in southwestern Colorado orange with sludge &amp; toxic metals. This event is free. For info: moabphotosymposium.com</td>
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<td>Apr 26</td>
<td>Pop Up Roller Rink! 6-9pm at the Old Spanish Trail Pavilion, 3641 S. Highway 191. FREE for locals on final Fridays of the month! Out-of-towners, just $5 for a rental disco. Skate ball? Check. Dance Music? Check. Classic suede skate rentals &amp; roller blades? We’ve got those too! (Bring your own skates if you got ‘em). Skate mate walkers &amp; instruction available. Follow Skat Moab on social media to learn more. This is an all-ages, family-friendly event.</td>
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<tr>
<td>Apr 26</td>
<td>Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 10 adults, $5 kids over 5. 7pm-Moab Backyard Theater-Behind Zax at 56W 100 South. See article pg 8A</td>
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<td>Apr 26-28</td>
<td>Moab Car Show Rod Run- 9am line up at Swanny City Park departing at 10am sharp. Moab to Green River with lunch at Ray’s Tavern. <a href="http://www.moabcarshow.org">www.moabcarshow.org</a> See pg 1B</td>
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<td>Apr 26-28</td>
<td>April Action Car Show- Beautiful vehicles set in the breath-taking location of Swanny City Park, corner of 400 North &amp; 100 West. Don’t miss this fun &amp; unique event. Bring the whole family! No dogs allowed info: moabcarshow.org. See ad pg 1B</td>
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<td>Apr 27</td>
<td>Amasa Run 2019- this course offers a 10.5K, 15K, or 25K run for trail runners. It’s located northwest of Moab &amp; features technical single-track with the best scenic trails Moab has to offer. Runners will be impressed by the spectacular views of the Colorado River corridor, Behind the Rocks, &amp; the majestic snow capped La Sal Mountain range. For info: 355-202-2972</td>
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<td>Apr 27</td>
<td>Annual Spring Plant Sale- 9am-1pm at Youth Garden Project (YGP) behind the High School. Plants are grown using sustainable practices by responsible growers. YGP Farm Crew starts planting in our greenhouse in late winter, &amp; hardens- off many of the plants a few weeks before the sale. The sale features thousands of plants from local growers, including Wildland Scapes &amp; Canyon Nursery. Plants are healthy, hardy, &amp; ready for you to take home! Includes a large variety of locally-grown vegetable starts, herbs, native perennials, ground covers, flowering perennials, &amp; fruit trees. All proceeds support youth &amp; community programs. For info: 435-259-2326</td>
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<td>Apr 27</td>
<td>Canyonlands PRCA Rodeo Queen Contest- 7 local entrants are competing to win the crown for Junior &amp; Senior Rodeo Queen. 10 am will start the horsemanship portion of the competition with modeling, interviews &amp; crowning to follow. Interested Queen competitors can contact Krista at 435-260-7942</td>
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<td>Apr 27</td>
<td>Earth Day Celebration- 1-pm at Mayberry Native Plant Propagation Center. Join us in celebrating Earth Day with refreshments, live music &amp; site tours. For info: revegetation.org or 435-259-6670</td>
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<td>Apr 27</td>
<td>Fourth Saturday Swing Dance! 7-10pm at the Moab Arts &amp; Recreation Center, 111 E. 100 North. Join us for some fun swing dancing! No experience or partner necessary. Beginner lesson at 7 pm. Big Band-era DJ music till 10. $5 suggested donation. More info at facebook.com/moabswingdance.</td>
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<td>Apr 27</td>
<td>Xtreme Barrel Race Clinic- barrel &amp; pole clinic must. Pre-register. Call Wendy 435-459-9092</td>
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<td>Apr 28</td>
<td>Sand Car Show Rod Run- 9am line up at Swanny City Park departing at 10 sharp. Moab to Red Cliff’s Lodge on Scenic Byway 128. See article pg 1B</td>
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<td>Apr 29</td>
<td>The Unruly Mystic: John Muir - valuing our natural wild places for their transformational qualities, &amp; encouraging everyone to deeply experience nature for its spiritual nourishment. The Unruly Mystic: John Muir Movie explores the remarkable life &amp; influential works of a patron saint of environmental activism &amp; Father of America’s National Parks. The filmmaker, though his own personal journey, entices political, science &amp; power to interact in the rural west to impact rivers &amp; the people who depend on them. Thompson wrote River of Lost Souls, the story behind the mine disaster that turned the Animas River in southwestern Colorado orange with sludge &amp; toxic metals. This event is free. For info: moabphotosymposium.com</td>
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<td>Apr 29-30</td>
<td>4th Annual Earth Day Owner Drive- 9am-6pm at Swanny City Park departing at 10 sharp. Moab to Red Cliff’s Lodge on Scenic Byway 128. See article pg 1B</td>
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<td>Apr 30</td>
<td>Colorado River Science: Moab- 7pm at Star Hall, 159 E. Center. Author and journalist Jonathan Thompson, the first of the Colorado River Science speaker series, will discuss how politics, science &amp; power interact in the rural west to impact rivers &amp; the people who depend on them. Thompson wrote River of Lost Souls, the story behind the mine disaster that turned the Animas River in southwestern Colorado orange with sludge &amp; toxic metals. This event is free. For info: moabphotosymposium.com</td>
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| Apr 30-5   | Cruise Moab- has become one of the premiere annual events on the Great Salt Lake Lake in Logan, UT. 2019 events. 2019 headquarters will be held at Old Spanish Trail Arena, 3641 S. Hwy 191. For info: registration@cruiseamoa.org |希望自己参加的活动：

- 我想参加野花节。
- 我想参加春季晚会。
- 我想参加环境保护日。
- 我想参加国家公园服务免费日。
- 我想参加第二年度地球日车主活动。

**Old Spanish Trail Arena**

**Located in Moab**

- Moab's only High Ropes Challenge Course
- Moab's only Zip Line Canopy Tour
- Moab's only Indoor Rock Climbing

Call 435-259-6226 or 435-259-1311

**Old Spanish Trail Arena**

**More Events**

**MOAB EVENT SERVICES**

- Event, Wedding & Production Rentals and Services

**Cruise Moab**

- The best 4x4 vehicle to run back country trails with guides.
- Participating in this course offers a 10.5K, 15K, or 25K Run for trail runners.
- Located northwest of Moab.
- Features technical single-track with the best scenic trails.
- Runners will be impressed by the spectacular views.
- Includes a large variety of locally-grown vegetable starts, herbs, native perennials, ground covers, flowering perennials, and fruit trees.
- All proceeds support youth and community programs.
- Contact Krista at 435-260-7942 for information.

**Fun for the Whole Family!**

- Moab's only High Ropes Challenge Course (3 levels available):
  - Climbing wall
  - Cargo net
  - Giant swing

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- 820 Kane Creek Blvd

**Moab Happenings • April 2019 • 5A**
May Events

May 1 Scree Artist Contemporary View of the Arid West: People, Places & Spaces - art exhibit at the John Wesley Powell River History Museum, 1765 W. Main St, Green River, UT. See ad pg 17A

May 1, 15 Weed & Feed at Youth Garden Project (YGP) behind the High School. Plants are grown using sustainable practices by responsible growers. YGP Farm Crew starts planting in our greenhouse in late winter, & hardens-off many of the plants a few weeks before the sale.

May 2 2019 Science for Guides- A free evening of science talks & displays about up-to-date science relevant to guides in Moab & the Colorado Plateau. 6-7pm Star Hall, 159 E. Center St. Discussions about water quality, UMTRA, geology, & archaeology, 7-8pm Museum of Moab: free food & the opportunity to talk with local scientists & science organizations. Open to guides & the public. Contact 500womenscientistsmoab@gmail.com See article pg 15A

May 3 Gran Fondo- The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Salis, widely known as the Loop Road. We will start & finish in the beautiful red rocks of Moab, Utah & will climb over 5500 feet in 60 miles. For info: info@granfondomoab.com

May 4 Annual Spring Plant Sale- 9am-1pm at Youth Garden Project (YGP) to talk with local scientists & science organizations. Open to guides & the public. Contact 500womenscientistsmoab@gmail.com See article pg 15A

May 4 Moab Art Walk- second Saturday May & June. See article and map on page 2B

May 11-12 Eastern Book Cliffs Deep History Seminar- with Canyonlands Field Institute. Explore Archaic Barrier Canyon style, Fremont, & Ute rock art plus a little-known inscription of French trapper, Denis Julien as we move through the Eastern section of the Book Cliffs. This multi-day truck supported seminar will include moderate hikes up to 1 mile per day over uneven terrain. For info: 435-259-7750 or cfmoab.org

May 11 Moab Art Walk- second Saturday May & June. See article and map on page 2B

May 14-17 Range Creek Archaeology- with Canyonlands Field Institute. Join us for a rare opportunity to visit Range Creek archaeology sites & prehistoric Fremont rock art in the two-night vehicle trip with interpretive hikes, overnight camping & plenty of time to explore & enjoy the canyon. For info: 435-259-7750 or cfmoab.org

May 25, 26 Moab Taiko Dan Performance- noon at Swanny City Park during the Moab Arts Festival. For info: moabtaikodan.org

May 25, 26 Moab Arts Festival with Beer & Wine Garden- celebrating its 27th year bringing art to Moab. Free admission, live music, Wine & Beer Garden, art vendors & art for kids. Located in the gorgeous setting of Swanny City Park (400 North, 100 West) on Saturday, 10am-7pm; Sunday, 10am-6pm. This free event hosts local & national artists welcoming residents & visitors from all parts of the world. For info: moabartsfestival.org, email info@MoabArtsFestival.org or call 435-259-2742

HEALTHY CLASSES

TUESDAYS

Sheng Zhen Tuesdays with Lisa- two meditation forms from 1-1:45 seated from a chair and a standing form taught from 2:00-3:00 pm at the Grand Center Vitality Room at 182 North 500 West. Contact certified teacher, Lisa DeRees 435-260-9678 for details.


Apr 2, 9 Tai Chi with Drew Roots- 5:15-6:15pm at the Moab Recreation & Aquatic Center, 374 Park Ave. For beginners & intermediate beginners, $60 for six classes or $12 per class. Learn to feel chi & experience Tibetan style tai chi form. For info: Drew 435-260-9298

THURSDAYS

All Levels Sheng Zhen Gong – every Thursday 5:30-7pm with certified teacher Don Leathers at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Kundalini Yoga & Gong Meditation- 5:30pm at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearl, PhD. By donation. For info: 713-817-7859

SATURDAYS

10am Kundalini Yoga & Gong Meditation at 2950 Red Moon Lodge, Old City Park Road. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearl, PhD. By donation. For info: 713-817-7859

MOAB FOOD TRUCK PARK PRESENTS THE BEST EVENT OF THE YEAR

MOAB'S GOT TALENT

Moab we know you’ve got talent! Come show us what you’ve GOT! Try-outs April 11th and 12th 1st Round Competition April 13th 2nd Round Competition April 20th Finals Night April 27

Winner receives a cash prize!!!!

**OFFICIAL RULES**

- You must audition on one of the audition days to qualify. No exceptions.
- You must be present at each event day to qualify, missing a day is an automatic dropout.
- Your act must be safe for you and the audience. If you have questions, please see manager.
- Your act must be family friendly. If you have questions, please see manager.
- Winner will be paid cash prize at the end of show. Stop by the park (39 West 100 North Moab) and talk to Nikki with any questions. And be sure to mention you read about Moab’s Got Talent competition in the Moab Happenings.
KZMU Spring Radiothon 2019

April is a big month for KZMU and this year we’re leaning in to the festivities even harder with community events sprinkled throughout the entire month. First off, KZMU turns 27 on April 2nd. Tune in for the Mayor’s proclamation of KZMU Day at noon, and then again at 4 PM for the first premier broadcast of Uranium the Musical! The rest of the day will be dedicated to celebrating 27 years of broadcasting unique, inspired, musical programming: 27 years of folk, rock, heavy metal, hip hop, classical, country, alternative, reggae, bluegrass, Pan-American, Native American, indie, Americana, electronic… 27 years of dynamic interviews and conversations with musicians, artists, politicians, authors, and activists; 27 years of Krimazing Ze Music Up and proudly remaining human-powered, community-centric radio in the heart of Moab, Utah.

On April 14th, KZMU presents Shana Cleveland at the Seekhaven Chapel on 1st North. This is an all-ages show with local opener Haley Noel. Shana came to Moab two years ago with her full band La Luz, the psychedelic surf rock quartet and is touring to support her sophomore release Night of the Worm Moon. There is a $10 suggested donation at the door. Find out more on our Facebook event page.

On April 18th, we’ll host the WabiSabi Nonprofit Networking Social. This is a gathering open to all community members and non-profit organizations wishing to share resources and stories with kindred spirits. That’s at noon at the KZMU studios, 1734 Rocky Road. KZMU’s Spring Radiothon kicks off April 19th and continues through April 27th bringing you special programming, exciting premiums, live broadcasts, and more during this 9-day fundraiser. We are entering our 4th year of being 100% community supported, having been defunded from the Corporation for Public Broadcasting in the fall of 2015. The past four years have been spent recovering from the loss of federal funding and while challenges have been aplenty, the time has also been inspiring, heartwarming, and validating because of the support from listeners like you.

Our goal for this spring is $35,000. This is what it takes to keep our station humming along for the next six months. As we glide into Spring and dig our heels in to the rich red dirt that surrounds us, we wish to thank each and every listener who has helped us get this far. We recognize your continued support and humbly thank you in advance for your future contributions. We truly would not exist without you!

KZMU - Moab Community Radio 90.1 & 106.7 FM
P.O. Box 1076 • Moab, Utah 84532
on-air studio: 259-5968 • office: 259-8824
contact us: www.kzmu.org

Moab Happenings is available online at www.moabhappenings.com

Check for events added online throughout the month.
Backyard Theater features Magic and Music 3 nights a week. The stage sits beneath a giant cottonwood tree that is older than the town itself. In its fifth year of operation, the theater has entertained thousands of people from all over the world. They come to see an old-fashioned type of American entertainment that has all but vanished in the rest of the country.

Every Wednesday in April, traditional bluegrass music returns to the theater. The band Quicksand Soup performs old-time standards and unique originals starting at 7pm. The free show has become a downtown fixture over the last few years and it’s common to see both locals and tourists alike tapping their toes.

My name is Danny Rose. I am a solo artist that uses 3 digital samplers and a drum machine timed only by ear in tandem with various vocal effects to accomplish a complete band sound. I play rhythm and lead guitar and all the music that is heard during my performances. I have enjoyed playing guitar for the past 38 years and have opened for such bands as Fuel, Red Jumpsuit Apparatus, and Advent Horizen. I get kidded constantly about the fact that all my equipment fits neatly into my sub compact car that gets 40 miles to the gallon… but it gets me to gigs so I endure the chiding nevertheless, lol. I have always loved Moab and the friendly people that reside here. I hope to play here often for it has truly been a second home for me since I ran cataract canyon back in my teenage days. After all, I’m still playing the same classic rock music I listened to back then.
Getting A Drink in Moab

Although Utah sometimes has a reputation as a state where it is difficult to purchase or consume alcoholic beverages, Moab has both a microbrewery and two local wineries, a number of lounges and many restaurants serve beer and wine.

The Moab Brewery is Moab’s only on-site microbrewery and offers a variety of locally-brewed beers in their bar and Package Agency. Their award-winning beer is also available at other restaurants in Moab and at retail stores in town and in Salt Lake City. They also distill and bottle Class 5 vodka and Spor On Gin on site. You can also enjoy these spirits in specialty cocktails served in their restaurant and tavern.

Moab has two local wineries. Castle Creek Winery is located at Red Cliffs Lodge, 15 miles from Moab on Scenic Highway 128 (the River Road). Spanish Valley Vineyards is located just off Highway 191, about 6 miles south of Moab on Zimmerman Lane. Both wineries have on-site tasting rooms and wine available for sale. Utah State Liquor Stores also sell many local wines.

Moab boasts several upscale lounges. 98 Center 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 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, The Alley Sports Bar next to Guvel Pit Lanes or the beer and wine garden at Moab Garage Co.

The Utah State Liquor Store is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at 55 West 200 South and is open Monday through Saturday (11am to 7pm). It is closed on Sundays and holidays. The Moab Brewery Package Agency sells their full-strength beers (in 16oz cans and 22oz bottles) and unique spirits to go every day including Sundays, opening at 11:30am. Castle Creek Winery also sells wine on Sundays and Holidays from 10am to 7pm.

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.

State law places some restrictions on where you can sit in an establishment when consuming alcohol and whether or not you need to consume food with your drink. For example, Zax, a locally-owned full-service restaurant, has an adult atmosphere in its Watering Hole, although children also also allowed, where you can order a cocktail and watch your favorite sporting event on their 13 TVs, with or without ordering food from their full menu. However, if you sit in the family dining restaurant, you need to order food to consume an alcoholic beverage. Other restaurants that serve drinks with meals include the Moab Grill, Peace Tree, Desert Bistro, Fiesta Mexicana, The Spoke and Susie’s Branding Iron. See the Moab Menu Guide for more information about restaurants that serve beer, wine and other alcoholic beverages.

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) is the maximum allowable under Utah Code to be declared “driving under the influence.”

Packages are available at many businesses in town moabmenuguide.com
Antica Forma
267 North Main Street
435-355-0167
Lunch • Dinner
Open 11am-10pm | Fri-Sat 11am-10pm
The name Antica Forma means "The old form." We serve pizza made by master pizzaiolo (pizza makers) Geraldo Hernandez who was trained in the art of pizza made in its birthplace: Naples, Italy. Authenticity and quality are important to us, so our ingredients are either imported from Italy or made fresh in house everyday.

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

Atomic Grill & Lounge
1393 North Hwy 191
435-259-5201
Diner • Open Daily 4:30pm – Close
Check out our unique atmosphere available all year. Everything is made fresh from scratch, even the desserts! Gluten free options available. Can accommodate all allergies. Plan your parties with us. You may choose your setting either from the warm earth toned dining area, the beautiful secluded patio or mingle in the lounge imbuing with one of the志强set craft cocktails. See full menu at atomicmoo.com.

Bangkok House Too, Sushi Bar & Asian Bistro
59 South Main St. Suite 8
435-355-0168
Lunch • Dinner • Take Out • Delivery
Open Daily 11am-9pm
Our chefs prepare authentic dishes using the highest quality ingredients. We have a large menu including Thai, Sushi, Thai Bento Boxes, Pho and Seafood. There are vegetarian options, gluten free and kids menu. We offer take-out/bulk specials.

Bike Fiend/Coffee Fiend
69 East Center
435-315-0002
Open Monday – Sunday 8am to 8pm
Classic Bikes, Classic Coffee. Professional baristas creating specialty hot drinks using Organic, Fair Trade, single origin coffee (FMC) and Organic milk. Free WiFi and newly renovated seating area. The flood is a full service bike shop featuring new, used, vintage, custom builds & rentals. All bikes welcome. Perfect for an after dinner espresso. www.facebook.com/moabbikefiend

Blu Pig & Blu Bar
811 S. Main
435-259-3333
Lunch • Dinner • Take Out • Open Daily 10am-9pm
Mool’s only BBQ and Blues destination with ribs to write home about. Smokey your favorites all day, every day. Casual, laid back establishment that you’ll want to visit time and again. Covered patio dining and internet bar. Large Screen HD TV’s. Take out available. Blu Bar specializes in Whiskey and Tequila with over 60 plus Cold Beers. State liquor license. Live Music Thursday-Saturday.

Broken Oar
53 West 400 North
435-259-3217
Come visit us at our beautiful log building and try our wide selection of beer and wine next to our giant fireplace, with a wine list to visit to and always. Covered patio dining and internet bar. Large Screen HD TV’s. Take out available. Blu Bar specializes in Whiskey and Tequila with over 60 plus Cold Beers. State liquor license. Live Music Thursday-Saturday.

Burger King
606 South Main
435-259-2700
Open Sunday 11am

Cafe Italiano
83 South Main
435-259-3630
Club Rio
2 South 100 West
435-259-2654
Open daily till 1:00am
Open Sunday 11am

Desert Bistro
36 South 100 West
435-259-0756
Dinner • Take Out

El Charro Loco Mexican Grill
812 S. Main Street
435-355-0854
Lunch • Dinner
-serving authentic Mexican cuisine 7 days a week. Family owned and operated using the freshest ingredients and traditional recipes. Lunch Specials served daily from 11am-2pm. Come enjoy our intimate and friendly atmosphere; ¡El Arte de Comer is in your backyard! Large enclosed patio available for holiday parties.

Fiesta Mexicana
102 South Main Street
435-259-4366
Breakfast • Lunch • Dinner Saturday-Sunday 11-2pm & 5-9pm
Best Authentic Mexican Food. The Best Margaritas in town —made from fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio and interior. Large gardens are welcome. Children’s menu. To orders are available. Is it your birthday? Let us know and we’ll take your picture, “Los Menuchitas!” Daily lunch specials $7.50. Full bar.

Giliberto’s
396 South Main
435-259-1678
Lunch • Dinner
Open Daily 11am–9pm
Newest location of family owned chain of restaurants. Enjoy the same authentic Mexican cuisine as our other restaurants in Arizona, Colorado and Utah. Traditional Mexican cuisine including Lengua and Menudo. Mexican bottled Coca Cola, Horchata, Rice Jamaica and Tamarindo.

Hidden Cuisine
2740 South Highway 191
435-259-7711
Breakfast • Lunch • Dinner斧 professionals to enjoy delicious pub grub along with beer, & etc. Evening: DJ, Karaoke. 21 years and over. www.hidden-cuisine.com.

Jailhouse Cafe
101 North Main Street
435-259-3900
Open Daily 7am-Noon
Mool’s Breakfast located in Grand County’s historic first Courthouse. Features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

La Sal House
11 East 100 North
435-259-5725
Lunch • Dinner
Open Daily 11am–9pm

Love Muffin Cafe
139 North Main
435-259-6833

McDonald’s
640 South Main
435-259-8800

Mijel’s Baja Grill
Cheeseburger, Steak, Shrimp, Fish
Genuine Mexican Cuisine, traditional recipes and methods of Baja California and other states in Mexico. We pride ourselves on not only good and preparing it as we order it. Great Margaritas! Mexican food is our specialty, Vegetarian, Vegan & Gluten Free items available. Proud to cook with zero trans fats.

Milt’s Stop & Eat
686 South Main 435-259-8800
Lunch • Dinner
Open daily 11:00 a.m. – 9:00 p.m.
Moab’s breakfast, lunch and dinner all day everyday! We pride ourselves in serving fresh, healthy and homemade dishes for our discerning customers. Choose favorites such as Southwest Country Fried Steak, Crispy, Omelettes or delicious sandwiches, wraps and salads. Try our fresh squeezed juices, coffee or espresso anytime. Please call us for catering and outdoor events. Join us for dinner and taste our South African cuisine Thursday-Sunday 5:30-9:30pm.

Milton’s Southwest Grille
2740 South Highway 191
435-259-7711
Breakfast • Lunch • Dinner Friday-Saturday 11am-10pm

Milt’s Stop & Eat
686 South Main 435-259-8800
Lunch • Dinner
Open daily 11:00 a.m. – 9:00 p.m.

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

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**Moab Food Truck Park**
39 West 100 North
Big Don's Pizza Bus 435-650-4050
Deli Donuts 435-260-4084
Downtown Dawgs 435-260-1032
Hokkia Sake Ice 435-260-8684
Painis Plus 435-704-2001
Red Wok Kitchen 435-260-1754
Tacos El Gordo 720-234-6435

**Moab Garage Co.**
78 North Main
Breakfast • Lunch • Dinner
Wed-Mon 8am-9pm - Closed Tues
The Moab Garage Co. is a full service cafe offering specialty coffee, breakfast, lunch and dinner. Our menu includes locally roasted coffee on tap and an excellent wine selection. And of course our made-to-order breakfast sandwiches, custom salads, and delicious soups.

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

**Moab Grill Steakhouse**
540 South Main
Breakfast • Lunch • Dinner
Open 6:00am-Daily
Enjoy our menu ranging from Cowboy Benedict in the morning to hand cut steaks, pasta and seafood for dinner. Homemade soups, pies and cobblers, expresso and crazy juicy burgers. Steak and chicken for lunch anytime. Serving local roasted Prime Rib Friday, Saturday and Sunday. Small private meeting room, internet, 2 flat screens, sunny window booths, counter dining, full beer and wine menu, vegetarian and gluten free options.

**Moab Kitchen**
230 W. Center St.
European Coffee House
breakfast • lunch • dinner
Open Mon-Sat 7am-9pm
Kosher certified. Come down and enjoy our indoor seating or our covered, lighted patio with misters. We also offer plenty of parking in back. Enjoy a free sample and meet our friendly staff.

**Paninis Plus**
4 South Main 435-259-2900

**Peace Tree Juice Cafe**
20 South Main 435-259-0111
Breakfast • Lunch • Dinner
Welcome to the healthy restaurant. We have full Breakfast 4:00am-8:00am in addition to our Dinner menu. Good pastries selection. Beer, Wine, Cocktails, Fresh Juice, Fresh Fruit Smoothies, Green smooth. Professional baristas serve carefully prepared coffee beverages, teas, smoothies, and Italian soda. Indoor and outdoor seating. Pet friendly patio. Taste the fresh roasted difference! Check out our selection of Grab N Go Meals for breakfast. Gluten Free, Vegan, and low-sodium options available. Moab souvenirs available.

**Pizza Hut**
265 South Main 435-260-6345
Queenadilla Mobilia 89 N. Main 435-260-0289

**The River Grill at Sorrel River Ranch**
517 Mikele 128 435-259-2725

**Fire Rock Grill & Cafe**
74 S. Main Street 435-259-5941
Open Daily 7am-10pm

**Subaku Sushi**
90 East Center 435-259-4455
Singe Thai Cuisine 92 E. Center 435-259-0039
Sipfire Smokehouse 221 S. Main. 970-618-4274

**The Spoke On Center**
5 North Main 435-259-5712
Breakfast • Lunch
Open daily 7am-11:00 a.m.
Located right in the middle of town, corner of Center and Main Street. Delicious gourmet burgers, brews and shakes. Our menu uses the freshest ingredients available. We have something for everyone including freshly made salads, barbecue pork, fish and chips and several build your own gluten free pizzas. We bring you a culinary collection of selected Lebanese, Mediterranean region.

**Sunset Grill**
900 North Highway 191 435-259-7146
Dinner + Lunch • open daily
We bring you a culinary collection of selected Lebanese dishes that capture the vibrant palate of the wonderful Mediterranean region.

**Susie’s Branding Iron**
2971 South Highway 191 435-259-6275
Lunch • Dinner • 11:00am-9:00pm
Closed Mondays
Welcome to our ranch house. 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
Open daily 7am-3pm & 4pm-7pm
A local’s favorite featuring fresh baked goods made onsite (cinnamon rolls, cookies, pies) 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 paninis. Gluten Free & Healthy Options. Catering available.

**Tequila’s on the Rocks**
196 S Main St
Breakfast • Lunch • Dinner
Sun-Thurs 11am-9pm, Fri-Sat 11am-10pm
The newest Mex in Town. Serving the best margaritas. Tequila’s on the Rocks is made fresh daily with the freshest ingredients.

**Thai Bella**
218 North 100 West 435-355-6555
Wendy’s 90 North Main 435-259-2595

**Wildfire Espresso Drive Thru**
1146 South Highway 191 435-259-7146
Open at 6am-7pm
Weld Espresso is committed to providing you unbeatably good coffee at a price you can afford. Our coffee is freshly roasted in small batches daily in our own roastery. We serve carefully prepared coffees, teas, smoothies, and Italian soda. Indoor and outdoor seating. Pet friendly patio. Taste the fresh roasted difference! Check out our selection of Grab N Go Meals for breakfast. Gluten Free, Vegan, and low-sodium options available. Full service liquor licence. Take out available.

**Wicked Brew**
96 South Main Street 435-259-6555
Breakfast • Lunch • Dinner
Open Daily 7am-10pm
Our extensive menu includes the best burgers in Moab, sandwiches, pastas, salads, seafood & our famous All-You-Can-Eat pizza buffet at dinner. Bar inside or out on our all-weather covered patio. 50” flat screen and 22 TV’s. Full liquor license. Lunch & Dinner daily. Pet friendly patio. Call in to book your event on our patio, or in our tavern. Catering available.

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**Menu Guide** And tell them you found them in “Moab Happenings”
The “Pecking Order” of the Dinner Table

By Andrea Apadaca

Growing up the seventh of eight children, there was always a certain “pecking order” of how meals went. The littlest kids always sat in the middle while the older got to sit on the outside. The little kids always got the smallest portions and the older kids always seemed to get seconds. In fact, I remember my “assigned seat” was directly across the table from my oldest brother, and when he would finish with his food and there were no seconds to be had he would start picking off my plate and before I knew it, we were both done eating! I learned quickly in my house that if you didn’t eat fast, you didn’t eat.

There were always three meals a year that I always knew had plenty of food so that my brother would never have to eat off my plate. Thanksgiving, Christmas, and Easter. In our house Thanksgiving and Christmas were always dedicated to Turkey, but for Easter, for Easter a glorious ham was always the center of our traditional meal. So, today I have a recipe for a wonderful ham that my family and I discovered a few years ago that I absolutely love.

Ingredients

- 1 onion, chopped
- 10 cloves garlic, peeled
- ¼ cup apple cider vinegar
- ¼ cup stone ground mustard
- 1 cup orange juice
- 10 whole cloves
- ⅛ lb picnic ham
- ⅛ cup honey
- ⅛ cup Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 cup brown sugar

Start by trim off tough outer skin, then score the remaining fat in a crosshatch pattern. Set the ham aside and pre heat oven to 400°. In the bottom of a large roasting pan add the chopped onion, garlic cloves, apple cider vinegar, mustard, orange juice and cloves, make sure you stir it up. Place your ham on a roasting rack on top of the liquid and cover it with aluminum foil and let it bake for an hour. When the hour is up, baste the ham with the sauce and put the remaining liquid from the roasting pan and put it into a pot, straining out all the cloves and other chunks. Add honey, Dijon mustard, Worcestershire sauce, and brown sugar, whisk it together and bring to boil over medium heat. Then simmer until it reduces to a thick glaze. It takes about 10-12 minutes. Brush the glaze over the ham and then bake it again for about 30-40 minutes or until the glaze caramelizes. We have come to love this recipe because it is not too sweet and has just the right amount of tang. It pairs well with potatoes or rice of any kind.

So, for this Easter season and upcoming events of Jeep Safari and Car Show come in to The Broken Oar Restaurant…where your brother will never pick off your plate! Actually, I can’t promise that, but I can guarantee that the delicious food will be the only reason you have to eat quickly. The Broken Oar Restaurant has your old favorites and a few new items on the menu, so come check it out. We are again open for the season and serving Lunch and Dinner. 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.thebrokenosarmoabcom or call 435-259-3127 for a reservation. We look forward to serving you this season.
Nighttime Navigators

Listen carefully: Do you hear a chattering, tweeting, or cooing that has been absent from the canyon country soundscape for a few months? Do you see glimpses of color moving in the trees? March through May marks the return of migratory birds in Utah, many of which travel to Arizona, Mexico, and even farther south to wait out the cold winter. For the return of these cheerful signs of spring, we can thank not only the sun, but the stars and the dark night sky.

One of these birds, the Bobolink, migrates more than 12,000 miles from its wintering grounds in Argentina back to Utah every spring. But how do these birds and others like them find their way during such a long journey? There are many ways birds navigate, but for the thousands of Utah songbirds the moon and the stars provide the most vital compasses. Most songbirds migrate at night, flying at altitudes of 2,000 to 5,000 feet. Night time provides cooler temperatures that keep the birds from overheating during their strenuous journey, and provides a view of the stars that guide them home.

In 1957 two German scientists, Franz and Eleanor Saus did a series of experiments that demonstrated the importance of the night sky in songbird navigation. During these experiments, songbirds were raised inside enclosed planetary domes in groups that were shown different star patterns. When the fall migration started, the birds were released in the planetarium and demonstrated that as youngsters they had in fact learned to navigate using a rotational star pattern for orientation. Years later, scientists have even identified the specific star patterns used by birds like the Indigo Bunting.

But now this vital means of navigation is at risk. Bright city lights drown out the stars and draw migrating birds in like a trap. Birds get stuck in the cities and are unable to navigate out. They may fly in circles until they are exhausted or fly into buildings. “It presumably short-circuits birds’ visual clues, and they stay in the lit area” concluded Ornithologist Andrew Farnsworth, during a study on the subject for Cornell University. So what can we do to help our songbird friends? “We should turn off lights whenever and wherever we can”, Farnsworth says, “It makes a difference".

**MOON HAPPENINGS**

<table>
<thead>
<tr>
<th>DATE</th>
<th>SUNRISE</th>
<th>SUNSET</th>
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<tbody>
<tr>
<td>Apr 12</td>
<td>7:01 am</td>
<td>7:42 pm</td>
</tr>
<tr>
<td>Apr 19</td>
<td>7:01 am</td>
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**APRIL SUNRISE & SUNSET TIMES**

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

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**EVENTS**

**Dark Sky Discovery**

**Global Star Party**

April 13, 7:30 pm

April is global Astronomy Month! Celebrate by coming together and observing the night, under one sky.

Free for CCDC Members / General Admission for Non-Members

Subject to weather and may be cancelled due to unfavorable conditions.

**CANYON COUNTRY DISCOVERY CENTER**

Hours: Monday - Saturday, 10 am - 5 pm

**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.**

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**By Kathleen Martin**
Sustainability: Innovation, Art & Culture

Sustainability reflects systems thinking, innovation and cultural norms such as art or biking. In 2018, the city launched a Green to Gold (GtG) Business Program. GtG is a free, voluntary program that offers solutions to help Moab businesses and non-profits reduce environmental impact, save money, and gain recognition for their achievements in energy and water conservation, waste reduction, alternative transportation, dark sky compliance, pollinator gardens, equity and creating a thriving, beautiful community. Below are a few examples:

Adventure Inn
Adventure Inn is 100% solar-powered with a 72.8 kW system that produces 104,120 kWh of power annually. The clean energy powers the hotel’s rooms and electric vehicle charging stations installed by the city. The system will reduce 135,981 pounds of GHG emissions each year – the equivalent of planting 1,735 trees. In addition to the environmental benefits, the system has the potential to save the hotel more than $270,000.

Moab Arts and Recreation Center
The Moab Arts and Recreation Center demonstrated its stewardship in conjunction with Terrasophia by installing a rain capture system that is used to water the new drought-tolerant native species planted during a recent remodel. The Art Center hosts several sustainability events such as a clothes swaps and the T-shirt bag workshop.

Portal Vista Homeowners’ Association
As the City is new recycling and trash provider, including assisting after the wildfire last year and helping to clean up the Community Recycling Center, Monument has committed to help educate businesses, residents and homeowners about the expanded recycling services that include glass, paper, junk mail, coffee cups, block Styrofoam, and milk containers.

Poison Spider Bicycles
Poison Spider has promoted being a bike-friendly community by donating bike racks throughout town to hotels and restaurants that request racks. The facility has sky lights/solar tubes to use daylight whenever possible. They pay a livable wage and provide employee housing.

Red Moss Lodge
Red Moss Lodge took recycling to the next level by investing in one-gallon metal containers to lend to their guests for day trips, eliminating the need for single plastic water bottles. Red Moss also installed a pollinator garden to attract butterflies. Pollinators are responsible for increasing our food supply and food for wildlife.

Red Rock Bakery
Howard Trenholme, CEO of Red Rock Bakery, was an early participant in the Green to Gold Program. He installed solar panels last spring. Trenholme is committing to helping other businesses as well as educating his staff and customers about the benefits of solar energy. Red Rock Bakery, along with Navtec Expeditions and the Hyatt place, were the first businesses to convert outdoor lighting to be dark sky compliant. Dark Sky compliant lights use an amber colored light that does not affect our circadian cycles, this helps promote healthy sleep patterns.

Wastewater Reclamation Plant
This City facility has a total hydraulic capacity of 1.75 million gallons per day and can process significantly more effluent using far less water. Water use from the new plant decreased from 2 million gallons to 25,000 gallons per month resulting in financial savings and conserving a valuable resource. All equipment in the plant is equipped with variable frequency, which drives efficiency and leads to power conservation.

Looking ahead
Please support the businesses making a difference. Any business or non-profit interested in joining Green to Gold or needing educational material such as the NEW Recycling Guides, please contact Rosemarie Russo, Sustainability Director, and City of Moab. Partners receive free audits, conservation tips and more. The City plans to infuse art into some of the sustainability projects such as using solar for the Art Walks. Other cities such as Santa Fe used a dragon sculpture at their dog park to collect dog waste and flare the methane emissions so it looked like the dragon was breathing fire. In Florida, a giant chicken coop wire fl are the methane emissions so it looked like the dragon was breathing fire. In Florida, a giant chicken coop wire fl are the methane emissions so it looked like the dragon was breathing fire. In Florida, a giant chicken coop wire fl are the methane emissions so it looked like the dragon was breathing fire. In Florida, a giant chicken coop wire fl are the methane emissions so it looked like the dragon was breathing fire. In Florida, a giant chicken coop wire fl are the methane emissions so it looked like the dragon was breathing fire. In Florida, a giant chicken coop wire fl are the methane emissions so it looked like the dragon was breathing fire.

Have an art idea? Please post on sustainablemoab.com.

Upcoming sustainability events include tree planting and painting events on Earth Day, April 22 and Arbor Day, April 26.

Adventures Inn
KZMU
KZMU hosted an amazing up-cycle workshop with some experts from Santa Fe. Plastic bottles were compacted into construction bricks and made into a bench! KZMU is also experimenting with biocrust revegetation. Biological crusts are made of many different living organisms and plays a vital role in desert plant life. This black, knobby crust is made up of several different species of lichens and cyanobacteria. These organisms grow into tight mats that are 5-10 mm thick and up to 2 feet in diameter. These crusts provide vital services to our ecosystem from carbon sequestration and nitrogen fixation to trapping wind and providing habitat for seeds and larvae. KZMU is working with some experts from Santa Fe.

Biocrust Revegetation
The Atomic offers shuttle services to reduce the traffic downtown. The Atomic works with local GtG hotels. Not only has Tim Buckingham, hosted sustainability workshops in the community by donating bike racks throughout town to hotels and restaurants that request racks. The facility has sky lights/solar tubes to use daylight whenever possible. They pay a livable wage and provide employee housing.

Moab Springs Ranch
The cottages have been sustainably built with reclaimed timbers from the Great Salt Lake and structural insulated panels (SIPs). SIPs are a high-performance building system for residential and light commercial construction. The panels consist of an insulating foam core sandwiched between two structural facings, typically, oriented strand board (OSB). SIPs are extremely strong, energy efficient and cost-effective. Additionally, the Moab Springs Ranch has made an effort to post water conservation tips with door hangers provided by the City and plans to launch a recycling outreach campaign.

Monument Waste Services
As the City is new recycling and trash provider, Monument has embarked on several community initiatives including assisting after the wildfire last year and helping to clean up the Community Recycling Center. Monument has committed to help educate businesses, residents and homeowners about the expanded recycling services that include glass, paper, junk mail, coffee cups, block Styrofoam, and milk containers.

Poison Spider Bicycles
Poison Spider has promoted being a bike-friendly community by donating bike racks throughout town to hotels and restaurants that request racks. The facility has sky lights/solar tubes to use daylight whenever possible. They pay a livable wage and provide employee housing.

Portal Vista Homeowners’ Association
Portal Vista collaborated with the City in its efforts to publish the City’s first Community Energy Plan. Maggie Corson led the efforts, focusing on reducing both energy and water use among HOA members. Maggie distributed the rebate information for reducing energy use and saving money.

Red Moss Lodge
Red Moss Lodge took recycling to the next level by investing in one-gallon metal containers to lend to their guests for day trips, eliminating the need for single plastic water bottles. Red Moss also installed a pollinator garden to attract butterflies. Pollinators are responsible for increasing our food supply and food for wildlife.

Red Rock Bakery
Howard Trenholme, CEO of Red Rock Bakery, was an early participant in the Green to Gold Program. He installed solar panels last spring. Trenholme is committed to helping other businesses as well as educating his staff and customers about the benefits of solar energy. Red Rock Bakery, along with Navtec Expeditions and the Hyatt place, were the first businesses to convert outdoor lighting to be dark sky compliant. Dark Sky compliant lights use an amber colored light that does not affect our circadian cycles, this helps promote healthy sleep patterns.

Wastewater Reclamation Plant
This City facility has a total hydraulic capacity of 1.75 million gallons per day and can process significantly more effluent using far less water. Water use from the new plant decreased from 2 million gallons to 25,000 gallons per month resulting in financial savings and conserving a valuable resource. All equipment in the plant is equipped with variable frequency, which drives efficiency and leads to power conservation.

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Have an art idea? Please post on sustainablemoab.com.

Upcoming sustainability events include tree planting and painting events on Earth Day, April 22 and Arbor Day, April 26.
Science For Guides

Thousands of tourists who come to Moab each year take advantage of guided adventures including rafting, mountain biking, off-roading, and canyoneering. The substantial workforce of professional adventure guides in our community have unique and important jobs. In addition to having the expertise in their field to keep people safe, guides also fulfi ll questions that arise while traveling through our amazing landscape about natural history, archeology, and biology. For tourists, their guide is not only leading them on an adventure but is also their teacher, who has the power to infl uence the way their clients think, feel, and interact with Moab.

The Southeast Utah chapter of 500 Women Scientists recognizes the crucial role that guides play in infl uencing how the millions of visitors that come here each year interpret our amazing landscape. We are a group of over 30 female scientists from SE Utah striving to improve the availability of science information in our community for both locals and tourists. On May 3rd, we are hosting an event called Science for Guides at Star Hall. This event was designed with guides in mind that focuses on providing new information about some of the amazing science happening around Moab. There will be talks from local experts about the UMTRA site, archaeology, geology, and water quality.

Speakers include Kate Magargal, a local anthropologist, who will discuss what current archaeology and ethnography tells us about the human use of fi re on the Colorado Plateau. Will Leggett of the National Park Service is a trained geologist who will discuss how geologic forces forged Moab’s unique landscape. Liz Moran is a hydrogeologist for the Moab UMTRA site and will provide the audience with a behind the scenes peek at what exactly is going on at our local tailings pile. Finally, Rebecca Weissinger, an aquatic ecologist at the National Park Service, will discuss new research about emerging contaminants in national park waters and the Colorado River.

Following the talks, there will be a mingle at the Museum of Moab with booths from local organizations and snacks. Booths will include Moab Dark Skies, Rim to Rim Restoration, local biocrust experts, water quality experts, archeologists, and more! This event is a great opportunity for guides to get updated knowledge of the region and speak to experts about commonly asked questions they may get from their clients. Talk start at 6pm at Star Hall, mingle starts at 7pm at Museum of Moab. All are welcome!

Southeast Utah 500 Women Scientists
Mission and Values:

Our Mission:
• To share the importance of science
• To support one another as a community of women scientists in Southeast Utah
• To be in service to the communities of Southeast Utah.

Our Values:
• Being a supportive group for women scientists in Southeast Utah
• Advocate for inclusivity in our group and in science at large
• Increase scientific literacy for locals and tourists
• Mentor and support students of science (especially girls)
Earthquakes and Moab

At 10:22 am on Monday, March 4, 2019, the ground shook in Moab, something that doesn’t happen often in this mostly seismically-sleepy section of the Colorado Plateau. Many Moab residents felt movement from the 4.5-magnitude earthquake located approximately 35 miles to the southeast near Bedrock, Colorado. While the cause of this particular earthquake was likely due to injection of brine from the Bureau of Reclamation’s desalination plant near the epicenter, it provides a good opportunity to explore the subject of earthquakes and why they are rarely felt in the Moab area.

Earthquakes are sudden motions or tremblings in the earth, caused by abrupt movement along faults or by movement of magma underneath volcanoes. Faults are fractures where blocks of the earth’s crust have moved relative to one another. Faults may have displacements ranging from a few inches to hundreds of miles. Earthquakes may occur anywhere, but large quakes are generally located at the boundaries between tectonic plates (large rigid pieces of the earth’s outer layer) where plates slide past one another (such as at the San Andreas Fault in California) or slip underneath one another (such as in Japan where the 2011 Tohoku earthquake caused a catastrophic tsunami and the meltdown of the Fukushima nuclear plant).

Major splays or branches of the Moab Fault near the Arches Visitor Center.

Some areas located far from plate boundaries also can be tectonically active, either because of current strains and stresses acting on the crust or in areas where the crust has otherwise been weakened. The New Madrid Seismic Zone in Missouri is one place where large intraplate earthquakes have occurred. A series of quakes in 1811 and 1812 with magnitudes as large as 7.7 were felt over broad swaths of the central United States and even caused a “fluvial tsunami” which made it appear as if the Mississippi River was flowing upstream for several hours.

Minor splays or branches of the Moab Fault near the Moab Visitor Center.

The Wasatch Front is a good example of a tectonically-active intraplate area far from the plate boundaries on the west coast. The Wasatch Fault is part of the Intermountain Seismic Belt that extends north-south from Montana to northern Arizona and is related to the stretching of the North American continent that formed the Basin and Range Province in Nevada and western Utah. Geologists think that earthquakes as large as 7.5 magnitude may occur in the Intermountain Seismic Belt in Utah, creating significant risk to the approximately 2.3 million Utahns who live close to the faults. (When) a large earthquake occurs in the Intermountain Seismic Belt, some shaking may be felt in Moab, but Moab is far enough away from the Intermountain Seismic Belt that direct impacts in our immediate area will be minimal. For example, a magnitude 5.3 earthquake in August 1988 in the San Rafael Swell with an epicenter near Castle Dale in Emery County was felt in southeastern Utah, but caused no reported damage here although rockfalls did occur.

Because of the risk that exists from damaging earthquakes in the state, the Great Utah ShakeOut, an earthquake preparedness drill, will take place at 10:15 am on Thursday, April 18, 2019. During the ShakeOut, individual participants will practice how they will Drop, Cover and Hold On during a quake, and agencies, organizations, schools and businesses will take part in more extensive earthquake scenarios. Nearly a million people in Utah participated in the 2018 Great Utah ShakeOut. To learn more and to register for the 2019 event, visit https://www.shakeout.org/utah/.

Minor splays or branches of the Moab Fault near the Arches Visitor Center.

The March 4 Bedrock, Colorado Earthquake

The recent Bedrock earthquake was most likely not tectonic in origin, but instead caused by deep injection of brine as part of the effort to keep salt out of the Colorado River. The Bureau of Reclamation injects extremely saline groundwater from the Paradox Valley approximately 16,000 feet deep into the Leadville Limestone near the Wray Mesa Fault System.

Some injection wells, such as the one at Paradox, can cause earthquakes by increasing pore pressure on nearby faults thereby weakening them, making them more susceptible to slippage. Many injection wells that have caused induced earthquakes such the recent ones in Oklahoma (a state that has very low natural seismic hazard) dispose of wastewater from oil and gas production (fracking itself is much less likely to induce earthquakes because the lesser volumes involved and shorter durations of the operation).

Through 2016, more than 6,400 shallow earthquakes had been recorded near Paradox Valley since 1991 when brine injection began, with no earthquakes recorded during the six previous years. If the March 4 earthquake is related to brine injection (as is very likely), it will be the largest quake associated with the Paradox site to date. The largest previous quake was magnitude 4.4 in 2013. The 2019 quake was followed by 20 smaller aftershocks with magnitudes between 1.4 and 2.4 in the following two weeks that were recorded by University of Utah seismometers including one in the Grand County Courthouse. Numerous smaller aftershocks also likely occurred.
Nature Happenings

Wildflowers of Spring

Spring represents an anticipation of warm days, clear nights, rising river levels, dry trails, and a profusion of wildflowers that herald the season. Depending upon interest, whether it’s camping in Arches National Park beneath a star-studded sky, riding the White Rim Trail through the geologic history of Canyonlands National Park, rafting the Colorado River, or hiking across slickrock to a spectacular overlook, the desert just seems more inviting when the wildflowers bloom.

Showy candelabras of narrow-leaf yucca flowers emerge from a protective envelope of spine-tipped leaves. The fairly large, cream to white-colored bell-shaped flowers hang downwards with the oldest flowers at the bottom. During the day, the glossy petals draw closer, but at night they relax and open wider to invite pollinators, specifically yucca moths, to enter into the flowers. Female yucca moths who have already mated, gather pollen from a yucca flower in special tentacles near her anthers and a four-lobed stigma rise above the flower’s tubular throat which contains nectar at the base. As the sphynx moth unfurls its long proboscis to suck up nectar, it comes in contact with the pollen, some of which adheres to the moth and is transferred to another flower. After a night of pollination, the flowers close and fade to pink. The flowers may stay open during the day; visitors sometime mistake the white blooms for tissue paper left along the side of the road.

Day-blooming flowers such as Indian paintbrush, Eaton’s penstemon, and silvery lupine attract butterflies, hummingbirds, and bees, respectively. The different flower structures have evolved to meet the needs of different pollinators. Although there is overlap, these flowers command more loyalty compared to the open-faced flowers in the Sunflower family which attract a wide range of pollinators.

One flowering shrub that employs scent to attract pollinators is the cliffrose. Sporting shaggy bark and a dense blanket of whitish flowers, this shrub unleashes a sweet aroma that can even be picked up by passengers in a passing car when the plants are in bloom near the road. Loaded with flowers, the shrubs attract bees, wasps, and flies. As the plant’s fruits form, they sprout a long, feathery tail which acts like a corkscrew driving the seed into the soil. The wind spins the twisted tail pushing the seed deeper into the ground.

So, no matter how you travel through or across the Canyon Country this spring, enjoy the beryl of wildflowers that brighten this already colorful landscape and the stories they share.

By Damian Fagan
“One attraction in coming to the woods to live was that I should have leisure and opportunity to see the spring come in.” - Henry David Thoreau

A new season has arrived and brought with it changes to our lives and to our beautiful desert park, Dead Horse Point. Spring is associated with renewal which we can see if we take the time to be outside. Life seems to spring forth as the days become warmer, light spreads longer and warmth fills the air around us. Our desert dwelling friends become energized and we see them more often living their own quiet lives. Lizards scampers from rock to rock, birds are singing again and wildflowers are soon to show their beauty. We can feel this springtime exuberance in ourselves as well, and the balmy temperatures entice us to get outside. Whether you are visiting our exceptional park, other areas in Moab, or your own backyards, spring is a wonderful time to be outside and see new changes in the world.

Dead Horse Point State Park is a spectacular place to experience the wondrous season of spring. With the tremendous amount of moisture we received over the winter our wildflowers are sure to put on an explosive display of color in the coming months. So what’s the best way to experience our flowers? Come to the park on April 27th to enjoy a ranger led hike from the visitor center at 2pm. The hike will be focused on identifying and enjoying the beautiful desert wildflowers. If you can’t make this hike please come to the park whenever you can and hike the trails yourself.

Spring brings warmer temperatures which is allowing us to start our night sky programs again! We have two different night time events this April. On the 5th at 9pm we will have our opening Dark Sky program which is focused on stars, planets, galaxies and other deep space objects viewed through our telescopes. Then on the 19th there will be a ranger led full moon hike starting at 9pm, once again meeting at the visitor center. So as we like to say, half the park is after dark!

Arches and Canyonlands National Parks Spring Visitor Center Hours

Arches Visitor Center is open daily from 9:00 a.m. to 4:00 p.m. until April 27th. Starting April 28th hours will be extended to 7:30 a.m. to 5:00 p.m. Daily ranger-led Fiery Furnace tours are available for reservation on www.recreation.gov with start times for a 9:00 a.m. or 9:30 a.m. Self-guided Fiery Furnace permits are also available and can be obtained at the visitor center. The Devils Garden campground at Arches National Park is now open and reservations can be made at www.recreation.gov

The Needles Visitor Center at Canyonlands National Park is open for the season and will be open seven days a week. For the month of April, hours of operation will be 9:00 a.m. to 3:30 p.m. Camping is available at The Needles campground, 12 campsites in Loop B are available for reservation. Fourteen campsites in Loop A are first-come, first-served. Sites fill quickly, particularly in spring and fall. You can make reservations up to six months in advance online at www.recreation.gov or by calling 1-877-444-6777.

Island in the Sky Visitor Center at Canyonlands National Park is now open daily from 8:00 a.m. to 5:00 p.m. Camping is available at the Willow Flat campground, the 12 sites are first-come, first-served.

Permits are required for all overnight backcountry use. Visitors wishing to stay overnight in the Island in the Sky backcountry can make advance reservations (and receive their permit two days or more before their trip) online at: www.nps.gov/cany/planyourvisit/backcountry.htm.

Visitors wanting to stay overnight in The Needles district backcountry can obtain a permit during operating hours at the visitor center or reservations can also be made online at www.nps.gov/cany/planyourvisit/backcountry.htm.

Day-use permits are required for vehicle and bicycle travel on Elephant Hill Road at The Needles and White Rim Road at Island in the Sky. Day-use permits can be reserved online or at the district visitor center up to 24 hours before the day of travel. Roads may be closed at any time due to poor conditions.

Visitor services (lodging, food, gasoline, etc.) are not available in the parks, so visitors need to be well equipped with all necessities upon arrival.

For additional information about the Southeast Utah Group of National Parks visit our websites: Arches National Park: www.nps.gov/arch Canyonlands National Park: www.nps.gov/cany

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Your Adventure Center

GUIDED RIVER TRIPS

Canyon Voyages

Fisher Towers Rafting
Westwater Canyon Day Trip
Calmwater Kayak
Inflatable Kayak
Paddle Board (SUP)
River Adventure Packages
- Pedal & Paddle
- Horseback Ride & Raft
- Canyoneering & Kayaking
- Moab by Foot - Hike & Raft
- Full On Rubber Adventure
- Hummer 4x4 & Rafting
- Need for Speed Run & Kayak

RENTALS

Kayaks & Canoes
Oar Rafts
Paddle Rafts
SUP Boards
Gear
Tents, Sleeping Bags, Pads, Coolers,
Stoves, Straps, Dry Bags, Paddles, Life
Jackets, Fire Pans, Toilet Systems, Chairs,
Tables, Wetsuits and more

Morning Shuttle Available
for SUP & Boat RENTALS

RETAIL STORE

Your one stop for gear on land and by water

Adventure Clothing & Shoes
Running Gear
Boats, Kayaks and SUPs
Life Jackets
Camping Gear
Hiking Gear
Sunglasses
Toilet Systems
Pumps

MOAB’s RUNNING STORE

Now Introducing Trail and Road Running Gear

Running Events
Moab’s Red Hot Race
The Amasa Run
Guided Running Tours with Moab 360 Adventures
grasrootsevents.net

OPEN Daily 8am-6pm

211 North Main • 435-259-6007
www.canyonvoyages.com
**Canyonlands Field Airport**  
Jet Service to Denver.

**Moab Car Show**

**April 26-27-28, 2019**

**EVENT SCHEDULE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, Apr 26, 2019</td>
<td>9:00 am - 5:00 pm</td>
<td>Pre-registration at Swanny City Park</td>
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<tr>
<td></td>
<td></td>
<td>Friday Rod Run - To Green River, UT with lunch at the World Famous Ray's Tavern</td>
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<tr>
<td></td>
<td>9:00 am</td>
<td>Line up at City Park on West Park Drive, south side of street</td>
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<tr>
<td></td>
<td>10:00 am sharp</td>
<td>Departure to Green River</td>
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<tr>
<td></td>
<td>Lunch at Ray's Tavern</td>
<td>Public display of vehicles lunch is paid for by each participant</td>
</tr>
<tr>
<td>Saturday, Apr 27, 2019</td>
<td>8:00 am - 11:00 am</td>
<td>Registration</td>
</tr>
<tr>
<td></td>
<td>8:00 am</td>
<td>City Park opens for Show Entrants. Pre-registered vehicles will have a direct drive into the park, following parking attendants on where to park. Food and other vendors will be at the show.</td>
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<tr>
<td></td>
<td>2:00 pm</td>
<td>Judging closes</td>
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<tr>
<td></td>
<td>3:00pm- 4:00 pm</td>
<td>Trophy Presentation Vehcles are free to leave the park</td>
</tr>
<tr>
<td>Sunday, Apr 28, 2019</td>
<td>10:00 am</td>
<td>Sunday Rod Run - To Red Cliffs Lodge (SR128)</td>
</tr>
<tr>
<td></td>
<td>Line up at 9:00 a.m. on West Park Drive, south side of the street</td>
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</tbody>
</table>

**To register your car, go online at**  
[www.moabcarshow.org](http://www.moabcarshow.org)
**MOAB ARTWALK • SATURDAY, APR 13TH 5PM - 8PM**

Enjoy April ArtWalk! Be sure to pick up a postcard at any ArtWalk destinations and have it punched at all ten art destinations, complete punch card + submit at Rukkus Studio for your chance to win!

---

**Moab Printworks**  
1 100 W. 100 S. St. • 435.355.0021  
Moab Printworks is a collaboration between two Moab photographers, David L. Brown and Mark Brown. It represents their fine art photographic prints and offers printmaking, framing, photo restoration and video production services for the Moab area.

---

**MARC (Arts & Rec Center)**  
111 E. 100 N. St. • 435.259.6272  
Daniel Hills returns to the MARC this month with a new collection of plein air paintings from the Moab area. Hills is a full time artist and spends most of his work day in Arches National Park painting from life the extraordinary red rock landscape of his home.

---

**Museum at Rukkus Studio**  
354 N. Main St. • 435.355.0098  
Rukkus Studio is now open featuring artists and artwork by Holli Zollinger, Sallie Hodges, Samantha Zim, Emily Klarer and Paige Suart. Stop by the studio to say hello, and check out their work.

---

**Wabi Sabi**  
2 82 N. Main St. • 435.259.3315  
A collection of our finest thrifted artwork will be displayed and on MEGA sale in the Wabi Sabi parking lot with additional sales on boutique items throughout the store! We will also be featuring local artists who use materials from our store, have an upcycled kid’s craft tent & will be partnering with local organizations throughout the season to bring yummy food to our storefront, hope to see you there!

---

**Moab Museum**  
3 118 E. Center St. • 435.259.7995  
The Moab Museum is closed to the public and as an Art Walk Venue in 2019 while we remodel our exhibit space for the Collection, and design an entirely new visitor experience. Visit the Museum at re-opening in the fall of 2019 to enjoy stories that interpret the natural and human history of southeastern Utah and our corner of the Colorado Plateau.

---

**Moonflower Co-op**  
4 39 E. 100 N. St. • 435.259.5712  
Antonio Savarese has been awarded the 2019 Artist Residency for Arches and Canyonlands National Parks as well as Natural Bridges and Hovenweep National Monuments. Prints will be available the night of the Art Walk and, for every print sold, a raffle ticket will be supplied, by the artist, for a chance to win a free original pastel painting that night.

---

**Moab Made**  
5 82 N. Main St. • 435.261.3570  
Moab Made will be highlighting our artisans techniques during each Art Walk this Spring. Meet the artist and learn some behind the scene aspects of their creative process.

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**Grand County Library**  
6 257 E. Center St. • 435.259.9808  
The Grand County Public Library, in partnership with the school district, is excited to showcase youth art from around the community. Join us this spring for two different high school shows and this fall when we’ll focus on elementary/middle school ages.

---

**Gallery Moab**  
7 87 N. Main St. • 435.259.5550  
Shari Michaud returns as guest artist with new paintings and ceramic word plaques she calls “Words and Images.” Deborah McDermott launches a new series of landscape paintings and prints imagined from an aerial viewpoint.

---

**Rukkus Studio**  
8 554 N. Main St. • 435.355.0098  
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---

**Tom Till Gallery**  
9 61 N. Main St. • 435.259.9808  
Celebrate spring with the Tom Till Gallery. Come by, see Tom’s most recent shots from around the world, and enjoy the splendor of Tom Till’s photographs. Mention ArtWalk for a 10% discount.

---

**Wabi Sabi**  
10 39 E. 100 N. St. • 435.259.5712  
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Michael Ford Dunton  
Moab ArtTrails Co-Founder

The object of my work is to create beauty. The high desert where I live is renowned for its introspective peace and majestic beauty; my work is directed by and reflects the resonance of my surroundings. The mostly abstract forms I create are less about recreating what I see than expressing the emotional interaction between all my senses and the world around me. My focus is bent on the sub-corporeal forces that lie just beneath the surface of form. Forces that are felt rather than seen, such as balance, growth, the pull of gravity and sub-atomic whirlings that are constantly at play in seemingly inanimate objects. The pulse of life beats through everything and I look for the ephemeral movement of life in raw materials that epitomize solidity, mine my subconscious for the fleeting perception of those subtle energies and try to put them into lasting forms that I can see, caress and share.

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 artist’s reception. Votes will be accepted until September 1, 2019 at moabarttrails.org/peopleschoice

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.

Modulus Vulcani  
Michael Ford Dunton

Got Moab Art?  
27th Annual Moab Arts Festival

Original Art at Swanny Park  
Saturday, May 25 & Sunday, May 26

FREE ADMISSION: Saturday 10am - 7pm  ..  Sunday 10am - 6pm

NOW ACCEPTING APPLICATIONS FOR 2019 ARTIST BOOTHS & Food Vendors

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

• **MOAB ROCKS MOUNTAIN BIKE STAGE RACE**, March 30-April 1, 2019. Takes some of the regions best classic & new routes including Klondike, Porcupine Rim & Mag 7 combining them into a 3-day masterpiece of cross country & alpine descents in a fully-supported format. All this wrapped up in a fun & friendly atmosphere, combining camaraderie & competition. For info: transtrockies.com/moab-rocks or 403-483-9977.

• **7th ANNUAL GRAN FONDO MOAB**, May 4 2019. 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. Scott 9/14 contact info 435-259-6294

• **THE UTAH HIGH SCHOOL CYCLING LEAGUE**, September 2019. The Utah High School Cycling League is hosting races in Moab at the Bar M Trailhead. Approximately 800 students will be racing each day from the north and south regions starting at 8am. The Utah League is the governing body for interscholastic cycling for students grades 7-12. They currently have close to 2400 students on 81 teams across the state. Please see their website www.utahmtb.org for more information.

• **MOAB CENTURY TOUR - Road Cycling Tour**, September 2019. 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 5500' elevation change and views of fall colors before carving 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 skinnytireevents.com or call 435-250-8889.

• **OUTERBIKE FALL October 4-6 2019.** 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, shuttle rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL** October 2019. 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 ride and call 435-259-4688 or visit www.moabho-down.com for more information.


• **MOAB SKINNY TIRE FESTIVAL - Road Cycling Tour**, March 14-17, 2020. 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 skinnytireevents.com or call 435-250-8889.
Frequently Asked Questions

During your trip to Moab, if you’re considering a mountain bike ride — especially if it might be your first time on a mountain bike, or just your first time riding in Moab — you will probably have questions. Maybe you’ll have LOTS of them (people often do!) Here at Rim Tours (435.259.5223) (and also at all Moab bike shops) you will find people happy to provide answers. Below is a list of some of the questions most frequently asked about mountain biking in Moab.

Will I run out of trails to ride?

Moab has over 150 miles of singletrack mountain bike trails within easy reach of the main population center. The average rider could spend an entire week in Moab and ride from a different trailhead each day without repeating. From Klondike Bluff in the north, Navajo Rocks and Dead Horse Point in the west, to the Slickrock Trail in the east, Moab has an abundance of trails to explore. Most trail systems are very well mapped, with signs at major trail intersections showing your current location on a map of the area with individual trails color-coded for the skill level required.

Rating System

Moab trails are often a degree more difficult than many visitors are accustomed to. Green, Blue, and Black ratings are relative grades. In Moab, some green or blue trails may be more challenging than the green and blue-rated trails back home.

What about kids?

There is no minimum age. But all riders need to be capable of operating their bike safely. Most Moab bike shops require an adult to sign for bike rentals to minors. The best place to ride with kids is the Moab Brands Trailhead, which has a warm-up “corral” next to the parking lot and features one of the easiest green-rated trails — the Bar M Loop — which is wider than most.

Guided half day tours specially geared for beginners are also available. At Rim Tours, your tour will include everything: bike rental and insurance, helmet, waterbottle (souvenir,) ground transportation from Main Street out to trailhead and back, plus plenty of helpful riding tips from the guide (gratuity encouraged.)

Moab also has a well-loved BMX Bike Park called Anonymous Park, located in town on 500 West. The land was donated by an anonymous donor, thus the name. It was built by the Moab Bike Park Committee through the Moab Trail Alliance. Helmets are a must and appropriate padding is encouraged.

What about E-Bikes?

Many of the trails we ride are for non-motorized vehicles, only. Technically, e-bikes are treated as “motorized” by most land management agencies that regulate the trails (BLM, USFS, NPS.) The Travel Council publishes an excellent guide about e-bike access on their website discovermoab.com. It explains that most of the singletrack trails and bike paths in the area were constructed using federal Non-Motorized Alternative Transportation Funds and grants that specify non-motorized use of the trail. However, e-bikes are allowed on almost all of the numerous, amazing jeep roads/trails throughout the Moab area, including the renowned Slickrock Trail.

What about Shuttles?

There are several professional shuttle services specifically for mountain bikers in Moab (most also do river and hiking shuttles, as well.) The main trailheads that they serve are The Moab Brands, Magnificent 7 and The Whole Enchilada/Porcupine Rim.

» Coyote Shuttle: 435.260.2097, info@coyoteshuttle.com
» Moab Cyclery: 435.259.7423, info@moabcyclery.com
» Porcupine Shuttle: 435.260.0896, porcupineshuttle@gmail.com
» Whole Enchilada Shuttle Co.: 435.260.2534

What about Guided Tours?

There is a number of companies available to take you on a guided mountain bike tour. Rim Tours offers 15 different half-day guided tours that include everything: bike rental and insurance, helmet, waterbottle (which you can keep afterwards as a souvenir,) ground transportation from Main Street out to trailhead and back, plus plenty of helpful riding tips from the guide (gratuity encouraged.) Full-day tours include a delicious lunch and are offered during the spring and fall.
“Between Dream & Reality” Exhibit at Dead Horse Point State Park

Patrick Paul René was born and raised in the Dauphiné region of France where he developed a passion for hiking and exploring the Alps. His initial interest in photography began in the summer of 1982 when his parents brought him to the American Southwest. In a sense he never left. Over the next two decades he became entranced with the wild grandeur of the Colorado Plateau.

Patrick is a progressive self-taught photographer. After devoting several years to photography using his large format camera, he now explores the prospects of the digital era. With his ingenuity and creativity he produces a palette of pseudo ‘paintings’ that brings an eclectic update to his traditional photography.

His conceptualization and mastering of new techniques has led Patrick to an enticing variety of photographic possibilities. Where we see a broken down vehicle, a deserted ranch, or even familiar landscapes in Canyon Country, he sees captivating lines, textures, pensive moods, and the chance to create tantalizing visual experiences.

Patrick works with his emotions to offer us his vision of the magnificence of light in the American Southwest as it changes from day to day, season to season. While he continues to explore and expand his areas of curiosity, he enjoys revisiting favorite sites to capture the ever-changing moods of vast and wild landscapes that inspires his creativity.

Dead Horse Point is located nine miles north of Moab on US 191 and 23 miles south on SR 313. The visitor center and Bighorn Gallery are open daily from 9am-5pm. Park admission is $20 per vehicle for three days. For more information, please contact the park at 435-259-2614.
Giclée Prints Can Multiply An Artist’s Sales Potential

If you are an artist or are interested in artwork, you have probably heard the term “giclée.” It is a French word used to describe the process of making high-quality reproductions of original artworks or photographs that can be sold as limited or open edition prints.

What are giclée prints? Simply stated they are inkjet prints with a pedigree. The word itself means “to spray,” and giclées are made by the process of using high quality inkjet printers to spray tiny dots of colored ink onto paper or another medium.

It all started in the late 1980s with the introduction of the Iris printer, a machine originally intended to make check proofs for offset printing presses. The machines used four inks similar to those used by the printing presses, the familiar CMYK (cyan, magenta, yellow, black) color sets. Unfortunately, the Iris printers didn’t do a good job of matching the results seen on the presses.

However, it was soon discovered that while the Iris machines did not have a bright future in the pre-press market, they could be used to make striking reproductions of scanned photographs or digital files made from artwork. Graham Nash, of the music group Crosby, Stills & Nash, saw an opportunity and in 1989 purchased an Iris printer to reproduce his photographs. Two years later he founded Nash Editions to produce high quality fine art reproductions using the Iris system. One of Nash’s printmakers, Jack Duganne, coined the term giclée to describe the results.

Although giclée prints made on the Iris printers were pleasing to the eye, they were not very stable. The inks were water-soluble and a single drop of water could easily ruin a fine print. Efforts were made to solve this by spraying or laminating a protective layer onto the prints. Later, inks were improved but the Iris system was never able to produce prints that could be described as truly archival, able to hold up for the long term.

Around the turn of the century Iris printers were overtaken by large format printers made by other companies, notably Epson. These printers use pigment inks that are more durable and able to resist the ravages of time and the environment. While most of today’s versions still use ink sets based on the classic CMYK model, additional ink tones have been introduced to further improve the quality of reproduction.

For example the 17- and 44-inch Epson fine art machines used at Moab Printworks have a total of nine UltraChrome inks installed, including a choice of matt and photo blacks (used alternately depending on the qualities of the paper) plus light black, light light black, vivid cyan, light cyan, vivid magenta, light magenta and yellow. When printed on acid-free papers, these inks are truly archival and will remain bright for a hundred years or more with proper care.

Giclées have found a solid place in the fine art market by increasing the sales potential of original works. For example, if an artist depends only upon the sales of originals, she can only make one sale as a result of her effort. By producing an edition of signed giclées the number of sales can be increased by many times, either as open or limited editions.

Here are some examples of giclée subjects that we have created at Moab Printworks. The exquisite pencil drawings of local artist Andy Boone, whose day job is at the Moab BLM, have been transformed into striking prints made on archival cold-press cotton rag paper. Andy is pictured signing a giclée print of his drawing of his dog Waylon barking up a tree. Also pictured are a drawing of Book Cliffs and another featuring an African warrior that he drew based on a photo he saw in National Geographic.

In another example, an oil painting by Albuquerque artist Alexandra Dellamore was turned into a giclée based on an iPhone photo she emailed to us. While the result is pleasing, we prefer to be able to scan original artwork on our high-quality flatbed scanner, or to make a controlled copy using a professional quality camera.) Alex has been a professional artist for many years and her paintings have been represented in galleries in New York, Taos and elsewhere.

Moab Printworks provides a wide range of visual services, including large format fine art photo printmaking, giclées, custom picture framing, photo restoration and video production. They are located at 121 E. 100 South, Suite 108 and keep hours by appointment. You can call them at 435-355-0121.

Moab Printworks • April 2019 • 7B
Shopping Guide

Canyonlands Quilts

11850 S. Hwy 191
Moab Business Park #B-7
Open Daily 8am-5:30pm
We are located 14 miles upriver from Moab on Scenic Highway 128. We offer a beautiful selection of quilting and sewing machines. Take a test drive and see firsthand why quilters love our longarms. Check out our website for workshops and fabrics. We will also sell kits, panels, and Moab-themed fabrics. Visit us online at www.canyonlandsquilts.com.

Canyon Tree Gift Shop

82 South Main Moab, UT 435-719-2086
Open Mon-Sat 10am-5:30pm
We are the only quilt shop within a 2-hour drive. Gift certificates are available at SW-inspired fabrics. Patterns, Notions, & Happiness! Our space is a luxurious oasis of rich colors and fibers for knitters, crocheters, spinners, weavers, and felters. Featuring Moab artists, along with a “Made in Moab” gift section. You could be here! Call 259-8431 for details.

Dave’s Corner Market

400 EAST & MILLCREEK DR. 259-6999
Mon-Fri 6am-10pm  Sat & Sun 7am-10pm
Dave’s Corner Market is serving Espressos 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 jeeping, stop by Dave’s to stock up! We sell 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

29 East Center 435-259-8404
Tuesday - Saturday 10am - 5:30pm
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. Visit us online at www.deserthread.com.

Desert Yarns & Fibers! Yarns and Fibers!

375 So. Main Street in front of City Market. 435-259-8432 • Fax 435-259-2418
Open Monday-Friday 8am-6pm Saturday 9am-5pm
Color copies, high volume copying, large selection of paper and card stock available, e-mail, fax, large format printing. No job too big or too small. Great selection of greeting cards by local photographers & artists, along with a “Made in Moab” gift section.

MOAB GEAR TRADER

40 West Center St. 435-259-0739
Open Monday - Saturday 9:30 - 4:00
Closed Sunday
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, our inventory, and to learn how to sell your gear, even if you don’t live in Moab.

Local Art & Handmade Gifts

Tumbleweed

31 North Main | Moab, Utah | 435-259-0099
Open Tue - Sat 10am - 5:30pm
Visit us online at www.deserthread.com.

GALLERY MOAB

471 South Main 435-259-4327
8am - Close Every Day
Your ad could be here! Call 259-8431 for details.

Linestitch

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

Mile 14, Hwy 128 435-259-3332
Daily Wine Tasting & Sales
Castle Creek Winery

Castle Creek Winery offers wine tasting and sales seven days a week in our new tasting room. Our winery shop has everything from gourmet cheeses and the breathtaking views surrounding our vineyards. Sample some of our award winning wines and enjoy snacks to t-shirts, hats and wine trinkets. Stop by and see firsthand why quilters love our longarms. Check out our website for workshops and fabrics. We will also sell kits, panels, and Moab-themed fabrics. Visit us online at www.castlecreekwinery.com.

MONO嚴重的

Po/t_tery
29 East Center Street 435-259-8404
Open Tue - Sat 10am - 5:30pm
Visit us online at www.deserthread.com.
Shopping Guide

Moab Mailing Center
735 S. Main (in front of Fly Market)
435-259-8431
Moab Mailing Center is an authorized shipping outlet for UPS and FedEx. Next day service to anywhere in the US from Moab (UPS and FedEx). Mailbox rentals - private & secure with mail forwarding service available. Shipping supplies, boxes, packaging materials, bubble wrap, & tape. 24 HOUR DROP BOX FOR FEDEX AND UPS ENVELOPES. Stop by and let us help you out! Open Mon-Fri 8 am to 6pm, Sat 9am to 5pm.

River Canyon Wireless
BROADBAND INTERNET IN MOAB, DVD PLAYERS, MICROPHONES AND MUCH MORE. HOME OF SATCHEL RADIO, TOWN’S BEST SELECTION OF WATCH BATTERIES, SPEAKERS, STEREOS, ADAPTERS, CABLE, HEADPHONES, BATTERIES, HARD DRIVES, ROUTERS, CABLE, MEMORY, VARIETY OF.

Rave ’N Image Boutique
Carries a wide range of products including clothes, jewelry, fashion accessories, and unique gifts. Located in McStiff’s Plaza (59 S. Main St. #5) you will find something for everyone.

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

Walker Drug
& General Store
290 South Main • 259-5959
Mon-Sat open at 7:30am Sunday open at 8:00am 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.

Tech Zen
59 S. Main St. Suite #7
Located in McStiff’s Plaza
Open from 10AM – 7PM closed Tuesdays. 435-260-9285
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.

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.wabisabimoab.org

Tumbleweed
31 North Main
435-259-0099
www.tumbleweedmoab.com
Located in a beautiful historic building, tumbleweed features the work of many local & regional artists. In our bright and colorful shop you will find handmade gifts and works of art including pottery, jewelry, recycled & repurposed art, original paintings, home & garden décor, photographs and so much more.

Rave ’N Image
59 S. Main St, #5 LOCATED IN McSTIFF’S PLAZA 289-4968
New Clothing, Jewelry, Accessories & Gifts Arriving Weekly
The Rave’N Image Boutique carries a wide variety of STYLISH CLOTHING, GORGEOUS JEWELRY, FASHION ACCESSORIES, BATH/BODY 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 FAIR TRADE items & Socially-Conscious companies PRODUCTS & UNIQUE GIFTS JEWELRY, FASHION ACCESSORIES, BATH/BODY PRODUCTS & UNIQUE GIFTS.

Moab Gear Trader
290 South Main • 259-5959
Open from 10AM – 7PM closed Tuesdays.
Moab’s Largest Inventory of Camping and Climbing Gear, Clothing, Footwear & Supplies
Huge Selection!
Unique hard to find items
Everything you need for your next outdoor adventure!

GEAR HEADS
MOAB’S LARGEST INVENTORY OF CAMPING AND CLIMBING GEAR, CLOTHING, FOOTWEAR & SUPPLIES
Huge Selection!
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Everything you need for your next outdoor adventure!

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HIKING • BIKING • CAMPING • CLIMBING

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Come in and fill up your water bottle, hydration cells, and large containers. In stock! www.mobgear.com

Royce’s Electronics
435.259.6630
611 South Main Street
across from McDonald’s
Open Monday - Saturday 9AM - 6PM Closed Sunday

CB Radios & Parts
Sirius XM
Cellular Accessories/Bluetooth
Phone Chargers & Auxiliary Cords
Batteries
Memory Cards

River Canyon Wireless
315 S. Main
435-259-4327 | 471 S. Main St. #1 | Moab, UT 84532
Open 8a-8p Nov
9a-9p Dec-Feb

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Walkers Drug
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The Family Support Center (FSC) will sponsor the annual Planting of the Pinwheels on April 1st, 2019, from 2:00 pm to 4:00 pm on the Grand County Court House lawn in Moab, Utah. This annual event promotes awareness of child abuse in our community. The time from 2:00 pm to 4:00 pm will allow the victims of child abuse, the children of the community, to plant a pinwheel after school. While many pinwheels will be planted on April 1st, the “pinwheel garden” will remain through the month of April. Child Abuse Awareness and Prevention Month is held to bring awareness to child abuse and its prevention. This awareness is not just for Utah, it is for all states. It is vital that prevention and awareness of child abuse become a priority across the nation.

As luck would have it, we do not need to wait a year to participate in this annual event. As part of the Pinwheel Garden display, a few pinwheels will be available for purchase. The pinwheels, with children’s names and messages written on them, will be placed in the lawn of the Grand County Court House. The message on the pinwheel is the child’s wish - whether it be for a happy birthday or school performance. All proceeds from the sale of pinwheels will support the Family Support Center.

The Family Support Center (FSC) is a quasi-governmental, non-profit organization that provides support to the Utah Department of Human Services and other pertinent agencies. The FSC is dedicated to helping parents and children in dealing with the stresses of daily life. This includes providing a safe environment for children while parents are seeking help.

The FSC is also affiliated with The Christmas Box House International of Salt Lake City, Utah, which believes “Every Child Deserves a Childhood”. The Family Support Center can be contacted at 435-259-1658. There are 3 Christmas Box Houses in Utah. The Grand County Family Support Center is a non-profit organization licensed by the State of Utah and has a state-licensed nursery. The center helps support parents and their children. The Family Support Center is also affiliated with The Christmas Box House International of Salt Lake City, Utah, which believes “Every Child Deserves a Childhood”. The Family Support Center can be contacted at 435-259-1658.
More Art Happenings

2019 Community Artist in the Parks Selected

The National Park Service Southeast Utah Group is pleased to announce Antonio (Tony) Savarese as the 2019 Community Artist in the Parks (CAIP). Created in 2009, the CAIP program highlights the connection between a local artist and surrounding landscapes, particularly at Arches and Canyonlands national parks and Hovenweep and Natural Bridges national monuments.

Hiking around Monument Valley, Bluff, and Moab in his youth, Antonio found an early and unique appreciation for the rare beauty only found on the Colorado Plateau. He believes that a daily dose of scenery is the best form of medicine anyone—especially artists—can find. “This is a place where, if one looks closely, they may see through the red rocks and into themselves, as nature intended.”

As Community Artist for 2019, Antonio will create original work within the parks for a minimum of 24 hours per month, April through October, and share his inspiration and creative process with visitors. His works will be sold in the Canyonlands Natural History Association bookstores at Arches and Canyonlands national parks during his tenure.

For more information about the program and a schedule of Antonio’s 2019 park activities, visit go.nps.gov/2019CAIP. General program inquiries may be directed to Karen Garthwait at 435-719-2142 or emailed to Karen_Garthwait@nps.gov.

Musical Story Hour, Saturday, April 6 – 10:30 am

The Moab Music Festival and Grand County Public Library present Kate Clark and Nicole Cornelius for Musical Story Hour on Saturday, April 6 at 10:30 am at the Grand County Public Library. This time we’ll explore the concept of music as an instrument that we can carry with us wherever we go: our voice! Bring the kiddos for a fun look at all the ways that we can sing—high, we can sing low—we can sing fast! And we can sing sloooow.

April Guest Artists:
In their own words, April guest artists, Kate and Nicole, firmly believe that music and kids belong together! In an effort to enrich the lives of their own children, they started Moab Mini Maestros—a weekly preschool music program, in 2017. Two years later, some of their best friends are three and four year olds and they have been known to break out into spontaneous song and dance!

Through demonstrations, songs, stories and crafts, Musical Story Hour introduces young kids to a wide range of musical instruments to engage with and explore the joy of music. With a 2019 line-up ranging from banjo to drums, Musical Story Hour events are a creative and enriching way to spend a Saturday morning. Upcoming dates: April 6, July 13, October 12.

For more information, including details about upcoming featured artists and their instruments, visit www.moabmusicfest.org/on-going-events/musicalstoryhour, call Erin Groves at the Moab Music Festival, 435.259.7003, or Mary Adair at the Grand County Public Library, 435.259.1111. Events are free to attend.

Spring into Quilting at Canyonland Quilts

Canyonland Quilts is having a grand re-opening in their new location at the Moab Business Park, 11850 S. Highway 191 Unit B-7. The Moab Business Park is just 10 minutes south of downtown Moab. The grand re-opening will be on April 4th from 6-8pm with light refreshments served. You will also have an opportunity to meet Judy Hay, Handi Quilter National Educator, who will be having a seminar on Friday April 5th and Saturday April 6th. For more information on this weekend seminar contact Canyonland Quilts at 435-668-7454 or quilts@canyonlandquilts.com.

Canyonland Quilts is a certified Handi Quilter Retailer. The shop is set up to take a test drive on long arm machines and classes are offered if you are interested in renting the machine to finish your own quilt. There is something to be said about being able to take your fabric from start to finish and produce your own one a kind Quilt. Canyonland Quilts also offers custom quilting if you want to bring your quilt in and have it done for you. You take care of the top, we can bring it to the finish with the backing the batting and the binding.

The shop will be open extended hours during Jeep Safari week from 10am-7pm. Canyonland Quilts has a full inventory of quilting fabrics, Riley Blake Designs as well as many Jeep designed fabrics. You can order from our website, we ship daily.

Our normal business hours are Monday-Friday 9am-5pm and Saturday 10am-6pm. You can also call and schedule an appointment for a time most convenient for you.
6 Evidence-Based Ways Drumming Heals Body, Mind and Soul

Annette Kearl

From slowing the decline in brain functioning, to generating a sense of oneness with one another and the universe, drumming’s physical and spiritual health benefits may be as old as time itself.

Drumming is as fundamental a form of human expression as speaking, and likely emerged long before humans even developed the capability of using the lips, tongue and vocal organs as instruments of communication. To understand the transformative power of drumming you really must experience it, which is something I have had the great pleasure of doing since becoming a music therapist in 1987. Some of you may remember when I started the first Taiko drumming group here in 1994. For the last 12 years, I’ve focused more on West African drumming, playing with the Arizona Dunun Ensemble, the Africa Heartwood Project, and Quinn Ressor in weekly African Dance classes at Rose Wagner in SLC. Though my sound studio is full of drums (available for those who don’t have one yet), there is still space enough for those who desire to join me in learning these transformational African rhythms and songs.

Drumming is not a distinctively human technology. The use of percussion as a form of musicality, communication, and social organization, is believed to stretch as far back as 8 million years ago to the last common ancestor of gorillas, chimpanzees and humans living somewhere in the forests of Africa. Interestingly, percussion sounds (drumming) can be observed in certain species of birds, rodents and insects. Of course, we all know about the woodpecker’s characteristic pecking, but did you know that mice often drum with their feet in particular locations within their burrow, both for territorial displays and to sound alarms against predators? Did you know that termites use antennal drumming to alter the caste development or hive? Even more amazing is the fact that wasps appear to use drumming (drumming) to affect the phenotype of their larvae.

Getting back to us two-legged humans . . . There (there is something I have had the great desire to join me in learning these transformational African rhythms and songs.

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6 Evidence-Based Health Benefits of Drumming

1. Reduces Blood Pressure, Anxiety & Stress. Conclusions from a 2014 study published in the Journal of Cardiovascular Medicine showed a reduction in blood pressure, blood lactate and stress and anxiety levels in both middle-aged experienced drummers and a younger novice group after a 40-minute djembe drumming session.

2. Increases Brain White Matter & Executive Cognitive Function. A 2014 study published in the Journal of Huntington’s Disease found that two months of drumming intervention in Huntington’s patients (considered an irreversible, lethal neurodegenerative disease) resulted in improvements in executive functioning and changes in white matter microstructure, most notably in across the corpus callosum, the part of the brain that connects the left and right hemispheres.

3. Reduces Pain. A 2012 study published in Evolutionary Psychology found that active performance of music (singing, dancing and drumming) triggered endorphin release, whereas merely listening to music did not. The researchers hypothesized that this may contribute to community bonding in activities involving dance and music-making.

4. Reduces Stress (Cortisol/DHEA ratio), Increase Immunity. A 2001 study published in Alternative Therapies and Health Medicine found that drumming “increased levels of immune proteins, decreased stress hormones and increased lymphokine-activated killer cell activity in the immune system.

5. Facilitates Transcendent (Re-Creational) Experiences. A 2004 study published in the journal Multiple Sclerosis revealed that drumming enables participants to go into deeper hypnotic states, and another 2014 study published in PLOS ONE found that when combined with shamanistic instruction, drumming enables participants to experience decreased heart rate and dreamlike experiences consistent with transcendental experiences.

6. Facilitates Improvement in Socio-Emotional Behavior. A powerful 2001 study published in the journal Evidence-Based Complementary and Alternative Medicine found that low-income children who enrolled in a 12-week group drumming intervention experienced improvement across multiple domains of social-emotional behavior to include anxiety, attendance, oppositional and post-traumatic stress disorders.

New to drumming and want to try it? Call Annette to find out about group or individual instruction. Remember that inside all of us are rhythms waiting to be expressed. Bottom line is DRUMMING IS FUN!!
I hope that you landed on this page because you have been inspired to become a trail runner! Before we get too excited, there are a few things that must be in check before venturing off on your first trail run. Below is a basic guide to starting out. You’ll probably outgrow this guide after your first couple months on the trails. Nevertheless, get off to a good start, and make this a lifetime passion of yours!

Find the Right Shoe

Go to a local running store and try on several trail running shoes until you find a pair that feels comfortable. Most stores have a wall dedicated to trail running shoes. I am partial to Altra, because they feel the best on my feet. However, they are a zero drop shoe, meaning that if you have tight calves and a shortened Achilles tendon, they can take a while to adjust to. Also, beware that you can end up with Achilles or plantar fascia pain if you transition to a zero drop shoe too quickly.

Look for a trail shoe with a rock plate, which will protect the soles of your feet from sharp rocks. Most trail running shoes these days have rock plates.

If you have medical grade or custom orthotics make sure you bring them with you. If they don’t fit into any of the shoes you try, don’t let that me the determining factor for not picking out the shoe that feels best. There are several over-the-counter orthotics that fit well in running shoes. Additionally, consider a custom orthotic specific for running.

Where to Start

Keep your first trail run around 30 minutes (or roughly 2.5-3 miles), and at a conversational pace. Your trail pace will always be slower than your road pace. There are times when I’m running 9-10 min/mile pace on an uphill trail, and I feel like I’m going hard. Whereas, 6-6.5 min/mile pace might feel easy on a flat road. You will find that you will be able to progress quite quickly as your fitness improves.

Additional Gear

All you need right now is a good pair of shoes, shorts, sport’s bra, and a t-shirt (optional on a hot summer day). Skip the hydration packs and other gimmicky items. A lot of trail runners just like to “look the part”, but in reality, they look ridiculous running with all their pricy survival gear on these local trails! Once you start progressing to 90 min runs, I’ll suggest carrying a water bottle. If you start running for 2-3 hours, then might want to look into some of the “survival gear”.

Fueling Your Run

Don’t bring snacks on your run unless you are going for 90+ min. Even then, an energy drink might be your best option. We can discuss some of the benefits of fat adaptation later. But for now, I would suggest that you eat an easily digestible meal 2-3 hours prior to your run. Over time, you will figure out what sits well and what doesn’t. I’m still figuring this out myself...

Warming Up For Your Run

Just start at an easy pace. You should feel like you are “shuffling” for the first 5-6 minutes. Some runners have a warm-up routine. Often times, this is for those who are rehabbing an injury. If you have a warm-up routine that you are currently using for some other injury (i.e. knee, hip) make sure you incorporate that into your warm up. Otherwise, just start slow, and find your flow.

Additional Training

Augment your training with hikes! The steeper the better. Steep hills are “leg day” in disguise. Think hundreds of step ups over a few beautiful miles of trail. Use these hikes as a way to build endurance. Expect to be sore the next day. Watch your footing. Snagging water and snacks. Find Kick Ankles & Foot Clinic makes regular visits to meet with clients in Moab in the Moab Regional Specialty Center at 176 Williams Way, Suite D. Dr. Sekulic visits Moab every other Monday. Call for your appointment at 887-770-7203.

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Your Horoscope for April 2019

Aries – Something positive will come from your efforts at work. It’s just what you need to rev up your energy levels and fire through the last of the projects that have been on your list. Curiosity is a useful tool. Keep a handle on it this week. Do not get delving into situations that do not involve you, or you could get into trouble. Take a few tentative steps forward first before diving wholeheartedly into a situation. It is a good idea to test the waters on any big project before fully submerging. You may realize a long-term goal over the next few days. The sense of accomplishment can inspire you to try new things and set new goals.

Taurus – Encouragement will come from an unlikely place. This may be someone who you thought wasn’t on your side, but really is. This realization may be a shock. If a certain person’s bonefulness is causing concern, you may need to speak up or simply avoid that person for the time being. He or she may just be blowing off steam. Don’t abandon caring for yourself if your to-do list is a mile long. Figure out a way to devote some attention to yourself and reap the rewards. It can be challenging to balance private and public life. Make a concerted effort to be open, but don’t overshare information, either. Work with others, if necessary.

Gemini – Some unusual possibilities for the future are coming your way. Make an effort to be receptive, or they could pass by you before you know it. Save yourself a lot of frustration and accept the way things are right now rather than keep pushing your way. It involves giving up on the outcome, and count your many blessings. A new outlook can help you overcome a problem that’s puzzled you. Shift your perspective for a bit, or even embrace some distractions to clear your mind. You want to have momentum, but something trips you up and slows you down considerably. You have to find a work-around if you want to be happy.

Cancer – You will often find that success comes not just from professional matters and connections, but by how you present yourself. Appearances have an impact. The universe has an important lesson to teach you. It involves giving up a little bit of control so you can benefit in unknown ways. This is challenging, but worth it. Powerful connections seem to be turning up in all you do lately. These influential people can help you in your career or personal life if you play the right hand. Older, unresolved issues may bubble up this week and grab at your attention. Seek out close companions who may be able to guide you through.

Leo – A sense of play may come over you this week and put you in a creative mood. You may find that a few artsy projects will get all sorts of ideas flowing. Think twice before you commit to any projects or confirm appointments with others. You have to have all of the details worked out in advance before you can proceed. Don’t apologize for putting yourself first this week. People will respect you more when you set clear boundaries and are forthcoming in your interactions. Consistency at work starts to shine through in your career status and progress at the company. Competition seems to fall away, and you take a leadership role.

Virgo – Far-reaching ideas are on your mind. You aren’t sure which path you want to take just yet. It can be fun to experiment with experiences outside of your comfort zone. If relationship issues are confusing you, it might be the right time to distance yourself and go it alone for a little while. This will help you get your bearings. Honesty is one of your foremost qualities. Others appreciate this and will look to you for guidance. Stress your thoughts and keeping offering your mind. Showcase your talents to people unfamiliar with what you can do. This renewed enthusiasm may inspire you and others going forward.

Libra – Growing comfortable expressing your feelings has you reaching out for new friends and relationships. You never know who you might meet when you open yourself up. Reach out to your to friends this week and ask them for advice on your current situation. They know you well enough and may have some important insight. It’s only been a few months but you are on track to meet long-term goals. Keep up the good work and don’t be surprised when others notice and acknowledge your progress. The longer you let your needs go unaddressed, the more the pressure and stress will mount. Find a way to put yourself first this week.

Scorpio – Lately your identity seems to be shaped by the company you keep. That means your colleagues, friends or family are playing a key role in influencing your behavior. Your creativity is easily channeled this week and you are bound to surround yourself with others who are eager to brainstorm ideas. This can prove beneficial. Everyone wants a piece of you this week. You might feel like you’re getting pulled in a million different directions. Embrace this, but make sure you don’t get swept away. Your sense of security and routine is put to the test with a new visitor to your household. This visitor may require a few concessions on your part.

Sagittarius – When you focus your efforts, time seems to dissipate and chores vanish. This week you may find yourself blasting through tasks one by one. You have set goals and your feet are firmly planted on the ground. These are assets that will serve you well, and others will soon look to you for inspiration. Without an efficient system in place, you may seem like you’re spinning in too many directions. You might need to outsource some work. Try your best to breathe through interruptions at work this week. Your projects are all on schedule, and you want to keep them going forward

Capricorn – If you have been feeling stressed out or unimpressed with a relationship, you may need to infuse a little extra energy into the mix this week. Try a different approach if you want to see results. Doing the same thing over and over again hasn’t worked for you thus far as it pertains to your relationship. The truth shall set you free. It could take a while to get to the heart of the matter, but all of your effort will prove well worth it in the long run. Your attention may be drawn to the material things in your life right now. It is okay to focus on the niceties surrounding you once in a while.

Aquarius – Your tongue may be extra sharp this week, so be careful in how you talk to the ones you love. Exercise caution around people at work as well. Take the scenic route if you are going on a trip. Getting sidetracked is the goal this time around, and you can wander off to parts unknown. Try new things and embrace activities even if it means going out of your comfort zone. It can be scary to break out of routine, but you’ll be glad once you do. Make some changes at home so that living spaces reflect your personality and desire for comfort and coziness. It can make for more harmonious living.

Pisces – If you are single, this is the perfect time to get out with friends as much as possible. If you are in a relationship, prioritize date nights. Support a friend who needs a strong shoulder to lean on. This person isn’t likely to ask for help, so reach out. Find a way to unwind in the days ahead. A hectic schedule is just about to clear up, and you have earned some much-needed rest and relaxation. You may be at a loss for words because distractions keep pulling you in different directions. Stay the course the best you can.

Utah Fallen Peace Officer Trail 7th Annual Ride
April 15, 2019 9:00 am • Moab, Utah
Open to the public, so bring the entire family!
PROCEEDS FUND SCHOLARSHIPS FOR THE FAMILIES OF FALLEN OFFICERS
REGISTER AT: www.upoa.org/fallen-trail-ride/
Dog treats have evolved greatly from the meaty bones and table scraps that we used to feed our dogs. While you can still find junk food for dogs, there are increasingly more treats available on the market that contain ingredients offering a wide variety of health benefits to your dog. We call these functional treats.

Functional dog treats, take treating your dog to another level. Instead of only appealing to your dog’s taste buds, these treats contain vitamins, whole foods, probiotics, indigenous bones with natural enzymes, and amino acids that benefit your dog’s well-being. Functional dog treats can help boost every part of your dog’s body; inside and out with benefits for dental health, calming, skin and coat, joint and mobility, immune and allergy & digestion.

While there is nothing bad about giving your dog healthy treats, there are a few things to make sure functional treats are functioning for your dog and are providing the desired health benefits for your dog:

- Functional treats are not for the occasional treat. If you only give your dog a treat infrequently, these treats certainly will not hurt, but they are also less likely to help due to the infrequency of feeding.
- Do not expect to see a difference immediately. Like taking a vitamin or a supplement, functional treats need to be fed regularly and over a longer period of time before you may see a difference in your dog. Remember every dog is different and some may respond faster or slower than others.
- Functional treats are a great way to add in something you may not already be feeding in their diet. This is critical for those dog owners who feed their dogs a dry food diet exclusively without any whole food supplementation.
- There is such a thing as too much of a good thing. Just because they are healthy does not mean you can let your dog indulge, follow the feeding guidelines suggested by the treat manufacturer and adhere to them.
- They come in a variety of styles and flavors from biscuits and soft chews to jerky. If your dog does not like one, you can likely find a flavor texture in another that you can both agree on.

Treats to support Dental Health are designed to help you keep your dog’s gums and teeth in good condition, a couple of treats that are designed to do that are:

- Indigenous Dental Health Bones help clean teeth, freshen breath, whilst fighting plaque and tartar build-up. They are highly digestible for all dog breeds and sizes. Indigenous bones are made with ascorbyl palmitate, a natural kelp harvested from the cold North Atlantic seas of Canada, Iceland and Norway. This kelp is a rich source of nutrients and free from artificial colors and preservatives.
- Ark Naturals Brushless Toothpaste is a chewable dental solution for dogs. Highly digestible with flavors of alfalfa, cinnamon, vanilla and clove for freshening breath. Outside ridges provide abrasive action, while the toothpaste center helps control tartar, bacteria and plaque.
- Treats to support Calming and Anxiety are designed to calm your dog in a time of distress. Examples of calming treats include:
  - Ark Naturals Happy Traveler Soft Chews are formulated with high quality botanicals. Happy Traveler was designed by a holistic veterinarian and PhD herbal scientist to ease anxiety and motion sickness. Useful for separation anxiety, travel anxiety; to socialize a nervous or excitable pet in to a new environment, during thunderstorms, fireworks, air travel, visits to groomers, vets and kennels.
  - Earth Buddy Pet Hemp Hearts contain organic hemp extract with a potent variety of cannabinoids, terpenes and flavonoids that aid in calming and easing anxiety. These treats include organic hemp extract grown in Colorado with the added benefits of aiding bone and joint health, pain management, antioxidant support, healthy cognitive function & gut health.
- Joint pain and loss of mobility is one of the most common complaints among dog owners. Not only can treats designed to support Joint Health ease pain and discomfort already present, they can help prevent further joint disease and injury, too. Here are a couple of functional treats that support your dog’s joints:
  - Dynamo Dog Hip & Joint soft chews are available in bacon and cheese or chicken flavor. The addition of glucosamine and chondroitin provides a daily measured dose of supplementation to provide healthy joint function.
  - inClever Research Jump soft chews supply young active dogs with powerful daily joint support. Developed by scientists using evidence based research, one soft chew provides more than 1200 mg of active ingredients balanced to promote joint support and mobility.
- Digestive issues are another common complaint among pet parents. This can be due to any number of issues, including stress, poor food quality, or a change in eating habits. These treats are not only good for your pets, but can help improve their digestion system, too:
  - K9 Naturals Freeze Dried Lamb Green Tripe contains one ingredient, grass fed green lamb tripe. Packed full of natural probiotics, tripe is the nutrient rich stomach lining of the sheep and green simply means it has not been processed or bleached in any way. Rich in essential fatty acids, omega 3 and 6, green tripe is excellent for dogs with stomach issues but is also excellent for immunity, building muscle, skin and coat support and is low allergenic.
  - Plato Turkey and Pumpkin Strips are free of added sugars, artificial preservatives, by-products, artificial colors, protein meals, soy, wheat, corn and junk fillers. A single source protein treat they are especially good at supporting healthy digestion but are also great for dogs with skin issues, allergies and food sensitivities.
  - Plato Wild Caught Baltic Sardines consists of one ingredient, whole fish. These fish are especially good for dogs with skin issues due to naturally occurring Omega 3 and Omega 6 fatty acids. They are also a great treat for overweight dogs, or dogs with allergies and food sensitivities.

- Iceland’s+ Capelin Whole Fish dog treats, made from one single ingredient, whole Capelin fish. They are caught fresh daily in the cold, pure waters of Iceland, and air-dried. 100% edible and digestible capelin treats promote healthy skin and coat with Omega-3 fatty acids. They also reduce plaque and tartar build-up, making them good for your dog’s teeth. Plus, since these treats feature a single protein source, they’re a smart choice for dogs with food sensitivities and a great source of taurine for heart health.
- You see, it’s easy to reward your dog for good behavior (or offer him a snack, simply for being so adorable) while at the same time contributing to improved health and vitality!
The Easter Jeep Safari gathering of four-wheelers becomes a magnet for people who would like to sell something. Where the Red Rock 4-Wheelers use a large arena for registration, there is considerable room for displays by manufacturers and sales organizations, both large and small. The demand for this display space has grown to the point that there is a waiting list to get in.

The product displays have been limited to items of interest to “the 4-wheel crowd,” but some spaces have been donated to worthy causes that are directly related to Easter Jeep Safari activities.

As in recent years, there will be indoor and outdoor displays of 4-wheel-drive products on Thursday, April 18, and Friday, April 19. These vendors have rented their space, and many have contributed products to a giveaway drawing on Friday evening, April 19. Every registered vehicle in the Jeep Safari receives a ticket to this giveaway (Your ticket will be in your registration packet).

In order to make the prize drawing move along quickly, we require that the giveaway prizes be substantial in value, but the vendors have been so generous that the drawings usually go on well into the evening. The drawing requires the ticket holder to be in attendance and the drawings have been popular enough to create real traffic jams near the Arena, so please be patient with parking and traffic control officials.

If you are interested in being a vendor at this unique show contact Carma at 435-259-1916 or rr4wvending@yahoo.com

Authorized & Trained Handi Quilter Retailer

Normal Hours
Monday-Friday 4pm-9pm
Saturday 10am-6pm

During Jeep Safari week or call for an appointment
Monday-Saturday 10am-7pm

11850 S. Hwy 191
Moab Business Park #B-7
435-355-0358 or 435-668-7454
www.canyonlandquilts.com

Moab Jeep Safari Expo Special Section

THURSDAY, APRIL 18
8:00 AM - 6:00 PM
FRIDAY, APRIL 19
8:00 AM - 5:00 PM

FREE ADMISSION

Thousands of $$ of prizes in Raffle Give-Away!!

Product Displays

Over 200 Companies - Indoor and Outdoor Exhibits National Manufacturers

South on Highway 191 (5 miles south of Moab)
Old Spanish Trail Arena

Note: No Dogs in Arena
The Red Rock 4 Wheelers (RR4W) offers an opportunity for manufacturers, dealers, retailers, and other interested parties to support, in an exciting and proactive way, the club’s Multiple Use Defense (MUD) fund. This fund is used in protecting Moab trails from legal and environmental challenges.

**Concept Idea:** To allow organizations the opportunity to demonstrate support for organized four wheeling; to expose participants to their organization and products.
WEDNESDAY, APRIL 17
3D, The Pickle - RockSlide Engineering
Backwards Bill - Larry H Miller
Behind The Rocks - Tip Toe - Rancho
Copper ridge - Off Road RV
Day Canyon Point - Bestop
Deadman Point - Quadratec
Deadman Springs - Titan Fuel Tanks
Metal Masher - Jeep®
Fins & Things - Painless Performance
Flat Iron Mesa - Superchips
Moab Rim - Dana
Sevenmile Rim - Rancho
Steel Bender - Westin Auto
Tip Toe Thru Hell - Mickey Thompson
Tires

THURSDAY, APRIL 18
3D - Larry H Miller
Cameo Cliffs - EmWest Motorsports
Hey Joe Canyon - Titan Fuel Tanks
Poison Spider Mesa - Bilstein
Secret Spire - ARB
Sevenmile Rim - Quadratec
Tip Toe Skills Day - Jeep®
Top of the World - Mickey Thompson
Tires

FRIDAY, APRIL 19
Chicken Corners - Painless Performance

SATURDAY, APRIL 20
Crystal Geyser - Painless Performance
Fins & Things - Carrichs
The trails shown are the BLM approved routes used by the Red Rock 4 Wheelers during the annual Jeep Safari. All of these trails are open to the public year round and most of them have trail markers installed by the BLM. The trail markers are flat brown poles on the side of the trail with a small glyph of a jeep on them plus an alpha designator. The designator will be something like HRR for Hell Roaring Rim or MM for Metal Masher etc.

The following descriptions are meant to be brief teasers about the individual trails, including 4 wheeling ratings assigned by the Red Rock 4 Wheelers based on years of experience driving the trails. For more complete descriptions of trails and ratings visit RR4W.com or pick up a copy of the Easter Jeep Safari magazine.

1. COPPER RIDGE, rated 4. A combination of roads bordering Arches National Park and following the Klondike bike trail, the trail offers views in every direction of surrounding landscapes. Interesting variety of geology and mining remnants.

2. SECRET SPIRE, rated 3. Trail wanders between two canyon rims with scenic overlooks of both. A very good beginners trail.

3. 3D, rated 4. Named for the three levels of geology traversed during the trail. Offers some minor vehicle challenges but scenic values worth the trip.

4. WIPE-OUT HILL, rated 5. Trail follows parts of 3D and Seven Mile Rim. Name derived from very intense off-camber obstacle on way out. Spotter for obstacle recommended.

5. SEVEN MILE RIM, rated 4. Trail climbs to rim overlooking Hwy 191 before proceeding to massive Monitor and Merrimac buttes. Visit Uranium arch and play in some sandy creek bottoms.

6. HEY JOE CANYON, rated 4. Cross the mesa to Spring Canyon and drop down to the Green River and visit old mining camp. Get a sense of the remoteness of what miners and ranchers put up with.

7. METAL MASHER, rated 7. Reach an overlook of Hwy 191 1300 feet below after some aggressive rockcrawling. This trail is famous for the “Widow Maker” obstacle.

8. GOLD BAR RIM, rated 5. Another rim viewpoint of Moab Valley from 1200 feet higher. Trail zig-zags back and forth over layers to reach the top.

9. GOLDEN SPIKE, rated 7. This trail is a connector from Poison Spider to Gold Bar Rim with some extreme slickrock obstacles along the way. This one is on every jeeps bucket list.


11. HELL'S REVENGE, rated 7. The premier trail of Safari. Always busy since closest to town and used by many automotive companies for commercial shoots. Watch out for bikers on Slickrock Bike Trail.

12. FINS & THINGS, rated 4. Lots of slickrock fins to play on. Easy access from Sand Flats road and you can’t get lost.

13. PORCUPINE RIM, rated 5. Work your way along a busy upward trail to a magnificent overlook of Castle Valley. One of the best photo opportunity trails from the trails end.

14. CLIFF HANGER, rated 8. As the name suggests, a trail along a cliff face leading to overlooks of the Castle Valley. Trail is not for the faint of heart if you don’t have acrophobia.

15. MOAB RIM, rated 7. The name says it all. A steep climb to overlook Moab. The shortest trail, but obstacles and climb takes most of the day to accomplish.

16. STEEL BENDER, rated 6. Trail wanders behind the rim east of Moab and offers views of La Sal and Millcreek drainages. Lots of road surface variety plus obstacles.

17. CHICKEN CORNERS, rated 2. Trail follows Kane Creek, then over a ridge to follow down Colorado River. Very fun trip for beginners, with interesting scenery along the way.

18. PRITCHETT CANYON, rated 9. The toughest trail of the Safari. Punishes machines and marriages equally. If you don’t like dents, don’t go. This trail was first used 47 years ago and it was an easy county road. Mother nature and jeeps have changed that.

19. BEHIND THE ROCKS, rated 7. With names like “white knucke hill”, “upchuck hill” and “high dive canyon” no other comments are needed. Be sure and walk the trails before starting down some of the turns.

20. KANE CREEK CANYON, rated 7. A long dusty, bumpy trail until you reach the canyon bottom and cross Kane Creek 50 or more times until you exit at Hole in the Rock.

21. BUTTES & TOWERS, rated 3. Moderate 4 wheeling experience along with picturesque views and vistas of the beautiful reddish Entrada rock formations that are plentiful in this area.

22. FLAT IRON MESA, rated 6. (7 if run backwards). Follows mesa top with overlooks of Kane Creek, Hatch Wash and Coyote Creek. Lots of sandy roads and rocky ledges.

23. HELLO-RASSO RIM, rated 3. Trail works its way across the mesa to Green River overlook between Labyrinth and Hello-Rassow canyon.

24. DEADMAN POINT, rated 3. Interesting area south of the Spring Canyon Bottom Road approaches its drop into Spring Canyon, bordered by Hello-Rassow Canyon on the south.


26. DEADMAN SPRINGS, rated 3. Are interesting, rock formations the Twins, Queens Rock, and DMS Waterfall are also visited.

OFF MAP

• CRYSTAL GYEGER, rated 3. NW of Moab. Trail goes across same mesa as Secret Spire continuing on to a natural geyser on banks of Green River. Trail exits in town of Green River so you don’t have to return on same trail.

• DOME PLATEAU, rated 4. NE of Moab. Trail is mostly on mesa east of Arches NP with overlook of Colorado River from North side. Arches, natural caves and mineral exploration provide a variety of things to see.

• TOP OF THE WORLD, rated 6. E of Moab. This trail climbs to some of highest elevation for Safari. Overlooks of Fisher Valley, Onion Creek and the La Sal are spectacular. Trail exits down Rose Garden Hill.

• ROSE GARDEN HILL, rated 7. E of Moab. This trail is reverse of Top with similar viewpoints. Lots of time on trail is taken up on the trails nameake.

• ELEPHANT HILL, rated 4. S of Moab. This popular trail into Canyonlands NP reaches beautiful backcountry. Trail turns are so sharp that backing up some sections is required.

• HOTEL ROCK, rated 5. S of Moab. This trail reaches archeological treasures in Arch canyon worth the trip. Scenery is of Abajo Mountains, Comb Ridge and south to Arizona.

• CAMEO CLIFFS, rated 3. Cameo Cliffs trail area is some 25 miles south of Moab in an area new to Jeep Safari. Old mineral exploration trails. Milder jeeping, abundant scenery.

• JAX TRAX, rated 5. Cameo South area is some 25 miles south of Moab in an area new to Jeep Safari. Those looking for extreme jeeping will be disappointed. Jax Trax is a tribute to Jack Bickers.
# 2019 Easter Jeep Safari Trails at a Glance

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- **Trail NOT** being used by Jeep Safari on days are grayed out on trail grid.
- **Exclusive use:** Closed to general public while in use by Red Rock 4-Wheelers. Access only from designated “Entrance” or “One Way Use” as notated.
- **One Way Use:** Access only from designated “Entrance” Kane Creek Canyon, Hell’s Revenge, & Pritchett Canyon.
- **Special Benefit trail:** For cancer research Tuesday, April 16. Additional donations go to Susan G Komen For The Cure Breast Cancer Foundation.
- **First timers 3 day package:** Sunday, Monday, Tuesday • April 14, 15, 16
- **Sophomore 3 day package:** Tuesday, Wednesday, Thursday • April 16, 17 & 18
- **Junior 3 day package:** Tuesday, Wednesday, Thursday • April 16, 17 & 18
- **Special Skills Day**: Trail will be led by seasoned veteran drivers. Special stops will be made to show specific backcountry skills. i.e., winching, spotting, methods of obstacle completion. Recommended for newcomers to Moab’s unique trails.

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*These color codes refer to specific or special trail considerations to be aware of prior to your planning any trail usage during Jeep Safari.*

*Special BLM permit requirements are in effect during Jeep Safari and apply to the trails as indicated.*

- **One Way Use:** Access only from designated “Entrance” Kane Creek Canyon, Hell’s Revenge & Steel Bender.

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Moab Happenings • April 2019 • SC
**Trail Difficulty Ratings**

1: County dirt road maintained for high clearance 2WD and 4WD use in adverse conditions.

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

3: Trail consisting of loose rocks, dirt, and sand with some slickrock surfaces, mud holes possible, no steps higher than 12”. 4WD is required, aggressive tires a plus.

4: Trail consisting of loose rock, dirt, and sand with some slickrock surfaces. Some erosion; washes, gulches and rock steps no higher than 18”. Tall tires (33” plus) and limited slip would be a plus. 4WD is required. Enhanced suspension travel and good ground clearance are helpful. Good driving skills a plus.

5: Trail surfaces are rutted, rocky and sandy with steps not exceeding 24”; with considerable slickrock surfaces. Water not exceeding 12” with some mud possible. 4WD, tall tires (33” plus) and traction adding devices (locker, limited slip) are required. Above average driving skills are desirable. A winch would be a plus. Enhanced suspension travel and good ground clearance are also required.

6: Trails are difficult with considerable erosion damage, loose rocks, dirt, and slickrock. Water in excess of 12” is possible with mud conditions. Steps not exceeding 36” tall tires (33” plus) with two traction adding devices (lockers, limited slips) are required. A winch would be a plus. Enhanced suspension travel and good ground clearance are required. Excellent driving skills are recommended.

7: Trail consists of rock, sand and considerable slickrock with many steps exceeding 48”. Steep inclines and declines are prevalent. Enhanced off road equipment is required including locking devices (front & rear), 35” tires, maximum vehicle ground clearance, and tow hooks. A winch is desirable. Excellent driving skills are required. Vehicle mechanical or body damage is likely. Roll over possibilities exist.

8: Extreme trail similar to #7 except a bit more extreme. Same equipment required as #7. A winch is desirable. Excellent driving skills are required. Vehicle mechanical or body damage is likely. Roll over possibilities exist.

9: Extreme and beyond. The average well equipped trail rig may have great difficulty in completing this trail. Steps exceeding 60”. Steep inclines and declines with off camber sections are prevalent. Enhanced off road equipment is required including locking devices (front & rear), tall tires (37” plus), maximum ground clearance, tow hooks, and a winch. Minimum wheelbase 100”. Excellent driving skills are required. Vehicle mechanical or body damage is likely. Roll over is very common. Spare parts and tools are recommended.

10: Let the carnage begin! Buggy territory. Street driven 4X4’s should not attempt this trail. Modified factory vehicles will not be able to complete this trail.

**NOTE:** The Red Rock 4 Wheelers Club attempts to keep the trail ratings current. However weather and usage constantly alters the routes. Heavy but localized rains can change Kane Creek from a moderate trail to impassable in an afternoon. It is always wise to obtain the most up-to-date information prior to departing for a trip, and be prepared. Remember, turning back is usually an option as well.
ARENA SCHEDULE
Saturday through Wednesday, April 13th – 17th
Mornings only, 7:00 to 10:00 a.m.
(A separate line will be open to expedite participants with early-trail departures)
Thursday, April 18th - open all day
7:00 a.m. - 8:00 p.m.
Friday, April 19th - open all day
7:00 a.m. to 6:00 p.m.
Saturday & Sunday, April 20th & April 21st
The Arena is not open.

ARENA INSIDE DISPLAYS

EXPO SHOW TIMES
Thursday & Friday
April 18 & 19
8am - 6pm

TO ARENA

TENT

TO ARENA

STAGE
Moab Area Lodging Guide

Welcome to Moab!

- 119 Beautiful new rooms
- New Outdoor Pool and Spa
- New 24-Hour Fitness Center
- Express Start Full Hot Breakfast
- High Speed Wireless Internet
- Bike Storage, Guest Laundry
- Trailer Parking Available

1515 N. Hwy. 191 • 435-259-1150 • www.hiexpress.com/moabut

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

MOAB CITY STREET DETAIL

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Moab Area Lodging Guide

Key to Lodging Guide

1. Inca Inn 435-259-7261 www.incainn.com
5. Homewood Suites by Hilton 435-259-7000 www.homewoodmoab.com
7. Comfort Suites 356 S. Main Street, Moab, Utah 84532
18. Vacasa 435-728-2415 www.vacasa.com
22. ACT Campground 435-355-0355 www.actcampground.com

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

Contact us at 435.728.2415

426 N. Main St. Moab, Utah 84532
• Free Local Calls
• Hot Buffet Breakfast
• Heated Swimming Pool
• Hot Tub

191 N. Main St. Moab, Utah 84532
• Free Wi-Fi
• Continental Breakfast

1851 S. Main Street
Moab, Utah 84532
• Free Parking
• Complimentary Hot Breakfast

1051 S. Main St. Moab, Utah 84532
• Free Parking
• Complimentary Hot Breakfast

115 S. Main St. Moab, Utah 84532
• Free Parking
• Complimentary Hot Breakfast

1551 N. Riverview Dr.
1551 S. Riverview Dr.
Moab, Utah 84532
• Free Parking
• Complimentary Hot Breakfast

www.moabvalleyinn.com | 435-259-4419

Do you own an overnight rental in Moab? This space could be yours!

Moab Happenings • April 2019 • 11C
The Lazy Lizard
International Hostel
$13 per person
CHEAP (dorm style)
Log Cabins: $41 and up
Private Rooms: $35 and up
SHOWERS ($3.00 for non-guest)
Coin-op Laundry
1213 S. Hwy 191 - One mile South of Town
Behind A-1 Storage • (435) 259-6057
www.lazylizardhostel.com
email: info@lazylizardhostel.com

ACT Campground
And Environmental Learning Center
22
• Full Hookups RV Sites
• Spacious Tent Sites
• Cabin-style Rooms
• Community Kitchen
“ACT Responsibility - Sleep Comfortably”
U.S. 191 at Millcreek Drive
(435) 355-0355 - www.actcampground.com

ACT Campground
And Environmental Learning Center
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• Full Hookups RV Sites
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“ACT Responsibility - Sleep Comfortably”
U.S. 191 at Millcreek Drive
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Southeast Utah Map

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The Illinois Motorcycle Freedom Run first commenced in 2003 and is the ILMF’s signature fundraising event. It is held every 3rd Saturday in June. The event features a pancake breakfast, motorcycle run, dedication ceremony and after party. This day is a celebration of freedom, which has continuously attracted thousands of participants each year.

**17TH Annual Illinois Motorcycle Freedom Run**

**Save the Date June 15, 2019**

**Donation at the Gate:** $15/person (Cash Only)

**Event Details:**
- **Line Up:** 6:00am (Grundy County Fairgrounds)
- **Ride Begins:** 10:30am (From Grundy County Fairgrounds to the Middle East Conflicts Wall Memorial)
- **Dedication Ceremony:** 1:00pm (Middle East Conflicts Wall Memorial)
- Decorate bikes representing the RED, WHITE & BLUE
- Ride At Your Own Risk | Don’t Drink & Ride

**WHO/WHY:** The National Monument was founded by the Illinois Motorcycle Freedom Run Volunteers. This Memorial Wall honors more than 8100 names of servicemen and women (nationwide) that lost their lives in worldwide conflicts since 1979. Honorably their names have been etched on this two million dollar black granite memorial. Annually, Freedom Run volunteers along with Veterans of previous wars, the City of Marseilles and surrounding cities join parents, spouses, friends and children of the fallen gather, to show honor and respect for the ultimate sacrifices their loved ones have made. Many of these families travel from other states to attend the annual reading of names that are being added that day.

**Middle East Conflicts Wall Memorial on the Illinois River**

**Visit the Illinois Freedom Run booth at the Easter Jeep Safari Expo.**

**CORTEZ GUN SHOW**

**April 12–14, 2019 • Friday 5pm–9pm • Sat 9am–5pm • Sun 9am–2pm**

Montezuma County Fairgrounds • 30100 HWY 160. Cortez, CO 81321

**ADMISSION**
- $5 per day
- Children under 12 free when accompanied by an adult

**FOR MORE INFORMATION**
- Gun Show Manager: Gayel Alexander
- 970.529.3747 or 970.882.2150
- Email: lkgaalexander2012@gmail.com
- Cortez Gun Show
- P.O. Box 279 • Cortez, CO 81321
- CortezGunShow.com

**VENDOR SETUP**
- Fri, April 12, 10am–4pm
- $55 for each Table Rental
- 24-hr Security Provided
- Go to CortezGunShow.com for vendor applications

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Bring your family and join us for the 2019 Labor Day Safari and Camp-out!

If you like to 4-wheel in Moab, a little cooler weather and smaller crowds, then this event offers the things you enjoy. The “Stay Together, Play Together” Labor Day Safari has a little bit of everything and some things the Easter Jeep Safari doesn’t offer because of its size. Trails are limited to 25 vehicles, making them smaller and the entire event is limited to 150 vehicles. The event is based at the Moab Rim Campark located at 1900 South Highway 191. This full service campground is at the top of the hill as you leave Moab to the South, and is just a short trip to downtown Moab. It has all of the amenities, including water, showers, picnic tables, trees, grass and no mosquitoes. The entire campground has been reserved for the event, but limited RV and tent spaces are available. But, if you aren’t a camping-type person you can enjoy the great selection of motels that Moab offers.

Your $150 per vehicle fee includes:

- Exclusively paid for participants – if you get your reservation in early enough, 50% discount on a reserved tent or RV space.
- 12 cabins are available at varying prices (camping, deluxe and cottage), however, these are not included in the $150 entrance fee. Reservations for all accommodations are on a “Blue Light Special”, first come, first serve basis. To reserve an RV or tent space, choose the type/size site you require on the checkout page before you click the pay now button when paying your entrance fee (call 1-435-ROCK (7625) if you have questions). To reserve a cabin, call 1-888-599-MOAB (6622). Sorry, once the campground is full you will need to make your camping reservations in one of the other fine camparks in the area at your own expense, see our wrv.com INFO tab for websites.
- Accommodations will be available to you starting Friday afternoon, August 30th to Monday, September 2nd at 11:00AM. Note: you will need to contact the campground at 1-888-599-MOAB (6622) for any days you plan to stay before Friday or after Sunday night.
- A hot breakfast served on Saturday & Sunday mornings cooked up by the Masons, starting at 7:00AM. A delicious dinner served Saturday evening at 5:00PM. (Bring your chairs and own beverages.)
- A drawing after dinner on Saturday night at the campground.
- An Ice Cream Social Sunday night sponsored by iDeal Off-Road and Hard Rock 4X4, time to be announced.
- You’ll enjoy sharing stories with other jeeps, the family friendly atmosphere, and more than likely make some great new friends.
- Daily trail runs led by fun and knowledgeable Red Rock 4-Wheelers.
- Registration for the event will open online on June 5th, 2019. Be sure to let us know: a) how many kids and adults in your party and b) how many breakfasts (for 2 days) & dinner tickets you will need on the checkout page before you click the pay now button when registering on the website.
- Once in Moab:
  - Check in at the campground or your motel.
  - Pick up your registration packet, meal tickets, drawing tickets, etc. at Registration at the Moab Rim Campark during these times:
    - Friday, Aug 31, 3:00 – 7:30PM
    - Saturday, Sept 1, 6:30AM – trail departure at 9:00AM & 3:00 – 5:30PM
    - Sunday, Sept 2, 6:30AM – trail departure at 9:00AM.
- The following trails are scheduled to be run based on registrations and are subject to change. The schedule has been developed with family fun, scenery and short challenging trail, but not necessarily vehicle damaging trail schedules.

The “First Timers”, two day package offers the same officials on both Saturday & Sunday and you’ll be running with the same participants both days. This is a very popular package for 4-wheelers new to Moab. (Please note, you can still register for another trail on Monday, if you register for the “First Timers” package).

First Timers Package
Saturday, August 31
Buttes & Towers (3) (CB3)
Sunday, September 1
Cameo Cliffs (3) (CB32)

Attention Red Rock 4-Wheelers
If you are interested in volunteering for Labor Day Safari and Camp-out, we have many volunteer opportunities in addition to Trail leader and Gunner positions. Please look at the scheduled trails for the event this year and phone at 435-259-ROCK and let us know what trails you are interested in. (You will be contacted after June 16th with your assignments and/or any questions we have).

You must have a working CB radio!

SPONSOR: If you are interested in Sponsoring the dinner for this event, please contact the Club as soon as possible, no later than two weeks prior to the start date. Call 435-260-1064.
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