

A Week End Holiday in The Uintah Mountains

(By J. O. Stewart, Supervisor of
Ashley National Forest)

Soon it will be spring, then summer with its long hot days. Most of us that have a flivver and can afford the price of a few gallons of gasoline, will be planning to take the family up into the mountains for a picnic on some of the holidays when we can get away from our duties in town or on the farm. Incidentally, maybe we can get in a few hours of fishing if we go to the right place.

Where shall we go? That depends somewhat on what part of the Uintah Basin we live in.

For the west end of the Basin probably most of us will go to Moon Lake. The roads to Moon lake aren't very good, but they are passable. There is a nice camp ground near Lee Alger's resort with plenty of shade and running water piped from a nearby spring. Since this is rather a popular camp ground some of our friends will probably be there also. From the camp ground Moon Lake, the largest lake in the Uintah mountains is an interesting and inspiring view. Lee Alger has some boats on the lake which he will rent us at a nominal sum per hour so some of us will try our luck at catching some of those gamey rainbow trout that have been planted there by the state game commission, the local road and gun clubs and others in recent years. If we prefer stream fishing we may fish in Lake Fork river either where it flows into Moon Lake or below where it flows from the lake.

For the west end of the Basin, Yellowstone Creek is just as easy to reach as is Moon Lake and some say the fishing is better there. The Yellowstone is the largest stream flowing from the Uintah mountains. If we wish to take in as much scenery as possible on our trip, Yellowstone is not so interesting as Moon Lake. Neither are the camping or picnic grounds so good; and for the children the picnic is the big event of the trip.

For those who reside in the east end of the Basin within Utah, most of us will spend our holidays in the mountains by taking the state road that crosses the mountain north from Vernal to Manila. It is difficult to pick out one place in this section that can be called the principal objective of recreationists. In the spring and early summer Iron Springs is growing in popularity for a picnic. There is plenty of shade and grass and spring water. Lots of room for the children to play without danger of getting lost.

The golf "bugs" can chase the little white ball around the green meadows. There are a number of interesting little side trips we can take with the car. We can drive a couple of miles further west and try our luck at catching a few trout out of Big Brush Creek, or we can leave the car above Big Brush creek cave and walk down to the cave, a little less than one-half mile. In the cave it is always cool, on the hottest day. (There is ice in the cave through most of the summer). Or we drive east and south of Iron Springs about three miles and onto a point overlooking Ashley Valley, as well as much of the eastern portion of the Uintah Basin. On a clear day this is a magnificent view.

Another place that catches many recreationists is McKee Draw, where fair to good fishing is to be had in Carter Creek and Francis Creeks. Those who desire the timber clad mountains should visit McKee Draw.

During 1932 Green Lakes and the nearby Green River Gorge was visited by more recreationists from the eastern part of Uintah Basin than any one place. Also many people from Green River City and Rock Springs, Wyoming, visited the place. Green River Gorge is probably the most unique scenic attraction in the Uintah mountains that is accessible to automobiles. Here we have a deep gorge with perpendicular, many colored walls of almost solid rock. In the bottom of the Gorge nearly 2000 feet below us, Green river can be seen. Seldom does the color of the water appear the same from our point of vantage on top of the cliff. One day it may appear to be dark green, another day it is light green, another day it may appear tan color, especially after a heavy rain in Wyoming to the north when much silt is carried into the river.

In the vicinity of Green Lakes and Green river Gorge the timber cover is the western yellow, or ponderosa pine, the largest species of tree that grows in Utah. These magnificent trees are always interesting and attractive.

Green Lakes are unique in this section of the country in that they are used as private fish ponds. A resort is operated there with boats for hire to those who wish to fish for rainbow trout. If the fisherman isn't successful in catching the wily trout, he may purchase them at the resort. This is of particular advantage to those inexperienced fishermen who love to take home, fish

and tell fish stories.

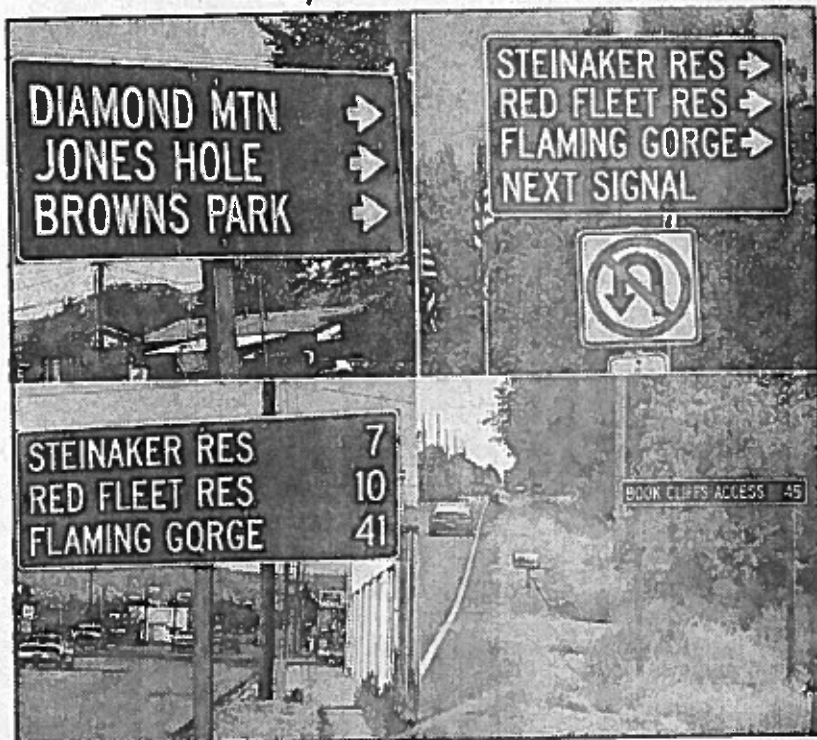
So much for the west and east end of the Basin. Now, for the central part. Here we have Uintah Park on Uintah river a short ways up in the canyon of the river above where it emerges from the mountains. Uintah river is one of the largest streams flowing from the Uintah mountains. More Basin recreationists visit Uintah Park, some times called Big Park, than any other one place in the mountains. No steep grades are encountered in reaching Uintah Park; there is ample room for outings, even for large groups. The Uintah Basin association of rod and gun clubs have held their annual outings there for the past two years. Upwards of 500 people have attended at one time. There are many good camping places. Uintah river has somewhat of a reputation for being a good fishing stream. There are a few summer homes there owned by business men of Roosevelt, who enjoy spending their week ends during the hot summer months in the mountains.

It is believed Uintah Park is destined to be the principal mountain recreational center of the Uintah Basin because of the fact that of the three largest centers of population in the Basin—Duchesne, Roosevelt, and Vernal—it is now fairly accessible to Roosevelt and has been made more so during the past year due to improvement of the state road between Roosevelt and Neola. No doubt Uintah Park will prove to be a favorite place for outings by people from Vernal with the completion of the reconstruction of the state road between Vernal and Neola. At the present time it is difficult for people from Ashley Valley and from the Lapoint and Tridell sections to reach Uintah Park because of poor roads in the vicinity of Hayden.

Some go to Paradise Park, but it lacks some of the attractions of the other places due to the lack of fishing unless one takes rather long hikes or horseback trips from the Park. Paradise Park is second only to Lake Fork (Petty) Mountain in point of elevation in the Uintah Mountains that is accessible to automobiles. The elevation is 10,000 feet above sea level. The road to the Park passes through some fine stands of lodgepole timber.

Lake Fork (Petty) mountain can be ascended to the 10,400 foot level with car over good mountain road. Like Paradise Park it is somewhat devoid of attractions other than being a nice place to go on a hot day for a picnic.

VE 20 Sept
2000



Agencies work together to put up new signs.

Agencies put up new directional signs

In a cooperative venture between numerous Uintah Basin agencies, more road signs have been installed giving directions to popular public land recreation sites in the Uintah Basin.

"May of the best recreation areas on public lands are found in remote locations, and these signs will greatly help the visiting public in finding them," said Kim Bartel, Vernal BLM Outdoor Recreation planner.

A key component of the signing effort is not only customer service for access, but also to aide in ensuring public safety and well being for public land visitors.

The installation of recreation direction signs was recently com-

pleted along U.S. Highway 40 and also along side roads around the Uintah Basin. Kirby Anderson, the Station supervisor for the Utah Department of Transportation in Vernal, worked with the various agencies in installing the signs which were purchased through a partnership agreement between the participating organizations.

Participating agencies were the Bureau of Land Management, U.S. Forest Service, U.S. Fish and Wildlife Service, Utah Division of Wildlife Resources, Uintah Basin Association of Governments, the Utah Department of Transportation, the Northeastern Visitor Information Center, Dinosaurland Travel Board, Uintah and Duchesne counties and Vernal City.

March 19, 1896 P. M.
Amusement

The Beautiful Comedy

Will be played at the Vernal Opera House, Friday and Saturday evenings, March 22nd, by the New Dramatic Company, D. Lindsay, Director.

New scenery, costumes and stage fittings. Tickets 25 cents. Children 15 cents. 1 seats 50 cents. Grain taken for tickets at the Vernal Roller Mills.

VERNAL EXPRESS.

Price, \$1.50 per year, in advance.
THURSDAY, MARCH 19, 1896.

LOCAL AND PERSONAL.

Dr. Lindsay, physician and surgeon,
Vernal House.

Location notices for sale at this office.

Nate Kohn is in town drumming up trade for his house.

Willie has not got that bunch of ribbon and name card yet.

Any kind of cattle taken on account by S. D. Colton & Co.

A few dozen eggs taken on subscription account at this office.

John McDougall was up from Jensen to celebrate St. Patrick's day.

Ruben H. Culllett came home last Friday night from his visit to the capitol.

See the top of this page for dates of the play at the Opera House called "Casto."

The frost is going out of the ground has let the bottom out of the roads in places.

The Vernal Concert Company will give an entertainment at Ft. Duchesne Saturday and Sunday evenings, March 21st and 22nd.

We were misinformed in regard to the statement last week that the Ashton brothers had purchased L. Johnson & Sons' furniture store. The deal did not materialize.

The annual Bear Dance commenced at the Uintah agency today and will wind up Saturday. Vernal will be well represented as a good many of our citizens went today and others will go tomorrow.

The New Dramatic Company have been making great preparations for their play "Casto," and promise the people of this valley something better than they have witnessed in Vernal heretofore. The members of the troupe almost without exception are new to

Gus Emert has returned from Salt Lake.

Buy your groceries at the Central meat market.

Dr. A. J. Hurlinger will start to Chicago tomorrow morning.

District Court will not be held here this month as was expected.

A child of T. Edwards died Sunday morning and was buried Monday.

J. P. Davis and Jop Luxen went to Fort Duchesne today to attend to business interests.

Gus Emert and Jess Henline went over to their ranches on White river Tuesday.

Fur Ash, elm and catalpa shade trees 8 to 10 feet high, home raised, enquire of C. B. Atwood, Jr.

At Mrs. George Freestone's, honey for sale, also exchanged for grain, oats preferred. 8-5-19

Frank Burdette came to town this week and reports the snow still hanging on on the Blue Mountain stock range.

The reason the comet did not strike the earth last Saturday as predicted, was to give the delinquent subscribers to the Express another chance to pay up before it knocked them into eternity.

Saturday night there was a horse stolen from one of the Vernon boys in Millward and the same night a saddle was stolen from Al McCurdy in Merrillward. No clue to the identity of the thief or thieves has been found.

Sheriff and town marshal Pope is creating consternation in the ranks of the hat thieves who have made themselves so obnoxious during the past by swiping hats at every public dance they attended. Mr. Pope is on the trail of several of the culprits and will make it hot for them as soon as he collects a little more evidence in their cases.

J. C. Tyler of Millward called at this office Tuesday and reported a heavy loss among his neighbors of

Awarded
Highest Honors—World's Fair.

DR.
PRICES
CREAM
BAKING
POWDER

MOST PERFECT MADE.

pure Grape Cream of Tartar Powder. Free from Ammonia, Alum or any other adulterant.
40 YEARS THE STANDARD.

R. Veltman has gone to Salt Lake to receive medical treatment for his lungs which have troubled him considerable lately.

Perrinne's comet did not knock the earth into a poked hat last Saturday as was predicted by the astronomers, and the battle of life still goes on.

Tickets to the Annual L. D. S. Conference at Salt Lake City from Price \$5 for the round trip sold from the 2nd of April to the 6th and good until the 15th.

Sincere Thanks.

Vernal, March 19, 1896.

Vernal Express—I desire to return my sincere thanks to the many friends who rallied to my rescue Sunday evening a week ago. I never saw a crowd gather so quickly, or move a lot of household goods so rapidly with so little damage. Two or three dollars will cover the damage done in the removal of things from the house. Seventy-five dollars will cover the expense of the fire. I hope I may not be often called upon to return the favor in kind. Respectfully,
C. C. HARTLEY.

From the Mines.

CARBONATE DISTRICT, March 18th.

We are all well here and hard at work developing claims with good showing.

John Mack had a narrow escape a few days since from a horrible death. He was working in a twenty foot

Vernal Debating and Literary Society
Program for March 22.

Vocal Solo, R. C. Camp,
Soprano.

Resolved—That the Australian system of balloting should be adopted by all the states of the union.

Affirmative—H. G. Edwards a John Voelker.

Negative—Euse Benson and Wren Johnson.

Instrumental selection—Mrs. E. Doty.

Recitation—Mrs. Holdaway.
Chorus by Double Quartette.

Notice.

Notice is hereby given to the creditors and debtors of the firm of J. Luxen & Co. that the above firm has sold and transferred to L. Johnson & Sons all of their accounts. All parties owing J. Luxen & Co. will settle their accounts with L. Johnson & Sons who will also pay all debts incurred by us. J. Luxen & Co.

Notice of Dissolution of Partnership.

The firm heretofore existing under the name and style of L. Johnson & Co. doing business at Vernal, in El County of Uintah, Utah, is this day dissolved by mutual consent, S. J. Colton & Co. having purchased the entire interest of L. Johnson in the business. The business will be hereafter conducted under the firm name of S. D. Colton & Co. who have assumed all liabilities and who will collect all notes and accounts due the old firm.

L. JOHNSON,

S. D. COLTON

R. S. COLLIER

Dated March 5th, 1896.

Delinquent Stock Sale.

Notice is hereby given that on the 30th of March 1896 at 2 o'clock p. m. at the residence of Harry Vernal in Uintah county, Utah, as much of the following delinquent stock in the White Wash and Spring Creek Irrigation and Canal Company will be sold as will pay the delinquent assessment and cost of advertising an expense of sale: No. Shares. Du.

John Winn	6	\$1.28
James Winn	5	1.24
A. C. Hatch	4	1.00
D. A. Winn	5	1.1

HARRY VERNAL, Sec.

WANTED—6000 customers to be

AMUSEMENTS IN EARLY ASHLEY VALLEY UTAH COUNTY LIBRARY
Compiled by Iva C. Gray REGIONAL ROOM
NO. 140 FILE FOLDER

In 1877 the people in Ashley Valley for amusement would gather first in one home and then in another for dancing. On "The Bench" which was first called Jericho and then Hatchtown (where Vernal now stands) there were several houses. After the Meeker Massacre the people built houses close together and formed a fort for safety.

The Christmas dance on December 25, 1878, was held at Alma Hatch's home. His house was the only one on the Bench with a wooden floor. It was made of whipsawed logs placed on the ground side by side. The old timers said "that night they certainly did hoe it down." Pete Peterson had a violin with only three strings but he played it anyway to furnish the music. Also, Adam Coon played the violin very well. During that winter which was "The Hard Winter" these two men played for the community dances which were the main recreation for the settlers.

At these parties or dances refreshments were served which often consisted of what they called graham bread, and were they glad to get that! Nothing was served with it unless it was a drink of water. The people had run out of flour and this graham bread was made from flour ground in a homemade mill without cleaning attachments; therefore, it contained some smut, sunflower seeds and stems which they said added aroma to the bread.

For the Christmas parties the year after the Hard Winter, 1880, school-houses had been completed at both Old Ashley and Hatchtown. They had a program and dance in the afternoon for the children; then a dance for the older ones at night. A man came to the Fort who had been born with no arms. He played the violin for people to dance by the use of his feet and toes. They danced for a while and then passed the hat for a collection, after which Jeremiah Hatch s^{id},

2

"Now we have seen this wonderful performer and it sure looks like hard work, I suggest we thank him and go home." But the man said, "I would like to play as long as you want to dance -- if it takes all night." This man could also write with his toes.

Later amusement centers were S. M. Brown's amusement hall located on the block south of the First Security Bank, then Uncle Jake Workman's hall located west of town, and later Roberts Hall out at Naples. In 1911 the Orpheus or Imperial Hall was built on the southeast corner of the intersection of First South and Vernal Avenue. The first talking pictures here were introduced in the Vogue Theater in 1917; then at the Main Theater in 1939; and in 1946 at the Vernal Theater.

There were many groves planted in the Valley to assist in gaining title to the land. The John Winn grove was located 1 mile north and 1 mile east of town. Alma Rasmussen's grove was 1 mile east of Naples Store. At both of these groves open dance floors were built.

Burton's Lake was built in the northern part of the Valley about $1\frac{1}{2}$ miles north and $\frac{1}{4}$ mile west of where Penny's store now stands. Here there was swimming, boatriiding, a large dance hall and a racetrack. They used to hold the Fourth of July celebrations here. In the fall of 1895 they held a 3-day rodeo; 85 soldiers came over from Fort Duchesne but something happened to their chuckwagon and Mrs Burton had to cook supper for them before they returned to the Fort.

A ball park was laid out where the Vernal First Ward chapel is now located.

Glines Park in Maeser west and south of the country store was a clean, shady park. Here for July 4th and 5th, 1910, a big program was advertized which included horse racing of all kinds, basketball, team pulling contests, refreshments, prizes for children's races -- two days of pleasure and sight-seeing.

I remember we used to go to the creek near Grandfather Patrick Carroll's old millsite. For the fourth of July one time we went to Bill's Cave in a white top buggy. They had a swing that was in a tall tree and swung out over the water in the creek. On the way home my sister Ora and I sat in the back of the buggy with the backboard down and let our feet touch the water as we crossed the creek. It was fun. At these celebrations they always had races for the children. When we won we always got a sack of candy.

Expressions Basin Life

April 13, 2005

BMX track attracts bikers of all ages

By CARISSA MAGEE
Express Writer

Legend has it that Bicycle Motocross (BMX) was started in the 1970s somewhere in California. A bunch of teenagers who, on modified 20" Schwinn Stingray bicycles, began riding in a vacant neighborhood lot trying to imitate their motocross heros. Later a gathering of unknown BMX riders were recorded on film to create the Bicycle Motocross film "On Any Sunday" and the rest is history...

BMX riding grabbed the attention of kids all around the nation in just one summer. Kids were soon seen on their modified bicycles riding in fields in every neighborhood imitating their motorcycle heroes.

Soon mere imitations became a true sport with kids performing BMX tricks of their own. By the end of the 70s BMX races were a commonly seen occurrence all around the country and a national sanctioning body for BMX racing was created and entitled the American Bicycle Association (ABA).

The ABA completely changed BMX riding for future years to come. One of the first steps the ABA took was to create a system of fair qualification, one that was able to keep the competitive nature of the sport and give every rider the chance to be a winner.

Since then BMX riding has continued to gain popularity all around the country with actual ABA certified racing tracks, with many around the state of Utah.

The ABA is now the world's largest national sanctioning body. It also supplied the world's first national tour, the first Pro purse, the first Cruiser class competition, the first sanction to call fouls as they occur, the first starting light system and automatic gate system in racing and many other firsts.

Saturday, April 9 was the grand opening of the Uintah Recreation BMX track in Vernal. Riders from all over the surrounding areas were among the participants in the first track race the Vernal BMX track had seen.

The Vernal Dinamites were invited to help commemorate the grand opening by participating in the ribbon cutting ceremony that took place at the top of the first hill.

The track was created from donations, sponsors and volunteers from all over the Basin area. The land is actually the property of Uintah School District but is currently under lease with Uintah Parks and Recreation. The track will have fully sanctioned races with cat-



Troy Lupcho of Altitude Cycle cheers on riders as they test out the hills of the Uintah Recreation BMX Track.



Steele Handy enjoys the dirt and speed of the BMX experience.



BMX riders enjoy "getting air" at the BMX park now in Vernal.

Troy has been the driving force behind the installation of a BMX track in Vernal for nearly three years now and it has finally been accomplished. Troy, a world champion BMX rider, wanted a place for the youth and adults of the Basin area to go and really ride BMX. A true course would also provide the capability for races to be held right here in the Basin.

After working with every agency possible to get the track going, he was finally granted his request when John Millicam, a member of the Uintah Recreation Board came to him with a possible place for the BMX track.

"We went for a ride and he showed me this spot and asked if it would work out okay. I told him it would be a great spot and asked when could we get started," said Troy.

After all of the needed prepa-

So what is all of the BMX excitement about? Well, since 1982 there have been World Championships for BMX Racing. Freestyle, or stunt riding, has grown significantly in popularity since added to the ESPN X-Games in 1998.

BMX riding is a family oriented sport that can be fun for all ages. There is a lot more to it than just winning or losing and you don't need a fancy bike to race, although you do need a bike.

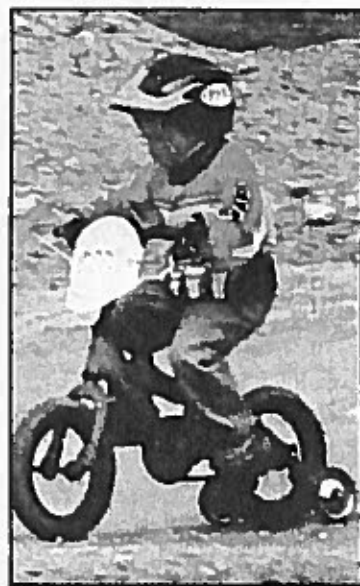
With the Vernal track there is ample opportunity for many to ride. There is not necessarily a charge to enter the track but for ABA sanctioned races there will be entry fees and trophies will be awarded.

For racing, bicycle wheels are regularly no larger than 20" in diameter. You need to have the kickstand removed for safety purposes along with

"The sport of BMX riding is a great family sport and the new track will truthfully help with the economic development of Vernal since it brings in people from all over the surrounding area," says Lupcho.

BMX riding has become a very popular event for many people around the country and has continued to grow for many families in the Basin area as well. Altitude Cycle actually has its own traveling team which competes around the state in BMX racing. The age groups range from as young as five years old to participants in Troy's age group.

One racer by the name of Steele Handy from Dutch John races on the team because he says it is something fun to do. "It's such a great activity for these kids, and adults, to get involved in," says Stu Handy, Steele's dad and bike rider him-



Even the little riders had a chance to test out the dirt of the track.

achievement for all ages in the American family. Children learn skills while racing BMX

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The track was created from donations, sponsors and volunteers from all over the Basin area. The land is actually the property of Utah School District but is currently under lease with Utah Parks and Recreation. The track will have fully sanctioned races with categories of age and ability classifications.

"With over 250 sponsors, many volunteers and a lot of hard work we finally got the track put together," said Troy Lupcho of Altitude Cycle.

"After all of the needed preparations were made, they got to work on the project. Many people got involved in the construction and we now have a phenomenal track for everyone, adults and children, to ride on," stated Lupcho.

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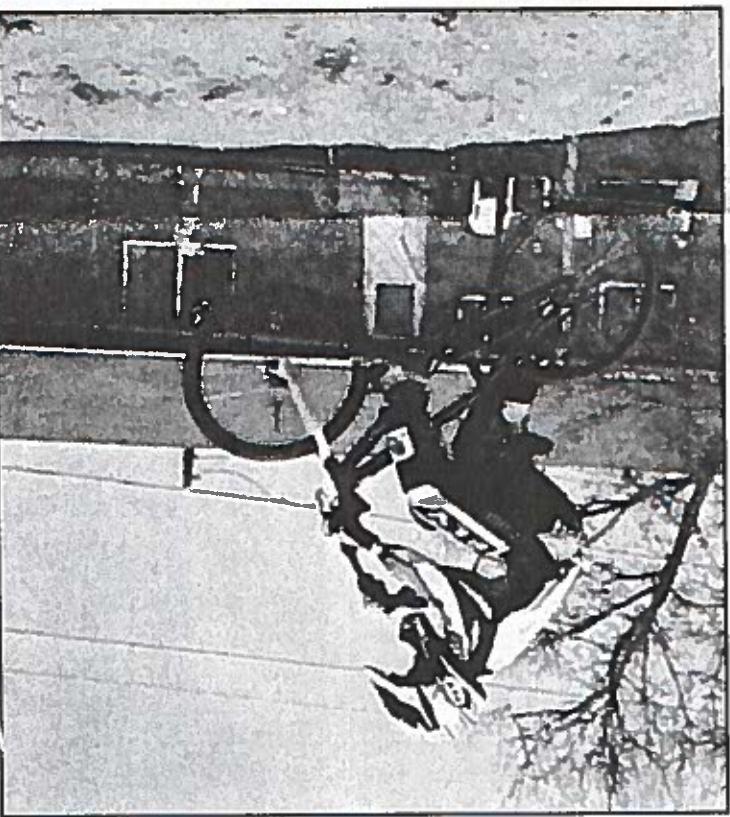
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For racing, bicycle wheels are regularly no larger than 20" in diameter. You need to have the kickstand removed for safety purposes along with reflectors and bikes must have a number-plate if you are involved in racing. Long sleeve shirts, long pants and helmets are recommended for everyday riding and required for racing.

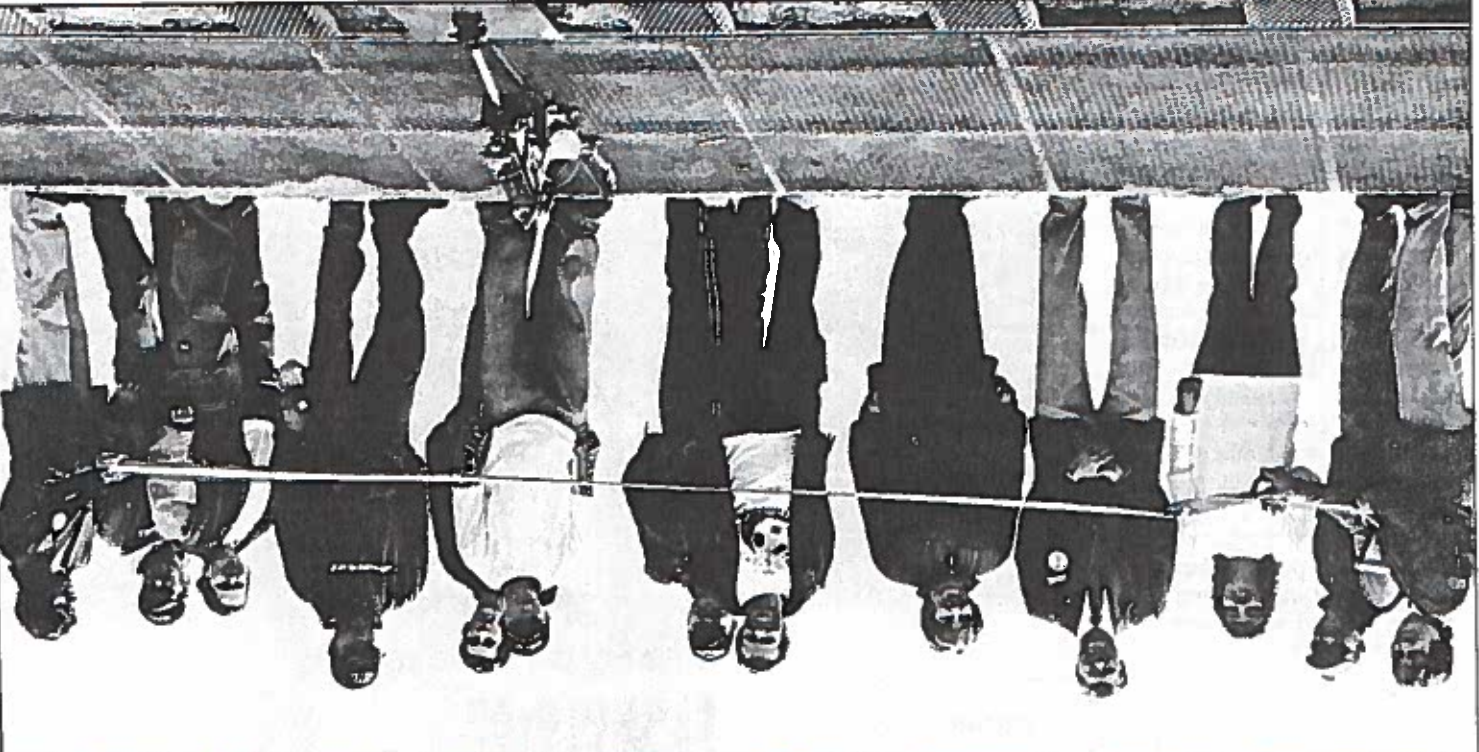
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BMX racing is a sport of achievement for all ages in the American family. Children learn skills while racing BMX at an individual pace but they are also learning important skills about being a winner, a fair loser and learning to try again. It also provides quality time to be spent with family while supporting each other's achievements.

The Utah Recreation BMX track looks to be an exciting place for bike enthusiasts to visit throughout the summer months with races starting in the next few weeks. The track is located at 500 South 2375 West in a neighborhood that, if you really weren't looking, you could miss the track entirely. Although ample in size and hills big enough for even the older rider, it is tucked back and out of main road sight.

There is always a need for volunteers and donations to keep the track in good condition so any residents interested in assisting with the track, races, events or just helping with the cause are welcome to do so.

Or if you just want to see some adorable kids racing with all of the enthusiasm and heart they can muster, this is a great place to do so.



Vernal Dinamites along with Troy Lupcho and many others in association with the tracks opening on Saturday.

Board revives recreation center

By Steven R. Wallis
Express Editor

Members of the Uintah Recreation District Board Tuesday agreed to revive the Recreation Center Committee to make recommendations to the board about the construction of a facility.

Al Stone, Uintah Recreation District director, reported that an \$8 million recreation center would require a yearly tax of \$7 per household and \$8.30 per business in the county. Proposals for the inside of the recreation center are a new pool, two gyms, possibility of joining with the Uintah County Library, USU, UBATC, Golden Age Center and other partnerships which will benefit all parties involved. Members of the recreation board said that the initial acquisition would be the easy part. The difficult task would be the cost of operation

and upkeep of the facility. Stone recommended the recreation center committee rely on USU and DECA to conduct a survey about what people want in a recreation center.

"People need to know exactly what they are signing for," said Jim Abegglen, recreation board member.

Other items the board recommended that the committee examine:

— Legality of the Recreation District Board involved in a project that will likely require a tax. The Recreation District is a non taxing entity which receives the majority of its revenue from mineral lease funding and contributions from participating entities.

— Long term plans for maintenance and operation of the facility.

— Exactly what will be in the facility.

'Need to know whether to do it or not'

It has been over a year since the last recreation center committee meeting. They haven't met because some members were frustrated with the progress on the facility.

"Sometimes it is a slow process," Abegglen said.

"They need to give us a recommendation on whether to do it or not," advised John Millecam, recreation district board member.

The Recreation District has already conducted two informal surveys, at the July 24 Scout Breakfast and during the Health Fair, concerning whether people want a recre-

ation center. The majority of the responses to the two surveys supported a recreation center.

The board agreed to provide written direction to the recreation center committee. Board member Vernie Heeneey and Rick Reynolds, were assigned to the committee. Former members of the committee will be asked to participate along with representatives from interested organizations.

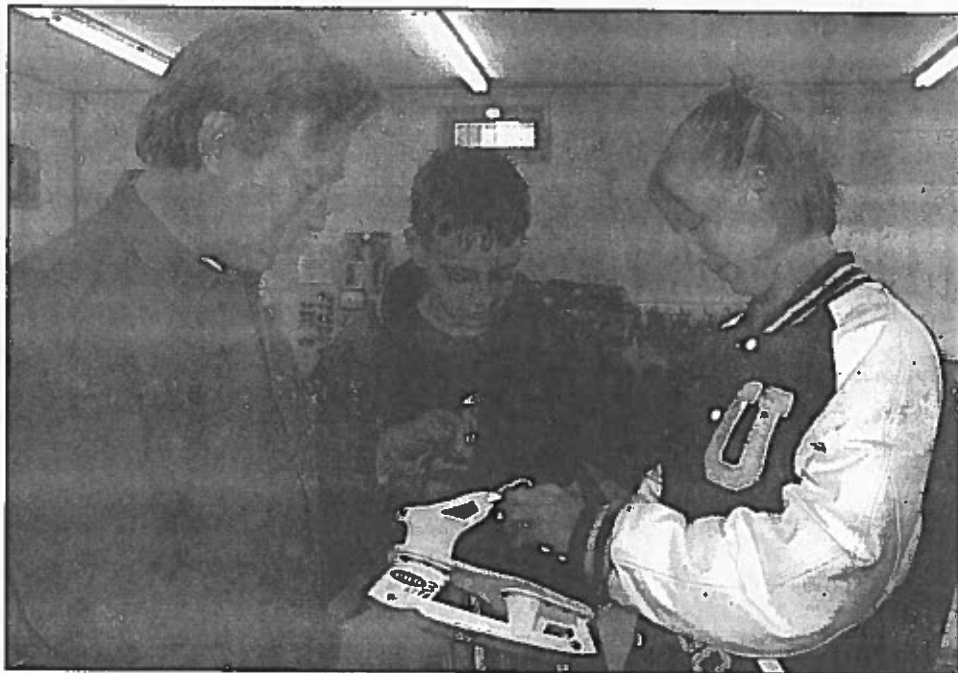
The recreation board will be updated on the progress of the committee at the next board meeting.

21 Feb 2001 Vernal Express RHC 0581

Vernal Express
26 Dec 2001

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Al Brown examines a skate before putting it out for display at his hockey equipment store on Main Street. Tappan Brown and his sister Ashley are learning the business from their father while they develop their hockey skills.

Brown family has passion for hockey

By Virginia Harrington
Feature Writer

Al Brown started playing hockey when he was 40 years old, well past the age when most players begin a love affair with the game. Since then, getting him or two of his children off the ice is nearly impossible.

His wife and older daughters have dabbled with the puck and stick but didn't develop the ardent loyalty to racing across the rink, ducking and twisting to stay out of the way of opposing players that his daughter Ashley and son Tappan have.

Once Brown discovered the joy of hockey, he wanted to make the game available to kids throughout the Vernal area so he created an ice rink in one of his roping corrals. He and Ashley stayed up all night to spray water on the floor of the corral, wait for it to freeze, then respray, wait for it to freeze, over and over until they had a passable ice rink.

Eventually, Louis Vincent asked him to build a public rink and Western Park became the chosen site. About a year ago, the Ice Age Foundation, with Brown heavily involved, was born and money was raised for a refrigeration unit to keep the ice solid throughout the hockey season.

Throughout the years of struggle to get a reliable hockey rink, Brown, Ashley, now a junior at Uintah High School and Tappan, now in eighth grade, continued to play the game. Brown was in Montana last year where he had a successful tournament. This year, in early January, he will go to Lake Placid, N.Y. to play with the Flying Zambonis, a well known group of hockey players all over the age of 45.

Ashley hasn't been sitting still, either. She said she has had some problems keeping up with the male members of the hockey team who are generally bigger, stronger and faster than she is, but with practice she is getting better. She has taken

on the role of agitator, keeping as many of the opposing players in the penalty box as possible. As her abilities improve and she becomes more stable on her skates, with 200 pound young men running into her 100 pound frame, she is taking on additional roles within the team.

Ashley is very excited about being interviewed by King TV, an NBC affiliate in Seattle, Wash. and by a newspaper in the same city. She is also enjoying playing on a women's team in Casper, Wyo. this season where she is being watched by hockey scouts. With luck and good skating, Ashley will make it to a private prep school in Vermont and a college scholarship. "There's a good possibility of making a career out of hockey," she said.

Tappan is a young man to watch out for on that ice down at Western Park. He has a good start toward carrying on the family tradition of hockey excellence.

Vernal Express 23 July 2003



Mayor Bill Kremin presents a certificate of award to Jim Barth for his work on the July 4 parade. The award is accepted by Charles Gray, Nancy Barth and Judy Slauch

City honors July 4 parade

By Virginia Harrington
Vernal Express Writer

Vernal City Mayor Bill Kremin and the Vernal City Council honored the parade committee for their annual efforts in putting together the July 4 parade. A certificate of award was bestowed upon Jim Barth, committee chairman. The award was accepted for Barth by Charles Gray, co-chairman, and by Barth's wife Nancy and his daughter Judy Slauch.

Dr. Robert Behunin, associate director of the Uintah Basin USU Campus, was introduced to the council. He told the members that one of his major goals is to bring improvements to the Vernal campus. He plans to work closely with the state Capital Facilities, which will meet here in September. He will direct his efforts toward acquiring a new building for the campus. There is considerable competition for building funds throughout the state's higher education system. However, Behunin said the Vernal campus can prove exceptional need since the campus now has only 5,000 square feet but needs 66,000 square feet. Behunin also said he hopes to see USU Uintah Basin become a destination campus.

Richard Harrington, executive

director of the Vernal Area Chamber of Commerce, was also introduced to the council. He said he is excited to be with the chamber and is looking forward to partnering with the council and the community. City Manager Ken Bassett said the community is fortunate to have Harrington in the chamber position.

Paul Brown, the architect for the new Field House Museum, reported on the progress of the building project and on the plans for the new Dinosaur Gardens. The gardens will extend around the building on the north and east sides and part way across the south side. It will include a reflecting pool on the lower level and another pool on the upper level. A decorative fence and masonry wall will enclose the entire garden area. The landscape outside the building and garden will be done as a park.

The entire structure, including the gardens, will adhere to the Americans with Disabilities Act. Brown said. The gardens will be gently sloped with no steep inclines or stairs to discourage access plus an elevator will be installed.

Fund raising for the gardens is an ongoing process. Some federal grant money has been received for exhibits inside the building but money is still needed for the gar-

dens. Some of the money pledged by community members has been collected but much of it is still outstanding. A brick wall honoring donors who give a minimum of \$50 is expected to bring in additional funds.

Most of the funding for the gardens and for other needs in the new museum is likely to come from a loan from the Community Impact Board (CIB). The council voted to pass a resolution authorizing the issuance and sale of not more than \$600,000 in bonds to repay the CIB loan. A public hearing on the issue will be announced in the near future.

In other business, the council voted to change the zone for the new addition of Ashley Valley Medical Center to a hospital zone. Members also voted to change the zone for the new Uintah Basin Clinic to be built near the curve on 500 W. and 500 N. The council requested a slow down lane be added to the building plans to help with expected traffic problems coming from Uintah High School. The anticipated traffic light to be installed at 1500 W. will also help control the traffic problems. A turning lane for traffic coming from the south is already in place.



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City to improve 1500 W.

by Shelle Anderson
Express Staff Writer

One of the best known and most traveled roads in Vernal City will soon be experiencing a major overhaul. 1500 West Street, or better known to most as the Kid's Canal Road, will be undergoing reconstruction possibly as soon as this summer.

This is a road project that members of the community have been looking at for some time now and at the last Vernal City Council meeting held on Dec. 2, Vernal City Manager, Ken Bassett, reported that Vernal City is ready to begin with its part of the road improvements. Bassett also made a report to the Council members as to the latest update from Uintah County Commissioners and the Uintah Special Service District on funding for the project.

Bassett reported that earlier in the year Vernal City met with Uintah County to discuss the upcoming project. One of the major things that was addressed was funding for the road project. It was agreed at this meeting that the City and the County would work together on as many aspects of the project as possible as part of 1500 West Street lies within the City limits and the other portion lies within the boundaries of Uintah County. And it was felt that this would be a worthy project for both Vernal City and Uintah County to participate in.

It was discussed in this meeting that the majority of this project would be funded through federal transportation funds funneled through the State of Utah. However, the total cost of the project would not be covered by these funds. A decision was made to request the remainder of the funding, which was approximately \$350,000, from the Uintah Special Service District. Because Uintah County felt that they were unable to submit the application for funding under the name of Uintah County, Vernal City agreed to submit the application under Vernal City's name, and according to Ken Bassett, the City felt as if it had the backing of the County on all aspects of the project. After receiving a letter from the Uintah Special Service District that was dated Nov. 23, however, the City realized that this was unfortunately not the case.

When a request is made for funding through the Uintah Special

See 1500 West on page 4

Continued from page 1

Service District, the members of the Service District Board and the Uintah County Commissioners review the request and make a final decision.

The letter that was sent to the City read as follows: "Uintah County Commissioners reviewed this project. It was recommended to deny funding for this project at this time."

Bassett reported that not only was funding denied through the Uintah Special Service District, but that the letter implied that the County Commissioners were the individuals responsible for making the decision to not fund the project.

Bassett also reported that had the City been aware that the application would not be approved by the County, that Vernal City would not have submitted the application under Vernal City's name. The reason behind this was that applications for funding to the Special Service District can only be submitted by the September 30 deadline and had the City known that the County was not going to approve this application, Vernal City would have applied for funding for other possible projects. At this point it is the City's understanding that it cannot submit a new proposal and will likely receive no moneys from the Special Service District for 1999. Kate Erickson of the Special Service District verified that this was indeed true.

Erickson stated that based on a joint meeting between the members of the Special Service District Board and the County Commissioners that it was decided that other projects took priority over the 1500 West Project. Upon reviewing the cost of the 1500 West Project, the District and the County also found the cost to far exceed what had been expected. Although, Bassett indicated that cost concerns for the project had already been discussed with the County Commissioners. Erickson also stated that the price per square foot to improve the road was far higher than the price that the County itself

would be able to do it for and that in order for the Special Service District to fund a project that the District must be actively involved in all aspects of the project. As far as who made the final decision, Erickson said that all of the County Commissioners as well as all of the members of the Special Service District Board were in attendance at the meeting in which the decision was finalized.

When asked about the cost of the project, Vernal City Manager, Ken Bassett, stated that the cost of improving 1500 West was at a higher rate because of the federal funding that was being received. Because of the fact that federal funds are being used, much of the engineering as well as the specifications require more detail and more review compared to typical road projects that the City would fund itself. The engineering and reconstruction of the new road will include other safety features that will also add to the cost of the project.

County Commissioner, Herb Snyder, also reiterated what Kate Erickson had stated in regard to the cost and the priority of the 1500 West Project. When asked about why the County Commissioners had not backed the original idea for the funding, Snyder stated that there had obviously been a great deal of miscommunication between Vernal City and Uintah County and that final decision was made by members of the Special Service District Board and not by the County Commissioners. He did however state that at the first of the year that two new county commissioners as well as one new special service district board member will be taking office and that at that point the decision to not fund this project may be reconsidered.

For the time being, Vernal City plans to begin its part of the project utilizing federal funds and Uintah County will be responsible for its portion of the remaining road. During the Vernal City Council Meeting Allan Mashburn, a member of the City Council stated that "It is a shame that the County will not join with the City and State in the 1500 West Project."

Journal Express 17 Oct 2001

County recycles Kids Canal road

By Steven R. Wallis
Express Editor

The Uintah County Road Department has discovered a new source of road material and have completed a test road along 1500 West, the Kids Canal Road, with the material.

Actually the 1900-foot test road was redone by taking off three inches of the asphalt already on the road. The material was reconditioned and laid back on the road. For years Uintah County has had a relatively inexpensive source of natural asphalt. In many cases road improvements were done by simply overlaying another layer of asphalt. Roads have been overlaid up to four feet thick.

"By recycling the material, it gets us out of the mining process,"

reported John Kay, county road supervisor, Monday to commissioners.

"Mining of the asphalt is much more than we have been led to believe," Kay said. He estimated the cost at \$60 to \$100 per ton depending on the amount of overburden that is removed. By recycling the product already on the road, Kay said he saves 50 percent of what the project would have cost if a normal overlay was done.

Total cost of the project which goes south from 500 North was \$13,200. The cost include a chip seal which was completed Tuesday.

"The asphalt pit is a good asset as long as it is managed correctly," Kay said.

Over the years, Uintah County has tried cold mix, hot mix, native and native hot mix on county roads.

The county will have to evaluate which method will be the best to use in the future.

"I am impressed with the reconditioning process," Kay said. "It is not a perfect road, but a good road and I would invite people to drive on it."

Kay said he would implement laser guides so the road maintains a good grade. Also he said he would add a little more rock to the reconditioned product.

Kay also reported to commissioners that the County Road Department is completely computerized so at any time a person can see on the computer where a piece of county equipment is being used. It also records the work history on a road.

The system is the same that is being used by the Utah Department

1850
NO. 1
COUNTY ROAD DEPARTMENT
1500 WEST KIDS CANAL RD
CORTLANDT, UT 84307

Rich, Charles 7
 Snow, Albert 6
 Timothy, Dave & Al 6
 Timothy, Pearl 6
 Workman, Uncle Joke 6
 Pope, Robert 6
 Workman Al 6
 Wardle, Ed 6
 Pope, John + Charlie 6
 Swain, Abner + Nick 6
 Huntington, Sarah 6
 King, Andrew 7
 Showalter, Clarence 7
 Warner's Joe 7
 Winn, Elizabeth 7
 " , William 7
 Hansen, Peter 7
 Brian, Ed 7
 O'Neil, James 7
 Sorensen, Loretz 7

Duke, Roy 3
 Duke, Cal 3
 Johnson, Jeff + Will - 4
 Reynolds, Amos
 Beeler, Dick 4
 Shirts, Pete 4
 Braun, George 4
 Hardy, Rose Reynolds
 Schaffer, _____ Bradshaw
 Bradshaw, Billy 4
 Winn, Loe + Susie 4
 Winn, John - 4
 Winn, Elias 4
 Nash, John 4
 Simpson, John 4

By Clarissa McCurdy
 Dancing - Ashley Valley

Gibson, William - 1
 Hall, Chell - 1
 Taylor, Levia - 1
 Bingham, Pheobe - 1
 Snyder, Sarah - 1
 Workman, Al - 1
 Clark, Israel Justus - 1
 McCorrell's, Jess - 1
 Meachem's, John D - 1
 Beeler, Sam - 1
 Wardle, Edward - 1
 Chivers, John - 1

Bingham, Thomas 5
 Hall, Chellus 5
 Hall, Mark 5
 Merrill, Jerome 5
 Caldwell, Matthew 5
 Huntington, Sarah Pope 5
 Wardle, George + Edward 5
 Owens, Johnny 5
 Brown, Sam 5
 Hansen, Peter 5
 Adams, George 5
 Warner, Joe 5
 Hansen, Will 5
 Collier, Jacob 5
 Slauch, John 5
 Chivers, John 5
 Gardner, Joseph 5
 Burton, Joe 5
 Bullock, Z. K. 5
 Chawens, Mrs 5

Sub -

Recreation - Man
 Author unknown

Tolten, Edward

Remington, Jerome 2
 Driffin, Sylvia - 2
 Gardner, Joseph H. 2
 Lybbert, C. F. B. 2
 Hullinger, Winfield - 2
 Hullinger, Dr. Harvey G.
 Roberts, Ephraim - 2
 Roberts, Hall - 2-3
 George + Louise Allred, 3
 Allred, Robert 3
 Allred, Bert 3
 Henry, Abbie Goodrich
 Roberts, Rodah Goodrich
 Haws, Lorenzo - 3
 Eaton, Joseph 3
 Eaton, Neat 3
 Workman, John Isaac

DANCING IN THE ASHLEY VALLEY IN EARLY DAYS

by Clarissa C. McCurdy

The early Mormon pioneers took with them into every locality they settled the joy of music and dancing.

The first dance held in the Ashley Valley was in Old Town on Ashley Creek at the home of William Gibson on July 4, 1878. The only white women here at that time were Mrs. William Gibson, Mrs. Chell Hall, Levina Taylor, Pheobe Bingham and Sarah Snyder. It is not definitely known who played the music for the dance, but it is thought that Al Workman did. (This information was given to me by Sarah Bingham from history she has.)

My first remembrance of a dance was one held in the home of my father, Israel Justus Clark. He came to the Valley in October, 1877, and was one of the first settlers to have a house with a floor to dance on. He had been born on December 25, 1821, and on his birthday the families always came home for Father's birthday dinner. Each family brought their best food, as it was very scarce at that time. I remember Mother's good home-made mincemeat pies and doughnuts. The time was spent visiting and enjoying the blessings of that glorious day. At night the bedroom would be emptied and a dance held with our families and the neighbors. The dance opened and closed with prayer. I was too young to dance but I did my share of eating and playing.

The people who had homes built would hold dances, first at one place and then at another. Sometimes the music would be only a harmonica or accordian, and sometimes just one violin, but there was always music. Down east of the Valley on Ashley Creek there were a few homes where they used to dance, at Jess McCarrell's house and John D. Neachem's, where Sam Beeler and Edward Wardle played. John Chivers helped with the calling. The neighbors would bring coal-oil lamps to help light the house, and food. So they would dance and eat and

enjoy themselves in a good friendly way.

Merrill Ward's first church and school house was a large house. The first to play for dances there was Jerome Remington; Sylvia Griffin owned the first organ. The next organ was bought by the ward with donations of grain, hay, or anything that could be sold for money. It was gathered by Joseph H. Gardner. The organ cost \$110 and was brought in from Salt Lake City by C. F. B. Lybbert. Winfield Hullinger, Sr. played a violin handed down to him by his father, Dr. Harvey Coe Hullinger. It was later handed down to his youngest sister, and she in turn gave it to her son. It is still well taken care of. It has the doctor's name and the year stamped inside. It is not here or I would send the date. The Hullinger family were an orchestra of themselves in later years. Susie and Dora played the guitar and mandolin, Mrs. Winfield Jr. played the organ. This was later when the Valley was well established.

In 1894 Ephraim Roberts built a large log room for manufacturing pottery. That business was not a success, so Mr. Roberts put in a good dance floor. This was called the Roberts hall, and many good dances were held there. The Bow dances were very popular then. Each lady would make two bows just alike. She would wear one in her hair or on her dress. The other one would be put in an envelop and sealed. As the men bought their tickets for fifty cents, they would draw an envelope out of the box. Each would then find the bow that matched the one he had, and that woman was then his partner for the evening. The Weigh dance was another kind that they had. Each lady would be weighed as she came in. Her name and weight would be put on a card and placed in a box. As the men came in they drew a card and paid half a cent a pound for the lady to be his partner for the evening. The man that drew the heaviest lady would get a free ticket.

Valentine dances were fun. This time the envelope contained only the girl's name, and the man had to accept the girl whose name he drew. Leap Year dances were also held. The girl had to buy the ticket, but she took a boy of her own choice. Masquerade dances were well attended with many weird and funny costumes.

They tried hard to conceal their identity until about eleven o'clock when the masks were removed and they found out who the dancers were. They also had what was known as the Farmers dance where everyone wore overalls and calico dresses.

The Carpet Rag dance was another kind. Each girl would put her name on a slip of paper and roll it in a ball of carpet rags that had been cut and sewed. There would be a large box to put these balls in; most of the time this box was much too large. When a man came in and bought his dance ticket he would get a ball of carpet rags. In order to find who his partner would be, he must unwind the ball and make it into another ball until he found the girl's name. These dances were put on most of the time by the Relief Society; of course they got the carpet rags and would have them woven into carpets to be put in the church houses.

At Roberts hall different musicians played for years; George Allred with his violin, his wife Louise with her guitar; Bert Allred, his cornet; Robert Allred with his guitar, Abbie Goodrich Henry and Rodah Goodrich Roberts changed turns at the organ; Winfield Hullinger and Lorenzo Haws did the calling. Monty and Myron managed the dances.

Glines Ward also held dances at different homes until the school house was built. The school house was one large room, used not only for school, but also for church and amusements. For heat they used a large heating stove in the center of the building. This ward too had some good musicians. Joseph Eaton played the violin, his son Hent the second violin. Al Workman, his son John Isaac Workman and Roy Duke used to call the dances. Cal Duke played his banjo and sometimes sang songs. Mr. Workman would go any place in the valley. Sometimes he was paid in money, but a lot of the time he was given cedar posts or hay and grain. When he was asked to play in Dry Fork he always went in a wagon, often with the wagon box on but sometimes on just the running gears. This was so he could bring home his pay, whatever it happened to be. The snow was never so deep in the winter or the mud so bad in spring that it could stop him from going, as long as he could make a good time for his friends.

In most of the wards each fall they would give a dance just for cedar wood. These dances were well attended, and after each man brought cedar to pay for his dance ticket they would have great stacks of wood for heating the house for school, church, and dances.

In Mill Ward we found they too had good musicians such as Jeff and Will Johnson; Amond Reynolds who played his dulcimer; and Dick Beeler, the accordian. Pete Shirts and George Brown managed and called. They also had different kinds of dances such as box lunch dances. Each lady made a nice box full of lunch and put her name in it. These lunches were sold to the men as they came in, so a man not only got the lunch, but also had the lady for his partner. Sometimes they would auction off the box lunches as it brought in more money that way.

An interesting story is told about Rose Reynolds Hardy. When she was a girl about eleven years old she was asked by Mrs. Schaffer to go to the dance with her brother, Billy Bradshaw, who was a man about twenty. If Rose would go with him, Mrs. Schaffer promised to knit lace for Rose to put on her panties. Rose went with him and all went well until she danced the first dance after intermission with another man. Billy's feelings were hurt, as Rose should have danced with her partner. This ended the romance, but Rose got her lace just the same.

Union Ward had a good log house for school, church and dancing. Good music was furnished by Lafe and Susie Winn. John Winn played the guitar. Elias Winn sold tickets. John Nash and John Simpson did the calling.

Benefit dances were often held in all the wards for those in need, and those who had lost their home with fire. The dance tickets were paid with flour, potatoes, carrots, grain, logs, lumber, quilts, food and clothing. Sometimes even a day's work was promised, and the music was always free. It has been said that at times they received enough stuff to complete a home. There were so many friendly people who, although they were not rich, were always willing to help where help was needed.

Dry Fork is located about fifteen miles northwest of Vernal. The early

settlers lived close to the timber so they soon built a log schoolhouse. They also built good log homes. Among the first were Thomas Bingham, Chellus Hall, Mark Hall, Jerome Merrill, Mathew Caldwell and others. At the first Christmas party and dance Chellus Hall gave every child in Dry Fork a Christmas present. Al Workman played for most of the dances there.

The story of early dances in Vernal was told to me by Sarah Pope Hunting. She came to Vernal July 23, 1884, and her first dance here was held the next night, it being the 24th of July. The day was spent with horse races, foot races and other amusements. The dance in the evening was held in the Bowery which had a dirt floor. It was located between where our present post office and the Commercial Hotel now stand. She, not knowing the musicians, assumes it was George Wardle and his son Edward. The Wardles came to Ashley Valley in 1882. Mrs. Hunting remembers a Johnny Owens that played for the dances. He had no arms but played the violin with his feet. He ate Christmas dinner at their home and played for the dance in 1886. She will never forget how he played all the good old dance tunes.

The Sam Brown hall was built just for dancing and amusements. We then were dancing to written music. There were many here that played with notes. The music for these dances was often produced by Peter Hansen with his violin; George Adams, a cornet; Joe Warner, a flute; and Will Hansen at the piano.

Davis Ward was organized July 6, 1890. Before that, with all their hardships, they still had their dances. Nothing was too difficult or too much work if it meant having a good time. Jacob Collier had an organ which they would put in a lumber wagon and haul to wherever the dance was to be held. John Slauch played his violin and Mr. Collier, the organ. Everyone for miles around would come to the dance. Joseph Gardner and John Chivers would help with the calling. Neighbors would bring their own food to eat and lamps to help light the home. They had many good times.

On Green River the ranches were miles apart, but they still had their dances in the different homes such as Joe Burton's place near the old ferry, J. K. Bullock's place and Mrs. Chatwin's. Mrs. Chatwin would have different kinds of presents to sell. These were sold to help others as well as herself. Mr. Albert Snow told me about the dances held on the River as he lived there in 1885. Mr. Snow remembers one night when they had danced real late he started home on his horse but could not find his way. He had heard that if you give a horse free rein he will take you home, so he tried that. After wandering around a long time the horse came right back to the dance hall. There were no fences or roads to follow so he decided to wait until it was daylight.

A log schoolhouse was built south of what is now Highway 40 and west about one mile from Green River. Many good dances were held there. Dave and Al Timothy played most of the time. They also went miles to play in other places. Dave drove good horses and had a light wagon they used to go in, as they had to take his violin and a big bass violin. One night he had his two daughters with him, and Pearl was in the back holding the big violin. Her father was driving rather fast and turned a corner too close to the limbs of a tree. A limb caught the covering of the violin, yanking Pearl down in the wagon. Luckily, she was close to the front so she fell in the wagon and not out on the ground.

The log schoolhouse was destroyed by fire. They then built an adobe schoolhouse north of Highway 40 on the road to what is now the Dinosaur Monument. There are some parts of that old building still there. Later they built a schoolhouse on Highway 40 which is still in use. They also have their church close by where they have danced for many years.

Uncle Jake Workman's hall was built in Vernal and ready for use in the winter of 1884. Robert Pope was the manager. Some of the musicians were Al Workman, Ed Wardle, Albert and Dave Timothy, John and Charley Pope, Abner and Nick Swain. Sarah Hunting, daughter of Robert Pope, tells of a startling experience

she and her father had at that time. It was not always the people of our valley that came to those dances. Men, or cowboys as they were called, from Colorado would sometimes come too. They brought cattle to the valley to winter and feed. One night three or four of them came to the dance and were well behaved. When they got on their horses and started home, apparently they felt they had to celebrate. Mr. Pope and his daughter had just reached home. Sarah had just stepped in the house and her father was standing on the doorstep when the cowboys passed. They had their guns and, being good shots, emptied their guns very close to his feet. Then they went on their way with loud yells and laughter.

The Orpheus hall was built in 1911 by Andrew King and Clarence Showalter. There we danced to the fine music of Joe Warner's flute, George Adams' cornet, John Pope's trombone, Elizabeth Winn at the piano, and William Winn and Peter Hansen playing violins. Ed Brian was the caller and managed the floor. Ed saw to it that everyone who came had a good time. If a stranger came, man or woman, he would introduce that person to everyone. He never allowed anyone who was not properly dressed to come to the dances. He did not allow any disturbances, yet he was kind and good to all.

In the winter of 1907 I called for the dances in Roosevelt. There were always four couples to a quadrille set. Here is one of the calls I got from Mr. Brian:

Circle all. Promenade back. Four ladies change. Swing.
Change back. All promenade.
First four lead to the right, docabolenett. Gents counter dance. Right and left to places. Grand right and left.
Side four, lead to the right. Docabolenett. Gents counter dance. Right and left to place, and all promenade.
(A few minutes' rest)
Balance all. Swing the lady to the center of the set. Gents promenade once and a half. Balance there. Swing that lady to the center. Gents promenade once and a half to partner.
Swing and all promenade. Four ladies grand change. Swing.
Change back. All promenade to seats.

Later Uncle Jake Workman built a large hall one-half mile west of Vernal. It was for dancing, but many good plays were held there also. It had a large

stage and nice dressing rooms. Some of the old musicians that played there were James O'Neil and Laretz Sorensen. The Ashley Valley was blessed with many good musicians.

I will close my reminiscences with the memory of my wedding dance. It was held in Uncle Jake's hall January 7, 1898. My niece and her husband, Mr. and Mrs. Charles C. Rich, were having a double wedding dance with us. It was a wonderful evening. Cold? Yes, but the hall was full of friends and we all had a very good time.

Dancing was one of the very few forms of recreation for the early settlers of the West. A dance was something to look forward to with anticipation and remembered with relish.

Well, not long after the town of Manila in Northeastern Utah was laid out, Edward Tolten built a small dance hall. And the folks in those parts were so anxious to try it out, they didn't even wait until it was finished. In fact, only the center section of the floor was finished, so they put boxes around the edges and the banjo player was put to pickin' and the long awaited dance was begun. The children were permitted to play around the edge of the floor amid the unfinished floor joists, while their folks danced up a storm in the center.

About halfway through the evening, a couple of lively lads looking for some excitement stepped to the door and shot the lights out. Things were in a state of chaos for awhile, but things were soon settled down and the lights were relit. But then, pandemonium reigned again, for not a child could be found anywhere.

Frantic parents searched the nearby trees and sparse buildings, but not a child could be found. A whole "passle" of kids just up and disappeared. Well, finally they were found under the dance floor! At the first sound of gunplay the pioneer youngsters had dived for cover and huddled there in the dark until someone found them.

Well, we hope you avail yourself of the finest in listening now with KLUB's "Magnificent Medleys."

East Park camp offers High Uintas experience

Rugged Lodgepole pines line the landscape and strip one's view of a glass-like lake where an occasional fish ripples the surface.

Maybe such a scene only exists in the mind's eye, but an outing to East Park may come close if proper preparations are taken into consideration.

It is not the 21 camp units that surround the west side of the lake that are inadequate or that access to the area is difficult, actually the opposite may be true, but one must remember that the lake is a high-elevation lake and the weather can change at a moment's notice.

Access to the lake is north of U-44 from Vernal to the East Park turnoff to the west. Follow the paved road for about seven miles until a gravel road turns off about one mile to the reservoir.

Fishing on the lake is open year-round, but hooking a rainbow or cut-throat is a challenge for any fisherman. Flies in the evening and morning hours work well if the fish are jumping.

During the summer the water in the reservoir is used for irrigation, so the level of the lake will change drastically.

There is a gravel boat ramp, but boats larger than 14 feet aren't advised. Most boats on the lake are small aluminum shell models.

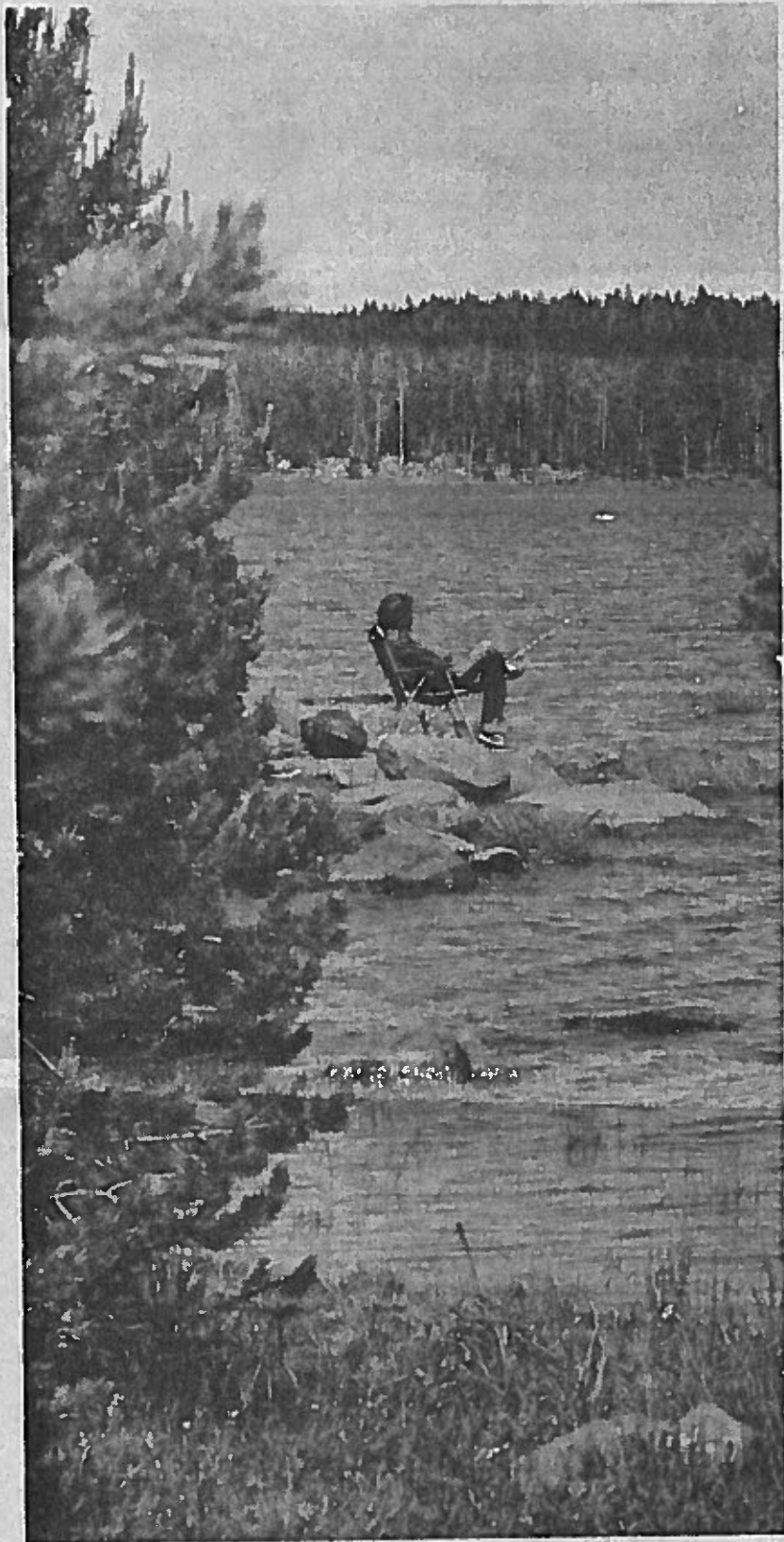
Brush Creek, which feeds the lake from the north and exits the south end, is also good for fishing, but for only small ones.

Access to the lake can also be gained by a 5½ mile trail from U-44 before Red Springs Campground. The trail continues from East Park to Oaks Park.

But the one thing you want to watch out for is the weather. Because the lake is over 8,000 feet high, brisk thunderstorms can quickly turn a sunny day along the lake into one spent in the tent. But most people who regularly camp at East Park don't mind, because just as quickly as the rain comes it will also go. Rarely is there a day of total rain. Usually the campground is open to full services by July 4. It was a little late this year because of heavy snowfall. The lake is stocked periodically. Overnight camping costs \$3 a night, but for those who don't want to pay the fee, the overflow campground south of the lake is free, but no improvement.

Services at the campground include a water system, daily cleaned fire pits and out houses.

So for those who want a High Uintas experience without the pain of hiking in, East Park is an excellent area, but watch out for the rain.

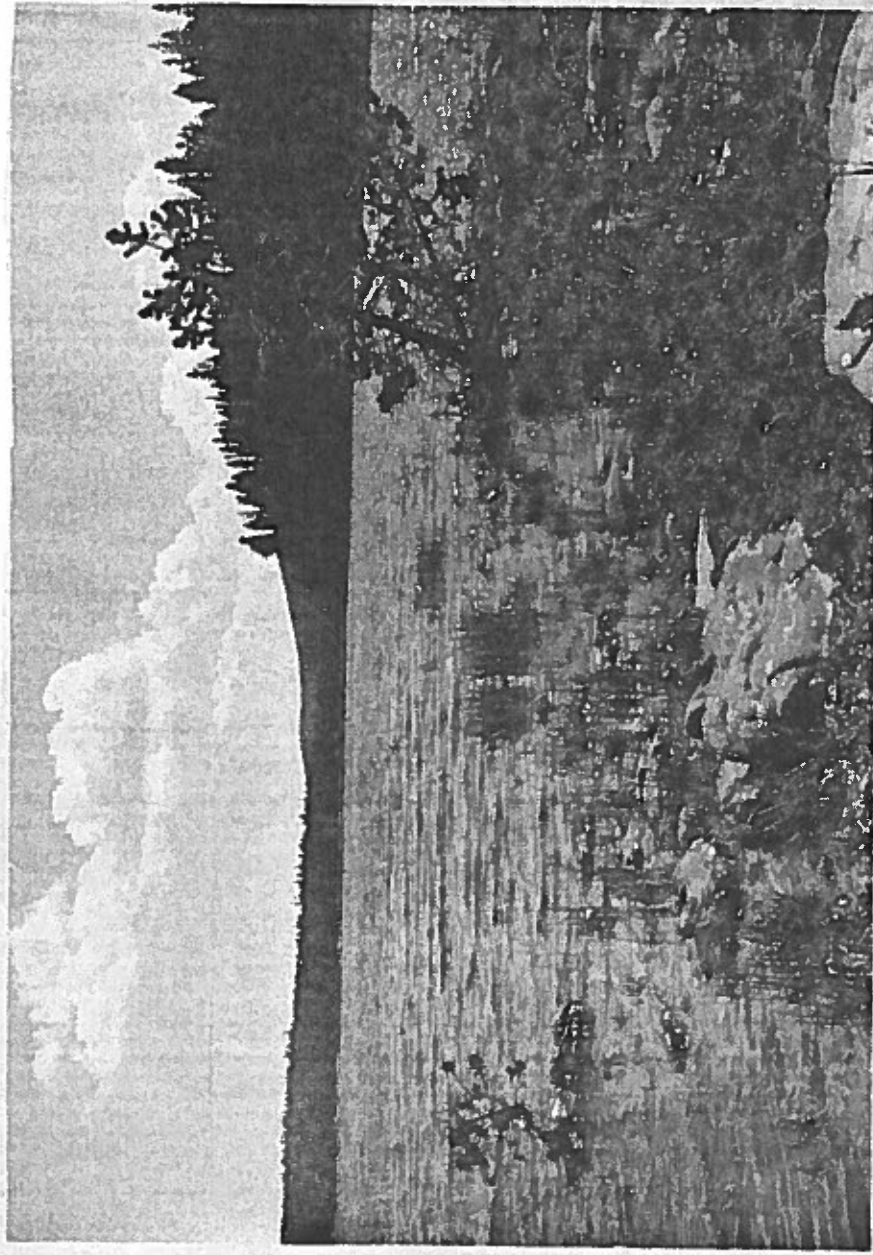


FISHERMAN relaxes on the banks of East Park Reservoir as fishing is slow, but the area is rich in scenery.



SMOKEY THE BEAR greets kids at Flaming Gorge Visitor Center during July 24

weekend. The bear gave the kids comic books and posed for pictures.



WIND ROLLS across East Park Reservoir giving fishermen fits, but carrying puffy white clouds over the lake. Unstable

weather at the park can bring on sudden rain and cool temperatures, but the area is an outdoorsman's paradise.



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ONE OF THE FIRST CHOIRS in Ashley Valley. Note the coal oil lamps in chandelier style and the smoke marks on the

wall. The red bewhiskered leader with the baton is John Bowler.

Echoes from the dust

Choirs of a by-gone day

By Ashley Bartlett

Two vivid memories persist with me of early day choirs. The first is mirthful—it amused me, to see George Wardle tap his tuning fork, put it to his ear, then po, po, to find the proper pitch for the song. And because I laughed out at his po, poing, the second memory is sad—my good mother attended to the "sad" part when we got home.

THEN CAME the beautiful Mason & Hamlin organ, Mrs. Henry Griffin, of the pleasant, even if bruised, face, presiding, to give the pitch and support the chorus. Her place was taken by Orson Bennion Calder, then by Lizzie Hacking Colton, later by Mrs. Doty. Afterward there were many organists.

The first choir that I remember was organized by John Bowler (now pronounced Bo-ler), a man who came here with his family and lived in the Freestone home that recently burned down, up on the Hacking-Merkley street. John Bowler had some well-defined musical ideals, and was quite a successful organizer and leader. One of his concert programs lists a quartet by Bowler, Fowler, Hadlock and Davis.

I hold here a picture of the Bowler choir, taken in front of the curtain in the old stake house, recently wrecked by May Jorgensen. It shows the smoke mark on the north wall, the old coal-oil lamps in chandelier style—all pioneer emblems. But to the personnel of that chorus: The red bewhiskered leader, is at the extreme left; then comes Mattie Digman Singleton, Lulu Camp Colton, Rosella Freestone Beck, Effie Howard Wimmer, Kate Snedeker Calder, Julia Holdaway, Maud Sprouse-Carter-Burton, Madie Gibson Sowards, Grace Ashton Hillman, Sarah Gibson Eccles, Clara Howard Doman, Ray Holdaway Robinson, Jennie Dingman, Julia Ann Davis Dillman, Gertrude Cook Fredrickson, Wilhelmine Minnie Jaspersen Davis, Berthera Pack Young, photo of John N. Nightingale Davis, then a missionary; Ebenezer G. DeFriez, Charles Davis, Leon R. Pack, Nelson G. Sowards, William Tucker, Richard G. Camp, Lauritz M. Sorensen, Sterling LeRoy Colton, Ashley Bartlett, George Elsworth Adams, John T. Thompson and at the organ, Mrs. Doty, and with the violin, Peter Hansen.

OTHER SWEET singers of the period, not present when this picture was taken, are Mina Young Pack, Emily Dunster Siddoway, Maggie Pack Fowler, Ward Pack, and Huldah Bunster Pack. It has been years since I thought upon these names and I may inadvertently omit some dependable voices then well and favorably known. It is noteworthy, if one will but think back, how many pure lyric voices like Mina Pack, Berthera Young, tenors like John N. Davis, George Adams, Charles Davis, basses like David Manwaring, Leon Pack and William Tucker, there were here all at one time. Speaking of Packs, there were enough good singers in that family name to have made up a good choir.

Of selections, I scarcely used to breathe while Berthera Young, Mina Pack and George Adams sang the trio in "An Angel From On High," and David Manwaring, in "Come Where the Lilies Bloom," sang the bass solo to the words, "On the winding path by the brookside," etc.

It seems to me that Lauritz

M. Sorensen was one time the choir leader and that the sacred cantata "Joseph," starring David Manwaring as "Jacob" and Edwin Joseph Winder as one of the brothers, was his first offering. In my mind's eye and ear I can see and hear David, impersonating the aged and bowed Patriarch, sing "Wherefore Dealt Ye So Ill With Me, as to Tell the Man Whether Ye Had Yet a Brother" bringing tears all around in the audience that persisted as Ed Winder as Judah pleaded with his father to send along Benjamin, the younger brother, concluding with the song title, "Send the Lad We Pray Thee That We Die Not!" Then there was the opera "Chilperic," starring Ward Pack, Byron D. Nebeker and others. But those days are gone and most of the voices are stilled, yet memories persist, ever pleasant to think upon.

Echoes from the dust

Recreation in Ashley Valley

By Stella Richards

Pioneering in Ashley Valley seemed to be following a set pattern. The pioneers of Nauvoo came as strangers from many states and countries. To make them a united community and a friendly neighborhood, a program was worked out to promote friendship and peace. Among the early converts was a noted actor. He was given the opportunity to stage home drama. They also had patriotic programs, parades, dances and sports to break the monotony of work.

While crossing the plains, the pioneers after a strenuous day of wind, sun and dusty roads, broken wagons, illness, driving livestock and gathering wood or buffalo chips for the fire and having finished the evening meal, the fiddles or harmonicas began to play. How those weary pioneers danced and sang. Tired? Yes! but recreation brought them to life. For an hour or so they forgot trials and troubles of the day. Recreation was the lifesaver for them.

When the pioneers entered the Salt Lake valley, they followed the beaten path and when the pioneers came to Ashley valley, they followed this set pattern.

Each community had its recreation center. In most every case it was the schoolhouse with usually one or two rooms. In winter, they had their special programs, Thanksgiving, Christmas and New Year's Eve here. How well I remember those parties. Father taught school and rode a horse over earlier in the evening to get the schoolhouse ready—make the fires, fix the stage for dialogues and skits, songs and recitations. Mother and we children rode in the buckboard three miles up and down hills of deep gulches and across the rocky creek bottom, chuckholes and bumpy roads to get to the program site.

People came from every direction carrying dishpans, kettles and pots or baskets of food. After a program of song, skits and dialogue and speaker of the day, a potluck lunch was served. How good the fried chicken, cake, doughnuts, etc. tasted to the hungry dancers. After lunch or dinner came the children's, dance, mothers or dads teaching the little ones the intricate parts of dancing so they could one day join the grown-ups in the festivities.

On one occasion, a fight took place on

the floor when the children were dancing. The two fighting looked like giants to me, but Father, who was a short man, got between them, put a hand in each stomach and tried to push them apart while he tried to talk them out of it. The fight went right on over his head. A fight or two inside or out seemed to be the order of the day at the dances.

At night, babies who couldn't be left at home were a spectacular part of the dances. Beds were made on the tables, under the tables, on benches or under benches, in small cradles or boxes. Often a baby was just put in your lap while the mother glided off in the waltz, polka, rye waltz, vesuvian or square dance.

This was not only typical of Union Ward but all the pioneer dance centers.

The dance manager taking the dance tickets received cedar posts, eggs, butter, squash, potatoes, chickens, etc., whatever was offered as payment. This helped pay the fiddlers, for the coal oil lights, fuel for the potbelly stoves and the dance manager. The loot was divided according to needs and desires.

Summer recreation was very different. Every community seemed to have a special grove: Winn's grove in Union; (Ashley Ward); Rasmussen grove in Merrell Ward (Naples); Davis grove in Davis and Burton's Lake in Maeser. Uncle Jake's Hall was a community center for Vernal.

The George E. Adams bandwagon was a prominent part of every celebration. The bandwagon was in the shape of a boat with stair steps going up both ends of the boat. There were five or six rows of seats; with four or five band members to the seat. This band paraded for the valley holidays or special occasions.

The 4th and 24th of July always began with cannon shots and a parade depicting everything from Washington crossing the Delaware on ice and the Goddess of Liberty to Indians surrounded by pines with coyotes, bobcat, eagles, etc., borrowed from the taxidermist. Hay wagons decorated with red, white and blue bunting were the means of transportation.

The horses or oxen were usually made attractive by the use of colorful tassels. Of course, the parade was not complete without handcarts and pioneer wagons.

The grove in each community had its

raised platform for the morning program. The platform, about five feet above the ground, was always decorated with red, white and blue bunting. Here the patriotic program was given. We heard the stories, 'Give me or liberty or give me death,' 'I'm sorry I have but one life to give for my country,' 'Don't fire until you see the whites of their eyes,' 'To arms, to arms, the Redcoats are coming.' There were a few really gifted orators in the olden days.

What interested the kids mostly were the side booths. There were barrels of oranges. If you didn't have a nickel to buy one, you could smell them for free. There were forty-gallon barrels of lemonade and a long dipper and homemade root beer. Popcorn in foot-long packages with a Japanese fan or umbrella in each. There was freezer after freezer of homemade ice cream—besides the candy, nuts and gum.

Quilts, blankets and tablecloths spread on the ground announced dinner time with friends and neighbors, a very special dinner with fried chicken and cake.

Then came the fun time. A greased pig or two was turned loose. What a scramble. The boy or girl who caught the pig took it home. A sack of money was put at the top of a greased pole. It belonged to the one who climbed to the top and got it. There was tug of war, pa's and ma's on the east side against pa's and ma's on the west side; sack race, egg race, three-legged race, relay races and just plain races. High jump and broad jump, occasionally a war with wooden spears and swords between white and Indian.

Now it was time to go home and milk the cows, chop the wood, feed the pigs, eat supper, put on your best bib and tucker and get ready for the night dance.

These dances were mostly held in schoolhouses; later in log recreation halls. Here, 'neath the coal oil lamps high up on the walls the couples glided through all the old time dances. Twelve o'clock — time for refreshments or box lunches auctioned off. Then the fiddlers struck up the tune "We Won't Go Home til Morning," and the dancers very often did just that.

Recreation was the lifeline of the pioneer.

as a present. The bird is a large one, his wings measuring over seven feet from tip to tip. On the red, white and blue streamers which adorned the cage was printed the following motto: "To Governor Wells—we cry for Free Silver, Economy, Home Industry, Uintah County." *Entertainment—Dr.*

A new dramatic troupe has been organized in Vernal consisting of the best talent to be found in the valley. The company will present the well known comedy drama "Caste," in the near future. Watch the Express for the announcement of date and cast of characters. The play will be under the management of Dr. Lindsay.

Monday night some malicious person or persons broke the windows of the Chinese restaurant and fired several shots at On Ohung the proprietor. Allen Talbert, a sheep herder who is working for Legrand Young, was arrested for the offense Tuesday and was given a jury trial before Justice Veltman and was acquitted as there was no evidence to prove him guilty and On Ohung could not identify him as the one who committed the act.

any talk.

The district is still in debt and will continue so as long as people that should be interested in such matters stay at home and let the bachelor element come and vote their interests down.

Respectfully submitted by the Trustees of Dist. No. 1,
David Timony,
Geo. Billings,
J. Y. Packer.

A Few Poker Don'ts.
Don't ask what's trumps when playing poker. The other players may think you are feeling and frown upon you by means of a chair.

Don't expect to win every time you make a bet. There are lots of people still living who disobeyed this rule, but most of them are in the poor house.

Don't deal yourself more cards than you deal the others. Beside being an extremely selfish habit, it also causes adverse criticism and oftentimes sudden death.

Don't put all the chips you have in the center of the table for a bluff and then try to pull them back suddenly if somebody "sees" you. People have been severely injured for doing this very thing.

Don't open a jackpot with a pair of trays. Some players who have done this in a thoughtless moment are alive and well, others are in the hospital and not a few have left this vain world entirely.

Don't when playing with strangers, ask permission to examine their inside pockets and look up their sleeves for a cold deck. Such a proceeding is very rude and ungentlemanly and might cause some one to rise up—Will-Billy and smite you althwart the cheek.

Don't get angry when some one calls you and discovers that you have been talking eagerly with nothing in your hand says a flush that has the springhalt at one end. According to Hoyle, the rule in this case is to smile blandly, excuse yourself politely, re-

lot wherever cast. All try hard to please their readers and are eternally and unintentionally offending someone. A brother scribe recently wrote up a flattering notice of a concert given by the bon ton young ladies of his town; he also wrote an article about a band of blooded cattle just shipped in, and in putting the type in the form the foreman got the two items mixed, and when the paper came out the editor was horrified on reading the following, and immediately left town.

"The concert given last night by sixteen of the Storm Lake's most beautiful and fascinating young ladies was highly appreciated. They were elegantly dressed, and sang in a most charming manner, winning the plaudits of the entire audience, who pronounced them the finest breed of short-horns in the country. A few of them are of a rich, brown color, but the majority are spotted, brown and white. Several of the heifers are fine-bodied, tight-limbed animals, and promise to prove good property.—Ex.

Maquerade Ball.

The masquerade ball that was to have been held at the Vernal Opera House Monday of this week and was postponed on account of the death of Mrs. Nathan Davis, will come off on the 24th of this month at the same place. Two cash prizes will be given for the two best sustained characters, \$5.00 for first prize and \$2.00 for second prize. Mrs. Legrande Young and Dr. Lindsay are to be the judges and they will select a third judge.

Spectators will be charged an admission fee of 50 cents for gentlemen and 25 cents for ladies. No objectionable characters allowed, and maskers will be allowed to carry out the characters they represent.

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Uintah County Commissioner allocated \$145,019.90 in mineral lease money Monday paving the way for the purchase of a refrigerated ice system.

The Ice Age Foundation proposed last week to the Uintah Recreation Board the purchase of a refrigeration system from Seven Peaks which was offered to them for \$42,000. To fund the project, Commissioner Lloyd Swain suggested that the mineral lease money be passed through the Recreation District.

Monday, Uintah County allocated \$78,009.90 to the Recreation District and \$67,009.90 to the Uintah Water Conservancy District for rehabilitation along Ashley Creek. Of the \$78,009.90 the Recreation District will pass on \$35,000 to the Uintah Arts Council.

Tuesday, the Recreation District committed to purchase the refrigeration equipment, but backed off paying for maintenance, operation or setup costs. The facility will assist in the freezing of ice at a rink at Western Park. Maintenance and operation funding will be provided by the Ice Age Foundation in labor and donations. Cost of setting up the facility will be worked out between Western Park and the Ice Age Foundation.

City Councilman Jim Abegglen said he would approach Vernal City for \$5,000 for tubing for an additional ice rink which will be strictly for public skating. The additional tubing will be purchased from Rock Springs.

Also, surplus equipment could be provided from the Utah Lake State Park System.

Entities support skating park

By Matthew Ben Foley and
Steven R. Wallis

The Uintah Recreation District has approved a proposal, but committed no funding yet, to build a skating and bike park along 300 West on the abandoned tennis courts north of the Vernal Junior High School.

The park was initially presented to the Vernal City Council last week by the group, Bike, Board and Blade Park Committee, composed of skaters, police officers and Youth Corrections officials.

Several young people presented preliminary plans for the park which would accommodate the practice and competition of several sports for all levels and ages. There would be an area for skate boarding with half-pipes, quarter-pipes, stairs, grind rails, and other obstacles. It would include an area for a dirt BMX racetrack, complete with jumps and turns. Between the two sections, there is planned to be a large cement area which can be used for various purposes depending on the current need. Picnic tables, bleachers, concessions, or an in-line hockey court could be temporarily set up there to allow a large range of versatility. A 10-foot wide circumference track will circle the entire park allowing a place to leisurely use roller-skates, scooters, and similar things. There would also be grassy areas and a parking lot.

Benefits of the proposed area are

it is centrally accessible, it is near other city parks, and it is large enough to include all the above-mentioned items.

"We don't have anywhere to go..." said one teenager at the meeting. "We're tired of being told to leave when we're just trying to practice our sport. This will give us somewhere to go." Similar is the cry of many of Vernal's youth.

"They need a place to go that will keep them off the property of local businesses and off the streets. Such a park will be a much safer place for them to skate," said Gary Gaudette.

Troy Lupcho of Altitude Cycle is another big supporter of the park. He told the council that there are many possibilities for the BMX portion of the park. "Local competitions will attract tourists and be a source of revenue for the City."

The council agreed with the concept of the park and recommended that the group work with the Uintah Recreation District. The Recreation District has been planning to build a skating park for the past two years. The hold up has been the procurement of property.

The tennis court property is currently owned by the Church of Jesus Christ of Latter-day Saints. Jim Abegglen who sits on the recreation board said the church is presently appraising the property, and is aware of the Recreation District's interest in purchasing the property.

Skate boarding, roller-blading, BMX riding and roller-hockey have

proven to be activities enjoyed by many enthusiasts, content those supporting the construction of the park.

"When these parks are built in a community, injuries go down and damage due to the skaters use of parking lots and sidewalks declines," said Officer Patrick Eden, Vernal City Police.

"We are the bad guys when a complaint is filed, and we have to kick them out of parks or from a business' parking lot, but there is no where else for them to go," said Rick Reynolds, Vernal City Police and member of the Recreation District Board.

Cost of the park with will include a multi-purpose cement area, BMX dirt bike track and roller blade track is estimated at \$250,000. The Recreation District is bidding on some surplus skate board park structures from Park City. The equipment is portable and could be setup in the multipurpose area or in another park elsewhere. The Recreation District will hold a budget reopener May 21, to consider capitol projects. Top on the priority list is a skating park. The Recreation Distict Board will also consider putting away enough funds to cover a year's operation of the district. Currently the Recreation District, which receives most of its funding from Mineral Lease monies, has a substantial windfall this year. The reopener will address the surplus funds.

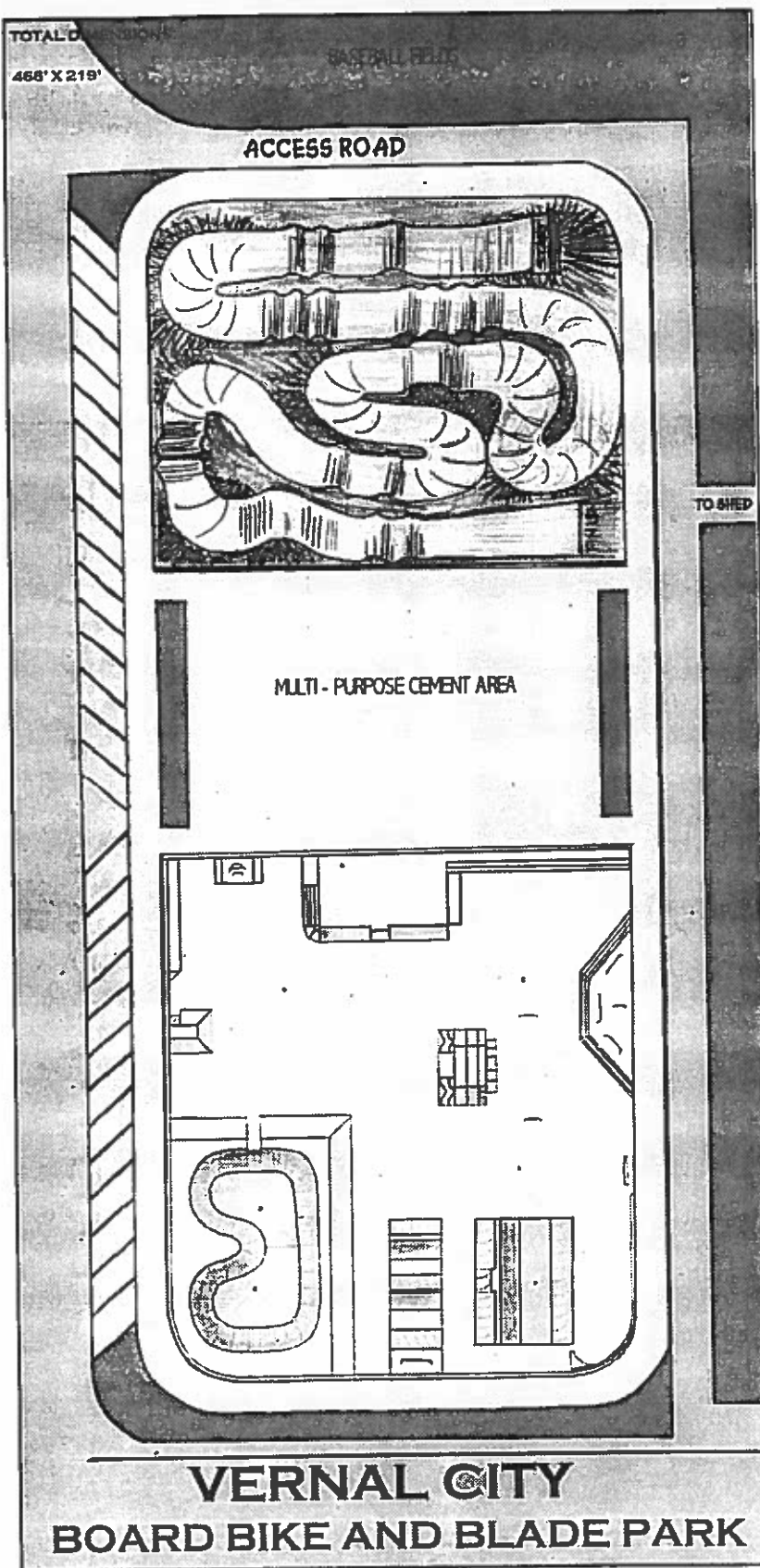
See Drawing of Park on page 2

Vernal Express 25 April 2001

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Drawing shows proposed skating park as presented to the Uintah Recreation District. The proposal incorporates skate boarding, roller blading and BMX biking.

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Sports



Pee wee riders on 50s get one last pep talk from family and friends before they take off on their moto.

First motocross race runs smoothly

By Mandi Oaks
Express Writer

The first race hosted by Uintah Basin Motorsports Association at the Honda Hills track ran rather smoothly and had a good turn out over Memorial Day weekend on May 24-25.

Trucks and trailers hauling dirt bikes began to show up at the Honda Hills Friday night when sign ups for the races began. Racers from three states continued to arrive Saturday morning for



Gray Davenport, one of the top motocross racers in the state of Utah, catches air across the tabletop that serves as the finish line on the Honda Hills track.

sored, like local riders Corwin Simper and Bryon Getchell, who are sponsored by Darkhorse

to keep the dust down throughout both days of races. A water line that runs under the track provided water



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Trucks and trailers hauling dirt bikes began to show up at the Honda Hills Friday night when sign ups for the races began. Racers from three states continued to arrive Saturday morning for practice and for the main event. Those entering the races ranged from 5-year-olds to 60-year-olds and traveled from all over the states of Utah, Wyoming and Colorado. According to Mike Slaugh, president of UBMA, 128 racers entered on Saturday and 98 entered on Sunday, which is a good turn out for the first race on a track. Many racers who came to race on the new track are actually spon-



Gray Davenport, one of the top motocross racers in the state of Utah, catches air across the tabletop that serves as the finish line on the Honda Hills track.

sored, like local riders Corwin Simper and Bryon Getchell, who are sponsored by Darkhorse Racing. Most racers, however, are sponsored by "mom and dad."

The first set of 18 motos began Saturday morning with volunteers from Uintah Basin Motorsports Association (UBMA) running the show by taking entrance and spectator fees, keeping score and serving as flaggers on the track. Utah Sportsmen Riders Association (USRA) score keeper Dana Barlow was on hand to show local volunteers how to keep score according to USRA rules so the track will eventually be able to host USRA-sanctioned events. Barlow attends many motocross races with her family and runs the races that are held in Delta. She told local volunteer score keepers she was very impressed with the Vernal track.

Flaggers on the track worked hard

to keep the dust down throughout both days of races. A water line that runs under the track provided water through strategically placed hoses over the entire track. In between motos and even during them, flaggers periodically sprayed the track to keep the dust down.

Despite all the effort to keep things running smoothly, no one will deny that motocross is a dangerous sport. There were a few injuries with two major ones on Saturday and two on Sunday. However, considering the number of racers, the injury ratio was actually quite low and all received the proper medical attention from the EMTs who were on hand. The majority of motocross-related injuries happened not to the racers, but to volunteers and spectators who forgot to wear sunscreen and received sunburns in the hot weather.

To Your Health

Fitness and emotional health

By Michael J. Bjornson, Ph.D.
Express Sports Writer

In previous "To Your Health" columns, I have discussed the value of physical fitness and health, as well as various local options to help individuals pursue better health. This week, my focus is on the value of physical conditioning and health as a means to improve one's emotional well-being.

We all know that exercise is good for your body. What is typically less known is that exercise can also be equally beneficial for your mind. Since your body and mind are inextricably linked, it makes sense that exercise can positively impact both. If you are a regular exerciser, you have more than likely experienced feeling more positive after you have worked out. Exercise can be a wonderful antidote to stress, helping us expunge our worries and daily tension.

The prevailing belief is that exercise causes a release of endorphins and enkephalins, pain-reducing and pleasure-increasing neurotransmitters similar to opiates. Although there may be something to this notion, recent research has focused on the lesser known neuromodulator, norepinephrine, which may help our brains deal with stress

more efficiently. Of interest, norepinephrine is the same neurochemical released by amphetamines and other drugs. Certain anti-depressants also help increase brain concentration levels of norepinephrine. On a more basic level, when you exercise, your mind is free to wander away from problems. This can allow for a "shift" in your thoughts and perspective once you "return" to that same problem, often leading to a more positive frame of mind and sometimes a solution. Exercise has been linked to cognitive improvements and can boost higher level thinking, which also helps us deal with life's problems.

There is a lot of scientific research which examines the role of exercise and reduction of depression. Dr. Michael Babyak, Ph.D. and Dr. James Blumenthal, Ph.D., researchers at Duke University, have conducted several systematic studies with patients diagnosed with major depressive disorder. Patients were randomly assigned to either aerobic exercise only or medication only, using Zoloft, a commonly prescribed SSRI for depression, or a combination of exercise and medication. After four and a half months of treatment, all participants were significantly less depressed and about two-thirds were no lon-

ger depressed. Six month follow-up studies with these same patients found that patients who were in the exercise-only group were more likely to be either partially or fully recovered than those who were in the medication or medication plus exercise group.

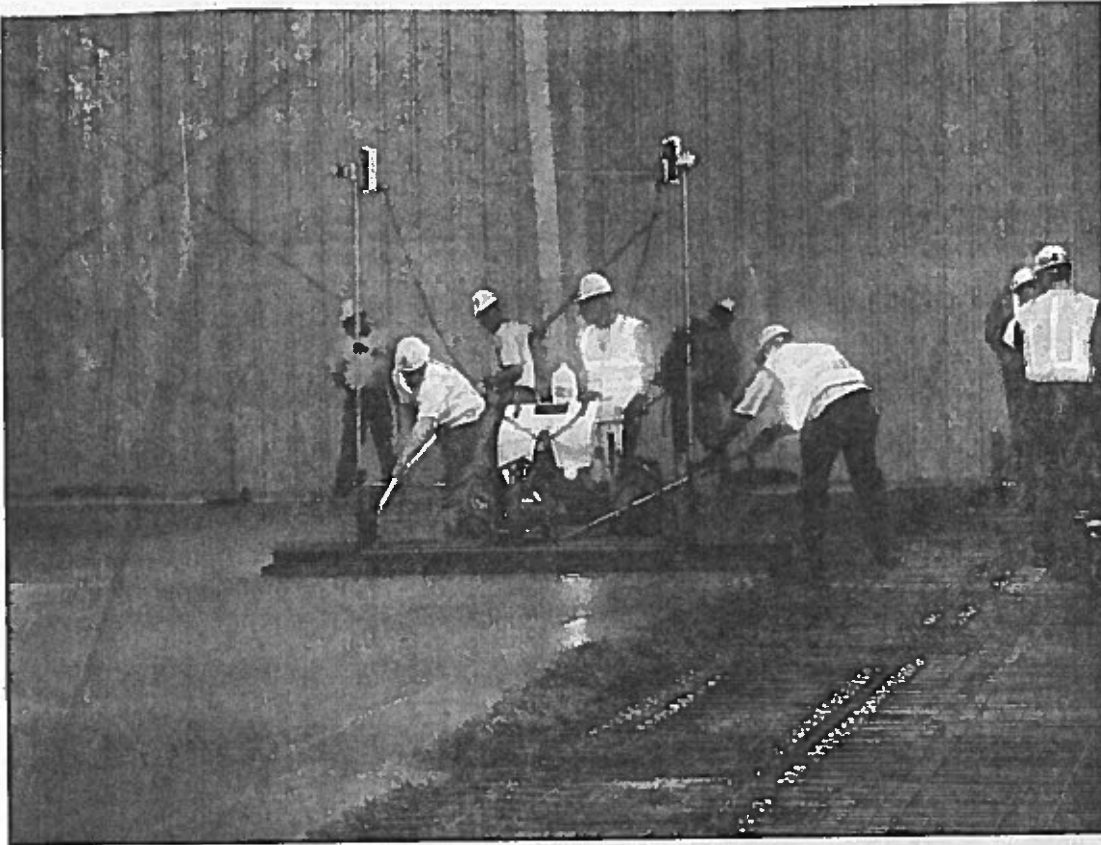
This is not to advise one to halt their antidepressant therapy. Rather, it would be wiser to incorporate exercise into an overall approach, also including psychotherapy, to most effectively manage mood state. This is supported by other studies which have concluded that exercise has the most powerful antidepressant effect when it is combined with psychotherapy.

Additional findings in the exercise—mood link include the duration and frequency of exercise. This boils down to those who stick with it, and do it more often (up to a point), appear to gain more psychological benefits. This parallels the benefits of exercise and physical health as well. Exercise also reduces depression and anxiety for all age groups, with an even greater benefit as you grow older. Exercise has also been found to equally lower depression for both genders.

Regarding type of exercise, walking and jogging are typically the most frequently researched types; however, all modes of exercise have been found to lessen depres-

sion, reduce anxiety, and help people more effectively manage stress. Therein lies the beauty of it. You get to decide from a smorgasbord of possibilities. You can join a fitness facility or strike out on your own path. Just do something active, do it frequently, and do it for the rest of your life if you can. Walk, bike, hike, lift weights, take aerobics classes, swim, do Aquanobics, ski, skate, row, or better yet, cross train by incorporating at least two or three of the above.

If cost is a factor or you do not "have the time", consider this. You will pay for it in one way or another, typically through poor health with higher medical expenses, more days off from work due to stress, depression, or sickness, and more expensive health costs. It is hard to put a price tag on quality of life. It is a matter of what you prioritize. Some people will spend several hundred dollars each month for auto payments or dish out big bucks for their big screen or plasma TV, and somehow find the time to sit and watch it. I am not against this per se, I am just suggesting to examine what your priorities are. If you want optimal physical and emotional health, longevity, and quality of life, you cannot deceive yourself. Exercise is essential. Good luck and get moving, your body and mind will thank you!



Workers rake the concrete for the floor of the ice rink at Western Park before a laser screed completes the leveling process for a smooth, even surface.

Floor poured in ice rink

Utah County Commissioner Jim Abegglen was on hand Nov. 19 as the concrete floor was poured and leveled in the new ice rink building at Western Park.

The concrete was pumped in through a long hose from trucks outside the building. It was then raked by workers and

then leveled by a laser screed. The technology used to pour and level the floor is state of the art and assures the most level skating surface currently possible.

The floor required 260 yards of concrete, involving 26 truckloads.

Kyle Gillespie of Rink-Tec is

the contractor in charge of the new rink. Gressor is the company subcontracted to pour the floor. Both companies are from the Minneapolis and St. Paul area of Minnesota. Gillespie said the two companies have constructed ice rinks all over the country.

24 Nov 2004 RHC 0581

Utah Express

Flyover planned for July 4

The 4th of July Celebration will begin Wednesday at 10 a.m. with a flyover by F-16 from Hill Air Force Base.

As crowds gather for patriotic activities July 4, four pilots from the 419th Fighter Wing, the Air Force Reserve Unit at Hill AFB, will take to the sky in F-16 fighter jets.

The pilots will fly down Vernal Parade route at 10 a.m. and marking the start of the July 4 Parade.

Volunteering for the mission are 419th pilots Lt. Col. Mike Brill, Maj. Kurt Gallegos, Capt. Mark Lantz and Capt. Dave Castaneda.

Their four-ship will fly over nine cities, beginning with Centerville at 9:15 a.m. The flight path will continue over Provo at 9:30 a.m., Huntsville at 9:45 a.m., Vernal at 10 a.m., Henefer at 10:15 a.m., Riverton at 10:20 a.m., Farr West at 10:30 a.m., Monticello at 10:40 a.m., with the final pass over Park City at 11 a.m.

The Vernal parade will begin shortly after the flyover and will march down Main Street from the Vernal Post Office. The Parade entry deadline is July 3 at 12 noon. Entries need to be made at the Vernal Chamber of Commerce, 134 W. Main.

This year's grand marshal is Duane Hall. The Elks firework display will occur at dusk at the Ashley Valley Community Park.

The 419th Fighter Wing, located at Hill AFB, Utah, is one of more than 40 flying units in the U.S. Air Force Reserve. It was the first Reserve unit to fly the F-16 Fighting Falcon and the only Air Force Reserve unit in Utah.

The mission of the wing is to provide gaining commands a ready, fighting force through recruiting, equipping and training for world-wide combat.

To accomplish that mission, the wing trains and equips an F-16 squadron to be capable of world-wide mobility to perform a wide variety of air-to-air and air-to-ground fighter missions.

The wing provides entire support packages including operations, maintenance, civil engineering, security, supply, transportation and communications.

During peacetime, the 419th reports to 10th Air Force, Naval Air Station Fort Worth Joint Reserve Base, Texas. When mobilized for active duty, the wing's aircraft and most of its personnel are assigned to Air Combat Command's 12th Air Force.

Members of the 419th's 67th Aerial Port Squadron are assigned to Air Mobility Command when mobilized and the 419th Combat Logistics Support Squadron is assigned to Air Force Materiel Command.

The 419th Fighter Wing is comprised of approximately 1,500 personnel and 15 F-16 fighter aircraft. Most of the wing's personnel are Reservists who routinely cover contingency deployments while also supporting daily flying operations stateside.

The 419th is authorized about 275

See Flyover on page 2

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Vernal Express June 27 2001

RHC 0581

During a two-year period, the 419th Group gained several components, spanning five separate locations and three Air Force organizations.

Group pilots trained until March 1951 when training ceased and the entire 419th prepared for entry into active service. Activated in July 1956 as a component of the Regular Air Force, the group and its three squadrons trained in C-123 assault airlift operations. Over the next several years, the wing logged missions in the T-33, F-80, F-84, C-119, C-124 and C-46 aircraft.

In 1972, the Air Force Reserve modernization program added fighter aircraft which resulted in the unit gaining F-105 Thunderchief aircraft. Consequently, the unit was redesignated the 508th Fighter Group.

On Oct. 1, 1982, the unit was upgraded from a group to a wing, being redesignated the 419th Tactical Fighter Wing. It was the last operational F-105 unit in the Air Force until its conversion to F-16s in January 1984. In addition, the 419th achieved top team award in the Gunsmoke '85 Air Force Worldwide Fighter Gunnery Meet, as well as Top Gun and other distinguished recognition at Gunsmoke '87.

During the Persian Gulf Crisis in 1991 and 1992, more than 100 419th members were called to active duty in support of Operations Desert Shield and Desert Storm. They served in Saudi Arabia, Europe and state-side.

Approximately 350 members of the 419th Fighter Wing served at Incirlik Air Base, Turkey, in support of Operation Provide Comfort II from Dec. 3, 1994 through Feb. 16, 1995. The wing's pilots flew more than 500 sorties, compiling more than 1,400 flight hours enforcing the no-fly zone over northern Iraq.

In 1996, the 419th had the first-ever Reservist team attending William Tell, an air-to-air competition. The Wing's team was awarded sixth place overall.

The wing once again demonstrated its combat capability in a return trip to Incirlik AB in June 1997 to support Operation Northern Watch. The unit's show of force was significant as it deployed 12 aircraft and nearly 400 people to the region to deter the Iraqi military from terrorizing its neighbors. When the smoke cleared, 419th pilots had logged more than 203 missions over the skies of Iraq.

In 1998, the 466th Fighter Squadron, for the first time, was invited to participate in a deployment to Thailand. Cope Tiger included exercises with flying units from both the Thailand and Singapore Air Force. That same year, the 419th also deployed 6 aircraft and 93 Reservists to Kuwait in support of Operation Southern Watch. The mission of the 419th while deployed was to support the United Nations sanctions aimed at deterring Iraqi troop movements toward the Kuwait and Saudi Arabian borders.

In June 1999, the 419th Fighter Wing's deployment to Incirlik AB, Turkey was a huge milestone as it marked the first time that the Reserve has supported a contingency operation by employing precision-guided munitions. After being fired upon by the Iraqi military, wing pilots utilized laser designators on their targeting pods to obtain pinpoint accuracy while logging a total of 84 sorties throughout the 38-day deployment.

419th FW members deployed to Incirlik AB in June 2000 where they became the first Reserve unit ever to use a new precision strike capability known as LITENING II in a contingency operation. Their F-16s, equipped with the LITENING II technology, 419th pilots helped keep the Iraqi military in check flying 95 combat missions over a 28-day period.

Flyover...

Continued from page 1

air reserve technicians and civilians, who work full-time and provide continuity between reserve training periods. Training for 419th Reservists includes mobility exercises, deployments, monthly weekend training and annual tours—when reservists are brought on active-duty status for at least 15 days every year.

The Air Force Reserve has maintained a flying mission at Hill AFB for more than 45 years. When activated in March 1947, the 419th Group was earmarked to control seven Reserve units, the first of which was a rescue squadron.



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27 June 2001

Folk musicians make Vernal t

By Virginia Harrington
Feature Writer

Ronnee-Sue Helzner and Robert Murray Specht are better known to fans of folk music as Mountain Aire. Specializing in Celtic and American folk music as well as original songs they write and compose themselves, the duo has been performing together for approximately 10 years.

Specht plays acoustic guitar, octave mandolin, mandolin, tenor banjo, pennywhistle, bodhran (an Irish drum), string bass, percussions and even the kazoo. Helzner plays the fiddle, flute and guitar and uses a keyboard to work out their original compositions. Specht said if they think an instrument neither of them plays would work well in a composition they are creating, then one of them must learn to play that instrument. In addition to all those instruments, they both sing in the soothing soft tones of traditional folk music.



Robert Murray Specht and Ronnee-Sue Helzner play with their dog, Shadow.

Helzner said, "We are passionate about each other, about music and about sharing that passion with others. Our music, folk music, crosses time and space. It relates to historical times and to other cultures as well as to here and now. We do an interactive musical presentation because we like to see and talk with the audience. Folk music is sharing the human experience."

Specht said they feature more Celtic folk music from Scotland than any other, partly because of his Scots heritage. His grandmother emigrated from Scotland to North America in 1908 where she lived to be 104 years old. Specht said she was a singer in Scotland and he remembers listening to her sing the old songs, many of which tell stories of Scotland's struggles for freedom.

Mountain Aire has been to Scotland several times to collect songs from the rural Scots, whom they said "share willingly." Helzner pointed out that the Scots language

is in danger of dying out and the songs are one way to help preserve that ancient tongue.

Mountain Aire, recipient of grants from the National Endowment for the Arts and the Idaho Commission on the Arts, has performed internationally as well as throughout the western U.S. Examples of their many appearances are performances at the Aberdeen Folk Club in Scotland, the Cutter Theatre in Washington, the Phoenix Folk Traditions Festival, Dorman's Hootenany in Wyoming, Snake River Concerts in Idaho and the Jarvie Historical Ranch Celebration in Utah.

It was not music that brought Helzner and Specht together, but rather their mutual interest in range management and forestry. They met in Idaho Falls in 1979 while both were seasonal employees for the Bureau of Land Management. Since that time, however, music has become part of the strong bond that keeps them together.

Their work with the BLM and the Forest Service has taken them to a variety of towns throughout Idaho, Wyoming and now Utah. Specht said they are very selective about the jobs they take because they want to continue living in small towns. He said their rule has generally been that they will live only in communities of less than 1500 people.

Helzner said they broke that rule when they moved to Vernal a year ago because they were impressed by the cheerfulness of people in the area. She said people in Vernal are helpful and kind and this is a great place to live. The couple agreed that Vernal has the same rural feel to it that they have found from the Highlands of Scotland to Victor, Wyo. Helzner said she feels comfortable and at home in rural cultures and with rural music.

Helzner, who grew up in a small coastal town just north of Boston, said music and theater have always been a part of her life. During the 1975-76 school year she studied the eclectic mixture of folk literature and ecosystems while playing in various school bands. She contin-



Mountain Aire Duo earned these interests at a college in Maine, earning a degree in environmental studies with a minor in music. In 1985 Helzner received a B.S. in range management from the University of Wyoming. He holds certificates in horticulture technology and medical technology.

Specht, originally from California, said his interest in music didn't bloom until he was in high school. He received a B.A. in range management from State University in 1981, later, after he had majored in music. Specht became aware of his musical talents and talents in school as an underclassman in Powell, Wyo. where he was a star. In 1983 he did graduate in wildlife and range management at the University of Wyoming in Laramie, where he has continued his instruction in guitar.

Expressions

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Mountain Aire Duo entertains with flute and bodhran

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medical technology.

Specht, originally from Redding,
Calif., said his interest in music did-
n't bloom until he was 31 years old.
He received a B.A. in botany and
range management from Humboldt
State University in 1979. Two years
later, after he had married Helzner,
Specht became aware of his latent
musical talents and went back to
school as an undergraduate in
Powell, Wyo. where he studied gui-
tar. In 1983 he did graduate studies
in wildlife and range management
at the University of Wyoming in
Laramie, where he also continued
his instruction in guitar. Now, when

asked how many instruments he
plays, Specht said, "Eight; nine if
you count the kazoo."

Between performances the couple
stays busy with their Forest Service
and BLM jobs, their horse named
Magnet and their 14-year-old dog
named Shadow. Helzner said that
no matter how busy their lives
become, they will always make
time to take part in folk festivals
and to perform for weddings, ban-
quets and benefits, and are willing
to appear at resorts, coffee houses,
guest ranches and schools. Specht
said their next scheduled perfor-
mance is a benefit to be held May
12 at 7:30 p.m. at the Vernal Middle
School.

Mountain Aire can be contacted at
P.O. Box 77, Vernal, UT 84078 or
by phone at 435-781-0258. They
can also be contacted by email at
mtnaire@easilink.com.

Community Calendar

April 18

- Vernal Rod and Gun Club
League Shoot, April 18 and 19
at 4 p.m. Have your three man
teams ready, or we'll find you a
team when you get there!
Public Welcome.

April 19

- TOPS (Take Off Pounds
Sensibly) meets at 11:30 a.m.
every week at the Uintah Care
Center Day Care room. For
more information call Marcia at
789-279J or Minnie at 789-
1064.

- Seniors make Easter eggs
at the Golden Age Center at 1
p.m.

- Identifying Birds With Dr.
Everett Pitt at 7:00 p.m. at the
Golden Age Center, Vernal.
Along with the flowers, spring-
time brings migratory birds,
winging their way from balmy
southern climes to the thawing
northern tundras. Combined
with our resident, nonmigratory
birds, this makes April a great
time for birders. Next
Thursday, birders will have an
opportunity to brush up on their
avian abilities with an expert in
ornithology, Dr. Everett Pitt.

April 20

- A community dance will be
held for people of all ages at
the Golden Age Center, 155 S.
100 W. beginning at 8 p.m.

- Republican County
Delegate. It is time for our
County Republican
Convention. We will be orga-
nizing the County Central
Committee, and talking about
some plans. Your vote is impor-
tant. 6:30 p.m. in the Uintah
High School Cafeteria.

April 21

- A community dance will be
held at the Way Out West
Dance Hall in the old Jiffy

Vernal Express
19 Dec 2001

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NO. 0581



Referring to the huge crowd enjoying Free Skate Night at Western Park, one adult skater was heard to comment, "It felt like 600 kids were out there!"

Free skate night brings out kids of all ages

By Virginia Harrington
Feature Writer

Thanks to a group of dedicated hockey enthusiasts, Dec. 17 was the second annual Free Skate night at Western Park's ice rink with free skate rentals thrown in for good measure.

Hundreds of children, teens, parents and grandparents turned out for the special night. The rink opened at 7 p.m. and fifteen minutes later there was a waiting line for the skates. Some hopefuls waited as long as an hour before getting their turn on the ice.

Approximately three years ago a group of people interested in seeing local students complete a hockey season got together and formed the Ice Age Foundation. Their goal was to provide Vernal with an ice rink that would last beyond February, the time of winter when the ice normally begins to thaw during the daytime hours. With a cost of over \$200 to start a hockey season, they had ample financial reason to see to it that their children could also complete the season.

The Ice Age Foundation made a proposal to the County and soon a refrigeration unit complete with

plumbing and all necessary parts was obtained at a cost of about \$40,000. Derk Hatch said that this year there are approximately 250 kids enrolled in hockey, including 2 girls, who regularly take advantage of the solid ice provided by the Ice Age Foundation and the County.

Everything was in place by Christmas of 2000 and the first ever Free Skate Night was held. The Foundation decided to make this an annual tradition as a way of thanking the community for its support and to get as many kids as possible out on the ice.

Vernal Express 7 July 2004

TO YOUR HEALTH

Getting physically fit in the Uintah Basin

By Michael J. Bjornson, Ph.D.
Express Sports Writer

Everybody has heard it in one way or another that exercise is beneficial to you for a myriad of reasons, most of which I won't go into in great depth. Aside from helping you feel better physically and emotionally, when you exercise and control your weight, you reduce your risk for many physical health concerns. You might also prolong both the length and the quality of your life.

In a major study reported in the New England Journal of Medicine (April, 2003), being overweight or obese increases the risk of dying from nearly all of the leading types of cancer, with these risks being greater for women. Excess body weight may account for at least one out of every five cancer deaths in the U.S. Heart disease is another risk factor associated with excessive body weight.

Americans are the most overweight people on earth. About 31% of adults are considered obese, and another 34% overweight. Being overweight is also a significant problem for children as well. Approximately 80% of overweight children will also become overweight adults, subjecting them to the same adverse health consequences.

This may all sound depressing, especially for those who have struggled to lose weight. Keep in mind however that these are statistics and they do not tell the whole story. Just being at increased risk does not mean you are doomed. You also are at increased risk of dying every time you cross the street or get in your car and drive.

Even "normal" weight individuals are at increased risk for adverse health consequences if they are not physically fit. Pursuing physical fitness can benefit you no matter what your body size is, and weight loss should not necessarily be the primary reason for exercising.

The good news is that in the Uintah Basin, we have at our dis-

posal many options and opportunities to engage in health promoting exercise, sports, and activities. Last week I discussed walking for fitness. This week I am looking at weight lifting or strength training as a fitness pursuit. Strength training is far more important than many people realize in order to maximize your health.

Health experts agree that weight lifting is beneficial for many reasons. Not only does it help you increase your muscle tone, but it is one of the most effective fat fighting exercises available. Muscle tissue is metabolically active, unlike fat tissue, and helps you burn calories more efficiently, even when at rest. This is especially important for women, who physiologically, tend to carry more body fat than men and usually have a harder time shedding pounds.

The good news is that weight training can alter how your body works at the mitochondria (energy production) level of your cells, helping you burn calories. For women, to increase muscle tone can also help offset osteoporosis (thinning bones) by increasing bone density.

Women often have an overconcern that they will become bulky or too muscular. This is a misconception. It takes many years of focused heavy lifting to build big muscles, and this is typically harder for women. What you can expect is improved muscle tone, improved strength and conditioning, as well as a greater sense of physical and emotional well-being.

Other proven reasons weight lifting is beneficial include reduction in blood pressure and blood cholesterol levels, as well as daily physical functioning. Keeping your muscles toned and strong can also help reduce arthritis and low-back pain. It is important to know that research has shown that even people in their 90's are not too old to begin weight training, with medical clearance and proper instruction of course.

One of the outstanding facilities in Vernal, to help you improve your health, is known as Freedom



Brad Sorensen, Jana Houghton, and Gail Sorensen provide Freedom Fitness facility.

Fitness, located at 219 South 1000 East, owned by Brad and Gail Sorensen, and managed by Gail's sister, Jana Houghton. According to Brad and Gail, what is now a state-of-the-art health facility began in 1998 as a "hobby" in a back room of a warehouse, with one small room occupying just three pieces of weight lifting equipment and one treadmill. Brad, Gail, and a small group of friends had mutual interests in increasing their fitness. For Brad, it was a way to improve his conditioning in order to prolong his career, as owner of Cal's Carpets.

At that point, there were no dues, and word of mouth began to spread quickly about a small but committed group of individuals working out in this setting. Brad and Gail responded to this demand for involvement by purchasing the building in 2000 and undertaking remodeling one step at a time.

Since 1998, Freedom Fitness has evolved into an outstanding facility, with significant remodeling

and upgrades. Their low overhead allows very reasonable membership rates and enables them to purchase the latest and greatest in workout equipment. None of the original equipment remains. Brad and Gail have done a terrific job with their selection of equipment and chosen improvements. Having worked as a fitness consultant and personal trainer for several years in Salt Lake City health clubs, I can personally speak to the uncompromising quality of Freedom Fitness.

If your notion of a gym consists of a sweaty, odor filled, and attitude-bearing crowd of muscle-head individuals throwing weights around, then Freedom Fitness will surprise you! This facility is nothing like that. Brad, Gail, and Jana all emphasize cleanliness, (they do all their own cleaning), orderliness and friendliness amongst the members. If you have worked out there, you likely sense that people feel "comfortable". Members feel free to talk amongst themselves or go about

their workout privately.

There is a wide variety of people who work out at Freedom Fitness, ranging from beginning to experienced, as young as 21 years old (minimum age allowed) to elderly, of all professions. You can be an absolute beginner to the fitness scene and not feel like an outcast.

This modern facility boasts many amenities. There is a main workout area with updated weight machines as well as free-weights. There are also "hybrid" types of equipment such as "Hammerstrength," which is a machine that you place free-weights on.

As Brad indicates, safety is a priority. Most of the equipment can be used without a spotter or workout partner, although to have one if you choose to, can help you stay motivated.

One of the appealing things about Freedom Fitness is the 24-hour availability. You enter your code on both the front door and a second code on the workout entrance,

to ensure security and safety. There is also a sophisticated video monitored security surveillance system, that allows members to feel safe working out at any hour of the day or night.

The workout equipment is grouped according to muscle group or body part you are exercising. There are separate cardio and aerobic rooms. In the cardio room, there are five elliptical trainers, four treadmills, one stair-stepper, and two bikes. There is satellite television for viewer's enjoyment while they do their cardio. In the main weight lifting area, there is satellite XM radio to keep you revved-up during your workout.

There is also an aerobics program with six regular instructors, who teach in a newly remodeled aerobics room on a brand new hardwood floor, suspended on rubber. The classes include step classes, power cardio, kick boxing, and occasionally hip hop (when Brad and Gail's daughter, Kris Hammond is in town). You do not need to be experienced in these types of classes to participate in them. The aerobics room also has open time, where members can use it for whatever they like. There is a video tape player, along with an extensive selection of workout videos all members are free to use.

Personal Training is also available at Freedom Fitness, through Francie Workman, certified personal trainer (781-2975) who specializes in women's fitness. She offers a free initial consultation, and \$25.00 per training session thereafter. This is an excellent way to get started on a fitness program or to maximize your time and effort put into working out.

Brad Sorensen can also assist you in learning how to use the various equipment. Protein supplements are also available at Freedom Fitness.

Brad, Gail, and Jana indicate that this is a constant work-in-progress, with more improvements planned.



SPORTS

Deer cause numerous fatalities.
See B8

INSIDE

Geocaching catches on.
See B1

Dec 1, 2004



Grand Marshal Rita Wetenkamp leads the Parade of Lights last weekend in a horse-drawn carriage.

Grand marshal devoted to her community

By MAUREEN SPENCER

Express Writer

A life of contributing to the growth of her community earned Rita Wetenkamp the honor of being named Grand Marshal of the Parade of Lights Friday evening.

Grand Marshal Wetenkamp said that she was really honored and happy to receive this distinction. "This is a very great honor. I need to thank all of the people who have helped

me through the years."

Rita rode in style in the Temple Square carriage brought to Vernal for the special weekend of community Holly Days free events. Organizers credited this year's busy schedule and parade as the first in the past 10 years, and hope it becomes a tradition.

Wetenkamp is a former Vernal Area Chamber of Commerce president and former president of the Chamber's Dinah Mites. She is a charter member of the special hosni-

tal group that represents Vernal throughout the region at special events, and remains active in the group. She is serving on the Chamber's seven-member Foundation Board.

In 1988 and 1982, Rita was presented with the Governor's Citizen of the Year award for her outstanding community service.

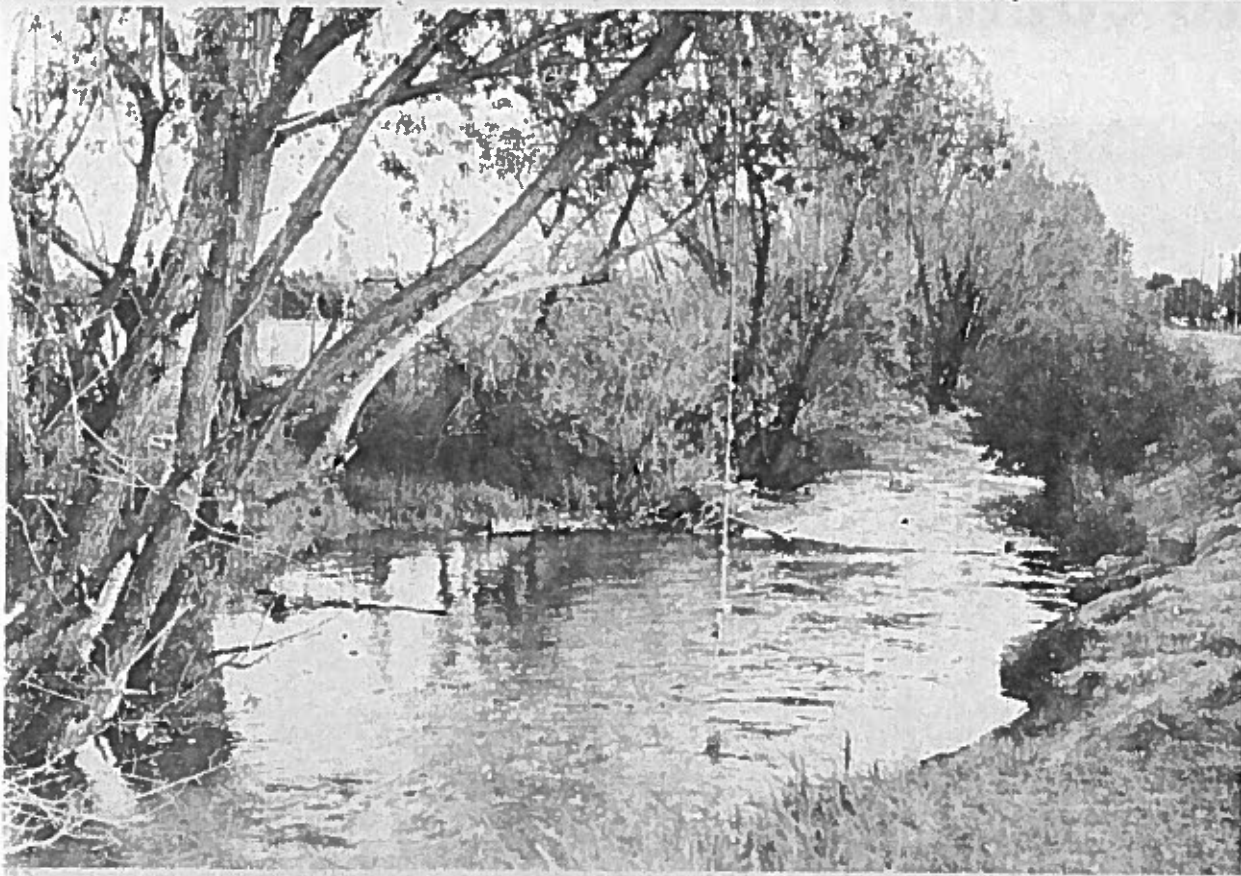
In 2004 she was awarded the "Total Citizen" recognition by the local Realtor Association. She has recently received word that she is being placed in the

2005 Who's Who of Community Leaders.

Rita was extremely involved in the establishment of the original Dinosaur Gardens.

She was associated with Dina Land Advertising and involved in the Little Gallery of Arts.

As the Republican Chairperson, she was invited to attend the main Inaugural Ball for President Richard M. Nixon.



THE ROPE swing is one of the favorite areas at the Kids Canal and will be a focal point in the

new Green Belt plans. The area will be widened and foot bridges installed.

Green Belt becomes a reality at Kids Canal

Concerned members of the community have been working on a fairly novel concept for the Vernal area since last June and now it seems their hard work is going to pay off. Vernal's first Green Belt is just around the corner.

Last summer, because of their concern for the safety of local children, the Fish and Game Department threatened to stop stocking the Kids Canal with catchable trout due to the threat of injury and/or accident from heavy traffic. Concerned citizens immediately went to work to find a solution and the Green Belt was their answer.

Although new to Vernal, the concept of a multi-purpose recreational area has been used quite successfully in other areas.

Boise, Idaho has an extensive network of Green Belts running next to the Boise River in down-town

Boise. Several towns in Colorado including Boulder, Colorado Springs and Denver have miles and miles developed under the same concept.

Basically what the Green Belt will entail in Vernal is a compacted or paved walk-way next to the Kids Canal on the east side about 10 feet wide.

It is designed to be used for walking, riding, fishing, jogging or even picnicking next to the canal. The Belt will run from main street up to 500 north along 1500 west (the canal).

All of the land which was privately owned has already been donated for the Belt and the Forest Service has donated the architectural drawings and plans (which were done by Brett Hanchett and Gena Reese). The rest of the cost will be handled by matching funds from the state

and private donations.

The development for the canal itself includes removal of brush, addition of boulders in the canal to provide more habitat for the fish, foot bridges (possibly 4) across the canal, benches and a picnic table or two. Also widening the spot where the rope now hangs to create a bigger and deeper pool area.

If these improvements are made, Fish and Game has committed to doubling the amount of stocked fish.

Possible future additions include a parking area near main street, meandering the canal and continuing the Green Belt up past the old rock quarry to Ashley Creek.

The last obstacle to the start up of the improvements is a Memorandum of Understanding between the Canal Company, City and County.

Health Day on Friday Attracts Record Crowds

Parade, Dance Festival and
Field Events Enjoyed by
Over 4,000 From All Sec-
tions of the County.

Ideal spring weather prevailed last Friday for the first annual Uintah County Health and Activity Day. There were more people present to witness the event than have ever gathered before in Vernal. Again there were far more happy faced children—3700 of them—in Vernal that day than ever before in the history of the valley. The entire program was a genuine health promoting event, educational to young and old.

The parade, without a hitch, started on the time scheduled with the thirty artistically decorated floats by schools and civic organizations and parading children making the parade over one mile in length. All was of such excellence that it is impossible to tell of each special group, or to truthfully say which one was better than the other.

Each school group was given a special assignment of some health phase to work out which they did in an artistic and realistic manner.

Never before in the history of Vernal have the spectators been so lavish in their applauding all along the line as each group of the parade came into view.

Believe it or not, with 10 minutes of the scheduled time to spare as announced over the loud speaker by Principal Harold M. Lundell, the dances on the UHS campus were ready to begin. In one dance 400 children took part.

The UHS band, after receiving the greatest applause following its marching maneuvers, played for all of the dances except the Bear Dance given by the pupils of the Indian school at Whiteforks. Again, space will not allow description of the various groups, dressed for their parts, as they marched to their places, danced, and left the grounds as the next group came out for their performance, all of it timed to a nicety.

Outstanding, because only in Uintah is it possible for such an event to take place in a health program of activity, was the Indian Bear Dance given by the pupils of the Uintah Indian school at Whiteforks. The pupils performed with as much tribal unity from music by notched sticks on the Indian drum to the dancing by the boys and girls as one would see at the regular spring festival of their parents. As Bernice Moss, state director of physical education, stated, only in Uintah could one have witnessed the old English May pole dance and the truly American Indian Bear dance given by children at the same performance.

The afternoon of varied track, field and other events was an excellent one, participated in by all grade from the 6 grade to Senior high.

The spelling contests by school teams and individuals were excellent tests of accuracy as reported by those in charge. Each test was for 100 written words.

8th Grade—3-man teams, Maeser, first, 97 per cent; Ballard, 92 1-3; UHS, 92.

Special certificates—Avalon, 92; Ft. Duchesne, 97; Lapoint, 96.

Individual honors—Vivian Thacker, Maeser, 100; Nedra Todd, Betty Winner, tied, Ballard, 98; Revo Dean, Lapoint, 96; Jean Mone, Ft. Duchesne, 97; Wanda Wall, Avalon, 99; Keith Richardson, UHS, 97; Iris McConkie, Tridell, 96.

7th Grade—3-man team: Maeser, 97 3-5; no second or third.

Special certificates: Avalon, 99; Lapoint, 94 1-2; Ft. Duchesne 92.

Individual honors: Wayne Bul-

(Continued on page five)

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Vernal Express
may 13, 1937

HEALTH DAY ON FRIDAY ATTRACTS RECORD CROWD

(Continued from page one)

lock, Maeser, 100; John Stoddord, Avalon, 99; Rhea Haslem, Ballard 95; Mose Wright, Ft. Duchesne, 94; Harry Rosenberg, UHS 92; Orbie Neumeyer, Lapoint, 95.

6th Grade—Special certificates: Avalon 100; Ft. Duchesne 98 1-2; Maeser, 98.

Individual honors—Lorna Bigelow, Lorraine Palmer, tied, Lapoint 99; Bruce Watkins, Jensen, 81; Venna Goodrich, Naples 98; Maisie Long, Ballard 100; Beulah Sturgeon, Central 99; Elda Barney, Avalon 100; Ruel Bodily, Ft. Duchesne 99; Betty Curtis, Maeser 96; Lorna Ross, Tridell 98.

5th Grade—Special certificates: Maeser 100; Lapoint 98 1-2; Central 98.

Individual honors—Mathel Merkley, Duane Price, tied, Maeser, 100; Alexia Lewl, Avalon 91; Carma Ray Knoble, Ora Hamaker, tied, Ballard 98; Rhea Huber, Clista Norton, tied, Lapoint 100; Boyd Winn, Ashley 100; Rufon Pope, Lew Cheney, tied, Central 99; Clyde E. Rodeback, Naples 99.

A detailed report of field events and a sketch on each float of the parade will appear in next week's issue.

Sports

 NOT
 SCANNED


Red Hot Mommas Becky Kemp and teammate show form in getting to the puck.

Backyard count

Bird enthusiasts from the Vernal and Jensen areas joined with others across the United States to conduct the 5th annual Backyard Bird Count. The effort is a cooperative project sponsored by Cornell University Ornithology Laboratory and Audubon to monitor the abundance and diversity of birds. Individuals from all walks of life with an interest in birds are encouraged to participate in the counts. Observations are made in backyards, school grounds, local parks or even from office windows. This year, the count was conducted between Feb. 15 and 17. At the end of the survey period, participants report their findings. The results are provided on the Internet at the cooperative site titled BirdSource. Results of the count conducted by local residents included in the results of 10 metropolitan areas from Utah.

While the deadline for reporting results continues until March 1, Vernal currently ranks fifth among the top 10 Utah cities already providing information. Vernal residents reported seeing 31 different species.

Hockey Moms hit the ice

The hockey term "icing" probably took on meaning at the Western Park ice rink Monday night.

Twenty-seven hockey moms pulled on pads, helmets and jerseys to participate in the first annual "face-off" fund raising game. Despite playing in a blustery cold wind that kept ropy wisps of ice dust swirling on the rink, many moms likely returned home to use "icing" techniques to help heal bumps and bruises acquired in the game. The Slick Chicks defeated their opponents the Red Hot Mommas 6 - 1.

"Marilyn and Wendie talked me into doing it," said a normally shy Brenda Kitzmiller when asked how she got into the situation. Marilyn Jolley and Wendy Long are her neighbors who used a little peer pressure to ensure they would not be alone on the ice. "What we won't do for our kids," said Kitzmiller admitting that she too was kind of coerced into the idea by

her boys who participate in the youth league. Jolley put the evening into perspective. "Wendi and I succeeded in achieving our goal - that was to not get hurt ourselves or hurt anyone else."

After the Red Hots ended the first period with a 3 - 0 lead, Teal Brown became both the first Hottie to receive a penalty and the associated honor of getting the first-ever slashing call pinned on a mom - at least on the ice at Western Park. Before the game ended, Slick Chicks Kim Sirsman and Teresa Warden also spent time in the penalty box for roughing.

Momentum continued for the Red Hots and they ended the second period looking to shut out the Slick Chicks with a 5 - 0 lead. The Hotties scored once again in the third before the officials turned on them. In the waning minutes of play, the boys in stripes grabbed their sticks and came to the aid of the Chicks. With their help, the

puck finally sliced into the Red Hot net moments before the buzzer. The goal ended the shut out and saved the Chicks from that mortal embarrassment.

Before the game started, a hockey mom's husband, who will remain nameless for his own protection, tried to explain how he thought the team selections were made. "They tried to even things up with who was really bad and who was pretty good," he said. Playing for the Slick Chicks were Krystal Williamson, Nicki Jones, Kim Sirsman, Gloria Van, Barbara Stratton, Rayne McCarrel, W. Brown, Marilyn Jolley, Anne Hunting, Teresa Rimer, Brenda Kitzmiller, Shelly Slaugh, Julie Harris and Teresa Warden. The Red Hot lineup included Tami Kemp, Helen Stewart, Brandi Urban, Janette McKnight, Cathy Hacking, Becky Kemp, Teal Brown, Wendi Long, Ann Larsen, Donna Montgomery, Michelle Caldwell, Kim Bradley and Diane

McDonald.

Preparations for the game included at least three evenings when enough moms got word and showed up. The event was apparently worth the effort and was considered a good experience. "Oh yeah, we had a lot of fun," said Kitzmiller. "I skated more this last week than I have in my entire life," Jolley added while Long admitted that while she skated quite a bit when she was younger. "It's not like riding a bike." That also gets us back to the practice of "icing." Following a hot shower, Long gave her assessment of the night. "So far, so good, but I'm afraid tomorrow will be the test. I think we'll discover muscles that we forgot we had." Funds raised from the event will be used to help purchase ice time or other needs for the youth hockey program.

Rooks to Mesa

A.J. Rooks, senior quarterback at Uintah High School this season, has made the decision to play football for Mesa State. Mesa Division II powerhouse with a winning streak.

Involved in this decision Rooks was a mission. "My mission is the most important thing to me so I had to find a school that would work with it," Rooks said. He gave Rooks the options of playing this season and then leaving for next year to complete a mission leaving right away and entering the program upon return.

Rooks has decided to leave away to serve his mission a play for Mesa when he returns. "I have had to overcome a lot of opposition to get to this point all of it just pushed me and me that much more determined," Rooks said.

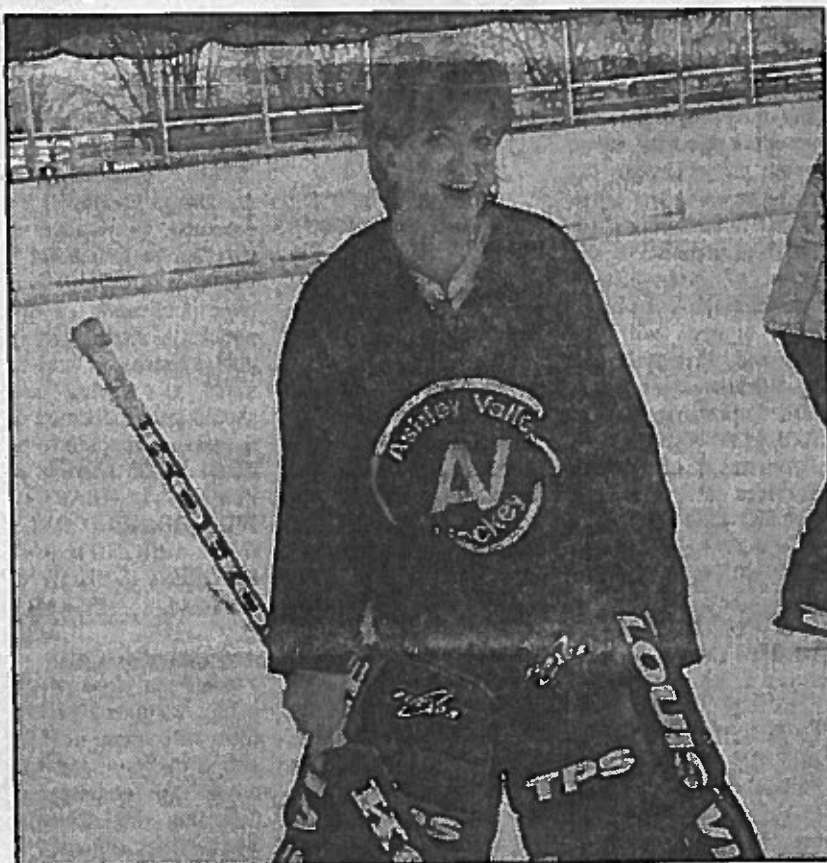
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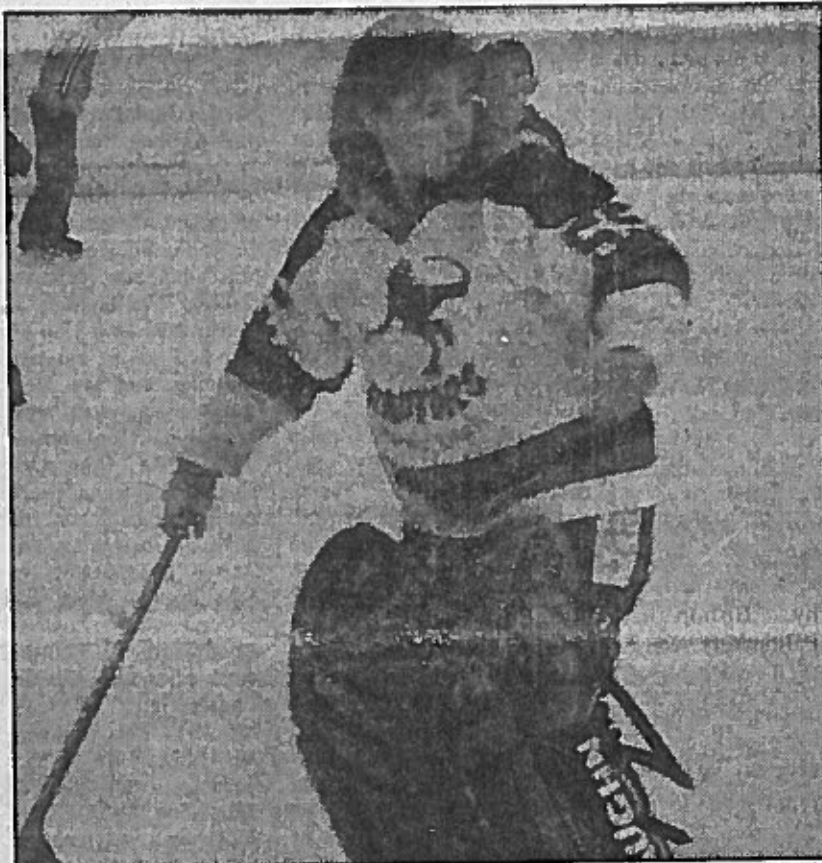




Falls, scrapes and bruises are ignored by the supportive moms and sisters who will raise money for the youth hockey program at Western Park on Feb. 25 at 7 p.m. Left to right, front to back, the hockey playing women out for practice are Tammy Kemp, Shelly Slaugh, Rayma McCarrell, Becky Kemp, Krystl Williamson, Jeannette McKnight, Gloria Van, Wendi Long, Teal Brown, Nickie Jones, Kathy Hacking and Kim Bradley.



Krystl Williamson is ready to take the punishment of the goalie position in order to raise money for the youth hockey program at Western Park.



At the opposite end of the ice rink from goalie Krystl Williamson is another goalie, Tammy Kemp. Kemp is just as determined as Williamson to keep that puck out of the net and to raise as much money for the youth hockey program as possible.

Hockey moms to hit the ice

Thirty mothers and sisters of young hockey players will hit the ice running, hockey sticks in hand, on Monday, Feb. 25 at 7 p.m. to raise money for the youth hockey program.

The game will be held on the ice rink at Western Park. Spectators are welcome at a cost of \$5 per carload. "We'd love to fill the stands," said Jeannette McKnight, one of the moms. "The kids really need the money."

The funds will be used to purchase needed equipment and to help

pay for ice time, which is very costly to the hockey program. "We really need a score board," said hockey sister Becky Kemp.

The women will be divided into two teams by coaches Al Brown, Scott Van and James Jones. The action on the ice may not rival the quality of the famous hockey match of 1980 when the U.S. Olympic Hockey team beat the Russians for the gold medal, but it should prove to be just as entertaining.

Moms Rayma McCarrell and Krystl Williamson said their hockey

playing children can hardly wait to "critique" the way the women play the game. The women are confident of at least one thing concerning their game: they will hear from their children - repeatedly - about every mistake they make.

There will undoubtedly be a number of mistakes during the match as the women have been given little opportunity to practice. But don't underestimate these women. They have a high competition quotient and are determined to play the game with the ferocity expected from sea-

soned players. They know the game well and learn quickly from their mistakes.

Well, most of the time they learn quickly from their mistakes. As the women were headed for the ice to practice, one mom, whose identity will be protected, barely caught herself to prevent falling flat on her nose. "Oh!" she said in obvious frustration. "I left my skate guards on - again."

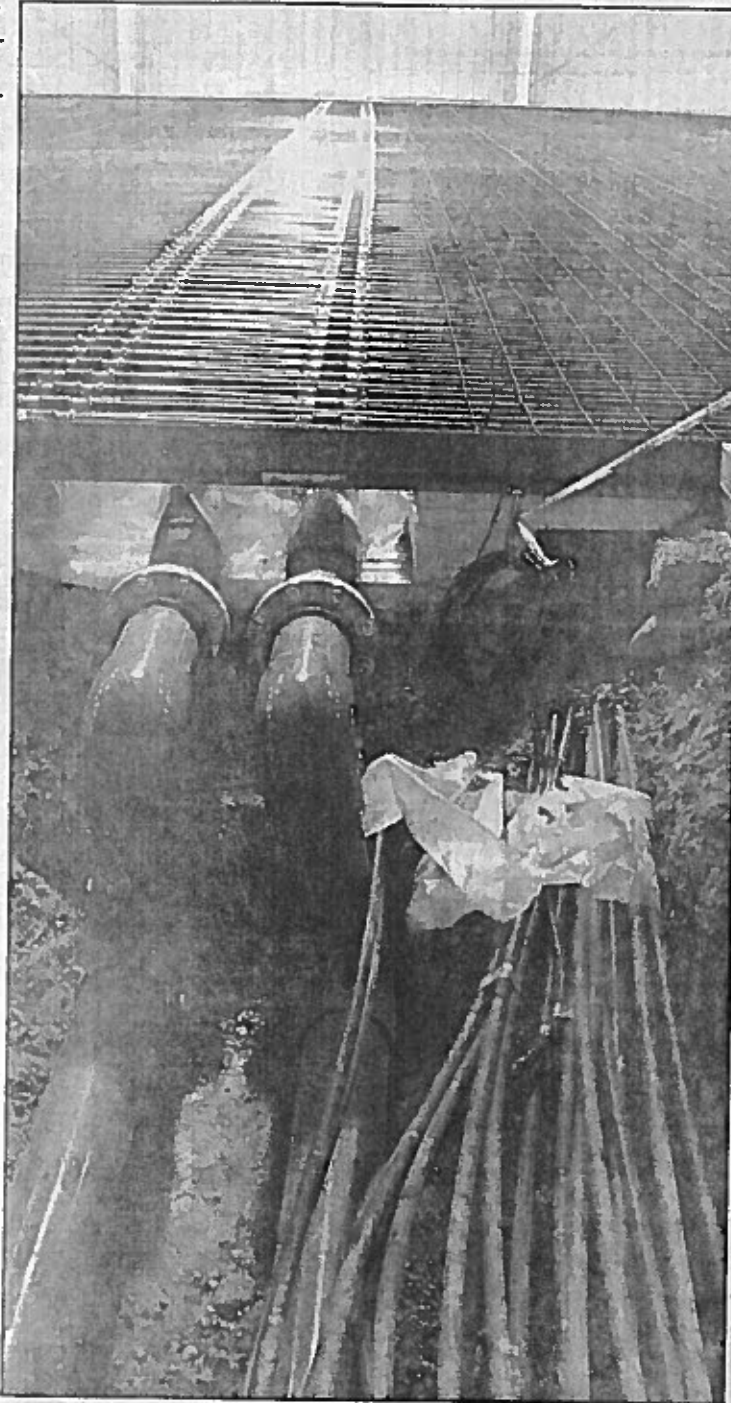
Ice rink nears completion

A new standard-size indoor hockey rink is nearing completion for its Dec. 20 opening date.

Hundreds of miles of tubing has been placed in the floor of the new rink, located in the northeast parking lot at Western Park, in preparation for pouring of the skating floor Friday.

The facility cost Western Park over \$1 million to construct. A \$700,000 grant from the Uintah Recreation District was given to Western Park for the facility. It includes dressing rooms, zamboni room, concessions area and storage.

Once complete, the side board from the outdoor facility will be set up in the new building. Also, the refrigeration unit from the outdoor facility will be used to pump fluid through the miles of tubing.

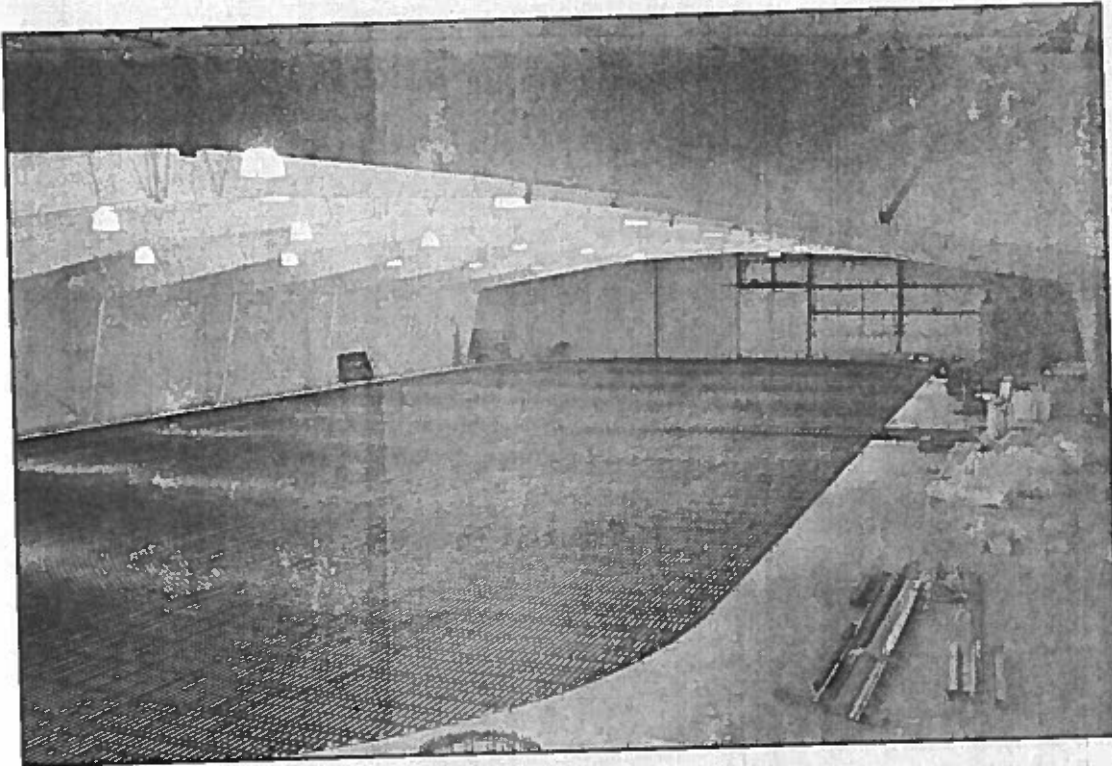


Hundreds of miles of tubing are put in place for the new ice rink.

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Vernal Express 17 Nov 2004

orts



The new ice rink begins to take shape.

Ice skating rink ready at Western

The public is ready to reap the fruits of a newly refrigerated ice skating rink at Western Park. The rink will open for public use on December 26th and will feature improvements that may not be readily noticeable. This year's facility will have consistent and reliable ice due to the efforts of the Uintah Basin Ice Age Foundation.

"We spent last night putting hockey lines on the ice sheet," said Foundation member Mike Kitzmiller. "This has been a really fun project and has received great community support." Kitzmiller said that in his opinion Vernal is one of the few communities that could pull together to get the refrigerated rink up and running so quickly and economically. "There have been so many businesses and people willing to donate their time, money and resources to this project," Kitzmiller said. "We even have people staying down to the rink until late at night to continue building the ice layers."

Kitzmiller said that the refrigeration system should guarantee good reliable ice throughout the winter "which is something we haven't had before." Although the rink has been available for several years and has

received considerable attention, the sun and temperature changes have caused variations in the ice. "Last year, we had only about 27 days of skating last year due to failing ice," Kitzmiller explained. "If the new system works, we should be guaranteed about 90 days of skating in an average winter."

The foundation was launched last March as an effort to provide private community support for an improved rink. Kitzmiller said that the foundation board and other members and volunteers are impressed with the overwhelming support they have received.

"The community has provided literally thousand of dollars in donations and equipment and hundreds of volunteer hours to make this work," Kitzmiller said. While the rink is moving forward, the foundation is still looking for ways to provide improved skating activities. A bid that they made to get ice skates from a Utah Lake State Park fell a few dollars short. The result was the loss of several hundred pairs of skates that could have been provided for public use. Kitzmiller said that they have not given up and are looking for other opportunities to get more skates and equipment. He



Coach Al Brown puts Bantam hockey players through the paces on the first day of practice.

said that right now, there are about 78 pairs of skates available for public rental. If anyone is interested in helping, the foundation will accept donations of skates or funds for use in supporting the rink. Information can be obtained by contacting Kitzmiller at 781 - 1644.

The ice rink will be available for

open skating from 9 a.m. to 2:30 p.m. on December 26 and 27. On Thursday and Friday, Dec. 28 and 29, open skating will be continue from 9 to 2:30 but will also include 2 hours in the evening from 7 p.m. to 9 p.m. On Saturday, Dec. 30, the rink will be open from 2 until 4:30 p.m. then "drop in hockey" will be

played from 5 to 6:30 p.m. followed by open skating again from 7 p.m.

On Dec. 31, drop in hockey begin at 8 and go through noon from noon to 4 p.m. On New Year Day it will be open from noon 6 p.m. and on Jan. 2 from 9 2:30 p.m. Admission is \$3 per

ng rink ready at Western Park

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sion for adults while those 12 years or younger pay \$2 per session. Skate rental is \$2 and the ice rink group-rental rate is \$25 per hour.

More information can be obtained by calling Western Park at 789 - 0708.

Verne & Co. 27 Dec 2000

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Expressions

Independence Day shines with patriotism

By Virginia Harrington
Feature Writer

Jim Barth and Keith "Skeet" Richardson of the Jensen American Legion, Post 124, outdid themselves as organizers of the 2001 July 4 parade.

From kids on bikes to the F16 fly over to 120 clowns, this year's parade rivaled those in past years for variety and entertainment value as well as spectator attendance. Even the 100 degree heat didn't keep parade lovers from watching the marching band, unicycle riders and, of course, the graceful horses with their riders.

The 75 parade entrants started lining up on Main Street near the Post Office as early as 8:30 a.m. Each entrant signed in on the "big board" and received a colorful paper plate that Barth and Richardson had hand painted and tied with ribbon. The plates had the entrants' assigned numbers on them, which were displayed to the south for the convenience of the V-TV camera. Anyone who missed the parade could catch it on tape from Uintah Video Productions.

At 9 a.m. everything came to a standstill for the flag raising ceremony, conducted by American Legion members. Hollis Haws provided the flag. He was assisted in the flag raising by Roy James, Frank Schwarz, John Carter and David Hall.

A patriotic touch was added by a neighborhood group from Maeser who had organized themselves into a choir. Mary Nielson and Arlene Christensen had gotten their neighbors together to wave flags as they sang all four verses of the Star Spangled Banner.

At 10 a.m. sharp the Air Force Reserve 419th Fighter Wing brought every living creature to attention as it flew over the city in a four-plane diamond formation. Shortly thereafter the parade started wending its way down Main Street toward its final destination at Western Park. A Vernal City Police car led the way, followed by the Utah Army National Guard, acting as color guard with a large flag attached to the back of the army vehicle.

The bright red classic car that came next held this year's Grand Marshal, Duane Hall and his wife Merlene. The Halls were followed by local veterans groups: VFW #s 5560 and 9275, American Legion #s 124 and 10 and Uintah Basin Disabled American Veterans. The veterans were further represented by the American Legion Miss Utah.

Vernal City Cab, Mayor Kremin

and Vernal Elks followed close behind the veterans. Next was a giant-wheeled monster truck, leading the way for the Uintah School District marching band, Girl Scouts of Utah, Uintah High School cheer leaders, Vernal Angels soft ball team and Wal-Mart.

The colorful Indian "Princess Celebrating the Generations" float came next with graceful dancers in traditional dress swaying to native music. They were followed by more dancers, the Way Out West Marshals who added a special cow-girl touch to the festivities. VTV Channel 6 put in an appearance just ahead of the "Going Bananas" Bible School float. Vernal Lions Club came next, complete with a "lion" who bravely bore the heat in his furry costume.

The UBTA/UBET float came next with its huge gold Aladdin's lamp, magic carpet and genie bottles, followed by Miss Uintah County, Autumn Reynolds. FADD, Bright Free School, Vernal Builders and Ashley Valley Christian Fellowship came close behind.

Many "ooooohs" and much hand clapping accompanied the Uintah High School U'tettes, who ride unicycles as one of their many talents. Vernal Junior High Royalty came next, followed by Windows Creation by Nidy. Celebrate the 4th rekindled the patriotic spirit as it led the way for KXRQ radio, A.J. Gymnastics, Culligan Desert Splash, Mort's Car Wash and the All Stars softball team.

The Vernal Middle School entry came next, with 120 children from the Connections program dressed as clowns. The clowns were followed by the Hispanic church entry, the Uintah Devils ball team and Hawaiian Wizards on scooters. Quintan Miller, David Allen and Kathy Moussee did some fancy riding on their bicycles while Casey's West Side 4-wheeler roared down the street.

The balloon and flag festooned float of the Vernal Olympics Opportunity Team was followed closely by the Daughters of Utah Pioneers float. Both were colorful and creatively adorned. They were followed by a series of classic cars belonging to Dennis Long, Classic Cars, Chuck Preece, Leroy Squires, Roland Hein and Ralph Wood.

Daniels Plumbing and Heating put in an appearance just ahead of Dinosaur Roundup Rodeo. Horses ridden by Heather Cooper, Rising Star Riders, Kimberly Moler and Heather Lindsey followed. Meadow Gold Horse and Saddle came next, along with Uintah County 4-H and a pony cart driven by Kelly



Roy James, Frank Schwarz, John Carter, Hollis Haws and David Hall raise the flag before the parade.

Wilkens. Jones Hole Fish Hatchery and Swains Food came behind.

Helpful civil servants made up the tail of the parade. Uintah Basin Fire Center, Smokey Bear, Ashley Valley Medical Center, Gold Cross Ambulance, Naples City Fire Department, Vernal City Fire Department, Naples City Police, Utah Highway Patrol and Uintah County Sheriff all put in an appearance. They were followed by the parade committee, Jim Barth and Skeet Richardson, both breathing a big sigh of relief that the parade had been a success once again. Not an official entry but very welcome just

the same was a vehicle bearing Alex Boyé, the R&B performer who entertained the community with a concert in the park. A Vernal City Police car marked the end of the parade.

Jim Barth said he welcomes ideas and suggestions from the community on ways to make the parade bigger and better next year. Anyone who is willing to work on the next Independence Day parade or who has constructive ideas to share should leave a message for the parade committee with the Chamber of Commerce.

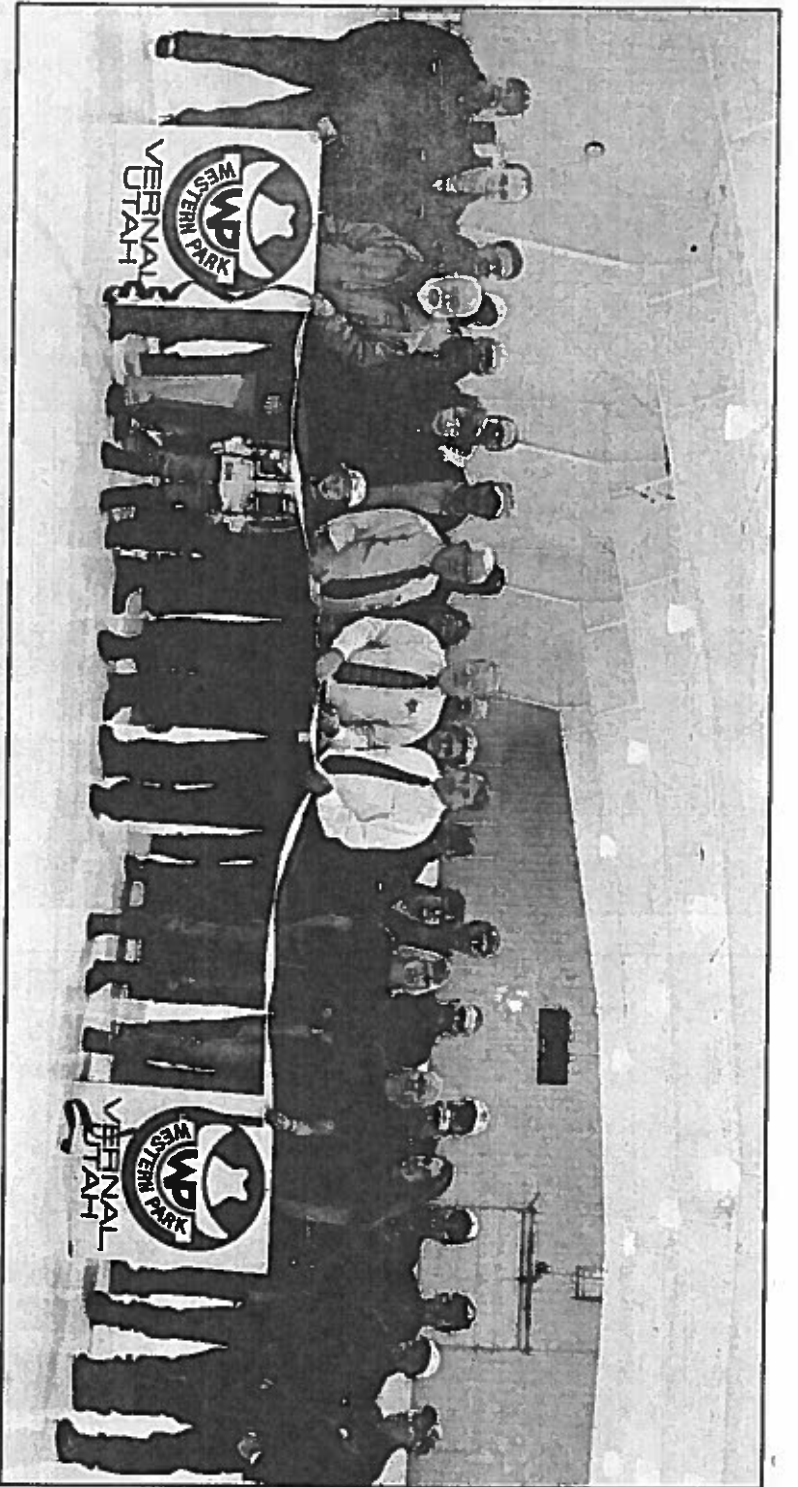


When Mary Nielson and Arlene Christensen of Masear got their neighbors together to sing the national anthem during the flag raising ceremony, that was just the beginning of their patriotic involvement. Nielson said they plan to go to Logan Sept. 20 and 21 to attend a special patriotic program there, taking as many neighbors with them as they can. They hope to learn from their experience in Logan and to start a similar program in the Vernal area. The two women are very clear in their cause and their reasons for their actions. Said Nielson, "The generation ahead of us has done a whole lot and we don't want it to be forgotten."

Wilkins, Jones Hole Fish Hatchery and Swains Food came behind. Helpful civil servants made up the tail of the parade. Uintah Basin Fire Center, Smokey Bear, Ashley Valley Medical Center, Gold Cross Ambulance, Naples City Fire Department, Vernal City Fire Department, Naples City Police, Utah Highway Patrol and Uintah County Sheriff all put in an appearance. They were followed by the parade committee, Jim Barth and Skeet Richardson, both breathing a big sigh of relief that the parade had been a success once again. Not an official entry but very welcome just

A black and white photograph of a person in a cowboy hat and a large feathered headdress, holding a long, thin object (possibly a whip or stick) and standing next to a horse. The person is wearing a dark jacket and a wide-brimmed hat. The horse is dark-colored and has a white blaze on its face. The background is dark and indistinct.

Spangled Banner.
At 10 a.m. sharp the Air Force Reserve 419th Fighter Wing brought every living creature to attention as it flew over the city in a four-plane diamond formation. Shortly thereafter the parade started winding its way down Main Street toward its final destination at Western Park. A Vernal City Police car led the way, followed by the Utah Army National Guard, acting as color guard with a large flag attached to the back of the army vehicle.
The bright red classic car that belonged to Dennis Long, Classic Cars, Chuck Preece, Leroy Squites, Uimah Devils ball team and Hawaiian Wizards on scooters. Quinan Miller, David Allen and Kathy Mossee did some fancy riding on their bicycles while Casey's West Side 4-wheeler roared down the street.
The balloon and flag festooned float of the Vernal Olympics Opportunity Team was followed closely by the Daughters of Utah Pioneers float. Both were colorful and creatively adorned. They were followed by a series of classic cars belonging to Dennis Long, Classic Cars, Chuck Preece, Leroy Squites.



Indoor Ice

Ribbon is cut on an indoor skating rink at Western Park. The \$1.2 million facility was financed by the Uintah Recreation District and Western Park. Holding the ribbon are Commissioners Dave Haslem, Jim Abegglen and Mike McKee. Others participating in the ribbon cutting are Western Park Board members, Uintah Recreation Board members, Western Park Staff and hockey supporters.

Vernal Express 12 Jan 2005

RHC 0581

SPORTS

Wednesday, June 3, 2009 - Vernal Express

UNTAH OILERS FIRST EVER VICTORY
UNTAH GRADUATES 292 IN CLASS OF 2009

By Geoff Lewis

Uintah Basin Standard

The buzz began in mid-April shortly after the Sea Otter Classic in Monterey, Calif., and has been building ever since. Visitors to the annual four-day event that encompasses every cycling specialty imaginable were privy to the June issue of Bike Magazine weeks before anyone else in the world.

And there, on the magazine's cover, was the tease: "Better than Moab? Utah's next great destination." The answer inside: Vernal.

"We've had people come in from Canada because of the article," said Troy Lupcho, owner of Altitude Cycle. "I had two guys come in from San Diego. They drove 18 hours to ride for two days. They were like, 'This is unbelievable. Not only are we coming back, we're bringing our families.'"

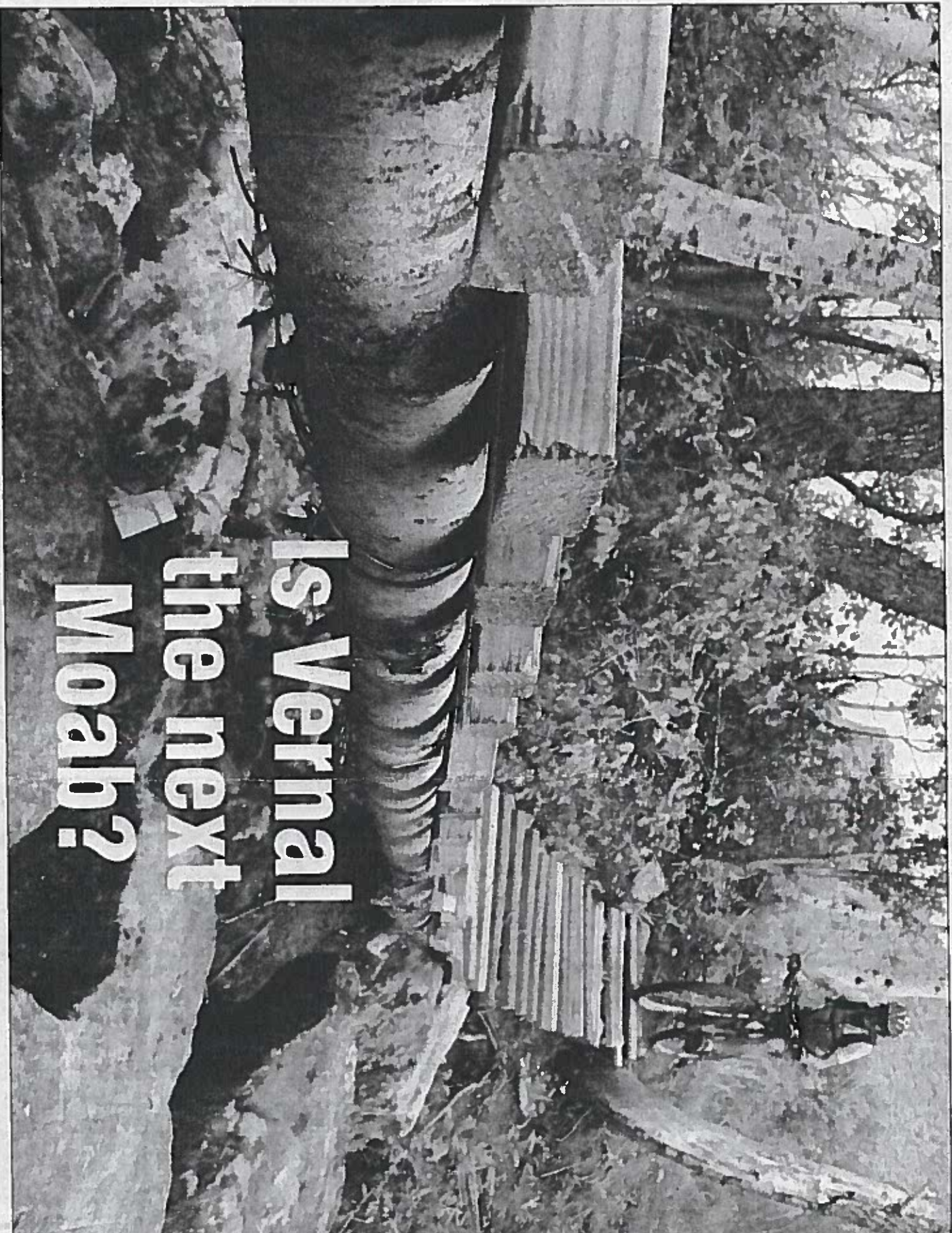
"I never thought the response would be as big as it is," Lupcho added. "It's been crazy response."

The Uintah Basin's trail system, which Lupcho has had a role in building with countless other mountain bike aficionados, is featured in a seven-page spread. Writer Lou Mazzante, who visited Vernal in October with photographer Anne Keller, expressed amazement at the diversity of the area's off-road offerings.

"In all, Vernal offers 100 miles of incredibly good singletrack that ranges from rolling desert lines to alpine trails, technical slickrock and a few full-on (down-hill) trails," Mazzante writes.

Kevin and Teena Christopherson are two of the people who have been helping create the trails have Vernal being compared to world-class mountain biking destinations like Moab and Fruita, Colo.

"When we first moved here there weren't really any bike trails," said Teena Christopherson, who team-taught a mountain biking class with her husband at the College of Eastern Utah in Pric before they moved to the Basin in 1998. "We just really didn't have anywhere to



Is Vernal the next Moab?

Teena Christopherson prepares to cross a ladder bridge on the Flume Trail near her home in Vernal. Christopherson and her husband, Kevin have been key players in the Uintah Basin's mountain bike scene since 1998. (Kevin Christopherson./Submitted Photo)

(Uintah County) dump," she said.

Kevin Christopherson said every mile of trail represents countless hours of work by dozens of individuals and partners between multiple agencies

Kevin Christopherson said, referring to the bad blood between hikers and mountain bikers in other areas of the country. "It makes it easier to approach the Forest Service to improve a trail if you have hikers and bikers

It's not just one man," Daniels is quick to point out. "I bet a dozen people have helped out on this trail."

The trail—called "Carnage" by Daniels and his friends and "Far Side" by riders from the Vernal

just getting dirty," said he isn't concerned that the national exposure offered by the Bike Magazine article will ruin the local scene.

"The more people that ride it, the better," he said, before

Ready to get NUMB?

Northeastern Utah Mountain

Vernal Express

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really didn't have anywhere to ride." The couple was hiking near Red Fleet State Park, she said, when their dog Jazz took off down a game trail. That game trail would eventually be improved with the approval of state and federal land managers into the area's first trail, Teena Christopherson said. Its name: Jazz Chrome Molly.

"Before that we were riding dirt roads and the road by the

cores. Service to improve a trail if you have hikers and bikers working together."

Kevin Christopherson also noted that the Vernal area isn't the only place in the Basin where trails are being repaired or improved by mountain bikers. In the Bluebell area Ed and Toni George have worked on several great trails and **Brian Daniels** of Ballard is also part of a group that's doing work on private land.

"It's a collaborative effort.

Daniels and his friends and "Far Side" by riders from the Vernal area - offers a 12-mile loop that features some highly technical terrain. In fact, less than a quarter-mile down the trail Daniels shattered his clavicle earlier last week.

"It'll all wash off," he said confidently. "I'll be out there in a couple days ... no worries there."

Daniels, who has worked alongside the Georges and others "hucking and digging and

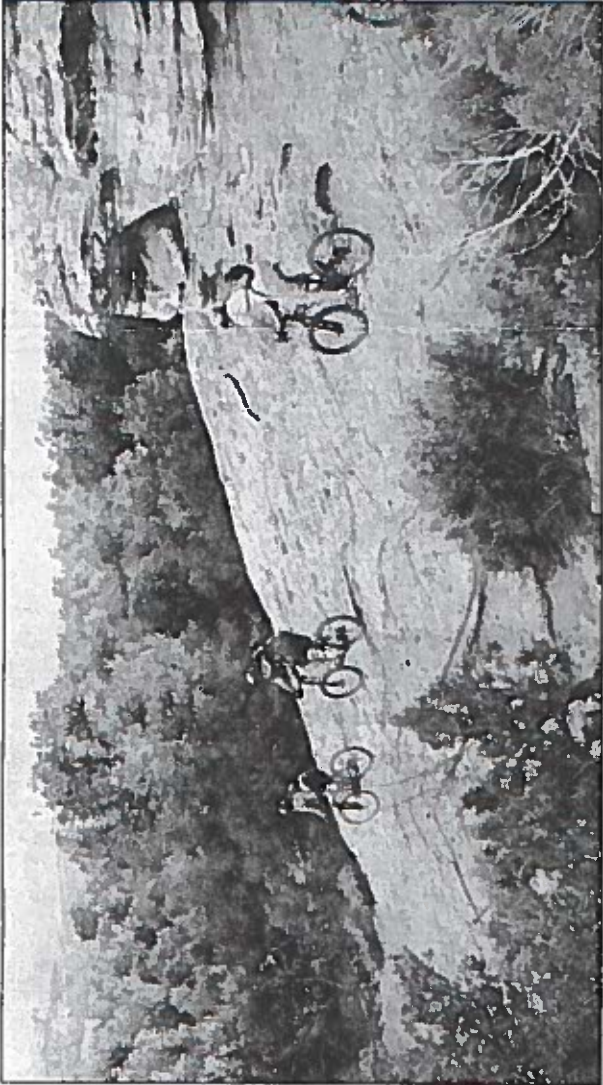
one more people that ride it, the better," he said, before adding that he is worried that federal land managers might find a problem with the increased "footprint."

Back at Altitude Cycle, Lupcho said Daniels' concern is a valid one.

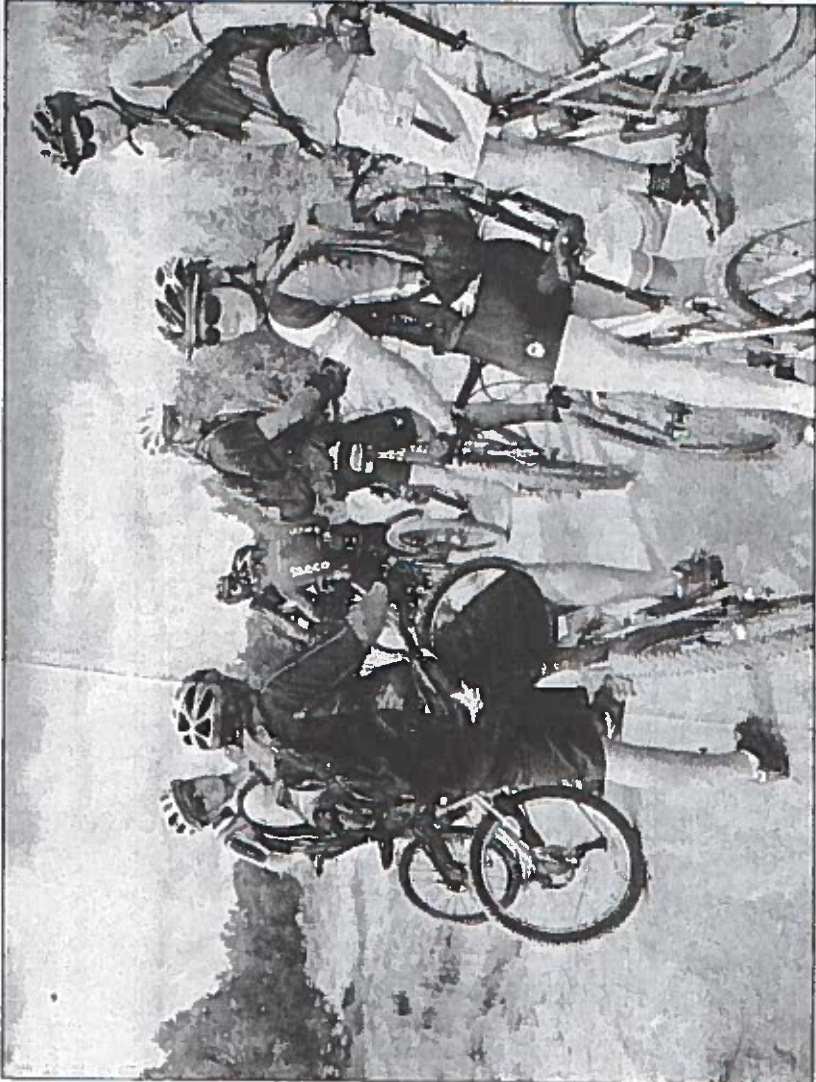
"I don't want to say this is a red light (for the BLM), but this is a big yellow light," he said. "The BLM will be taking a very serious look at what goes on."



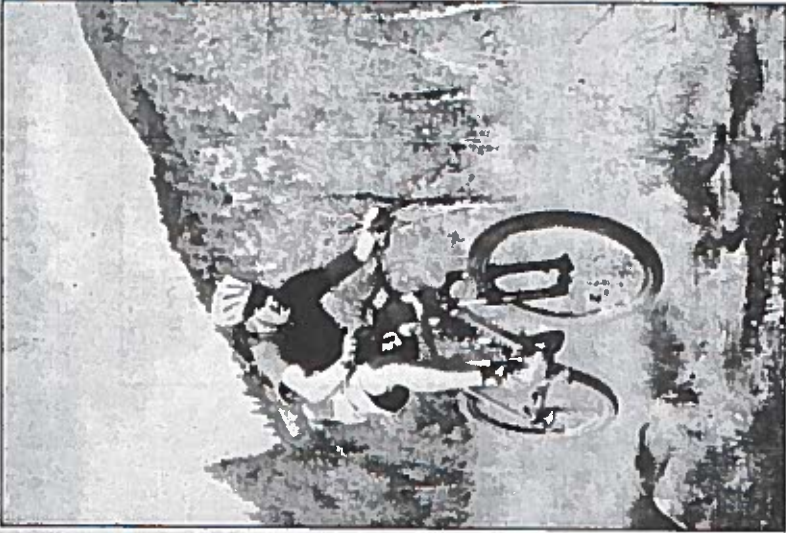
Troy Lupcho watches Ed George go down Cedars and Sidewalks in Duchesne County. (Submitted Photo)



Bikers traverse the Rojo Trail near Red Fleet Reservoir on Red Mountain north of Vernal. (Kevin Christopherson/ Submitted Photo)



Bikers take a rest during Numb Fest in 2008 on a trail near Vernal. (Kevin Christopherson/ Submitted Photo)



A biker takes air on the Flume Trail up Dry Fork Canyon. (Kevin Christopherson/ Submitted Photo)



Jory Mitchell negotiates a drop on Carnage, a trail often referred to as Far Side by riders from eastern Uintah County. (Submitted Photo)

Northeastern Utah Mountain Bikers (NUMB) will hold their annual NUMB Fest this weekend on the trails around Vernal.

Here's the plan:

Friday ~ Meet at the Corrals at McCoy Flats at about 5 p.m. and divide into groups to ride. This is a "Ride and Roast" party, so bring food to cook over the fire and to share. Plan to hang out and have some fun after the ride.

Saturday ~ Meet at Altitude Cycle at 10 a.m. From there the group will move to the McCoy Flats area for another day of riding on trails for all skill levels. There are even plans for rides to celebrate Vernal's centennial.

Sunday ~ Come back for the epic Flume ride at 2 p.m. Meet at Kevin and Teena Christopherson's house, 7343 Sawtooth Cove Rd., and ride the entire Flume trail, if the river allows the group to cross. If not you'll still have a great ride with post-ride potluck barbecue. Bring something tasty to share, your beverage of choice, and hang out on the patio for awhile.

A national mountain bike magazine has discovered the Uintah Basin's diverse trails system and asked the question that has local riders giddy about the recognition their years of hard work is getting.

Vernal Express
25 June 2003

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Vernal Express

Kerlin to be grand marshal in July 4 parade

By Virginia Harrington
Vernal Express Writer

Jay Kerlin, Exalted Ruler of the Vernal Elks, has been selected as the Grand Marshal of the 2003 Independence Day Parade.

Kerlin was selected by the parade committee not only for his many services to the Vernal community but also for his service to the United States. Kerlin was in the U.S. Marines for more than 22 years, serving in Lebanon, Viet Nam, Japan, Puerto Rico and several areas of the U.S.

Born in Pennsylvania, Kerlin grew up in Saratoga Springs, N.Y. He attended St. Peter's Academy and entered the Marines immediately upon graduation. In 1968, Kerlin and his wife Yolanda, who died two years ago, drove through Utah on their way to a new assignment. At the time they both agreed that Utah is a beautiful state and it would be nice to live in the area.

After his retirement from the



Jay Kerlin

Marines with the rank of Master Sergeant, the couple moved to Arizona. When a position with Deseret Generation and Transmission became available in Vernal, the Kerlins happily moved north. Kerlin said there was some culture shock, as there was with each of the military moves he and

his family made, but they quickly adjusted to the local culture. "If we didn't like Vernal, I wouldn't still be here," stated Kerlin.

Kerlin has two sons, Mike, who lives in Lovelock, Nev. and Mark, who lives in Magna. He has three grandchildren.

Kerlin said he was surprised and even shocked, but highly honored when he was asked to be the Grand Marshal. After 20 years in the area he still considers himself to be a newcomer and stated that there are others who deserve the honor more than he does. The parade committee, however, is greatly pleased that he has accepted.

The parade will start at 10 a.m. in front of the Vernal Post Office. The flag ceremony will be held at the Post Office at 9 a.m. Senior citizen and handicap parking will be available in the Lamplighter parking lot across Main Street from the county building and the war memorial. The Uintah High School Band will present the color guard and the U.S. Air Force flyover will occur at 10 a.m. Mayor Bill Kremin will present the Grand Marshal plaque at 9:30 a.m. at the table set up on the Post Office lawn.

July 4 parade grand marshal chosen

Grand Marshal for the 2001 July 4 Parade will be Duane Hall, commander of VFW post 5560 and a veteran of the Korean War.

Hall served in the United States Air Force during the Korean War, enlisting at the age of 17. Like so many courageous men and women who answered the call in defense of our country during those perilous war years, he knew very little of what lay in store for him. Young as most of them were, they soon learned fast and in the hard, bitter way in many cases.

Hall wrote of his experience, "Many times, in spite of shortages of food, ammunition and especially warm clothing and blankets, the American GIs somehow found a way. There are many paths to our Lord. These GIs were never ashamed, with tears in their eyes, to pull off their battered helmet and ask, "Please Lord, don't ever let this happen in my country, to my town, to my family."

Hall returned to the United States to marry his sweetheart, Merlene McNeill. They had three sons and a daughter, Clark Hall, Stacy Hall, Sharlene Howard and Mitchell Hall. "The Uintah Basin is still the best place in the world to raise your family," says Hall.

Following Hall's return back home it was his dream to show honor and respect to those from the Basin who served in the military during the periods of war of the 20th century. He also wanted to

show special recognition to those who lost their lives and to those who were held prisoners of war.

Hall helped establish the VFW Post #5560. "The biggest thrill I have is working with veterans. After 50 years, I still wonder who they really were and what they really did back then."

From there, Hall began working on the war memorial. He knew that the doughboy had been built to honor those who served in World War I, but after it had been moved from the center of town it soon fell into a state of despair. It was his plan to restore the doughboy and move it to a centralized location and construct a war memorial depicting all the wars of the 1900s. Through the countless hours Hall and his wife, Merlene, and with the backing of several others including the county commissioners of that time and the help of VFW Post #5560, the war memorial became a reality.

Today the war memorial is visited by hundreds of tourists and family members of those whose names are etched in the granite. Hall's wife, Merlene, hosts the annual Basin Arts and Craft Fair held on the courthouse lawn during the week of the Dinosaur Roundup Rodeo. The craft fair is the major fundraiser for VFW Post #5560. Proceeds are used to buy flags, flowers for the veterans at the Uintah Care Center, assistance in various ways for veterans in need, and much more.

When Hall first dreamed of hon-



Photo by John Kay

VFW Commander Duane Hall

oring his brothers-in-arms, he had no way of knowing that his dream would give back so much more to the community. Through educational programs, award presentations and veterans ceremonies, the memorial is the backdrop that helps keep alive the traditions of honor and respect.

"I am extremely proud to have been selected as Grand Marshal for this Independence Day Parade. I'm also just as proud to be selected to represent the United States Air Force. The fly-over by the F16s shows the power and resolve our country has to keep our nation secure."

Keeping America's folk dancing alive

By Nancy Bostick

Express Feature Editor

They come from near and far—couples young and old. The men are handsomely clad in ornate western shirts and slacks accented by highly polished cowboy boots. They escort the ladies of their choice whose beautifully sewn dresses make bright splashes of color around the room. The air is filled with high spirited laughter which mixes pleasantly with the crackle of the full sassy skirts buoyed up by starched petticoats. And then a clear voice rings out, "It's time to do-se-do!"

Square dancing is a form of folk dancing that is uniquely American. It consists of four couples per group or "square" who dance to the caller's tune. The caller may choose to do "singing" calls involving a predetermined or "set" series of moves or a "hash" or "patter" call which is spontaneous calling. Patter calls are challenging to both the caller and the dancers in that they depend entirely on improvisation on the part of all those involved. An experienced caller's quick wit and nimble tongue often sets the stage for an evening that is filled with graceful, rollicking dances and laughter.

Local square dancers, known as the Dinah Dancers, are a diverse group of couples whose common love of the traditional art form, has cemented many long and lasting friendships between members of their clubs and others throughout the United States. Bob and Marilyn Gragert summed up their feelings:

"For us, square dancing has been a good way to meet new friends in a good, wholesome atmosphere. After learning the basic movements, square dancers can enjoy dancing with other people from different parts of the county. From coast to coast there are square

Dinah Dancers, has proven to be a great inspiration for the members. He has been calling since 1978 and has also taught square dancing. He explained his initial reluctance to begin square dancing. "For two years, my wife tried to get me to take square dance lessons. In 1974 when I gave in, I found I couldn't stay away. After two years, I tried calling, then two years later started teaching square dancing."

Ron also voiced another common opinion of the square dance crowd: "I've met some of the nicest people in my travels..." He stated that he is looking forward to being involved in the National Convention in Salt Lake which is scheduled for 1991. He added that the Nationals should attract about 30,000 dancers from all over the U.S.

The Dinah Dancers are unique in the selection of officers—couples are given a shared office in the organization. Leah and Duff Anderson are the presidents; Marion and Cleone Haughey, vice presidents; Secretary/Treasurers, Terry and Ariss Fletcher; Pot Luck Chairmen, Doug and Maurine White; Assistant Pot Luck Chairmen, Bob and Marilyn Gragert. This allows each couple to combine their efforts and work as a team as they follow through with duties of their respective offices. The couples work together to coordinate and plan various functions to be attended by the club.

One of the highlights of the year will be the Big U Jamboree, a yearly convention which will be attended by square dancers from throughout the intermountain area. This year promises to be an extra special event—it marks the twenty-fifth anniversary of the jamboree. It will be held May 20-21 at the Vernal Middle School. Fred Brown of Roosevelt will be the caller for the Friday night dance which begins at 8:30 p.m. Al Horn will



DINAH DANCERS fill the air with their joyous laughter as Cleone and Marion Haughey along with Rick Zurelt (far right) watch their square partners dance. Mike and Brenda Wilkins

and Connie and Ronnie Merkley are engaged in performing a "pass through" step.



ancing with other people from different parts of the country. From coast to coast, there are square dance clubs where ever you travel. We first started dancing in 1979 and enjoy it very much."

Watching experienced square dancers is one way to gain an insight into and a sense of admiration for the art. Men and women move in graceful unity—lively sashays highlight the almost continual exchange of partners. Feet flashing, the men and women whirl expertly and the air is occasionally filled with whoops of delight from the breathless and smiling dancers. Frequently, the observer is left to marvel at the intricate movements which are mirrored by couples throughout the room.

The dancers share an enthusiasm for the many elements which are involved in square dancing. One of the most frequent benefits cited by members? Couples are able to enjoy each other. Many explained that square dancing gave them a night out together for relaxation and fun. "It's an activity we can do together," says Kathy Freestone. "It's good for us, healthy exercise, being with friends and—Reg really likes "pot-luck" nights!" Barb Pederson agrees: "Dancing is fun—a great activity for couples to enjoy together."

Ron Pederson, caller for the local



FRED BROWN, locally known as the "Paul Harvey" of the Uintah Basin is a well-known square dance caller when not working at KNEU radio as their news and sports director.

Fred Brown One of the Basin's finest

Many thousands of people throughout the Uintah Basin are familiar with the rich, mellow voice of Fred Brown. A popular air personality for KNEU, a local country radio station, Brown greets music fans every weekday morning with his cheerful good humor. But he is equally as well known throughout the intermountain area as a square dancer caller.

Brown and his wife, Dawn, travel weekly to Pleasant Grove where Fred calls the dances for the Sweetheart Chains. The club renamed their organization after they heard an original call by Fred of the same name. "I had written



A YOUTHFUL Fred Brown as he appeared in 1965 calling a dance in Hayden, Colo.

the call," Fred explained, "for a Sweetheart Dance in Altamont. I performed the call one weekend for the club in Pleasant Grove and when I came back the following weekend—they had changed their name." His well-known laugh rings out at the memory. "I was pretty flattered by that!"

Brown, a lifelong Basin resident, has been involved in calling for 26 years. His first professional calling job was in Hayden, Colo. He initially had no intentions of becom-

ing involved with square dancing as he candidly explained, "My wife, Dawn and I had driven into Roosevelt to attend some of the adult ed classes one evening. The classes had been canceled and we didn't want to turn around and go home. We had been invited to go square dancing but I didn't think that it was really anything I wanted to do." He paused for a minute then chuckled, "Within ten minutes I knew I liked it—there was just something about the music, rhythm

and spontaneity of the dancing."

According to many veterans of area square dancing, Brown was responsible for beginning the first club in Vernal and helped establish square dancing as a popular pastime for couples throughout the Uintah Basin. Many have described his calling style as very smooth, fresh and original. The first time he called for the Vernal club, he was requested to do so by another old-timer to area square dancing, Gib Brown. He has been going strong

since that first time.

Brown recalled one of his worst experiences involving the recreation: "Dawn and I were trying to get to a dance in Denver. I took the wrong exit—must have driven around that same cloverleaf for a half an hour." His most exciting and memorable was when he called for a fund-raiser at the Lion's Head Resort in Montana. He mentioned that the challenge of calling for live music as opposed to the usual records, is exciting; the event was a week filled with activities and meeting some of the best, all-round people you could hope to find anywhere.

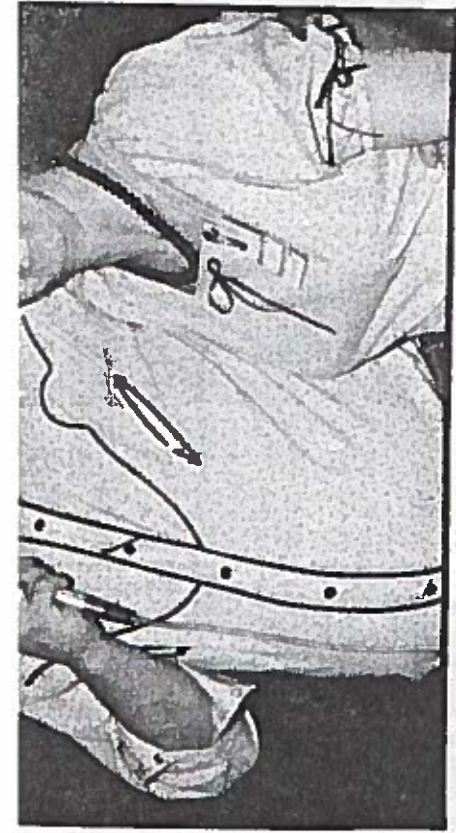
Fred has called dances in some unusual locations including one held at the top of the Bridal Veil Falls, another at the crest of Independence Pass in Colorado, and on a paddle-wheeler in the middle of Lake Powell.

According to Brown, square dancing helps bring families close together. And, an added benefit is the aerobic conditioning individuals receive. "It's great," Brown comments in a serious moment, "anyone can participate from teenagers to grandpa and grandma." He is looking forward to the Big U Jamboree and hopes area individuals will come out to say hello. He plans to bring out some of the older calls and indulge in a bit of nostalgia. "It will be a real special dance," Brown remarked quietly.

Square dancing is definitely not for everyone. But for those who have found it, they cannot imagine their lives without the stimulation of the wonderful friends, shared laughter and the keeping alive of America's folk dances. With people like the Dinah Dancers and Fred



A RECENT square dance meet displayed the talents of Ronnie Merkley as he twirled Janet Zufelt to the musical call of Rod Pederson. Other members of the square began their promenade.

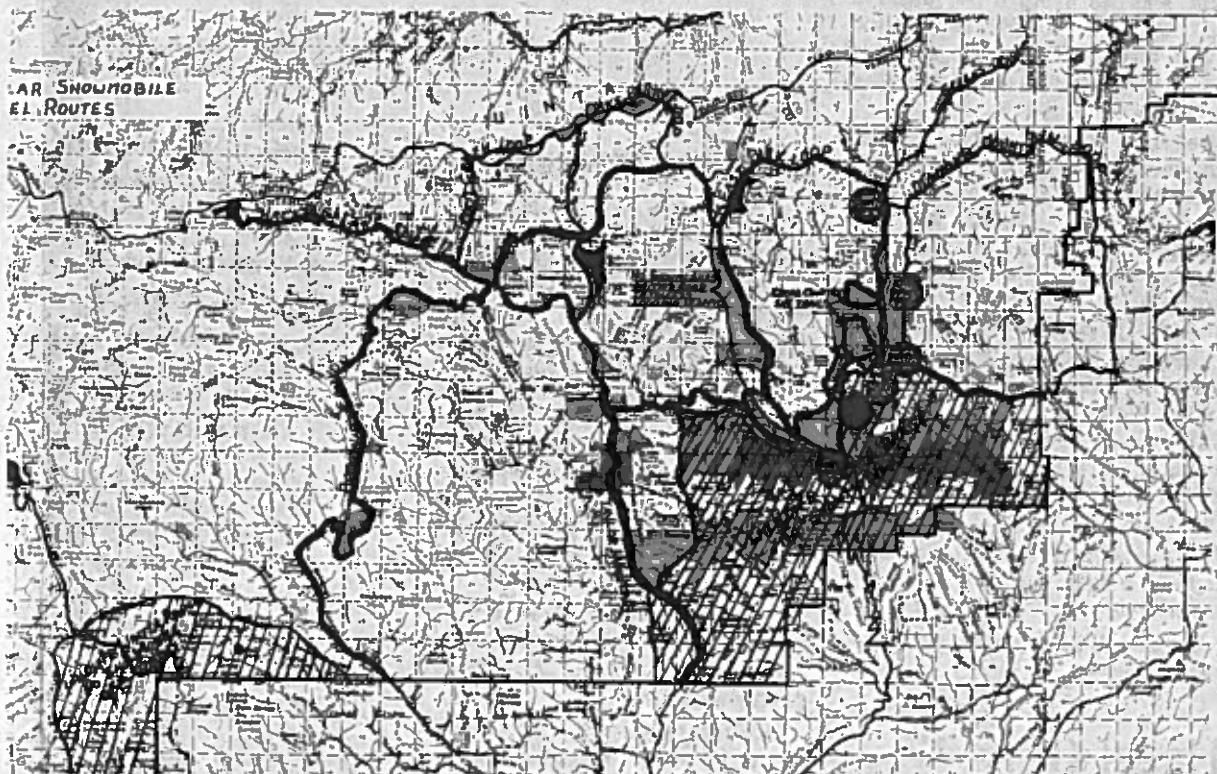


RON PEDERSON enjoys the company of his wife, Barbara, as he begins a series of top-tapping, foot-stomping calls for a recent practice session of the local square dance club.



KELLIE ERWIN RHOADES, professional ski instructor (left), gives students tips on cross-country skiing. Training as future ski guides are

Steve Strong and Louise Murch of Vernal, **Reed Bullen and Ed Schroeder** of Logan, and **Curtis Wright** of Vernal.



MAP OUTLINES cross country and snowmobile ski trails open to the public for free use. The hatched areas indicate wildlife winter ranges

where snowmobiles are not allowed. Several of the trails have been groomed by **Bill Calder** of Vernal.



Timothy and Leslie McRae

KOA presented with Gold Award

Kampgrounds of America, Inc. recently honored Vernal/Dinosaurland KOA owners, Timothy and Leslie McRae, with a gold rating for their facility and operation.

The gold rating is the highest KOA Kampground rating award. KOA quality assurance advisors visit each campground every year to conduct a thorough, 600 point review of each KOA. During that review, advisors evaluate everything from the entrance sign to bathroom cleanliness. To achieve the gold rating, the campground must score high in all areas and surpass the already first rate standards of the KOA quality assurance program.

"Campers expect more from KOA Kampgrounds," said Jim Rogers, KOA Inc. president and

CEO, "and that's why we place such importance on setting our standards high and rewarding those who surpass them. KOA's standards and quality assurance reviews are unmatched in our industry and have played a major role in making KOA 'number one for good clean fun.'"

Established in Billings, Mont. in 1962, Kampgrounds of America, Inc. is the franchised campground industry leader. KOA offers RV, tent Camping Kabin and Kottage sites at campground locations in the U.S., Canada, Mexico and Japan. Currently KOA has over 500 franchised campgrounds and 14 company operated properties that are open to the public.

Kampgrounds of America, Inc. is on the internet at www.koa.com.

To Your Health Ladies get physically fit in the Uintah Basin

By Michael J. Bjornson, Ph.D.
Express Sports Writer

So you want to improve your health and fitness, yet like millions of others, you have struggled to stick with your healthy intentions. At least you are in good company.

The vast majority of Americans do not exercise on a regular basis. This is not to say that many of those millions who do not regularly exercise have not tried to maintain a regular program of physical fitness and healthy living. Let's face it, modern society has become so fast-paced and emotionally demanding that many people feel overwhelmed and depleted by having to "multitask" every aspect of their life. Work, school, relationships, child rearing, finances, health, etc. The list could go on and on.

Just how are people supposed to fit in healthy lifestyle practices with so many hidden saboteurs? The answer is both easy and complex. Easy in the sense that when you prioritize something, it will most likely happen. The complexity lies in the difficulty of prioritization, and this is often more challenging for women than for men. In part, the reasons can be traced back to how boys and girls are raised differently right from the start. At the risk of oversimplification and gender stereotyping, women are both predisposed and taught to be more relationship oriented, nurturing, and prioritize taking care of others, before themselves. What time is "left over" might be left for them and this may happen by, let's say 10:00 or 11:00 p.m. Men on the other hand, are more inclined to do things that they enjoy or are interested in, in spite of competing demands. In other words, women tend to be stretched in many more directions than men, by juggling so many competing demands, and quite literally, do not have enough time for self-care. I am not

implying that men are selfish, they just seem to be able to prioritize themselves more easily than most women do.

However, you all know somebody who seems to be able to juggle it all, and still take care of his or her self. Maybe you are one of the fortunate "minority" who has figured it out. When you take care of yourself, both physically and emotionally, you significantly increase your ability to meet every life challenge and task that you encounter each day. You will be happier and more effective as a parent, spouse, mother (or father) friend, student, or employee. Taking care of and prioritizing yourself is not being selfish. It is the profound understanding that you will positively impact everyone else around you! Once you have established yourself as a priority and realize you are important enough to make time for, there are some strategies that may help facilitate sticking with a healthy lifestyle and fitness routine.

The right "mind set" is one place to start. Establishing a healthy lifestyle and exercise program is not an overnight phenomenon. If you view it as a process, you will be more likely to succeed. Be patient, persistent, and flexible, expecting yourself to miss a week or two now and then, while accepting dietary slip-ups. Occasionally allow those "forbidden" high fat, high carb foods to control you for a day or two. That is human nature and sometimes you need to go with the flow of life. Remember, you need to be in it for the long haul, versus a quick "I want to lose 20 pounds for my vacation" fix. "All or nothing" thinking can also influence sticking with it. If you have a mentality that you will only exercise if you do it "just right" and according to plan, for example five days per week, then you are setting yourself up for failure. Realize and accept

that there will be times when you might only be able to exercise once or twice in a week, and perhaps not at all. That is okay, the following week you may be able to do it four or five times. Again, allow for the ebb and flow of life.

In order to succeed with your fitness plans, you need health related goals to carry a higher priority than weight loss goals. In addition, the type of exercise you choose is important. If you dread it, you eventually will give it up. The time allotted is also important. To carve out one or two hours at least five days per week might not be realistic. Keep in mind that even 20 minutes, three or four times per week can be beneficial. Ask yourself this question, What sort of a healthy lifestyle and exercise pattern could I envision doing for the rest of my life? Then try it!

The time of day you exercise can also be important. Research suggests that morning exercisers tend to be more consistent over the long haul. As you know, once you hit the ground running and you are whisked into the hurried demands of your day, it becomes harder and harder to fit exercise in later in the day. Some people are successful with evening exercise however. The bottom line is to establish a pattern, stick with it and modify if necessary.

Behavioral health research has shown us that to monitor any behavior, will increase our awareness of and ability to modify such behaviors. This holds true for both eating and exercising. In terms of exercising, if you keep an exercise log or diary, whereby you just write your exercise frequency and what you did, you will be more likely to succeed. Convenience, cost and results obtained, are also success factors. From a psychological perspective, your perceived ability to succeed, also known as self-efficacy, will

directly impact whether or not you are successful. In other words, if you believe you can succeed, more than likely you will. It sounds simple, but there is truth to it.

In previous articles, I have discussed excellent options available to Uintah Basin residents to help them in their quest for improved physical health and fitness. Another nice facility is what is known as Curves For Women, located at 13 East Main Street in Vernal. For those who aren't familiar with Curves, it is the world's largest fitness center franchise, with over six thousand locations in all 50 states and nine foreign countries. It was founded by Gary Heavin, a health and nutrition counselor, along with his wife Diane Heavin, in Harlingen, Texas in 1992. Curves in Vernal has been under new ownership since June 2004, now owned and operated by sisters, Becky Meinrod and Dolores Simons, who bring a fresh enthusiasm and a love for fitness to their facility. They know all the members' names and offer a supportive and encouraging environment to help them achieve their fitness goals. The Curves company philosophy is "We commit our methods and motivation to help people to help themselves in their quest to attain a better quality of life". Curves is a nice, clean and contemporary facility for women only. According to Becky Meinrod, Curves is about doing weight training and cardio, with a focus on building muscle tissue versus weight loss per se. Of course, women will experience a change in their body composition when they work out using resistance training. They will increase their lean body tissue (muscle), while losing fat. Remember, this revs up your metabolism. In order to be optimally healthy, you need to work your muscles in addition to cardio training, which improves your respiratory and cardiac functioning.



Promoting women's health and fitness is the emphasis for sister Dolores Simons and Becky Meinrod, owners of Curves for Women Fitness Center.

Curves features several different hydraulic resistance strength training machines, which allow you to perform cardiovascular and strength training simultaneously. Each strength machine is strategically placed in an oval around the main workout floor. All major muscle groups are targeted. For thirty minutes, members move around the circuit, changing stations every thirty seconds. Members can begin their workout at any station along the circuit. At any given time, up to 20 members can work out along the circuit. Workouts are done to professionally choreographed music that has a tempo of 140 beats per minute. Members do not have to time themselves, since they are guided through the workout by pleasant voice prompts. A complete workout includes a warm up, cardio, strength training, cool down and stretching. If you haven't tried hydraulic weight resistance, you will be in for a surprise. It is a push-pull workout that provides challenging resistance, yet is considered safe for just about anyone. Members can be as young as ten years old, which is great for moms and daughters to spend time together engaging in a

healthy activity. The equipment is also ideal for older or elderly adults and for those who might be experiencing chronic health conditions. Members of Curves can also use other facilities across the nation or worldwide when they travel, making it convenient to maintain their health.

When members sign up, they get a figure analysis, which includes weight and body measurements, so they can track progress. There is also a video instruction course to help acquaint members with the Curves philosophy and workout. Becky and Dolores emphasize that their facility is all about being fit. This is a supportive, non competitive environment, where women do not have to worry if they are wearing makeup or are having an "aesthetically challenged" (bad) hair day. Just come as you are. There is off-street parking in the rear of the building. Curves has changing rooms, and a separate area for small groups to meet and discuss or learn about fitness related topics. They also offer specific reward programs to keep members motivated.

See Lady fitness on B9

Lady Fitness

Continued from B8

Members can earn "Curves Cash" for frequency of workouts, or if they are "caught" engaging in health-related behaviors, such as drinking water, stretching, etc., or progressing with losing body fat, pounds, and inches. They can use their Curves Cash for merchandise and apparel. This is a positive motivating facility, emphasizing total health and fitness for women.

Check it out for yourself and see! The hours are from 6:00 a.m. to 1:00 p.m., and 3:30-7:00 p.m. Monday through Friday, and 7:30-9:30 a.m. on Saturdays. There are different membership options available, whereby you can pay month to month or you can sign up for a year at a lower cost. Call 781-2386 for additional information.

Local bike trails lure hardy riders

Rich Etchberger's annual publication "Northeastern Utah Mountain Bike Rides" brings dozens of bike-riding enthusiasts to Vernal to try the trails he and fellow rider Troy Lupcho have created in the local mountains.

Lupcho, a former world champion cyclist who owns Altitude Cycle in Vernal, markets the bike rides manual which maps 22 separate trails some of which were former cattle or sheep trails.

With colorful titles like Holy Grail, Three Amigos and Blood Donor the names alone are a draw to those hoping for a mountain bike challenge.

Lupcho recommended two beginning technique and beginning fitness trails to review from Etchberger's manual.

"Got Milk is a 4.82 mile long trail, with 250 feet of climbing. The ride is not marked. Got Milk provides access to Retail Sale, Fire Sale, and And Cookies.

Got Milk is unique because it is just as much fun when ridden either direction. Got Milk is usually ridden clockwise. This trail can be ridden as an out and back trail. It also can be ridden counterclockwise when you ride And Cookies counterclockwise.

"As if those are not enough options, you can ride McCoy Flat Road back to the trailhead from the end of Got Milk. With riders moving all directions," Etchberger warns, "stay alert. With so many new riders, this trail gets lots of use."

Etchberger further observes the area is so close to Vernal that it gets lots of recreational users and abusers.

"Many people shoot guns randomly in this area, so if you hear gunfire, beware. Off road noise makers (off highway vehicles) are also a problem here, digging up the terrain and destroying singletrack. If you ride one of these things take it somewhere else, preferably Wyoming.

This trail is mostly singletrack with a couple of sections on old two track roads. When ridden clockwise, it is a gentle climb from the trailhead to the intersection with McCoy Flat Road and And Cookies.

This is a trail where the buffalo no longer roam, however, you can still see the deer and the antelope playing. As you ride along, there are many neat geological features to see including a pair of mushroom rock pedestals and the brightly colored buttes."

Got Milk trail is closely tied to And Cookies, which is 4.35 miles in length, and 250 feet of climbing. The ride is not marked.

"And Cookies is usually ridden clockwise as the end of Got Milk. This trail can be ridden as an out and back trail. It also can be ridden counterclockwise when you ride Got Milk counterclockwise. As if those are not enough options, you can ride McCoy Flat Road back to the trailhead from the end of And Cookies."

Alertness is also advised on And Cookies because of increased use.

Etchberger continues that the "abusers" are also found in this area, warning against "monster trucks and drivers with a cooler of cheap beer lots of



Photo by Rich Etchberger

Steady riding brings cycling success on the And Cookies trail, developed by Rich Etchberger and mapped out in his "Northeastern Utah Mountain Bike Rides" periodical.

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This is a trail where the buffalo no longer roam, however, you can still see the deer and the antelope playing. As you ride along, there are many neat geological features to see including a pair of mushroom rock pedestals and the brightly colored buttes."

Got Milk trail is closely tied to And Cookies, which is 4.35 miles in length, and 250 feet of climbing. The ride is not marked.

"And Cookies is usually ridden clockwise as the end of Got Milk. This trail can be ridden as an out and back trail. It also can be ridden counterclockwise when you ride Got Milk counterclockwise. As if those are not enough options, you can ride McCoy Flat Road back to the trailhead from the end of And Cookies."

Alertness is also advised on And Cookies because of increased use.

Etchberger continues that the "abusers" are also found in this area, warning against "monster trucks and drivers with a cooler of cheap beer, lots of guns and a four wheeler for some sign shootin' and cross country cruisin'."

"This trail is mostly singletrack with a couple of sections on old two track roads. When ridden clockwise as the end of Got Milk, it is a gentle climb with some neat sections in the junipers.

"The singletrack in the open desert is fast and can be challenging as it winds up and down through the sagebrush."

The veteran rider Etchberger urges riders to stay on the trail and keep the singletrack single.

"If you ride off of the trail for any reason, fix your divot."

Etchberger's updated mountain bike rides periodical is available only at Altitude Cycle and includes trailhead locations for all of these trails.

Lupcho has a frequently updated website that gives current humidity, barometric pressure, winds and sky conditions for each of the trails in the book. It also states when the weather conditions were updated last. The service is found at www.altitudecycle.com.

Vernal Express

2 July 2003

UINTAH COUNTY
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Community Calendar

February 28

- Oil painting classes will be held at the Golden Age Center every Wednesday at 1 p.m. Anyone interested needs to provide their own painting supplies. For more information call 789-2169.

- The third annual Utah Basin Job Fair will be held at Western Park. For registration contact the Department of Workforce Services at 781-4100.

- Utah Animal Care's first birthday bash will be at 7 p.m. At the Vernal City Offices. For more information call 781-1818.

March 1

- TOPS (Take Off Pounds Sensibly) meets at 11:30 a.m. every week at the Utah Care Center Day Care room. For more information call Marcia at 789 2791 or Minnie at 789-1064.

March 2

- A community dance will be held for people of all ages at the Golden Age Center, 155 S. 100 W. beginning at 8 p.m.

- Utah High School's state champion drill team will hold their revue at the high school at 7 p.m. Tickets are available from drill team members or at the door.

- The Utah County Republican Party's Annual Lincoln Day Dinner will be held at 6:30 p.m. at the Elk's Lodge at 35 North 300 West. The guest speaker will be Utah's Attorney General Mark Shurtleff. Barbershop music will be provided by "The Intonations." There will be a charge. Tickets may be obtained at Davis Jubilee or by calling Shauna Gravel at 781-1312.

- World Day of Prayer will be held at Kingsbury Community Church at the corner of First East and First North at 11 a.m. Child care will be provided and

Ma and Pa to open dance hall

By Angela Caldwell
Feature Writer

Boone and Glenn Bentley moved to Vernal and started hosting dances in 1994, with the dream of eventually running a "Mom and Pop business." Through the past seven years, the young people they have associated with have fondly started calling them Ma and Pa Bentley and they have finally found them a permanent home to hold their dances. Thus providing them with a title to their "Mom and Pop business."

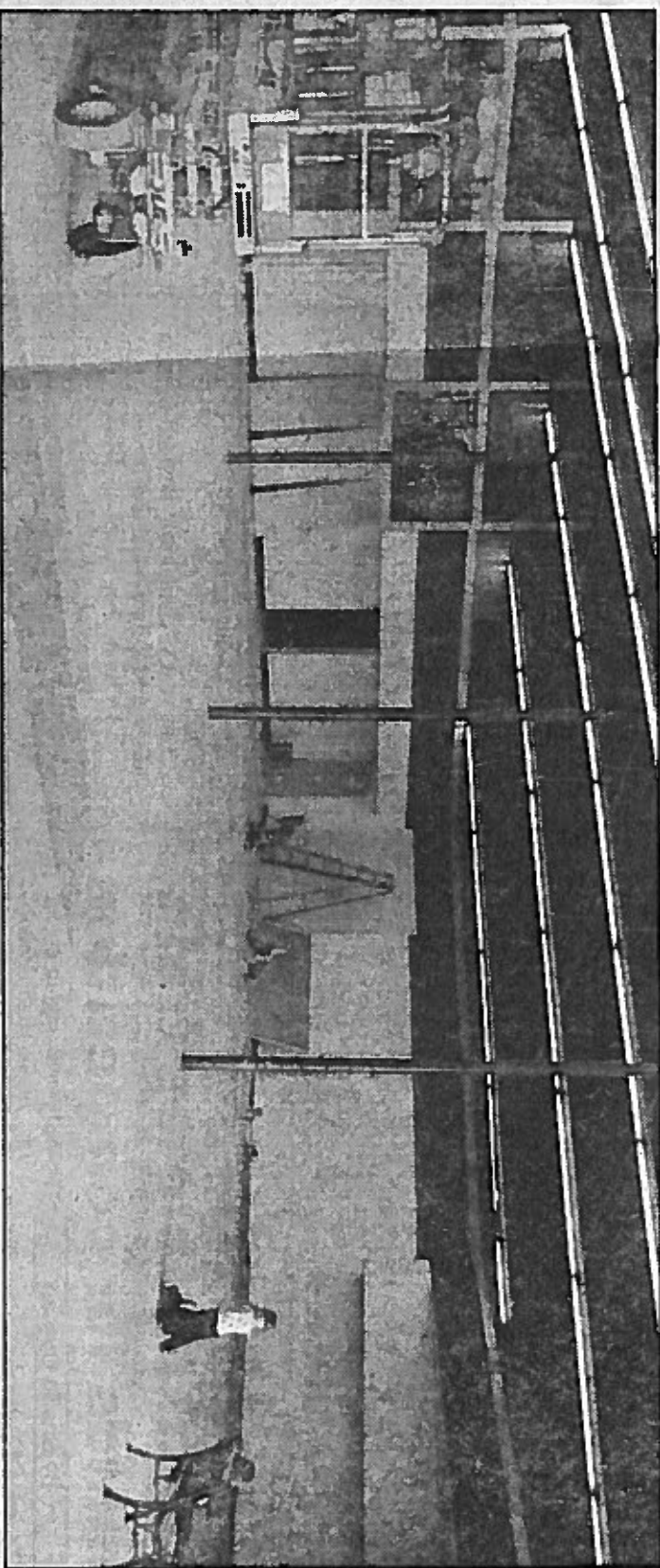
In 1994, the dances were held at the National Guard Armory. Many from this area remember going there as a Saturday night ritual. There has been two more locations since then including the former Pine Ridge Archery shop and the Vernal Middle School. Every location has had to be rented and keeping a steady schedule has been close to impossible.

For the past few months, the Bentley's have worked to arrange a permanent dance hall. They now have the former Jiffy Pawn Grocery that sits between the Jiffy Pawn Shop and New Look Salon. The parking lot by this strip mall has always been a popular hang-out place for main street cruisers on the weekends. The Bentley's hope is to discourage trouble in our community by providing the youth, as well as families, a safe and clean environment.

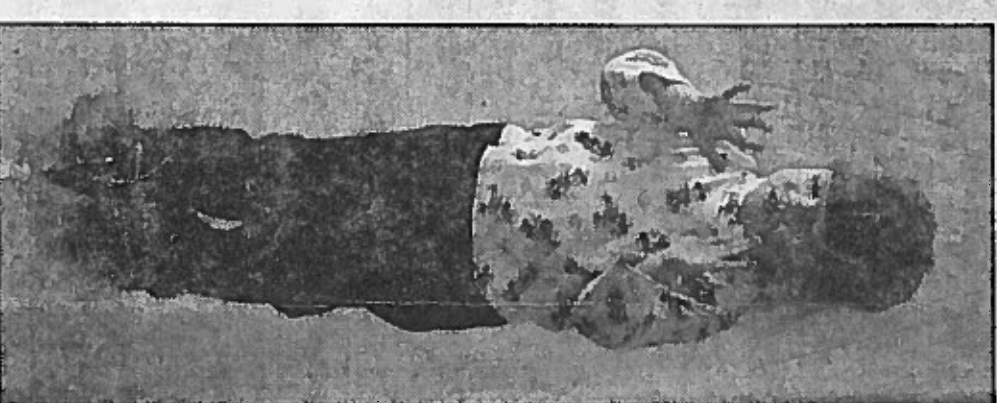
The Bentley's have always played the part of adoptive parents to all of the youth who are involved in their activities, including the Way Out West dancers. Glenn says, "They know who they are. They helped get us where we are right now."

The Way Out West dancers are a local performing group. They practice and choreograph their dances and then do shows for different wards and other groups throughout the community. They have also traveled out of town to perform at different events.

The dance hall will be open every Saturday night. The sign outside the building will have the Way



This empty room no longer resembles Jiffy Grocery. The new dance hall will open up to dancing this Saturday, March 3. The only things needing to be done before opening night is paint on walls and restrip the floor. Lighting and sound take just minutes to set up.



Glenn (Ma) Bentley takes a break with her two newly adopted girls. Megan Angela (left) and Cassie Lynn (right) became part of the Bentley family a few months ago and have already started learning dance steps.

Megan Angela Bentley shows



held at Kingsbury Community Church at the corner of First East and First North at 11 a.m. Child care will be provided and lunch will follow the service. People of all churches are invited to attend.

- An Avalanche Safety and rescue training course will be held at the Western Park at 7 p.m. in Conference Room 1.

March 3

- The new community dance hall will open at 8 p.m. It is located in the old Jiffy Pawn Grocery outlet between Jiffy Pawn and New Look Saloon. The dance will run until midnight.

- An Avalanche Safety and rescue training course will be held in the Red Cloud Loop parking lot at 9 a.m. Hwy 191 North.

March 13

- The Utah Ladies of Elks Association President's Visitation. Dinner will be at 6:30 p.m. at the Lodge with a meeting to follow. If planning to attend, call Marty Kay at 789-3081.

April 6 and 7

- Couples Conference 2001 is coming to Vernal Christian Church live via satellite. The conference will feature Gary Smalley, Dr. Chuck Swindoll, Dr. Kevin Leman, Dr. Dennis Swanberg and Drs. Les and Leslie Parrott. The theme will be "How To Be Your Mate's Best Friend."

The simulcast will begin Friday night, April 6 and will continue all day Saturday, April 7. The church is located at 1845 W. 750 S. Registration for this simulcast event or for more information, call Vernal Christian Church at 789-5492. There is a price break if you register before Feb. 21.

To place items of public interest on the Community Calendar mail to Vernal Express, P.O. Box 1000, E-mail, editor@vernal.com or call the Vernal Express at 789-3511.

traveled out of town to perform at different events.

The dance hall will be open every Saturday night. The sign outside the building will host the Way Out West logo. It will be open from 8 p.m. till midnight and is for individuals of all ages. "We need more older people," Glenn says. "Parents and adults need to get involved as well."

There will be a charge, but it will be kept low enough that the youth can afford to come and enjoy themselves. There will be rules, including no drinking, no smoking, no chewing, etc. The Bentley's have already hired three security guards who will watch things for them.

The atmosphere will be created by the people who attend, but the Bentley's have taken care in purchasing lighting that will help in that area. There will be light shows with different colors that bounce off the walls "in tune" with the music. They are also trying to purchase a "star ball" which will

Megan Angela Bentley shows how to do a new line dance.

throw stars on the ceiling to make it feel like the outdoors.

The Bentley's want to soon make Friday nights eventful as well. They will call it "Wrex and Effex" and will feature a 50's night, 60's night, ballroom dancing, dancing from different cultures and also family nights. They would also like to make their building a dance studio and try to include an aerobic dancing, weight loss program.

Everyone in the Bentley's family is involved as well as their daughters Nichole Cook and Nadean.

"We want families to get involved. We want this to be a good clean environment. We want kids to know there's more to life than going out and getting drunk."



Boone (Pa) Bentley finishes putting screws into the dry wall so painters can finish. The painting was finished on the 27th of February so the only big project left is stripping the floors before opening night.

Notice

To concentrate our efforts and increase our portrait services after March 3rd, Western Exposure & Alpine Design will be serving our clients by appointment only.

We will be in the same location, and are anxious to meet any special needs that you may have, we will take photos in our newly remodeled studio and will also take photos at your location, the Temple, and we have several locations that will make any event special.

We will still do the same professional photography on; make-over shots, engagements and wedding photos, senior portraits, sports photos, family and class reunions.

We look forward to taking the High School students dance pictures in our studio each month.

We will still do any Computer restorations that you have.

We appreciate your business and hope to continue to serve you in the same professional manner that we have in the past.

We will be available by phone 789-4727 if you happen to get our answering machine (we would rather not talk into a machine either), please leave your name and telephone number and we will be back to you as soon as possible.

We have tried to reach everyone who has orders at our shop, and if you need to pick up any orders, just call and make an appointment, we will help you get them.

We will be doing "Specials" about once a month on Friday and Saturday and for special occasions.

"A partnership in photographic perfection"

**Alpine Design & Western Exposure
Studios Photo Co.**

789-4727

50 E. Main

McCarrel brothers skate for USU hockey

It's not unusual for Utah State University hockey fans to experience a little confusion when they first pick up their programs before each game. The team roster appears to have duplicate team member information - the McCarrel name is listed twice. However, hockey enthusiasts soon realize that it isn't a mistake. Brothers Kevin and Craig McCarrel of Jensen both skate for the USU hockey team. They are the sons of Scott and Rayma McCarrel of Jensen and have been skating and playing hockey for about seven years.

Kevin is a 2000 graduate of Uintah High School and is currently a sophomore at Utah State. He chose to attend USU for the school's aviation program. He skates as a third line defenseman and has several goal assists to his credit. Craig graduated from Uintah High School in 2002. He plays forward and skates on the third lineup as well with two goals so far this season and several goal assists. Craig has not yet settled on a college major field of study but has an interest in agriculture.

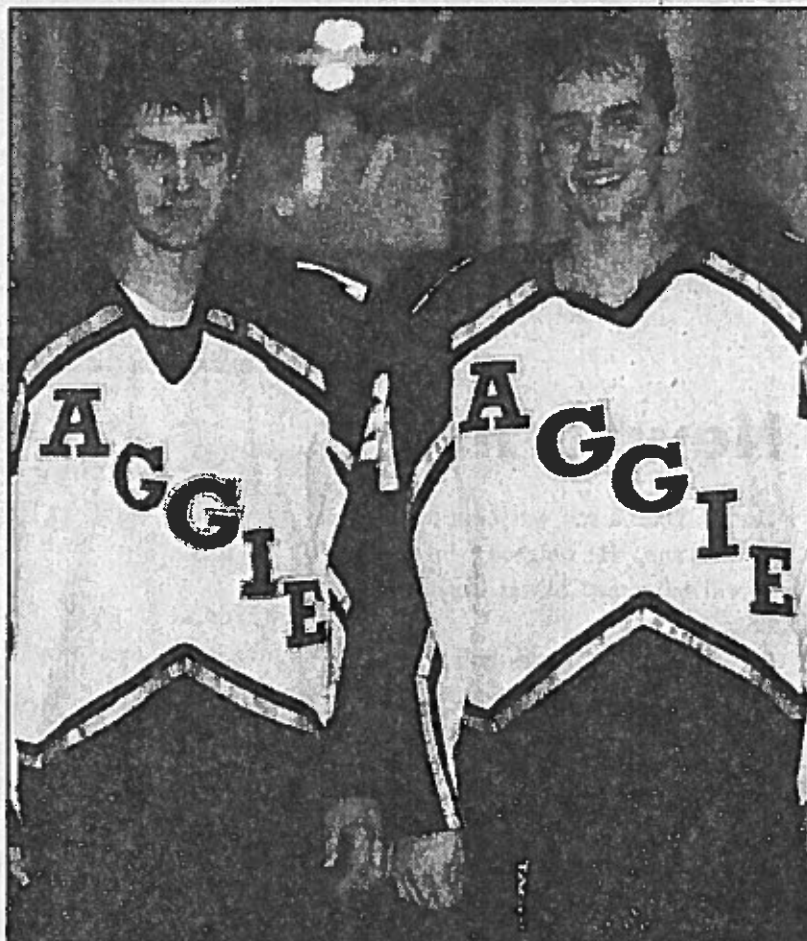
The McCarrels said that the USU hockey team competes in division two of the Rocky Mountain College Hockey Association and is nationally ranked. USU organized their hockey program in 1994 and had to travel to Ogden to find an ice sheet for practice and to play their games. That all changed last year when Logan got its own ice. They have a 40-game schedule and face off against Colorado State University, the University of Utah, BYU, Weber State and teams from the Northwest. They recently returned from a series of games in California.

According to their mother Rayma, Kevin and Craig showed

natural skating ability as younger boys and have two brothers, Kyle and Mitch, who also skate and compete in the local hockey league. The entire family enjoys skating. Scott plays on the adult soccer league and Rayma says "I don't do what they do but I can skate." She said that Kevin and Craig have been skating for at least seven years. "When they first asked us to play hockey, we drug our feet for a couple of years," Rayma said. "We finally gave in and it's been good for out kids."

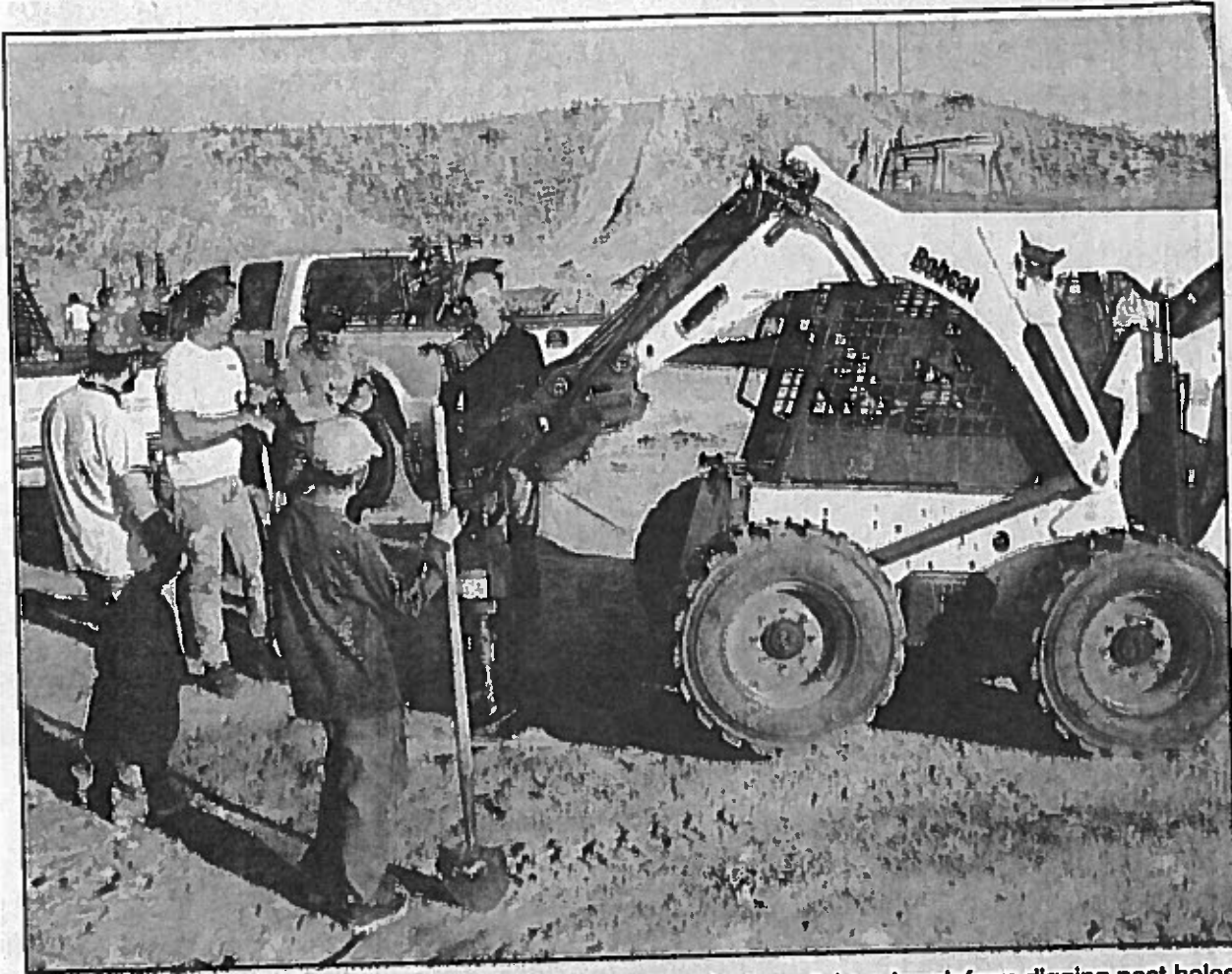
The McCarrels were introduced to their sport through the local hockey association.

The McCarrels said that hockey enthusiasts in Logan still struggle trying to keep the two McCarrel brothers straight. "The locals have found it easier to just refer to them as 'Vernal,'" the McCarrels said. However, the simplicity of that "tag" may be short-lived as Kyler and Mitch anticipate trying to join their brothers in Aggie jerseys.



Craig (left) and Kevin McCarrel of Jensen skate for the USU hockey team.

16 April 2003



Mike Slaugh, Terry Simper, Bob Vanderbusse and other volunteers take a break from digging post holes for the fence around the motocross track while Bart Haslem uses a Bobcat to complete the job.

Motocross track progressing

The building of the motocross track at the Honda Hills, which was approved by Uintah County Commissioners in February, is well underway, according to Mike Slaugh, president of Uintah Basin Motorsports Association.

Volunteers of Uintah Basin

Motorsports Association (UBMA) have been putting in long hours to build the track and surrounding facilities. Slaugh said the track is mostly finished but fences, ticket booths and starting gates are still under construction.

The track, which can be seen from

Vernal Avenue, is not yet ready for use but Slaugh assures riders it will be soon. He said UBMA would like to thank Dusty Morris, Jared Jensen and the many other volunteers who have participated in the building of the track.

Uintah Basin standard
18 March 2003

RHC .0581



COMING TO A MOTOCROSS TRACK NEAR YOU—Members of the UBMA are enthusiastic about the approval of a conditional permit, but are anxious to get to work on promises made to the community. Over Thirty Class rips the track at last year's motocross event.

Motorsport group plans to keep promise

By Rebecca J. Boren

"We have community support," stated Mike Slaugh, "but the commissioners made it very clear that they want things done right." Members of Uintah Basin Motor-Sports Association were enthusiastic about the approval of the conditional permit, but were anxious to get to work on promises made.

A conditional permit was granted by Uintah County Commissioners at their Feb. 26 meeting. The permit will allow the motocross club to build a motocross track at the property located at 3300 North Vernal Avenue also known as Honda Hills.

In addition to meeting all requirements made by the TriCounty Health Department, the club has worked diligently to answer concerns of residents living near the future track as well as ensuring positive financial and social effects for the community.

UBMA Pro Riders Gray Davenport and Bryan Getchell volunteered to train the inexperienced riders on safety and basic skills.

"I wish we had programs like this available when I was a kid," said assistant vice president and Roosevelt Representative Perry Getchell, "they used to put you on a bike and just say, 'Go!'"

Slaugh suggested certification requirements for inexperienced riders. The subject will be discussed further in the future, but all members agreed that it would be important to work closely with the state and educate young riders. Currently all riders from 8 to 16-years old are required to have state certification when not riding on private property.

Club officials hope the club will have a points race sanctioned by the USRA by the end of this year. One dollar out of every race entry will be given to the USRA. It was also mentioned that kids who want to race but cannot afford the fees will be accommodated to the best of the club's ability.

In the meantime, the club is selling raffle tickets for a four-wheeler to fund the organization. Contact club members for tickets. The raffle ends March 21.

Businesses interested in corporate sponsorship can also contact Dusty Morris at the phone number listed above.

The UBMA officials said they want to make it clear that the club is not for motocross enthusiasts alone. Snowmobilers, dirt bikers, stock car racers, go-cart fanatics, ATV trail riders, and motor-sport enthusiasts are also welcome.

Vernal Express 21 Nov 2001



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Mike Mason, Vernal Area Chamber of Commerce, presents certificate of appreciation to Troy Lupcho for promoting mountain biking.

Mountain cyclist appreciated for sharing his sport

For his efforts in boosting local tourism by promoting the area's mountain biking opportunities, Troy Lupcho was given a certificate of appreciation from the Vernal Area Chamber of Commerce.

Lupcho was recognized for his support, along with Marc Wilson, Red Canyon Lodge, of the annual Flat Tire Bike Festival. The event attracts upwards of 150 mountain bike enthusiasts to the area.

Lupcho and other bikers have mapped over 150 miles of single track mountain bike trails in Uintah County.

"Vernal is attractive to mountain bikers who are looking for a new place to ride," Lupcho said.

Recently Lupcho hosted writers from Utah Outdoors Magazine who spent a weekend riding mountain bikes in the area. The result of Lupcho's hospitality was a five-page spread in the magazine and local rider, Lianna Eichberger was featured on the cover of the magazine as she rode a trail at Steinaker.

"Maybe energy is the wrong word; these guys border on neurotic when it comes to building and caring for trails," stated Brooks Stevenson in Utah Outdoors.

"They strategically place rocks, cactus and sage brush on corners to keep riders on the main trails; they consistently remind riders to

"replace their divots if they're breached the 15-inch wide swath; and they've begun teaching mountain biking classes at the USU Uintah Basin Extension to recruit riders and teach them about good trail ethics and advocacy."

"In short, Vernal has done what some other bike towns have not. They built trails because they love to ride, not to bring tourists. The folks in Vernal like to ride. This is a way of life for them and they're willing to share it — on their terms," Brooks writes.

Lupcho, a former world champion BMX bike racer, devotes much of his spare time to mountain biking. Last month he competed in the 7th annual 24 Hours race in Moab. There were over 1,800 contestants. All together the bikers rode over 93,000 miles during the 24-hour period. The course was 15 miles long with a 1,300 foot climb. Lupcho's team took fourth overall and he had the over all fastest time and the third fastest lap. The team made 19 laps in 24 hours.

Lupcho is owner and operator of Altitude Cycle in Vernal.

Lupcho said he does not take credit for all the mountain biking opportunities. "There are many who have done much to promote the sport."

1457th to marshal July 3 Parade

Members of the Utah Army National Guard #1457 Combat Engineers have been asked to be the Grand Marshals of this year's Independence Day Parade which will be held Saturday, July 3.

Theme for this year's parade is "Honor Our Troops."

The final day to submit entry forms for participation in the parade will be noon July 2. Forms

to enter the parade are available at the Vernal Area Chamber of Commerce, 134 West Main.

A flag raising ceremony will begin the day at 9 a.m. at the Post Office. The flag raising is under the direction of the Jensen American Legion Post.

Parade entries will begin the Main Street route at 10 a.m. from the Post Office. The parade ends at the Utah

National Guard Armory.

As has become an anticipated annual parade event, a fly-over by members of the 419th Fighter Wing from Hill Air Force Base will occur at 10 a.m.

Fireworks will be held at dusk at the 500 North baseball park on Sunday, July 4 and is sponsored by the Vernal Elks Lodge.

Vernal Express 14 June 2004

RHC 0581

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Sports

Oil boom creates recre

Board adds \$1.6 million to budget

The recent increased production in the oil field in Uintah County has sent a windfall to the Uintah Recreation District. Last Monday the Recreation Board opened its budget to allow for the projected \$1.6 million increase, but stopped short of spending the bulk of the anticipated funds.

The district financial officer, John Millecam, told the board that the proposed expenditures of the money was only a recommendation, since the board does not have the money yet.

"I would hope the committees would take the recommendations and come up with proposals to be approved by board," Millecam said.

The Recreation Board operates, in addition to fees and rentals, on quarterly allocations of mineral lease money from the Utah Department of Transportation. Since last year the amount, which is directly affected by the amount of oil and gas production on state and federal land, has jumped from \$249,786 in June of 2000 to \$788,938 expected for the first quarter of 2001. A conservation projection of additional mineral lease money in 2001 is \$1.6 million. Twenty percent, about \$320,000 this year, of the mineral lease money goes to Uintah Basin Applied Technology Center and Utah State University local campus for scholarships for Uintah County students.

Recreation District Board members approved the \$1.6 but pulled out the funding for a skateboard park, \$200,000; BMX track

\$10,000; and \$400,000 for a 4-plex ball complex. The \$610,000 will be placed in reserve with \$162,400.

"I would not want to bet that the mineral lease money will still be here next year," said Commission Max Haslem, who recommended that the board build a larger reserve for times when mineral lease money is not as prevalent.

Items approved by the board is \$175,000 for the Naples City Splash Park. The board had already approved \$75,000 for phase one of the splash park. It approved another \$100,000 for phase two of the project which will likely be built next year. Phase one of the splash park, which is for younger children, will be built this year. The expenditure also included \$6,000 for a pavilion south of the Vernal Municipal Pool so special events can be held at the pool.

The board also agreed to assist the Uintah School District with the construction of a regulation soccer field.

"We don't have a regulation field, and players are being hurt because the fields being used are not constructed property," said Al Stone, Recreation District director. Currently the high school soccer team is using their football field or the field at the Vernal Middle School. The high school team will use the field during the high school soccer seasons and the recreation district will be allowed to use it during the off season. Also included is an additional \$60,000 allocation for the soccer field being built by the Recreation District at the old



Phase one of the Naples splash park will be built this summer for next year.

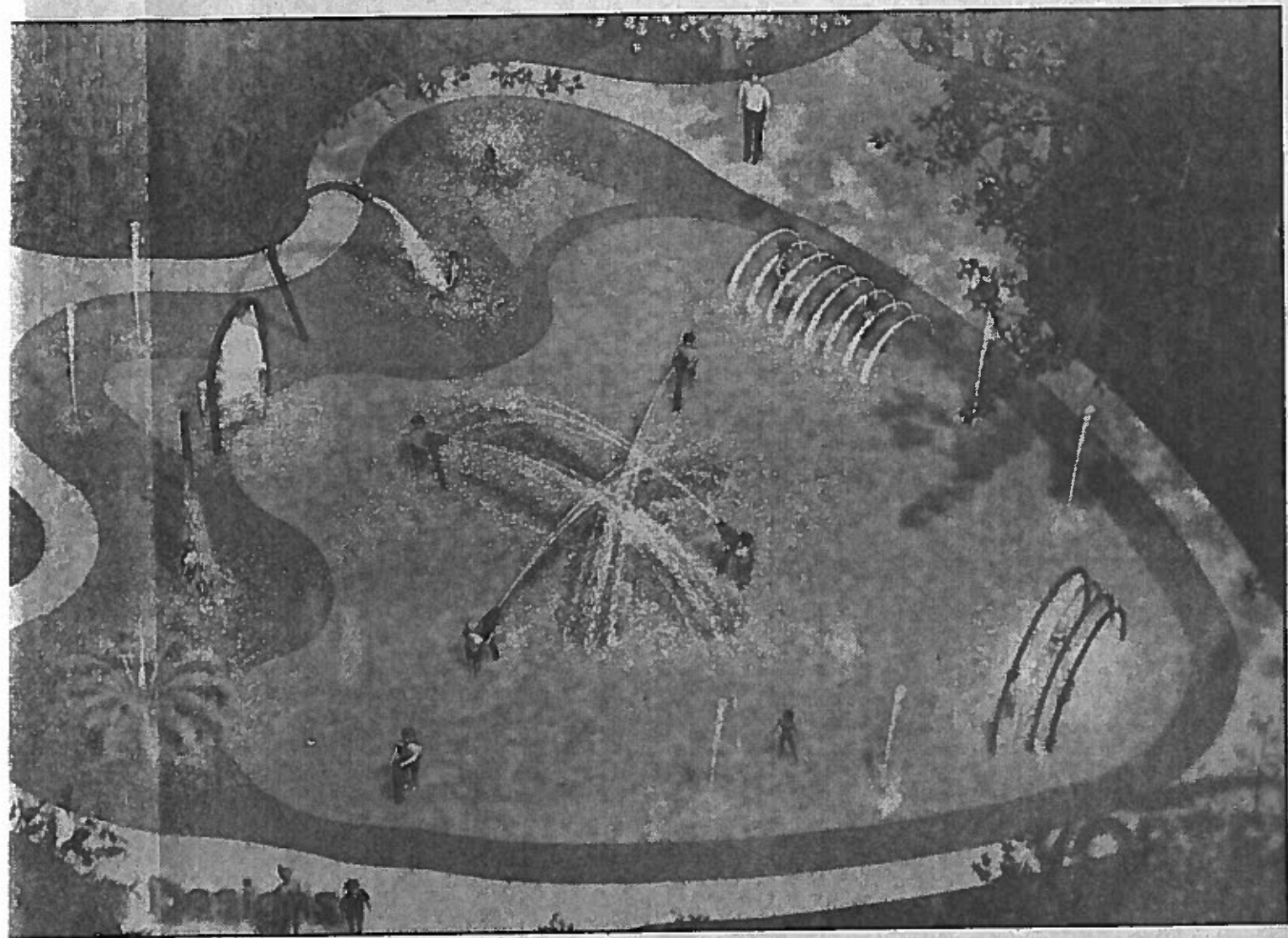
KOA campground, southwest of the USU building.

Included in the motions made by the Recreation Board, was that a

letter be written to the commission, requesting that be directly distributed to Now the mineral lease

Sports

es recreation windfall



Part of the Naples splash park will be built this summer and will replace the Naples water slide. Phase two of the project is proposed for next year.

ground, southwest of the
ing.
in the motions made by
tion Board, was that a

letter be written to the county com-
mission, requesting that their funds
be directly distributed to the board.
Now the mineral lease funds are

allowed to the Uintah Special
Service District and then allowed to
the Recreation District. Prior
requests to have the funds come

directly to the Recreation District
have been denied by the UDOT.



THIS IS IT! — "I told Dusty Morris he was going to have to find himself a new partner if this permit was not approved," said a joking Mike Slaugh, president of the non-profit Uintah Basin Motor-Sports Association. "We have put in too many hours for this not to work."

Permit approved for motocross track in Vernal

By Rebecca J. Boren

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"I told Dusty Morris he was going to have to find himself a new partner if this permit was not approved," said a joking Mike Slaugh, president of the non-profit Uintah Basin Motor-Sports Association. "We have put in too many hours for this not to work."

The UBMA was sufficiently armed with letters of support, plans of operation, and facts regarding the positive impact the track would have on the community.

"We were disappointed after approval for the Naples track was denied, I'm glad now," said Morris, who serves as UBMA vice president. Morris is also a private owner of the future motocross track.

The primary concern expressed by the commissioners was how the track would impact residents living near the 25 acres at 3300 North Vernal Avenue, most commonly known as "Honda Hills."

In the past the hills have been used by motocross and ATV riders in

The UBMA anticipates holding one race a month and the bikes are required to have mufflers. "They are much quieter than Harley-Davidsons," added Slaugh.

Dust control and trash disposal will be taken care of in large part by J-West. "UBMA will patrol for garbage before and after each race," stated the proposal packet submitted to the Commissioners. Trash cans will be placed strategically around the track as well. One large bin will be provided and disposed of by J-West to meet TriCounty Health Department requirements.

The parking lot will be watered before races as will the track before and during races as needed. This will be done with a water truck donated by J-west to control dust.

At this time, UBMA has not made any plans for food service, however outside vendors may operate during races.

Western Park is confident and impressed with the leadership of this organization and we are willing to help at any crossroad," said Derk Hatch general manager of the Western Park. Western Park will lend seating, fire extinguishers, state surplus equipment and assist with lighting and sound.



LOOKING TO THE FUTURE

— Members of Uintah Basin Motor-Sports Association discuss future plans for the track and goals anticipated by the club while younger members concentrate on having fun right now. "Ground will break at the track within the next couple weeks," said Dusty Morris seated next to his children.

each person attending a race will spend an average of \$133. Last year the races held by MotorSport News Events brought in 240 local riders the first day of racing. UBMA hopes to bring in at least 400 racers with an

RHC 0581

4 March 2003

Uintah Basin Standard



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The primary concern expressed by the commissioners was how the track would impact residents living near the 25 acres at 3300 North Vernal Avenue, most commonly known as "Honda Hills."

In the past the hills have been used by motocross and ATV riders in an uncontrolled manner. Out of the half-dozen residents who live near the hills most were hopeful that the track would be an improvement. One resident had expressed concern about noise and dust.

"There is not much we can do about noise," said Commissioner Mike McKee.

The UBMA anticipates holding one race a month and the bikes are required to have mufflers. "They are much quieter than Harley-Davidsons," added Slauch.

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Security at the track will be provided by off-duty Uintah County Sheriff deputies. Sheriff Rick Hawkins provided commissioners with a letter support for the track.

UBMA will abide by Utah Sportsman Riders Association rules, which are more specific than state laws. The use of drugs and alcohol would not be tolerated at the track.

Using a formula provided by the USRA the UBMA anticipates that



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each person attending a race will spend an average of \$133. Last year the races held by MotorSport News Events brought in 240 local riders the first day of racing. UBMA hopes to bring in at least 400 racers with an average of two supporters per racer.

"I am 100 percent in favor of this track," stated Commissioner Jim Abegglen. "I have two grandsons interested in this sport." Abegglen added that he was hoping that the UBMA would teach the youth how to ride safely.

"We have community support," stated Slauch, "but the commissioners made it very clear that they want things done right."

4 March 2003

Uintah Basin Standard

RHC 00

Welcome to Vernal

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Vernal, Utah

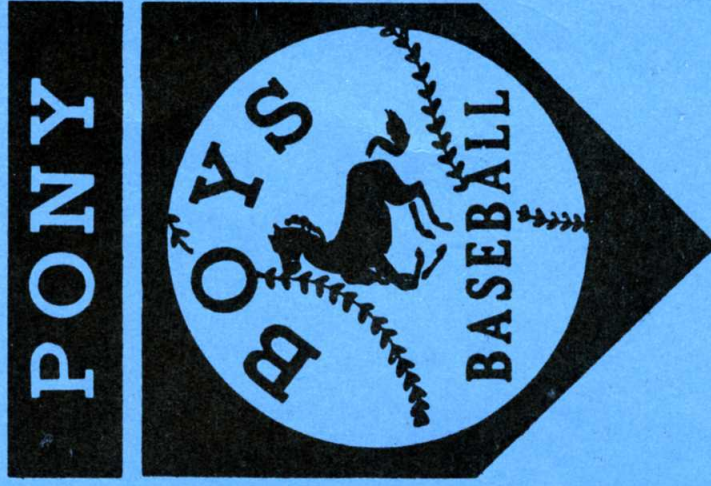


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Two lucky people from this group won prizes on The Price Is Right. Those winners will be revealed Nov. 16 and 21 on channels 2 and 10.

Price is Right for Vernalite

Melinda Goodwin's husband, Kory Goodwin, told her they would go anywhere she wanted for their anniversary. With that open invitation, Melinda answered, "Great. We are going to the Price is Right Show!"

Unfortunately, when they arrived in Los Angeles for the show on June 10 they were not allowed in. They had only one ticket and needed two. Melinda decided just obtaining another ticket wasn't satisfactory so she asked, "How am I guaranteed on the show?" She was told she needed to book a group of 20-24 people.

So she did. She asked everyone she knew to go with her and her husband. She even asked people she did not know. For three months all she could talk about was The Price Is Right show and what a dream come true it would be just to

see Bob Barker.

On Sept. 24, 16 people from Vernal, one from Spanish Fork and one from Las Vegas went to Los Angeles to see the show and Bob Barker. They took five vehicles in a caravan. They left on a Sunday and went to the taping in Hollywood on Monday. They were back home in Vernal on Tuesday. It was a fast trip just to meet the master of game show hosts, but Melinda says it was worth it.

Two people from the group were called to be on stage - and they even won prizes. They can be seen winning those prizes on Nov. 16 and Nov. 21 at 9 a.m. on channel 2 or at 10 a.m. on channel 10.

Recreation board okays budget growth

\$5,000 set aside for ice rink

By Steven R. Wallis
Express Editor

The Uintah Recreation District Board approved a \$1.8 million budget and appointed a new chairman and vice chairman Tuesday.

The 2001 Budget reflects a \$380,000 increase from 2000. The recreation district's revenue comes from user fees and mineral lease money. With the price of oil continuing to increase, the revenue going to the district is steadily going up.

The budget projects \$260,000 in scholarship funds for 2001. The scholarship funds are up from year 2000 which was \$85,000. Board member Jim Abegglen said he believed the \$260,000 budgeted for scholarships was excessive and asked Commissioner Lloyd Swain why the scholarship fund increased more than three fold in one year. Commissioner Swain said the percent of the mineral lease money for the scholarships would increase next year and oil price continue to go up.

Abegglen also questioned the \$20,000 Uintah County plans to charge the Recreation District as an administrative fee. The amount for the county to administer the Recreation District finances doubled from 2000.

Board member Vernie Heeney made the recommendation that \$5,000 be allocated in the budget to assist the Ice Age Foundation with the electrical expenses for a refrigerated ice rink. Al Stone, recreation district manager, said the district has assisted the Foundation with a \$2,600 contribution to purchase ice

skates for public rental. The \$5000 would come from the proposed purchase of camping equipment and \$3,500 from a golf course line item which was put in the budget by mistake.

Heeney's recommendation to assist the Foundation was approved by the board along with the 2001 Budget.

The budget also includes \$75,000 to assist Naples City in taking down the present water slide facility and building a splash park.

The board approved Ron Tollefson as its new chairman and John Millecam as the vice chairman treasurer. Committee assignments were Pool and Recreation Program Committee, Ron Tollefson, Jim Abegglen and Deanne Kazeck; Parks Committee, Dean Baker, Nina Pease and Tod Tesar; Golf Committee, John Millecam, Steve Wallis and Vernie Heeney; Television Committee, Steve Wallis, Ron Tollefson and John Millecam.

The composition of the board could change as the terms of Steven Wallis, Vernie Heeney and Nina Pease will expire in 2001. Uintah County Commissioners will select new or reappoint board members to the Recreation Board at a special county meeting set for Dec. 28.

Major expenses in the 2001 Budget are Golf Course: \$28,500 in capital purchases, \$45,000 in Capital projects; Parks, \$54,000 in equipment and \$138,610 in capital projects; Naples Park, \$16,500; Naples Water Slide, \$75,000; Recreation, \$15,000 and Outdoor Adventure, \$5,000 in equipment.

UINTAH COUNTY
REGIONAL P
FILE FOLDE
NO. 0581

Vernal Express
20 Dec 2000

Recreation board proposes curfew

The Uintah Recreation District Board is recommending local governing agencies to employ an 11 p.m. curfew at all county and city parks.

Precipitating the board's action is recent vandalism which knocked out the windows and painted PVC pipe primer to two Recreation District maintenance trucks parked at the Vernal ball park complex.

"We normally have graffiti and some vandalism to the restrooms, but these recent acts go beyond what we normally see," said Rick Reynolds, Vernal City Police officer who also serves on the Recreation Board.

"It would help law enforcement if there was a 10:30 p.m. or 11 p.m. curfew at the parks," Officer Reynolds said.

Members of the board agreed with Reynolds that something needs to be done at the parks. "There is no reason for people to be at the parks after 11 p.m.," Reynolds said.

The board approved a motion to write a letter to Vernal City, Uintah County and Naples City to adopt a uniform 11 p.m. curfew at the parks.

The Recreation District is offering a reward for the arrest and conviction of the person or person responsible for the two park maintenance vehicles. To report any information, contact the Vernal City Police, 789-5838 or Uintah Recreation District, 781-0982.

RHC 0581

Vernal Express 23 May 2001

Pioneering in Ashley Valley seemed to be following a set pattern. The pioneers of Nauvo came as strangers from many states and countries. To make them a united community and a friendly neighborhood a program was worked out to promote friendship and peace. Among the early converts was a noted actor. He was given the opportunity to stage home drama. They had their patriotic programs, parades, dances and sports.

While crossing the plains the pioneers after a strenuous day in wind, sun and dusty roads, broken wagons, illness, driving livestock and gathering wood or buffalo chips for the fire and having finished the evening meal, the fiddles or harmonicas began to play. How those weary pioneers danced and sang. Tired? Yes, but recreation brought them to life. For an hour or so they forgot trials and troubles of the day. Recreation was the life saver for them.

When the pioneers entered the Salt Lake Valley they followed the beaten path and when the pioneers came to Ashley Valley they followed this set pattern.

Each community had its recreation center. In most every case it was the school house. Usually one or two rooms. In winter they had their special programs. Thanksgiving, Christmas and New Years here. How well I remember those parties. Father taught school. He rode a horse to get the school house ready - make the fires, fix the sage for dialogues and skits - songs and recitations. Mother and we children rode in the buckboard three miles up and down hills of deep gulches and across the rocky creek bottom, chuck holes and bumpy roads.

People were coming from every direction carrying dishpans, kettles and pots or baskets of food. After a program of song, skits and dialogues and speaker of the day, a pot luck lunch was served. How good the fried chicken, cake, doughnuts, etc. Then came the children's dance. Mothers or dads teaching the little ones.

On one occasion a fight took place on the floor where the children were dancing. Father was a short man. The two fighting looked like giants to me. Father got between them, put a hand in each stomach and tried to push them apart while he tried to talk them out of it. But the fight went right on over his head. A fight or two inside or out seemed to be the order of the day.

At night babies that couldn't be left at home were a spectacular part of the dances. Beds were made on the tables, under the tables, on benches or under benches, in small cradles or boxes. Often a baby was just put in your lap while the mother glided off in the waltz, polka, rye waltz, vesuvian or square dance.

This was not only typical of Union Ward but all the pioneer dancer centers.

The dance manager taking the dance tickets received cedar posts, eggs, butter, squash, potatoes, chickens, etc - whatever was offered. This helped pay the fiddlers, the coal oil lights, fuel for the pot belly stoves and the dance manager. The loot was divided according to needs and desires.

Summer recreation was very different. Every community seemed to have a special grove; Winn's grove in Union (Ashley Ward), Rasmussen grove in Merrel Ward (Naples), Davis grove in Davis, Burton's Lake in Maeser. Uncle Jake's Hall was a community center for Vernal. George E. Adams band wagon was a prominent part of every celebration.

The bandwagon was in the shape of a boat with stair steps going up and un at both ends of the boat. There were five or six rows of these seats with four or five band members to the seat. This band paraded for the Valley holidays or special occasions.

The 4th and 24th of July always began with cannon shots and a parade depicting everything from Washington crossing the Delaware on ice, Goddess of Liberty, to Indians surrounded by pines with coyotes, bobcat, eagles, etc borrowed from the

taxidermist. Hay wagons decorated with red, white and blue bunting were the means of transportation.

The horses or oxen were usually made attractive by the use of colorful tassels. Of course the parade was not complete without hand carts and pioneer wagons.

The grove in each community had its raised platform for the morning program. The platform, about five feet above ground was always decorated with red, white and blue bunting. Here the patriotic program was given. We heard the stories, 'Give me liberty or give me death', 'I'm sorry I have but one life to give for my country', 'Don't fire until you see the whites of their eyes', 'To arms, to arms the Redcoats are coming'. There were a few real gifted orators in the olden days.

What interested the kids mostly was the side booths. There were barrels of oranges. If you didn't have a nickel to buy one you could smell them for free. There were forth gallon barrels of lemonade and a long dipper and home made root beer. Popcorn in foot long packages with a Japanese fan or umbrella in each. There was freezer after freezer of home made ice cream - besides the candy, nuts and gum.

Quilts, blankets and table cloths speard on the ground announced dinner time with friends and neighbors. A very special dinner with fried chicken and cake.

Then came the fun time. A greased pig or two was turned loose. What a scramble. The boy or girl who caught the pig took it home. A sack of money was put at the top of a greased pole. It belonged to the one who climbed to the top and got it. There was tug of war; pa's and ma's on the east side against pa's and ma's on the west side, sack race, egg race, three legged race, relay races and just plain races. High jump and broad jump, occassionally a war with wooden spears and swords between white and Indian.

Now it was time to go home and milk the cows, chop the wood, feed the pigs, eat supper, put on your best bib and tucker and get ready for the night dance.

These dances were mostly held in school houses, later in log recreation halls. Here 'neath the coal oil lamps high up on the walls the couples glided through all the old time dances. Twelve o'clock - time for refreshments or box lunches auctioned off. Then the fiddlers struck up the tune 'We won't go home till morning' and the dancers very often did just that.

Recreation was the life line of the pioneer.

Recreation in Ashley Valley.

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Three legged race, relay races and just plain races high jump and broad jump, occasionally a war with wooden spears & swords between white and Indian.

NOT SCANNED



Red Hot Mommas take to the ice in hockey fund raiser.



Slick Chicks put up a good fight on the ice. *Vernal Express 27 Feb 2002 RHC 0581*

Vernal Express 11 Oct 2000

Refrigerated ice rink edges closer to reality

By Steven R. Wallis
Express Editor

The Ice Age may be upon the Uintah Basin before Christmas if members of a local foundation have any say about it.

The Uintah Basin Ice Age Foundation was formed about a year ago to promote skating and to bring refrigerated ice to the Basin. Tuesday members of the group presented a proposal to the Uintah Recreation District Board to purchase a used portable refrigeration unit for \$42,000 and set up the system at the outdoor arena at Western Park. The Recreation Board preliminary agreed to the proposal, but the actual approval of the proposal will be Tuesday, Oct. 17, during the regularly scheduled Recreation Board Meeting.

Despite efforts to keep the ice from melting, there were only 32 days of ice last year at the Western Park rink. Without dependable ice, hockey tournaments were canceled, public skaters turned away and 17 high school games were canceled.

To provide a better ice skating opportunity, members of the Foundation proposed a partnership with the Uintah Recreation District to establish a refrigerated ice facility this year. The Foundation would match funds and resources to make the refrigerated ice facility available. The Foundation would be willing to operate the facility for several years at no additional cost to the Uintah Recreation District or taxpayers, until either a recreation complex has been constructed or a more permanent arrangement can be made.

"Operation and maintenance of the facility could be provided by the Ice Age Foundation and Western Park," said Michael Kitzmiller, Ice Age Foundation Board of Trustees member.

Members of the Recreation Board said they were concerned about coming up with the \$42,000 from this year's budget.

"The most we could come up with this year is \$25,000, and that is stretching us," said Vernie Heeney, Recreation Board presi-

gested that the Recreation District could draw from a mineral lease fund which is allocated by the county to a special service district.

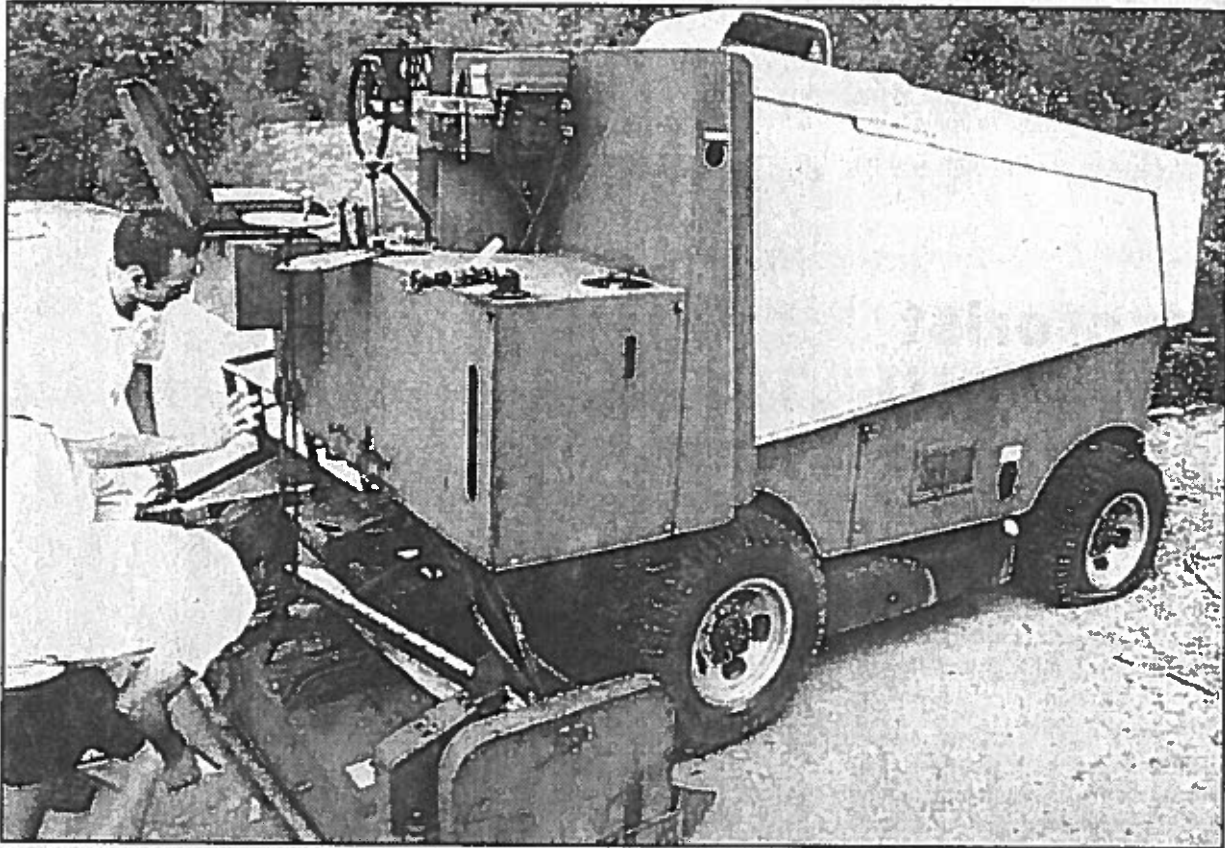
"Because of the high price of oil, which is a two-edged sword, there is more mineral lease money available," Swain said. Swain said there would be \$42,000 to purchase the equipment plus \$37,019 in the fund would be for recreation. Start up costs, including equipment is estimated at \$50-\$60,000 for the refrigerated ice. The county commission has not approved the funding, but will consider it at its Oct. 16 meeting.

The refrigeration system the Ice Age Foundation is recommending be purchased has been used for three months a year for the past seven years at the Seven Peaks Water Park. The system is about 10 years old. The foundation is also looking to purchase new tubing from Craig, Colo. Which is available for \$5,000 due to a system failure in the installation of their refrigerated ice system. The tubing could be used for a second rink for public skating.

In the Seven Peaks system there is about 10 miles of tubing which will eventually have to be replaced. Cost of replacing the tubing in the future is estimated at about \$72,000. There is also the problem of where to store the tubing and refrigeration unit when it is not in use.

A report prepared by the Ice Age Foundation contends that the community benefit of the refrigerated system would not only be recreational but economical. "Hockey tournaments and other sporting events bring in valuable money to businesses during the typical 'off season' of tourism. Seventeen high school games and various other games were canceled due to lack of ice last season. Every one of those teams bring 15 players and their parents which means a lot of hotel rooms and food that would be needed."

Projected operating costs of the refrigerated system is \$850 a week, while total combined revenues are estimated at \$1,870. The deadline for purchasing the Seven Peaks unit is Oct. 19, 2000.



Foundation members examine zamboni from Seven Peaks which could be used for refrigerated ice in Vernal.

Residents comment on motocross

By Maureen Spencer
Express Writer

Utah County Commissioners heard more questions and concerns Tuesday about clouds of motocross dust and track noise from unhappy citizens whose homes are near the sports area.

Residents came before the Commission as part of the 30-day appeal process for the proposed motocross special use permit.

Planning/Building and Zoning director Brian Tucker presented the conditions which Utah Basin Motocross Association officials had already agreed upon.

Some of the conditions addressed dust controlling measures which included watering of the tracks within 24 hours before race events, use of organic materials and gravel, water lines to facilitate the watering and introduction of mature grasses.

A berm with hay bale barriers, trees on the west and south sides of the track, with dead trees being replaced, and the assignment of an off-duty traffic control officer were also included among the conditions.

UBMA would also place and care for garbage containers at the site.

Conditions agreed to would have to be in place by May 1, 2004.

Motocross representatives had not appealed, but accepted the conditions.

Several residents brought their questions to the Commission as their part of the 30-day appeals process, questioning the size of trees to be used, the size and placement of trees and hay bales. One resident called the conditions simply "bandaids" for a problem which his family felt would not improve.

Actual noise and dust regulations raised questions. State regulations were suggested as definitive in this application.

Residents noted that late fall conditions had permitted continual use of the facility, even though watering equipment appeared to have been retired for the season.

Commissioner Jim Abegglen said that dust and noise conditions should go into effect immediately and be in full compliance.

Commissioner Mike McKee indicated he felt UBMA needed to be clearly advised that new conditions were possible even if they fully met the conditions required of them at this point in time.

"I'm struggling," he said. "I don't think it's fair to expect them to go to the expense of meeting all of these conditions, only to be told that they

may have to do "more, or that they will have their permit canceled and they have to close down."

Residents were unable to agree that if all conditions were met they would be satisfied.

Commissioners were uncertain at what point closure of the facility would be required, should conditions not be maintained following the May 1, 2004 deadline. "At some point we will have to have

conditions working, or we will have to close it down."

In the end, Commissioners approved the conditional use permit, with stipulations for clarifications addressed in the meeting.

In other business, Commissioners took under advisement the public defender bids made by Lance Dean and John Beaslin, with the announcement of decision to be made at their next meeting.

Neal Domgaard of the Moffatt Irrigation Company received approval for alignment changes.

Heather Hoyt received approval to apply for a \$100,000 Community Development Block Grant to be used for public needs.

The Utah County Commission will meet at 1:30 p.m. Tuesday, Oct. 28, instead of its regularly scheduled evening meeting due to Election Day.

VE / March 2000

REGIONAL ROOM
FILE FOLDER
NO. 581

Residents on Kids Canal road to list concerns

Residents along the Kids Canal Street, 1500 West, will meet with the Vernal City Council tonight, about a \$850,000 improvement project for eight-tenths of a mile of the street.

The city is proposing to install curb, gutter and sidewalk on the west side of the street, two-foot shoulders on both sides of the street and curb on the east side from 500 South to 100 North.

Although the project will not widen the lanes of traffic much, the curb, gutter and sidewalk will extend into the front yards of all of the residents who live on the west side of the street.

Those who live in Uintah County, the southern half of the project, claim that the street improvement will not make the street safer, but would encourage speeders on a street where many drivers already exceed the 25 mph speed limit.

Monday, surveyors on the project put up stakes marking the construction zone for the project. The edge of the sidewalk will be six feet to the east of construction stakes. Stakes were not placed on the property in the county. Those in the county have signed a petition requesting that the city stay off

their property.

Last week property owners requested Uintah County assistance in preventing the city from intruding on their property. County officials agreed to attend tonight's meeting and make a decision on what they hear. Uintah County plans to improve 1500 West from 100 North to 500 North, but the project isn't planned for several years.

The project is being federally funded up to 90 percent.

Vernal City Manager Kenneth Bassett said the canal cannot be covered because it is a historic canal. The federal government would not fund the covering of the canal.

Opponents claim that the project is too costly, \$100,000 per eighth of a mile, and will devalue their property. Also they content that it will cause a bottleneck on the northern end unless Uintah County improves their section of the road.

The canal continues to be an attraction of children in the summer who are fishing or swimming in the canal. With the canal coming up to the edge of the road, many times children are in the road playing.

Vernal

Expr

Nov. 6, 1992

Recreation
 UTAH COUNTY LIBRARY
 REGIONAL ROOM
 FILE FOLDER
 NO. 587

Task force plugs district

A nine-member task force is recommending to cities and Uintah County to join together in providing recreational services.

The task force was appointed almost a year and a half ago to investigate the possibilities of forming a county-wide recreation district. Tuesday Jim Abegglen said the task force's recommendations are to form a recreation district, that has no taxing powers and cannot incur debt.

"All funds will come from taxing entities that will pool money presently budgeted for recreation," Abegglen said. "The money will provide more leverage for future projects, more recreational opportunities and an increased possibility of receiving grants," Abegglen said.

The district would include Uintah County, Vernal City, Naples City and the Uintah School District. The district's operations would be overseen by a nine-member board, one from each of the five School District areas and one elected official from each of the four entities.

The recreation district would be over the School District swimming pool, Naples Pool, golf course, city and county park, Community School programs, county television, and all programs administered by Vernal City-Utah County Parks and Recreation.

Because the entities are on both fiscal year and calendar years, it is recommended that the district be phased in over the next two years.

The district would not incur the present debt of the facilities it will

operate.

"I believe we can coordinate more and better programs with the same amount of money," Abegglen said.

The recreation task force will present its recommendations to the Vernal City Council Nov. 6, Naples City Nov. 12 and the Uintah School District Nov. 12. Nov. 21 there will be a joint meeting with all entities involved to discuss an inter-local agreement which will set up the recreation district. Other public meeting will be set up. If all goes as planned the recreation district will be set up by July 1, 1992.

Each entity in the district will contribute funds to the operation of the district, base on present services and population.

"The budget for each entities have not been finalized," Abegglen said.

Shane McAfee, Vernal City-Utah County Parks and Recreation director, said he favored the move to a recreation district.

"It essentially will give us more for our money," he said.

McAfee will continue to be the director over recreation, but he will answer to the recreation board.

The interlocal agreement is for two years after which any entity can withdraw from the district with a year's notice. Upon withdrawal of any entities, the interlocal agreement is terminated and the recreation district is dissolved. All property owned by the Board will be returned to the public agencies in the proportion of the amount contributed by the entity.

10 Your Health: Getting physically fit in the U.S.

By Michael J. Bjornson, Ph.D.

Express Sports Writer

As you already know, being physically fit is good for you for a countless number of reasons. Reducing and controlling body fat is one very important reason. How one's body fat is distributed on their body is an important consideration in health and disease risk level. You might be familiar with the fruit and body shape metaphor of "apples" and "pears". Essentially, if your extra body weight tends to be accumulated throughout your abdominal region, you are considered to have an apple-shaped physique. If your body fat is more abundant throughout the hips, buttocks, and thighs, you are considered a pear. At least these are tasty fruits!

However, research conducted over the past twenty years has linked apple-shaped body type with a greater risk of heart disease, diabetes, and stroke than for pear shaped. Men are more likely to carry excess body fat throughout their midsections, while women are more inclined to carry their excess body fat below the waist. Sex hormones are considered to play a role in body fat distribution. However, men can carry more weight in their lower body just as women can carry extra weight throughout their midsections.

Mid section abdominal fat increases the risk of having high LDL ("bad") cholesterol, high triglycerides, high blood pressure, high blood sugar, as well as insulin resistance. Abdominal fat is stored "deeper" inside the body around your liver and other important organs, which consequently make



Vernal Athletic Club owner Rachelle Allen with manager Teresa Houghton. Family fitness through a variety of programs and activities is a priority.

these types of fat cells "behave" differently, releasing substances such as fatty acids which can contribute to adverse effects.

Bear in mind, however, that people can always increase their health level, no matter if they're destined to remain a certain "fruit". One highly effective way to modify your body type is to engage in a multiple array of physical activities and exercises. In other words, cross training. Walk,

bike, hike, lift weights, swim, run, play court sports, the list goes on.

Cross training is a highly effective way to increase your fitness level, make exercise more enjoyable, and fight fat. It can be akin to utilizing multiple weapons to win the battle against excessive body weight and poor health. Pardon the fighting and weaponry references, however many of you may feel like improving health and losing weight is truly

a battle.

With that said, the more types of physical exercises you do, the better off you will be for both fitness and weight loss. This is where a fitness facility can help you in your efforts, and put cross training within easy reach. The Vernal Athletic Club is a well-established, multiple program facility which has been around for approximately 20 years, offering an impressive array of exercise and

activity options for the young and alike.

Rachelle Allen, owner Vernal Athletic Club, empowers the family friendly atmosphere where kids as young as four work out. Some of the ancillary programs, such as gymnastics kids as young as three are years old to begin to develop set of physical fitness and be

At the Vernal Athletic Club can warm up on a treadmill, or elliptical trainer, lowered up with shooting basketball, playing racquetball, and if off with weight lifting, follow relaxing in the sauna. Or you choose one of the aerobic classes taught by one of their five instructors. They offer power cardio kick boxing, step, and cardio interval classes, to a few, all conducted in their square foot aerobic room. There is also a separate cardio room with elliptical TV to enjoy while get on one of their four stationary, three treadmills, two stair step or their elliptical trainer.

In the winter months, Susan has offered yoga classes, an excellent way to add to overall body fitness. Vernal Athletic Club also has three racquetball courts with observation decks. Other activities on these courts include basketball, volleyball (similar to ball), volleyball, and ballet, by Rachel Larsen. In addition to Kwon Do classes, taught by Jennifer Hall, are available for children and adults. Tumblin' gymnastics classes are offered by Diane Bigelow, while cheerleading is offered through Lauri Kre

Alth: Getting physically fit in the Uintah Basin



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Rachelle Allen, owner of the Vernal Athletic Club, emphasizes the family friendly atmosphere, where kids as young as fourteen can work out. Some of the ancillary programs, such as gymnastics, allow kids as young as three and four years old to begin to develop a mindset of physical fitness and health.

At the Vernal Athletic Club, you can warm up on a treadmill, exercise bike, or elliptical trainer, followed up with shooting hoops or playing racquetball, and finish it off with weight lifting, followed by relaxing in the sauna. Or you could choose one of the aerobic classes, taught by one of their five certified instructors. They offer power pump, cardio kick boxing, step, and power cardio interval classes, to name a few, all conducted in their 3000 square foot aerobic room. There is also a separate cardio room with satellite TV to enjoy while getting fit on one of their four stationary bikes, three treadmills, two stair steppers, or their elliptical trainer.

In the winter months, Susan Smith has offered yoga classes, an excellent way to add to overall mind-body fitness. Vernal Athletic Club also has three racquetball courts with observation decks. Other activities on these courts include basketball, wallyball (similar to volleyball), volleyball, and ballet, taught by Rachel Larsen. In addition, Tae Kwon Do classes, taught by Bill and Jennifer Hall, are available for children and adults. Tumbling and gymnastics classes are offered by Diane Bigelow, while cheer classes are offered through Lauri Krennin.

One of the nice features, for a very nominal charge, that many members take advantage of at the Vernal Athletic Club is the child care, offered by state certified Kathy Sprouse, who has been there since the beginning days of the facility. Tanning beds as well as a locker room and shower facilities are available for members.

The main workout floor features free weights combined with weight machines. Rachelle spoke with enthusiasm when she discussed that they will be receiving 13 pieces of new weight lifting equipment as well as two new treadmills, and another elliptical trainer early this fall.

Rachelle likes the social climate that is available at her facility as well. Members can relax while sipping coffee, or enjoy a replenishing energy or protein shake mixed at their refreshment bar. Also available for new members is body composition analysis, where you can determine body fat percentage and body mass index (BMI) and track progress as you get healthier. There are three trainers available to offer instruction on the weight equipment and Teresa Houghton, club manager is also available to assist members and answer any questions. Senior rates, family passes, student passes and corporate rates are available.

One thing is certain, Vernal Athletic Club is here to stay, with positive changes in store. Rachelle Allen is proud to own such a nice facility which has so much to offer people in our community who wish to get active and physically fit. Wishing you good health and happiness!

Vernal Express
2 Jan 2002

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Toastmasters feast on good food, good speaking

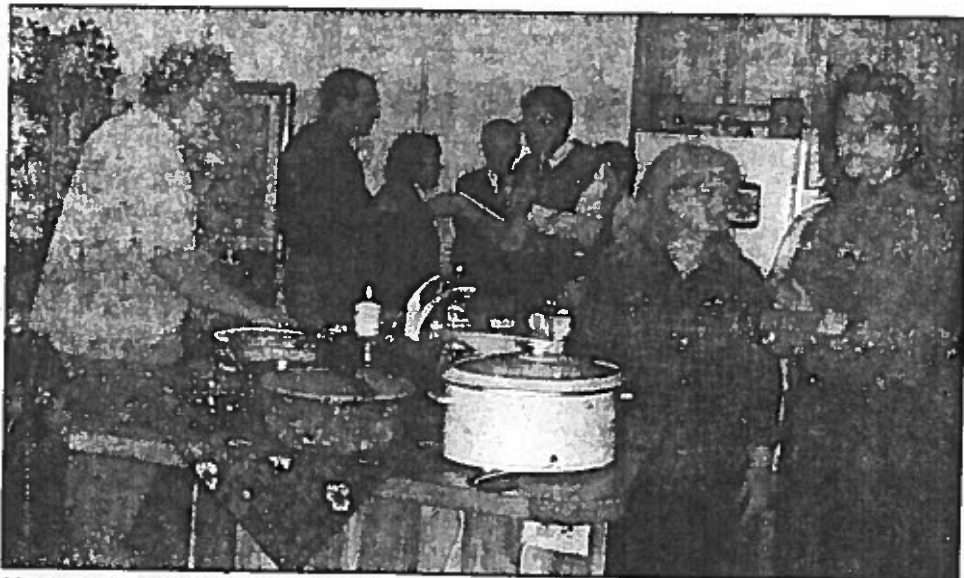


Russ Perry adds his portion to the Santa story (Santa was part of a South African diamond cartel) during the Toastmaster's Christmas party while Ann Elder listens carefully, trying to figure out what she will add to the story (Rudolph evolved from dinosaurs).

The Vernal area Toastmasters held their annual Christmas party on Dec. 18, 2001 in the home of Pat and Leo Karren of Jensen.

After feasting on a pot luck dinner, members and guests were treated to a speaking game that had everyone trying out their belly laughs. Pat Karren started by telling the opening lines of a story about Santa Clause, an accident and an artificial leg. Each member and guest then had to add about two minutes to the story in the fashion of a favorite elementary school game. By the end of the story, Santa was everything from a diamond smuggler to an alien and Rudolph was descended from dinosaurs. Two speeches were then delivered by Dwight Blackwell and Julie Todich, who spoke about Utopia and friendship, respectively.

Toastmasters is one place where people who are afraid, or even terrified, of speaking in front of a group can get experience without fear of negative feedback. Since all members have experienced the same sense of thick tongue, knocking knees, thirsty throat, faintness or whatever symptom of terror attacks those who have difficulty speaking in public, they are highly supportive of each other and all feedback is constructive and gentle. Said the evening's toastmaster, "New members of guests are always welcome."



Members of Toastmasters and their guests enjoy a feast, with the buffet line led by Tom Elder, as well as interesting speeches at their annual Christmas party. Pat Karren and Julie Todich get ready to join in the line.

Toastmasters untie their tongues

By Virginia Harrington
Feature Writer

Terry Spicker and his wife Susanne entered the dining room of Stella's Kitchen the evening of Tuesday, March 20. Spicker smiled, waved to the nine people already seated around the table and explained why they were late by telling a joke on his wife. He appeared confident and at ease with no visible signs of nervousness or discomfort as he sat down to enjoy a dinner where he was an honored guest.

This would be a commonplace event for most people, but for Spicker it is a remarkable achievement. He has a speech impediment in the form of a severe stutter and until four years ago he would not have spoken at all in front of that group, much less tell a joke.

Four years ago Spicker joined the North Ogden chapter of Toastmasters, an international organization dedicated to helping people speak more effectively. Within a short time his stutter was greatly improved and for the first time in his life he was able to feel at ease while giving presentations to his co-workers at the IRS in Ogden.

Spicker currently holds the position of area governor which allows him to play a leadership role for six Toastmasters chapters between Vernal and Ogden. His wife said that a few years ago he would not even have considered a position which requires him to make appearances in front of groups, but now he travels all over the area to speak and visit with local chapters. She added that Spicker stutters less in a Toastmasters' meeting than he does at home, an indication of how relaxed the group helps him to feel.

Spicker said that each Toastmasters chapter in his area has a distinct personality. He labeled the Vernal chapter as "friendly," a description that held true throughout the meeting.

Pat Karren, current president of the local chapter of Toastmasters, said the first time she ever had to speak in front of a group she cried through the entire presentation. Even in grade school she was terrified in front of the class and trembled at the thought of a school play. Now she speaks readily in



Susanne and Terry Spicker applaud speaker Craig Stratton.

himself. He attributes this to the total acceptance offered by the members as well as to the practice the meetings afford him.

Sharon Breshears said she used to be afraid to speak to any group, emphasizing that even two people form a group. There was little evidence of this fear when she gave a two minute presentation while standing in front of the membership and guests. Breshears said Toastmasters has helped her gain self confidence in all areas of her life, not just in speaking.

Jennie Burgess, acting as toastmaster for the evening, seemed as relaxed and comfortable as any experienced stage actress. Her soft voice spoke words of encouragement and guidance as each speaker gave a presentation.

Tom Elder, Vice President Craig Stratton and Secretary/Treasurer Pete Sokolosky all gave speeches lasting from three minutes to 12 minutes. Elder, a member for only a few months, spoke with ease and assurance. Given a bit more time he will attain the polished delivery of the more experienced Stratton and Sokolosky, both long term members.

Sokolosky said he joined Toastmasters nine years ago to improve his speaking ability. He is

currently at the "competent" level and working toward the "advanced" level, a set of criteria established by the international organization. He said a side benefit of membership in Toastmasters is that he has become a better listener as well as speaker.

Stratton said his main goal when he joined was to become a better speaker, but that is no longer his only goal. He said not only do members learn to speak and to feel at ease while doing so, but the variety of presentations given by members is the equivalent of a broad education on many subjects. Stratton added that the best benefit of all has been the relationships he has formed with other members. He agreed with Spicker's label of "friendly." He said that whenever he is asked about friends, fellow Toastmasters are the first to come to mind.

According to the Toastmasters' website, there are now more than 170,000 members in 69 countries. Stratton said the Vernal chapter has about 10 members at any one time, ranging in age from 18 to 70 and coming from all walks of life. Check the Express Calendar of Events for time and place of their bi-monthly Tuesday night meetings, and happy speaking.



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Dwight Blackwell, the newest member of the organization, said he hasn't experienced that level of fear, but has always felt nervous when faced with speaking to a group of any size. This was only his third meeting and he said he already has more confidence in

himself. He attributes this to the total acceptance offered by the members as well as to the practice the meetings afford him.

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Pat Karren, president, welcomes Toastmasters' guest.

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Dwight Blackwell acts as grammarian for the meeting.



Susanne and Terry Spicker applaud speaker Craig Stratton.

RHC 0581

Vernal Express
28 March 2001

UBMA motocross hosts first race of season

By Maureen Spencer
Express Writer

Uintah Basin Motorsports Association (UBMA) held its first motocross race of the season at the Honda Hills track on Saturday, June 19.

The first race was originally scheduled for May 15, but that race had to be canceled due to conflicting schedules with a Utah Sportsmen Riders Association (USRA) race. Needless to say, local racers were excited to try out the new home track, which was recently rebuilt by UBMA members.

The results for each race class are: 125 Beginner--1st Colby Bird, 2nd Creedon Merkley, 3rd Gabriel Yack; 125 Intermediate--1st Logan Hixon, 2nd Dez Pitt, 2nd Cody Cassidy, 3rd Jordan McCourt; 125 Pro--1st Blaine Zulian; 250 Beginner--1st Jared Braithwaite, 2nd Austin Braitside, 3rd Cory Massey; 250 Intermediate--1st Logan Hixon, 2nd Randall Bergen; 250 Junior--1st Wayne Briggs, 2nd Dez Pitt, Brandon Henrie; 250 Pro--1st Bryon Getchell, 2nd Blaine Zulian, 3rd Forest Tingey; 60 6-8--1st Austin Waite, 2nd Michael Udovich, 3rd Flynt Heavin; 60 9-11--1st Bracken Hall, 2nd Joey Nicotera, 3rd Rayden Thacker; 60 Open--1st Bracken Hall, 2nd Austin Waite, 3rd Shay Heavin; 80 12-15 Junior--1st Bodi Mitchell, 2nd Dallas Garbe, 3rd Nathan Hulet; 80 7-11 Junior--1st Bracken Hall, 2nd Cole Heavin, 3rd TJ Bird; 80 12-15 Beginner--1st Casey Cassidy, 2nd Taylor Merkley, 3rd Krissa Hall; 80 7-11 Beginner--1st Trevor Davis, 2nd TJ Bird, 3rd Chase Slaugh; 80 Intermediate--1st Dacoda Sorochuk, 2nd Cole Heavin, 3rd Jeremy Gudac; Fast 50s--1st Bodi Mitchell, 2nd Chase Beers, 3rd Krayden Haslem; Heads Up--1st Garrison Richens, 2nd Keyan Branom, 3rd Nicholas Winn; Open Intermediate--1st Logan Hixon; Open Junior--1st Jordan McCourt, 2nd Josh Flores, 3rd Josh Davenport; Open Pro--1st



The 125 Beginner class speeds through the first berm of the track.

Blaine Zulian, 2nd Danny Madsen, 3rd Mike Doherty; Over 25 Junior--1st Jared Jensen, 2nd Jimmie Smith; Over 25 Pro--1st Forest Tingey, 2nd Jerry Georgis; Over 30 Junior--1st John Hatch, 2nd Scott Merkley, 3rd Bob Vanderbusse; Over 30 Pro--1st Rick Milonas, 2nd Michael Martin, 3rd Jerry Georgis; Over 40 Intermediate--1st Michael Martin, 2nd Rick Milonas, 3rd John Hatch; Pee Wee Open--1st Keyan Branom, 2nd Hayden Bird, 3rd Blake Waite; Pee Wee Stock 4-6--1st Blake Waite, 2nd Nicholas Winn, 3rd Tanner McMullen; Pee Wee Stock 7-8--1st Hayden Bird, 2nd Brenen Hatch, 3rd Jake Murray; Powder Puff--1st Brooke Fisher; Sportsmen--1st Mike Slaugh, 2nd Val Udovich, 3rd Paul Yoder; Supermini--1st Dacoda Sorochuk, 2nd Bracken Hall, 3rd Jeremy Gudac; Women--1st Krissa Hall, 2nd Jenna Camberlango.

The final standings of the race are the combined points of each rider for the whole day. Each class races twice.



First time racer Ian Konrad takes the checkered flag over the tabletop.

The next UBMA motocross race is scheduled for July 17.



Mike Doherty tries to catch up with Forest Tingey in the 250 Pro class.

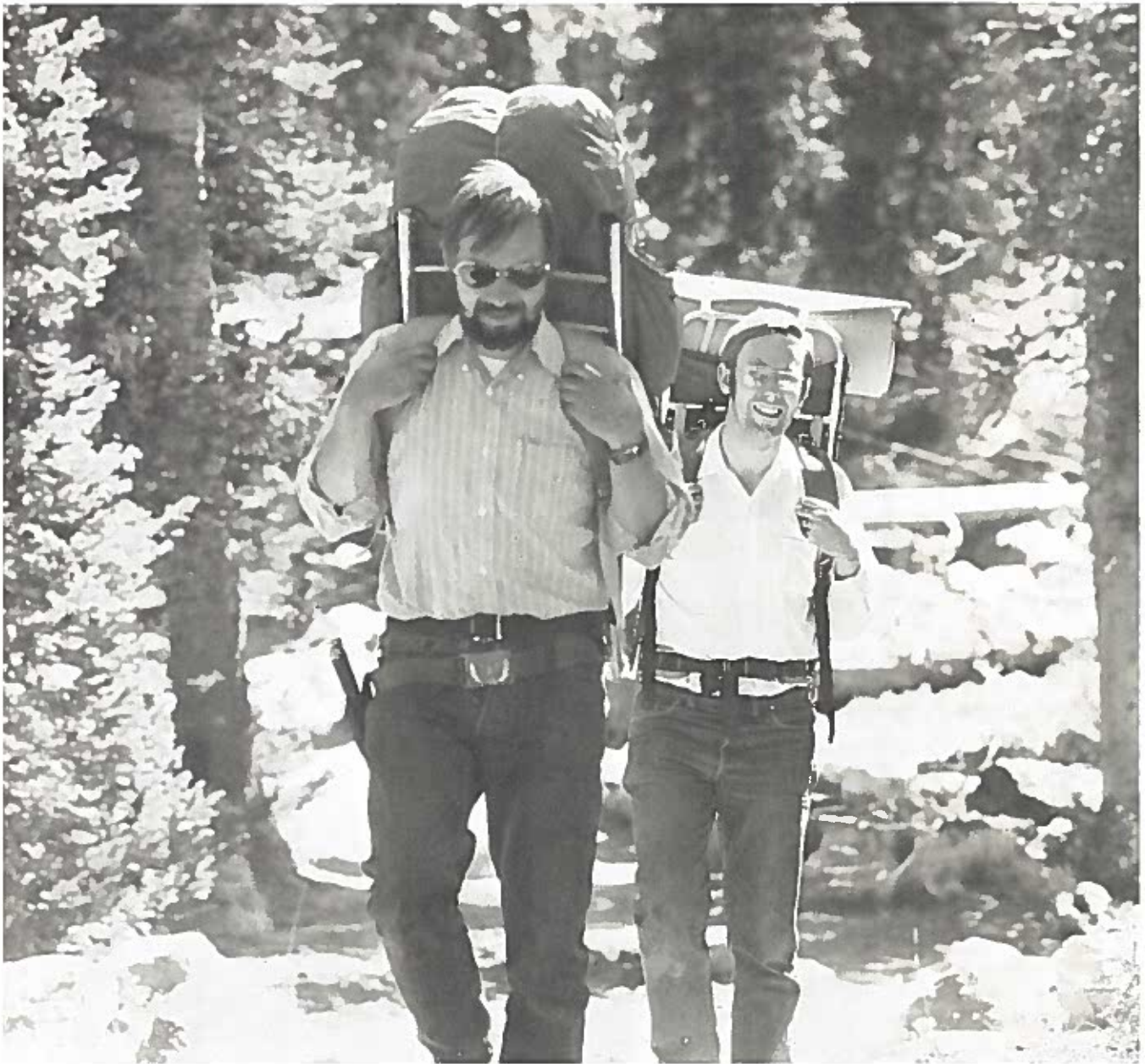


Photo by Steve Strong

UINTA HIKING

by Steve Strong

There are a number of ways to "see" the Uintah Mountains. Thousands blast through them each summer. Usually they sit in metal and glass enclosed containers that manage to screen out the best sights, sounds and smells. Others blister city bred "behinds" riding pack animals over mountain trails. A few people walk. This short little piece is about that last method of transportation.

I don't pretend to know every inch of drainage in the Uintas. I've met people who claim they do. They don't seem overburdened with an upright sense of scrupulous honesty. But because of the parts I have seen I'm glad the Uintas are there. Imagine what life in Utah would be without them. We'd have no retreat from telephones, typewriters and motor homes complete with porta johnny. People need wilderness — even if they never use it.

Dead Horse Point State Park

by Tom Brown

The story goes that there were millions of wild horses running loose from the Pacific Coast to the Rio Grande a hundred years ago.

The wranglers would get after those stubby, sure-footed desert mustangs, descendants of the animals the Spanish brought to the territory, and chase them all over the Southwest. The horses were roped, coralled and taken to the railhead for the trip to Kansas City where they brought fair prices with brokers, the Calvary or the Missouri farmers. The Calvary liked the animals, but most farmers gave up because the beasts would not adapt to either harness or saddle.

Southeastern Utah had its share of the broomtails, too. The mustangs were scattered throughout the low brush and rugged sandstone and the wranglers would work for days to get a small handful together.

For a few years before 1900, each season saw trainloads of horses moving east. The best season provided seven trainloads composed of horses that had served time coralled on Dead Horse Point west of Moab before moving to Thompson for loading.

After a while the drovers learned to let the land do most of the work. All they had to do was run a herd onto a mesa and block off the entrance. Chances were that three sides of the mesa would go thousands of feet straight down and the fourth would be narrow enough to fence off.

Back then, Dead Horse Point was a desert wranglers dream, a blunt arrowhead of land, 30 yards wide at the neck and 400 yards at the widest point. By Western standards, the place was "sorta level," which means there weren't any big gullies or humps. The trail onto the point wandered past the neck and the thousand-foot drop on either side, and then came to a quick, teetering halt where the red rock turned to air and opened up on a 3,000-foot chasm overlooking the Colorado River.

You could see 5,000 square miles from the point, the 12,000-foot La Sal Mountains off to the east, the Abajos to the South and the Henrys in the Southwest. The Colorado River was visible in a dozen or so places down between your toes as it wound its way past buttes and mesas on the trip from the Continental Divide in Colorado to the Gulf of California, 1,400 miles away.

In cowboy parlance, the river was nothing but a wide shallow stream "a bunch of years ago," working its way across the flat unscarred Colorado Plateau. "Then this here land was all the sudden jammed up in the sky," one grissled Moab resident snorts, "And

the river got faster and narrower and started to whack away at the sandstone." The process of erosion continued and the river ran deeper and narrower until now it meanders through the step-like walls, 3,000-feet below the original plateau surface.

And left standing high above the silt-laden riverbed was the point, waiting for the cowboys to herd their catches onto it and cull the herd, getting a few for "cow service," and a couple for "lettin' old ladies ride when they was broke right," and the rest turned loose in the desert.

The believable story is how Dead Horse got its name. It seems a bunch of wild ponies were herded onto the point late one hot summer and the best separated and moved off to the railhead for the last shipment of the year. The drovers in the roundup insist the gate was left open so about 50 culls could go back to their feeding grounds in Gray's pasture. A couple even agreed to swear on a stack of Bibles as high as the point itself that they had left the gate open. But the gate wasn't open and the abandoned horses were left on the waterless pinch of ground to race around and around, eventually dying of thirst and exhaustion within sight of a river full of water, just a half mile straight down.

When the mustangs were gone, the point lost any practical use for local residents. In 1959 San Juan County gave the first parcel of land to the State Parks and Recreation people who began to turn it into a state park. A paved road now winds away from U. S. 160, 11 miles north of Moab, grabbing visitors heading for Arches or Canyonlands National Parks or Lake Powell, and sending them 22 miles into the desert to the park. As the brochures say, "The panoramic view of the Colorado River and the fantastically sculptured pinnacles and buttes of the surrounding red rock formations paint a superb and colorful picture against the nearby La Sal Mountains."

The park is open all year around, but the visitors center bows to freezing winter weather and closes from October through February. There are no accommodations or gas on the Point, but there are 20 camping sites with water plus 16 developed picnic sites. Activities in the park include camping, picnicking, sightseeing, photography, hiking, nature study, geological investigation or gawking.

Gawking is a habit peculiar to Utah visitors. They usually get the urge to begin gawking when they arrive at a place like Dead Horse Point. Sometimes they can't stop until they leave the state. Sometimes they don't stop at all.

Assume for a moment someone doesn't know exactly where the Uinta Mountains are. A newcomer to Utah, perhaps. Or maybe a native about to graduate from noisy motorcycle to quiet hiking boots.

The Uinta Mountains are located in northeastern Utah, roughly paralleling and mostly south of the Utah-Wyoming border. They are about 150 miles long. They begin about 60 miles east of Salt Lake and a few miles inside Colorado. Geologists say they are unique. They are the only North American mountain range trending in an east-west direction. All others are north-south. Two major paved roads run through the mountains, U-150 from Kamas to Evanston, Wyoming and U-44 from Vernal to Manila. Along these routes there are pine trees and mountains, a few lakes. Not much more. The Uinta Mountains are home to a 237,177 acre region called the High Uintas Primitive Area. It contains at least 1,000 lakes (no one knows the exact count), most stocked with cutthroat, rainbow or brook trout. A few are experimentally stocked with grayling. Utah's highest point is found in the Uinta Mountains, 13,528 Kings Peak. All the above help to rank the Uintas as a major mountain range. Tack on one more item. No motorized vehicles are allowed entry to the High Uintas Primitive Area.

In any discussion of mountain hiking there is always a section on how to do it. Here's mine. Day hikers should fill a knapsack with snacks, a rudimentary first-aid kit and whatever else is needed to have fun. Then have fun. If an overnight trip is planned, preparations become more elaborate. Aside from a carefully nurtured tendency toward navel contemplation one needs the following: Backpack with metal (aluminum or magnesium) welded frame; sleeping bag preferably filled with at least 2½ lbs of down and stitched in overlapping slant box style; tent providing reasonable shelter from rain and wind; and, depending on one's degree of paranoia, a well planned first aid kit. Other items in the absolutely necessary category are a poncho (it always rains, often snows) and dehydrated food (ask about the tasty brands, some you wouldn't feed your spaniel). A word about boots. On any hiking trip feet are the most important tools. Put good boots on them. The best ones are the sturdy variety with lug, Vibram-type soles. Break them in before starting out. Then take moleskin for the blisters someone is sure to get. For a complete how to do it manual, obtain a copy of Colin Fletcher's book, *The Complete Walker* (A.A. Knopf, \$8.95). Of this book the *Whole Earth Catalogue* says, "... it's the only backpacking book which actually tells you how to do it in great enough detail to enable you to just go out and do it."

Beginners, day hikers and those for whom time is a problem should head for the Mirror Lake area on U-150. Numerous forest service campgrounds are found here. They serve best as headquarters for day excursions to the more than 75 lakes found within a six mile radius of Mirror Lake.

The most popular backpacking region in the Primitive Area is the Granddaddy Basin. More than 350 lakes and lakelets here. Most hikers enter the basin from Mirror Lake via the Highline Trail then head south to Pinto Lake. Another way, a lung buster, is up Hades Canyon east of Tabiona. This trail gets hikers to Granddaddy Lake in about four or five grueling miles.

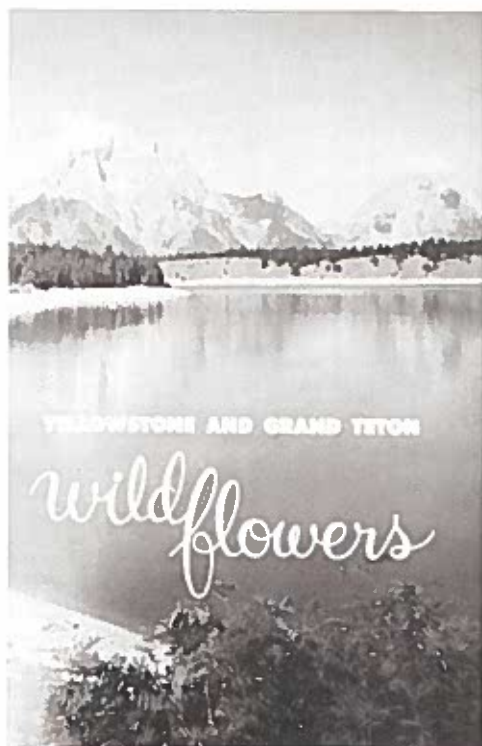
The Rock Creek drainage is east of Granddaddy. Fewer people visit this area, it's a bit harder to reach. The fishing is good here at times. I've had good luck at Uinta Lake, others claim Ouray Lake is best. Rock Creek's headwaters are usually entered via the Highline Trail over Rocky Sea Pass, at least two days by foot from Mirror Lake. Another march is up the drainage from Davies Resort on the Upper Stillwater. It's 17 miles from the ranch to Black Lake. To accomplish a walk of that sort in one day I recommend hiring the wranglers at Davies Ranch to carry gear into a pre-arranged meeting area.

The previous areas are south slope drainages. There is another side to the Uintas, entered from Wyoming. The Henry's Fork drainage is the most popular north slope retreat. Take a right at Ft. Bridger, Wyoming, wind the car into Lonetree, then locate signs to a trailhead campground near Bullock's Park. Or go to China Meadows and have the option of taking trails to Henry's Fork or straight to the Red Castle area.

Of course I've saved the best for last. It's the grand tour stroll along the Highline Trail. I've heard of people who do this in five days. Can't see where that would be much fun. The trail runs from Mirror Lake past the eastern Primitive Area boundary ending at U-Bar Ranch on the Uinta River. By arranging with an outfitting ranch for a midway catch this hike could easily become an outstanding two-week vacation.

This little treatise was designed to whet the appetite, to arouse hikers to clean their backpacks of mothballs. Further and better information on the mountain range is available. Topographical maps are completed for most of the mountain range (the eastern half). They're found at the U. S. Geological Survey, Rm. 8102, 125 So. State, Salt Lake City. The Utah Division of Wildlife Resources (formerly Fish & Game) publishes a series of books called "The Lakes of the High Uintas." Their address is 1596 W. North Temple, Salt Lake City. And general information can always be obtained from the Utah Travel Council, Council Hall, Capitol Hill, Salt Lake City.

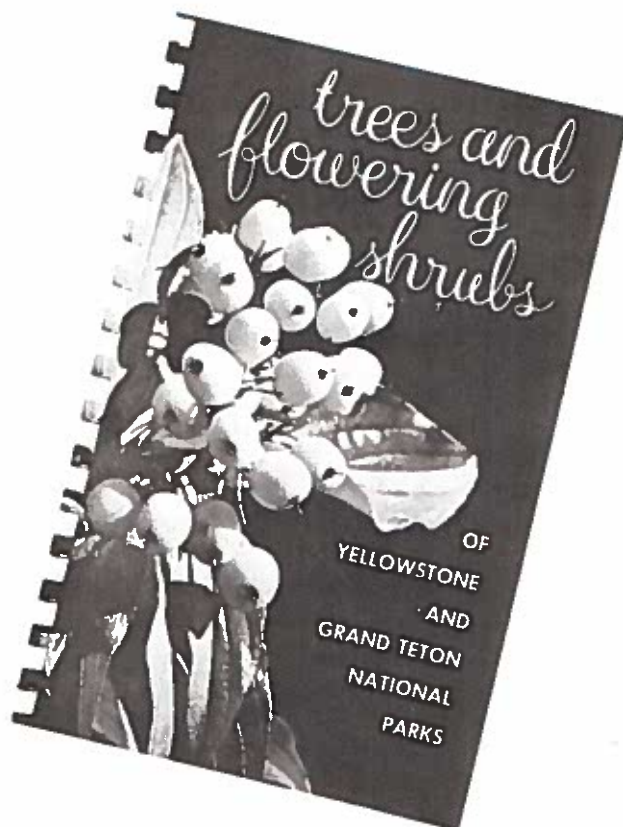
Delightful Books Available in Nature Series



"Wildflowers of Yellowstone and Grand Teton National Parks" is a beautiful full-color book written by Richard J. Shaw, Professor, Utah State University, and published by Wheelwright Press. In its eighth printing, "Wildflowers" captures the natural color and setting of the common flowering plants of the areas. They are grouped, in the book, generally by color. Brief descriptions and the color photographs help you identify and enjoy the flowers that are seen along the highways and trails in the Yellowstone and Grand Teton National Parks.

Professor Shaw even includes hints on photographing wild flowers which makes this book a must for travelers, photographers and nature lovers!

It is available from Wheelwright Press for \$1.50 (paper) or \$2.50 (Library Ed.)



A companion book to "Wildflowers" is "Trees and Flowering Shrubs of Yellowstone and Grand Teton National Parks." The purpose of this booklet is to assist those visitors without technical training who desire to know more of the trees and shrubs in the Parks. The woody plants are pictured in their natural color with brief descriptions and the most common name. Written by Professor Richard J. Shaw and published by Wheelwright Press, "Trees" is essential to tourists and nature lovers.

Priced at \$1.50 per copy, (paperback).

Order one or both of these colorful and interesting booklets from Wheelwright Press, 975 So. West Temple, Salt Lake City, Utah 84101.

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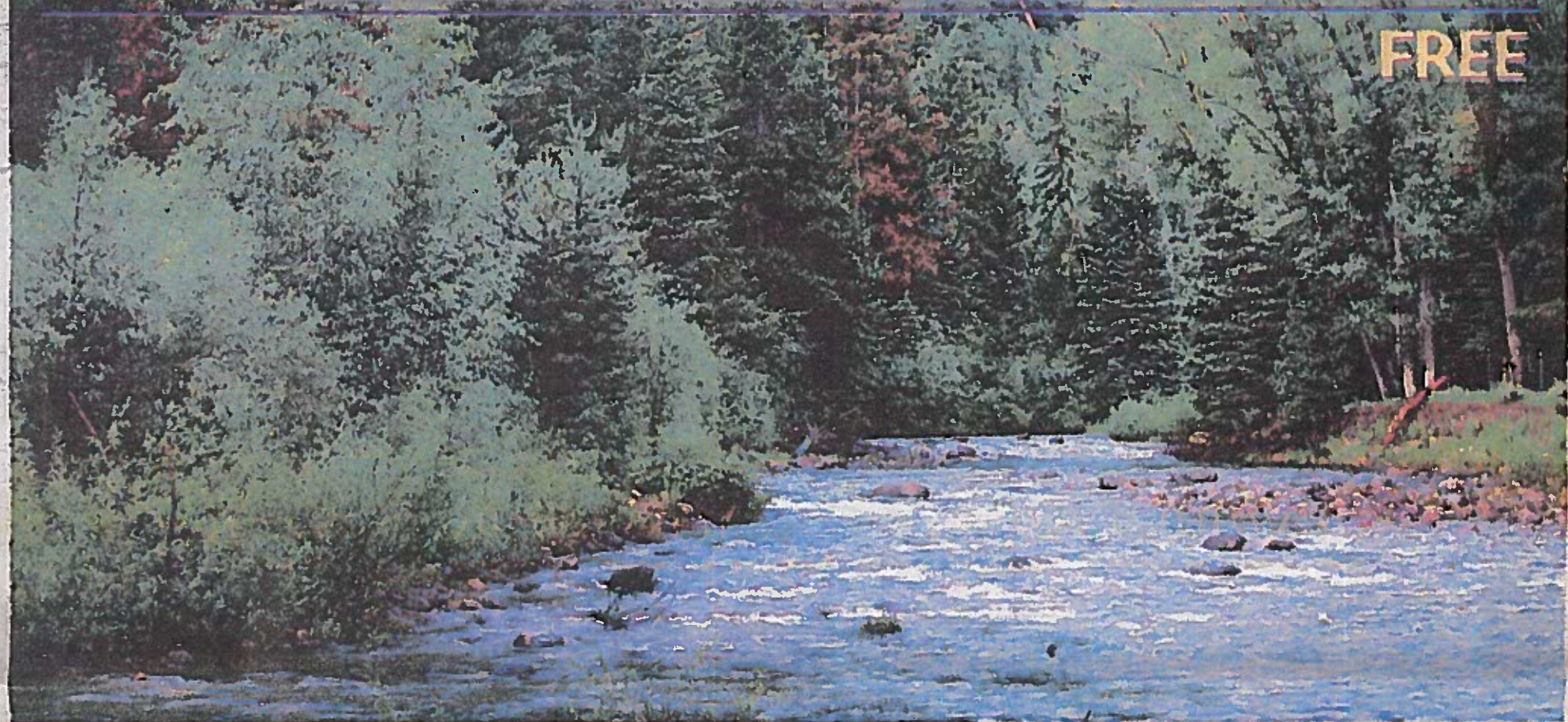
'97



Uintah Basin's Recreation Guide

What to Do, and Where to Go in the Great Uintah Basin!

FREE



North Fork Duchesne River

A DAY IN THE LIFE ON THE WATCHOUT FRONT

Help! Give Me A Life!

GEEZ, I CAN'T BELIEVE THE RACKET FRED'S KIDS WERE MAKING LAST NIGHT AT MIDNIGHT. THEN RALPH'S DOG STARTED IN TILL TWO. I WAS READY TO SHOOT THE GUY WITH THE RADIO BLARING AT FIVE THIS MORNING. GOOD THING I FIGURED OUT IT WAS MY ALARM BEFORE I FOUND MY GUN.

AND EARLIER LAST NIGHT. WHAT A PAIN! THERE WERE CROWDS AT THE GROCERY AND CROWDS AT THE MALL. WE HAD TO STAND IN LINE AT THE RESTAURANT, STAND IN LINE AT THE THEATER, STAND IN LINE AT THE--WHEW! THAT WAS A CLOSE ONE. I DIDN'T THINK I COULD WAIT THAT LONG!

I-15 RECONSTRUCTION, TRAFFIC DELAYS, DETOURS, IT TAKES THREE HOURS OF DRIVING TIME JUST TO GET TO WORK AND HOME AGAIN. WHAT I WOULD GIVE FOR THE SIMPLE LIFE! BLUE SKY, STARS AT NIGHT, CRICKETS CHIRPING, FROGS CROAKING, MEADOWLARKS SINGING, WILD FLOWERS--HEY, I'VE GOT IT! WE COULD GO TO ZION'S FOR THE WEEKEND..... AND PARK IN A BIG PARKING LOT AND GET ON THE BUS

WITH LOTS OF STRANGERS AND RIDE UP THE CANYONS. WE COULD STAND IN LINE TO EAT AND STAND IN LINE TO GO TO THE--OH FORGET IT. THIS TRAFFIC ISN'T SO BAD AFTER ALL. I CAN BARELY SEE THE REAR END OF THE TRUCK I'M ABOUT TO HIT. HEY, WATCH WHAT YOU'RE DOING, YOU IDIOT! NO,

STUPID, NOT YOU. I WAS YELLING AT THE OTHER IDIOT. OH YEAH? IS THAT YOUR IQ, OR ALL THE FRIENDS YOU HAVE?

COYOTES HOWLING, THE BREEZE RUSTLING THE LEAVES ON THE TREES, THE SOUND OF WAVES LAPPING AT THE SHORE, THE SMELL OF A CAMPFIRE.... WHOA, BIG

FELLA, GET A GRIP. EVEN IF YOU'RE LOSING IT, DIESEL EXHAUST FUMES DON'T SMELL ANYTHING LIKE A CAMPFIRE. I REALLY NEED A BREAK. OOOH, DID YOU SEE THAT FORD PLOW INTO THE SIDE OF THAT GARBAGE TRUCK?

PLOW. THAT'S THE ANSWER. WE COULD GO TO POWELL. WE COULD SIT IN LINE TO PAY TO GET IN. WE COULD WAIT IN LINE TO GET THE BOAT IN THE WATER. WE COULD CAMP OVER AT, NO WAIT, THEY

CLOSED THE BEACH THERE BECAUSE OF AN ECOLI OUTBREAK FROM TOO MUCH--YOU KNOW, IT'S REALLY DISGUSTING THAT PEOPLE AREN'T MORE RESPONSIBLE. OH WELL, IT'S TOO HOT AT POWELL ANYWAY.

MARK WAS TALKING ABOUT SOMEPLACE HE WENT. HE SAID IT DIDN'T TAKE ANY LONGER TO GET THERE THAN IT DID TO DRIVE HOME ON A BAD NIGHT. HE SAID THE

CONTINUED ON PAGE 2

DUCHESNE COUNTY:

WHERE THE DEER AND THE ANTELOPE PLAY... More Wildlife than Vegas on Saturday Night!

IT'S NO SECRET THAT CITIES PLAY HOST TO SOME PRETTY AMAZING VARIETIES OF WILD LIFE, BUT THE WILDLIFE OF THE UINTAH BASIN IS MUCH PRETTIER TO LOOK AT. ALMOST EVERY WESTERN BIG GAME SPECIES IS RUNNING AROUND HERE SOMEWHERE AND THERE ARE LOTS OF SMALLER CRITTERS, TOO. ANTELOPE DOT THE HIGH DESERT COUNTRY SOUTH OF THE


MOUNTAINS. BADGERS WORK AT KEEPING PRAIRIE DOG POPULATIONS IN CHECK. BLACK BEAR ARE SCATTERED FROM THE BOOK CLIFFS TO MOUNTAINS. BEAVER BUSILY BUILD THEIR DAMS. BUFFALO ARE BUFFALOING IN THE HILL CREEK NECK OF THE WOODS. COYOTES AND CATS, BOBCATS

CONTINUED ON PAGE 2

Welcome!

We hope you will enjoy this brief look at the Uintah Basin and the recreational opportunities here and take the time to come visit us. When you do, please take the opportunity to support the businesses that made this guide possible.

For More Information Call: 722-4598



Duchesne and Western Uintah County

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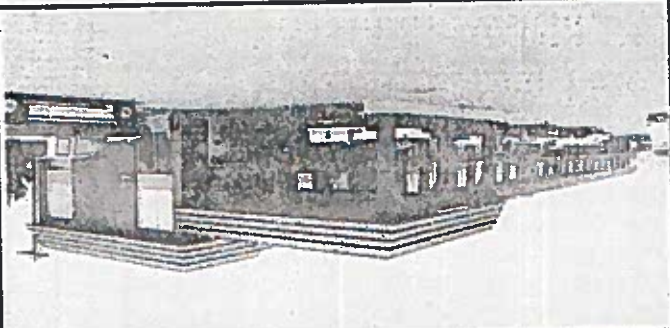
TO BE EXACT, ROAM THE CANYONS, RIVER BOTTOMS AND CLIFFS. DEER ARE FOUND JUST ABOUT EVERYWHERE. ELK WANDER THROUGH THE FORESTED MOUNTAINS FOX, THOUGH NOT NATIVE, NOW ROAM THE FIELDS. THE SECRETIVE FISHER PREYS ON THE RED SQUIRRELS OF THE PINE FORESTS AND THE BLACK FOOTED FERRET HAS JUST BEEN REINTRODUCED. GOATS, MOUNTAIN GOATS, WHICH REALLY AREN'T GOATS AT ALL, HAVE BEEN REINTRODUCED TO THE LINTAS. HORSES, WILD ONES, ROAM JOHN STAR FLAT AND THE RANGE LAND ON THE SOUTH EAST SIDE OF THE BASIN. WHILE ALL THESE ANIMALS WERE ABLE TO ARRANGE THEMSELVES ALPHABETICALLY, THERE IS A LIMIT, AND I THOUGHT I REACHED IT WITH THE LETTER "I", UNTIL I REMEMBERED THAT BLACK IBIS MIGRATE THROUGH IN THE SPRING AND FALL. JACK RABBITS, BOTH BLACK AND WHITE TAIL, RUN AROUND IN THE RABBIT BRUSH WITH THEIR COTTON-TAIL COUSINS. THERE ARE NO KANGAROOS OR KOALAS, BUT WE DO HAVE KING-FISHERS. LAMAS AREN'T NATIVE EITHER, BUT A FEW FOLKS USE THEM TO PACK INTO THE MOUNTAINS AND SOME FOLKS USE THEM TO GUARD

THEIR SHEEP. LARKS FILL THE AIR WITH MUSIC. MOUNTAIN LIONS ROAM THE HILLS AND CANYONS OF THE BASIN IN WHAT SEEMS TO BE EVER INCREASING NUMBERS. WHILE LIONS AREN'T FOUND EVERYWHERE, DEER ARE FOUND, DEER ARE FOUND EVERYWHERE LIONS ARE FOUND. WHILE LION NUMBERS ARE INCREASING AND DEER NUMBERS ARE DECREASING, ENVIRONMENTALISTS CLAIM THERE IS NO CONNECTION, BUT SOME MORE SENSIBLE PEOPLE AREN'T CONVINCED. NIGHT HAWKS FILL THE SKIES IN AUGUST, DINING TO THEIR HEARTS CONTENT ON THE BASIN'S BUGS. OWLS OF SEVERAL DIFFERENT FEATHERS FREQUENT THE AREA AND OUZELS BOUNCE IN AND OUT OF THE STREAMS WITHOUT EVER SOAKING UP A DROP OF WATER. PORCUPINES WADDE THROUGH THE BRUSH LEAVING QUILLS IN THE NOSES OF ANY UNSUSPECTING SNIFFERS. QUAIL, THE CALIFORNIA VARIETY WITH THE GOOFY LITTLE TOPKNOT, RUN THE RIVER BOTTOMS AND BRUSHY AREAS OF THE LOWER BASIN. RINGNECK PHEASANTS AND RACCOONS ARE TWO OTHER NON-NATIVE SPECIES WHO HAVE MOVED INTO THE BASIN TO STAY. RAPTORS OF EVERY KIND SOAR THE SKIES, ESPECIALLY DURING THE WINTER MONTHS. SHEEP, BOTH BIGHORN AND DESERT BIGHORNS, HAVE BEEN REINTRODUCED. PETROGLYPHS IN

THE AREA DEPICT LOTS OF SHEEP, ALONG WITH ELK AND SOME BUFFALO AND A FEW DEER. RED SQUIRRELS CHATTER incessantly in the pines. Wild swans and sandhill cranes are annual visitors. TURKEYS HAVE BEEN REINTRODUCED IN SEVERAL AREAS AND UPLAND GAME OF CONSIDERABLE VARIETY IS FOUND IN THE BASIN. SEVERAL SPECIES OF GROUSE, CHUKARS, COTTONTAILS AND SOME OF THE OTHER SPECIES MENTIONED ADD TO THE MYRIAD OF LIFE SUPPORTED BY THESE HILLS. VULTURES SOAR THE SKIES, NEVER IN A HURRY TO GET ANYWHERE. WAXWINGS, WHIPPOORWILLS, WOODPECKERS AND WRENS VISIT X-USE ME. I TRIED. IT'S NOT MY FAULT THAT NOBODY USES "X's". YELLOW SHAFED FLICKERS HAMMER AWAY PROSPECTING FOR BUGS. MORE THAN A FEW RESIDENTS WAKE TO A SLEEP SHATTERING, EARLY MORNING POUNDING ON THE HOUSE COURTESY OF THE FLICKERS. ZEN... MEDITATION IS SUPPOSED TO LEAD TO ENLIGHTENMENT. I AM NOW ENLIGHTENED. THERE IS NO ANIMAL OR BIRD IN THE BASIN THAT STARTS WITH THE LETTER "Z", BUT THERE ARE A WHOLE BUNCH MORE WE DIDN'T MENTION. IF YOU LIKE TO WATCH CRITTERS OR PHOTOGRAPH THEM, YOU CAN STAY BUSY HERE FOR A LONG TIME.

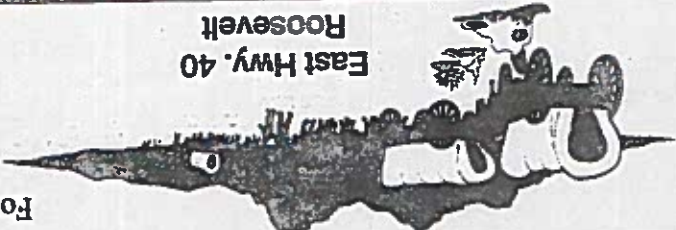
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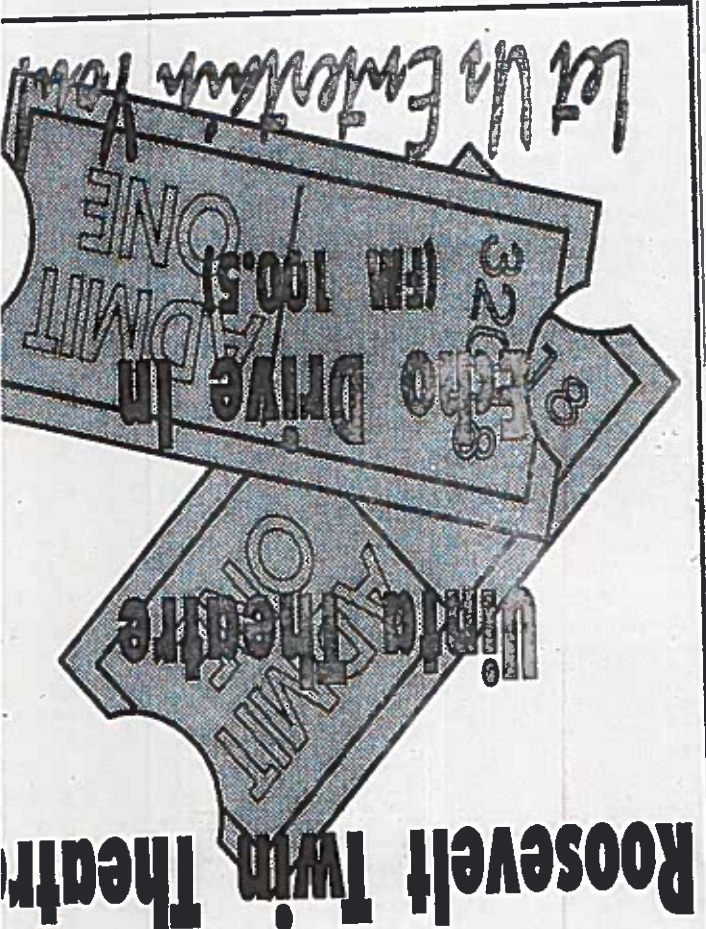


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Hiking? Horseback? You don't have to. Scenery like this, north of



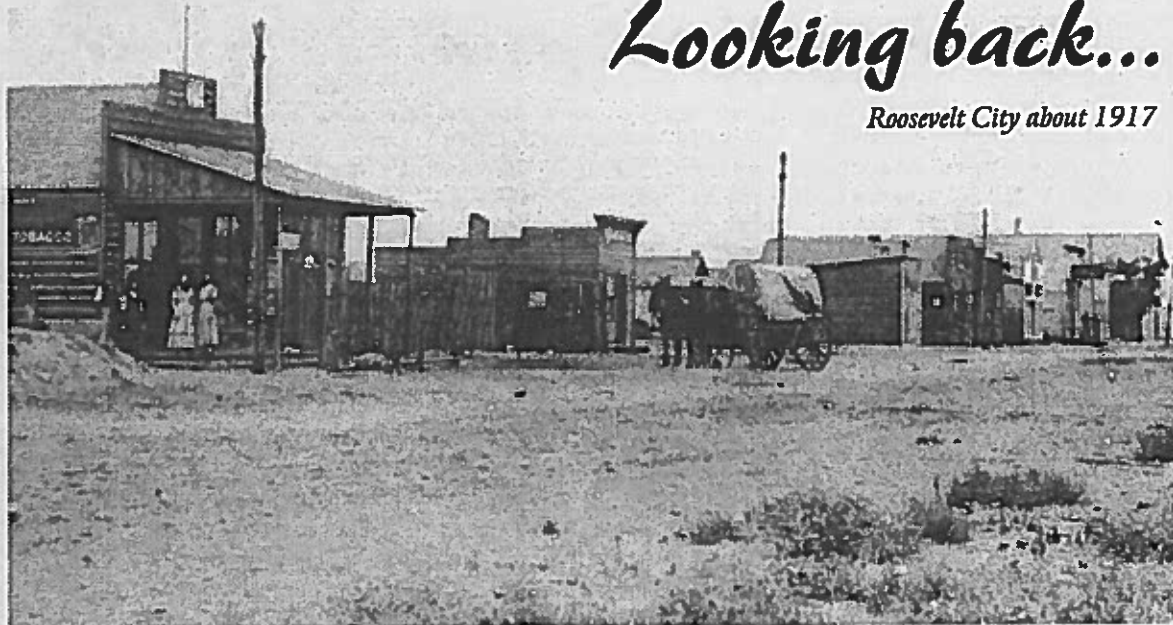
GIVE ME A LIFE!
CONTINUED FROM PAGE 1
FISHING WAS GREAT. THERE WEREN'T ANY CROWDS. SAID THE ONLY LINE HE SAW WAS PAINTED ON THE HIGHWAY. WHEN I ASKED HIM WHERE IT WAS HE JUST SMILED AND SAID "YOU IN DA BASIN." I TOLD HIM I KNEW I WAS IN THE BASIN, THE GREAT BASIN, AND I WANTED OUT. I ASKED HIM AGAIN WHERE HE HAD SO MUCH FUN. HE SMILED AND SAID "YOU IN DA BASIN." WHAT A JERK! HE'LL TELL ME, OR I'LL CUT HIS CABLE SO HE CAN'T WATCH THE JAZZ PLAYOFF GAMES. HEY, LOOK, I THINK THIS TRAFFIC IS ALMOST READY TO MOVE AGAIN. "YOU IN DA BASIN" MY FOOT. WHAT'S THE BIG SECRET? HOW ABOUT THIS: THE LINTAS MOUNTAINS, INCLUDING KING'S PEAK, UTAH'S HIGHEST, CURRANT CREEK, ROCK CREEK, LAKE FORK, YELLOWSTONE, NORTH FORK OF THE DUCHESNE RIVER, THE DUCHESNE RIVER, THE LINTAS RIVER, THE WHITE ROCKS RIVER AND THE GREEN RIVER, SO MANY FUN! THE BEAUTIFUL LINTAS BASIN UTAH'S BEST KEPT SECRET.



WHAT IS THIS PLACE, ANYWAY?

Looking back...

Roosevelt City about 1917



SOME PLACES MAKE IT EASY ON YOU. IF YOU GO TO SAN ANTONIO, YOU GO SEE THE ALAMO. IF YOU GO TO ROME, YOU SEE THE COLISEUM. THINGS AREN'T QUITE THAT EASY IN THE BASIN. NO SOUVENIR SHOPS SELLING OVERPRICED, MADE IN CHINA REPLICAS. NO \$5 HAMBURGERS YOU COULD SEE THROUGH IF IT WASN'T FOR THE CATSUP. YOU HAVE TO WORK A BIT TO SEE THINGS HERE.

THERE'S HISTORY EVERYWHERE, IT JUST WON'T JUMP OUT AND GRAB YOU. NINE MILE CANYON IS THE MOST FAMOUS SITE. FORTY MILES LONG IN SPITE OF IT'S NAME, IT

WAS HOME TO THE ANASAZI UNTIL THEY DISAPPEARED ALONG ABOUT 1200 A. D. THEY LEFT STORIES ENGRAVED ON THE ROCK WALLS OF THE CANYON. TROUBLE IS, NOBODY CAN READ THEM AND SOME OF THE FOLKS ARE A BIT STRANGE LOOKING, TO SAY THE LEAST, SO THERE IS PLENTY OF OPPORTUNITY FOR SPECULATION. CLIFF DWELLINGS, STORAGE BINS, AND STACKED ROCK WALLS LET US KNOW THAT OTHERS HAVE PASSED THIS WAY BEFORE. DESIGNATED A NATIONAL BACK COUNTRY BYWAY, A TRIP TO SEE THE PETROGLYPHS AND RUINS OF NINE MILE WILL STICK IN YOUR

MIND FOR A LONG, LONG TIME. WHO WERE THESE PEOPLE AND WHERE DID THEY GO?

WHILE YOU ARE IN NINE MILE, DON'T FORGET THE "OTHER" HISTORY. NINE MILE WAS THE ROUTE USED TO HAUL GOODS FROM THE RAILROAD IN PRICE TO THE UTAH BASIN. WHILE NOT AS ROMANTIC AS THE SANTA FE TRAIL, THIS ROAD WAS THE LIFE LINE OF THE BASIN. FLOURISHING BUSINESSES, INCLUDING SALOONS, HOTELS AND LIVERIES WERE ESTABLISHED ALONG THE ROAD TO PROVIDE FOR THE FREIGHTERS AND STAGES THAT MADE THE THREE DAY

TRIP TO THE BASIN.

WELLS DRAW GOT ITS NAME FROM OWEN SMITH'S EFFORTS TO DIG A WATER WELL TO PROVIDE FOR THE ANIMALS AND MEN ON THE ROAD. WHEN HE EVENTUALLY FOUND WATER, IT WASN'T FIT TO DRINK AND WATER STILL HAD TO BE HAULED FOR HUMAN CONSUMPTION. GATE CANYON WAS NAMED FOR THE ROCK ARCH AT THE TOP, THE "GATE". VIBRATIONS FROM THE WAGONS WERE CAUSING ROCKS TO FALL SO THE ARCH WAS BLASTED DOWN BECAUSE OF FEARS IT WOULD COLLAPSE ON THE WAGONS PASSING UNDER IT. NUTTER'S RANCH WAS OWNED BY PRESTON NUTTER, UTAH'S PREMIERE CATTLE BARON WITH A HERD NUMBERING 25,000 HEAD. THE PREVIOUS OWNER OF THE SAME PROPERTY WAS SHOT AND KILLED IN THE SALOON THAT WAS ON THE PLACE. MANY OF THE BUILDINGS HAVE DISAPPEARED IN THE HUNDRED YEARS SINCE THEY WERE BUILT, WHILE THE PICTOGRAPHS AND PETROGLYPHS BEAR THE RECORD

OF A PEOPLE THERE FIVE HUNDRED YEARS AGO

WERE THERE OTHER PEOPLE IN THE CANYON? MOST CERTAINLY THE UTE INDIANS WHO MOVED INTO THE AREA AFTER THE ANASAZI DISAPPEARED. WERE PEOPLE IN THE AREA BEFORE THE ANASAZI? SOME FOLKS THINK SO.

NOT ALL THE PETROGLYPHS IN THE BASIN ARE FOUND IN NINE MILE. NOT ALL ARE FROM THE SAME PEOPLE. THE FREMONT CULTURE (ANASAZI) STYLE IS EVIDENT ELSEWHERE IN THE BASIN. THE UTES HAVE LEFT THEIR ART ON THE ROCKS. THE STYLE OF PICTURES FOUND ON ASHLEY CREEK, NEAR VERNAL ARE DIFFERENT THAN EITHER. ROCK INSCRIPTIONS HAVE BEEN FOUND THAT ARE SIMILAR TO OTHERS. FOUND IN LIBYA AND ARE DATED AT ABOUT 400 B.C. HOW EXCITING IT WOULD BE IF THE ROCKS COULD TALK TO US OF THE PAST INSTEAD OF JUST WHISPERING!

THE ROCKS ALSO BEAR RECORD

CONTINUED ON PAGE 6

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FEEL LIKE HORSIN' AROUND? Riding the Basin!

JOHNSON, SPANISH GOLD MINER
CAVALRY SOLDIERS AND THE
HILLS, IS NO REASON TO THINK
WOULD ENJOY THEM. THERE'S N
PAVEMENT, TELEPHONES OR TV
THERE, JUST MOOSE AND ELK A
DEER AND THE LIKE. NO WONDE
PEOPLE DON'T TALK ABOUT IT
MUCH SINCE THE PLACE IS SO
BORING. WHY WOULD YOU WANT



Some horsin' around can get plumb serious!

353-4049, DOES THIS STUFF
FOR A LIVING. WITH ALL THEIR
EXPERIENCE, YOUR EXPERIENCE
WILL BE ONE TO REMEMBER. I

HORSE FACING THE RIGHT WAY AND
FIND YOUR WAY BACK TO CAMP.
THERE ARE A FEW PLACES TO
CHECK INTO. LET ME WARN YOU
THOUGH, IT'S NO WHERE NEAR AS
EXCITING AS ANOTHER TRIP TO THE
MAUL. I KNOW, I'M SUPPOSED TO
SPELL IT "MALL", BUT EVERY TIME I
GO TO ONE OF THOSE PLACES, I
FEEL LIKE I'VE BEEN MAULED, SO I
CALL 'EM "MAULS". ANYWAY, IF
THERE'S A LITTLE COWBOY IN YOUR
SOUL, YOU CAN FIND A HORSE WITH
YOUR NAME ON IT. IF SOME OF
THESE NAMES SOUND A BIT
FAMILIAR, IT'S CAUSE THEY TAKE
YOU FISHING, TOO.
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WILDLIFE? THE MELODIC RHYTHM
OF SHOD HOOVES CLICKING ALONG
A COOL MOUNTAIN TRAIL ACCOMPANIED
BY A CHORUS OF SQUEAKS
FROM SADDLE LEATHER IS TOO
PLEASANT TO VOLUNTARILY
SUBJECT YOURSELF TO. NOBODY
IN THEIR RIGHT MIND WOULD WANT
TO DO IT.
'COURSE, THERE ARE SOME
FOLKS WHO AREN'T IN THEIR RIGHT
MINDS. FOR THOSE FEW WHO MIGHT
SINK TO THE DEPTHS NECESSARY
TO SUBJECT THEMSELVES TO SUCH
A DEBASING, SIMPLE TRIP THROUGH
GORGEOUS MOUNTAIN SCENERY
AND A STAY IN COMFORTABLE
CAMPS WITH ALL THE AMENITIES
PROVIDED, THE COOKING AND
DISHES DONE FOR THEM, AND A
GUIDE WHO CAN ANSWER EVERY
QUESTION KNOWN TO MAN, OR AT
LEAST MAKE SURE YOU GET ON THE

THERE IS VERY LITTLE TO LO ON
HORSEBACK IN THE Uintah Basin.
OH SURE, THERE ARE RUMORS OF
HUNDREDS OF MILES OF MOUNTAIN
TRAILS, RODEOS, RACES, PACK
TRIPS AND SUCH, BUT NOBODY IS
SURE THEY REALLY EXIST. IT'S NOT
WORTH THE CHANCE. EVEN IF THE
RUMORS WERE TRUE, RIDING
HORSES THROUGH BEAUTIFUL
MOUNTAIN SCENERY, SMELLING THE
PINES AND LISTENING TO THE
BREEZE BLOW THROUGH THE
QUAKES, ALL THE WHILE KNOWING
A DUTCH OVEN DINNER WILL BE
READY WHEN YOU GET TO CAMP,
DOESN'T APPEAL TO MANY
PEOPLE. IT'S TOO UNCLUTTERED
AND PEACEFUL. IT MIGHT MAKE
SENSE IF YOU WERE SILLY ENOUGH
TO FISH, BUT WHO WOULD WANT A
TRIP LIKE THAT JUST TO RELAX OR
TAKE PICTURES OR SEE THE

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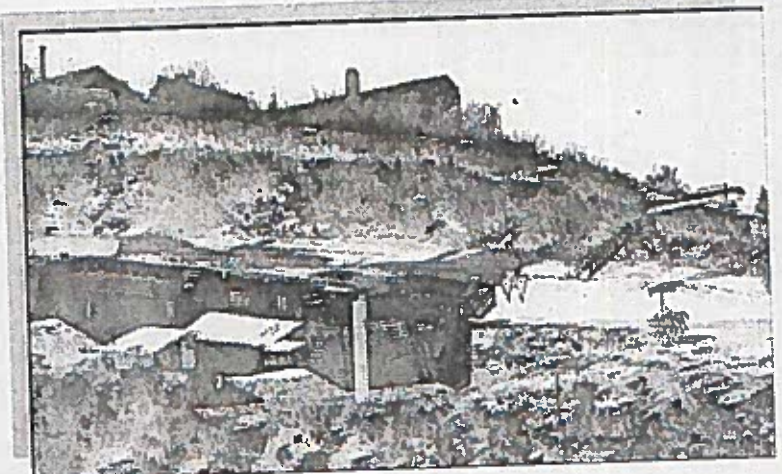
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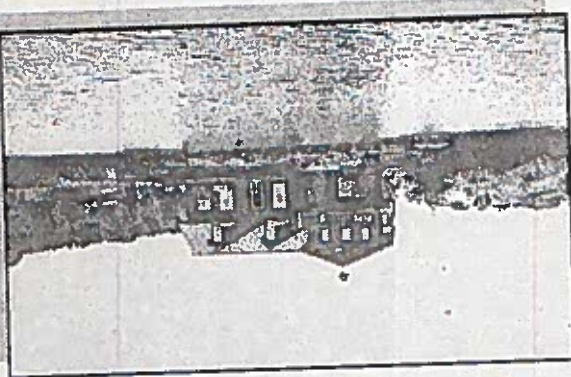


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HEARD JOE TALKING ABOUT BO
HORSES, OR DID HE SAY HE ATE
ONE OF HIS HORSES? ANYWAY,
THEY'VE GOT PLENTY OF HORSES
AND MAKE SURE THE ONE YOU
LAND ON IS A MATCH FOR YOUR
RIDING SKILL. LINDA WILL EVEN
TEACH YOU HOW TO RIDE SO YOU
CAN PRETEND TO BE SMARTER
THAN THE HORSE. THEY RIDE THE
RANGE, WELL, I GUESS IT'S MORE
OF A MOUNTAIN RANGE THAN THE
REGULAR COWBOY TYPE RANGE,
BUT ANYWAY, IT'S THE COUNTRY
IT'S PRETTY AS A PICTURE.
JUST BECAUSE JIM BRIDGER,
KIT CARSON, LIVER-EATIN'

CONTINUED ON 1

HORSIN' AROUND!

CONTINUED FROM PAGE 4

AIN'T SO. YOU DON'T HAVE TO WET A HOOK TO HAVE FUN ON A HORSE IN THE MOUNTAINS. 13,528 FOOT KINGS PEAK IS IN THEIR BACK YARD AND WHEN YOU GET THAT HIGH, THE WORLD IS AT YOUR FEET.

REMEMBER THAT GREEK STORY ABOUT PEGASUS, THE WINGED HORSE? WELL, HORSES IN THE UTAH BASIN MAY NOT HAVE WINGS, BUT YOU CAN RIDE THEM AS HIGH AS THE JETS FLY BACK IN THE FLAT LANDS.

A COUPLE CANYONS TO THE WEST IS ROCK CREEK AND THE ROCK CREEK GUEST RANCH, 801-454-3322. YES, I MENTIONED THEM IN THE FISHING STUFF, TOO. IT AIN'T THAT I'M DUMB, I JUST AIN'T VERY WELL ORGANIZED. ANYWAY, THERE'S LOTS MORE OF THAT BORING MOUNTAIN STUFF TO DO HERE, TOO.

YOU'VE SEEN "CITYSLICKERS" AND "CITYSLICKERS 2"? WELL CRY YOUR EYES OUT BILLY CRYSTAL, YOU HAVEN'T SEEN THE ROCKY MEADOWS RANCH VERSION OF CITYSLICKERS. THIS IS A WORKING CATTLE RANCH AND IF YOU WANT TO EAT DUST LIKE A REAL COWBOY, THEY CAN FIX YOU UP WITH YOUR OWN CATTLE DRIVE. THEY MAY NOT HAVE ANY HANDS WITH CURLY'S CHARISMA, AND YOUR WAGON WON'T GET UPSET IN A STAMPEDE, BUT YOU CAN SING "YIPPEE-KY-YIII-AY" AS YOU MOVE THEM DOGGIES ALONG. YOU CAN CONTACT ALAN WHITE AT HCR 65 Box 165,

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EVERY APRIL, THE UTAH BASIN CUTTER ASSOCIATION SPONSORS A SERIES OF RACES AT PETROLEUM DOWNS RACEWAY, A MILE NORTH OF ROOSEVELT. IF YOU HAVE A NEED FOR SPEED, CHECK WITH THE CHAMBER OF COMMERCE FOR NEXT YEARS SCHEDULE.

OK, SO YOU DON'T THINK ROOSEVELT IS MUCH OF A CITY. IT SUITS US JUST FINE. WE NEVER PLAY OUT HERE ANYWAY. WE'RE TOO BUSY WORKING. DON'T PAY ANY ATTENTION TO THE SWIMMING POOL. IT DOESN'T MEAN A THING. NOR DO THE SEVEN BALL DIAMONDS. JUST CAUSE THE GYMS IN THE SCHOOLS AND CHURCHES ARE FULL EVERY NIGHT DOESN'T MEAN MUCH BASKETBALL GETS PLAYED OUT HERE. JUST CAUSE A COMMU-

THEN THERE ARE THE BARREL RACERS AND POLE BENDERS WHO COMPETE REGULARLY THROUGHOUT THE BASIN DURING THE SUMMER MONTHS. THE ROPERS ARE ALWAYS PRACTICING SOMEPLACE. WE HAVEN'T EVEN GOTTEN TO THE RODEOS YET.

IF YOU WANT TO KNOW MORE ABOUT HORSING AROUND IN THE BASIN, CALL CHICO CAPWELL AT BASIN PAWN, 801-722-9127. IF HE DOESN'T HAVE AN ANSWER FOR YOU, HE CAN TELL YOU WHO TO CALL TO GET ONE.

NITY OF 4800 HAS 600 KIDS PLAYING JUNIOR JAZZ BASKETBALL AND A LIKE NUMBER PLAYING BASEBALL AND 200 KIDS PLAYING SOCCER AND FIELDS THIRTY ADULT SOFTBALL TEAMS DOESN'T MEAN WE'RE HAVING FUN. DON'T EVEN THINK ABOUT THE VOLLEYBALL TEAMS OR THE FOOTBALL LEAGUE FOR THE KIDS OR THE GIRLS SOFTBALL LEAGUE.

DON'T CONSIDER THE BOWLING ALLEYS IN ROOSEVELT, DUCHESNE OR FT. DUCHESNE. I'M TELLING YOU, THERE IS NOTHING TO DO OUT

HERE IN THE STICKS. BELIEVE ME. STAY IN THE BIG CITY.

AND THAT BEAUTIFUL, EIGHTEEN HOLE GOLF COURSE IN ROOSEVELT IS JUST A MIRAGE. SO WHAT IF YOU HARDLY EVER HAVE TO WAIT FOR A TEE TIME. THOSE PEOPLE WHO SAY IT'S ONE OF THE BEST COURSES IN THE STATE DON'T HAVE A CLUE WHAT THEY'RE TALKING ABOUT.

THE LIGHTED TENNIS COURT AT THE HIGH SCHOOL THAT IS OPEN TO THE PUBLIC IS JUST ANOTHER MISLEADING BIT OF INFORMATION.

CONTINUED ON PAGE 1

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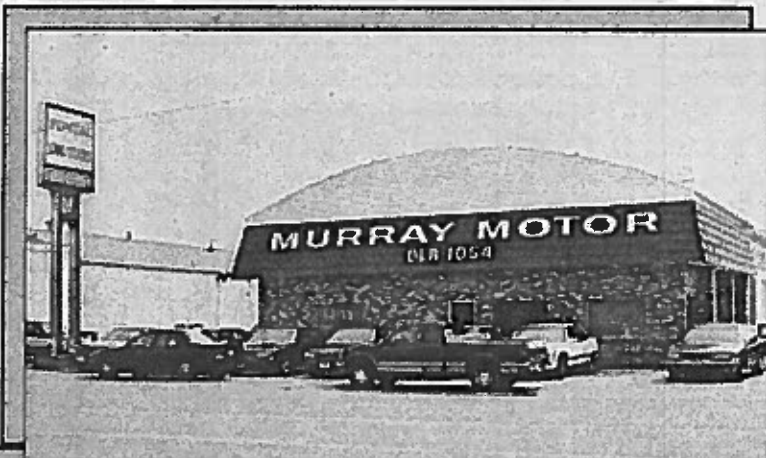
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THE HISTORY

CONTINUED FROM PAGE 6

BRIGHAM YOUNG IMPLEMENTED THE SETTLEMENT OF SOME RATHER FORBIDDING PIECES OF UTAH, HE DIDN'T SEND ANYBODY OUT THIS WAY. RUMOR HAS IT THAT HE THOUGHT THE COUNTRY WAS TOO MEAN TO BOTHER WITH.

WHEN THE RESERVATION WAS OPENED FOR SETTLEMENT IN 1905, SETTLERS PROBABLY HAD LITTLE IDEA OF HOW MUCH WORK WAS AHEAD OF THEM OR THEY WOULD HAVE STAYED WHERE THEY WERE. LUMBER HAD TO BE HAULED FROM THE MOUNTAINS FOR BUILDING, LAND HAD TO BE CLEARED OF SAGE BRUSH AND ROCKS AND CANALS HAD TO BE DUG TO BRING WATER TO THE FIELDS. WINTER SNOW AND COLD MADE THINGS TOUGH FOR MAN AND BEAST. THE PIONEER STOCK OF THE BASIN WAS HARDY. SOME MIGHT SAY FOOL HARDY, BUT THINGS HAVE TURNED UP QUITE WELL FOR THOSE OF US WHO REAP THE BENEFITS OF THEIR LABORS. SMALL COMMUNITY CENTERS SPRUNG UP THROUGHOUT THE BASIN. POST OFFICES, COUNTRY STORES AND CHURCHES WERE BUILT, BASEBALL TEAMS WERE FORMED AND COUNTRY LIFE WAS HARD BUT GOOD. TIMES CHANGE AND NOW ALL THAT IS LEFT OF MOST OF THESE SPOTS ARE VAQUELY DEFINED AREA BOUNDARIES, AN OCCASIONAL FOUNDATION AND MEMORIES.

EARLY TALK OF A RAILROAD SPUR TO THE BASIN BROUGHT DREAMS OF AGRICULTURAL PROSPERITY, BUT AS YOU DRIVE THE BASIN, YOU WON'T CROSS ANY TRACKS. WITHOUT EASY ACCESS TO MARKETS, THE PROSPERITY THAT WAS HOPED FOR DIDN'T QUITE MATERIALIZE. IT TOOK THE OIL BOOM OF THE SIXTIES AND SEVENTIES TO BRING REAL PROSPERITY TO THE AREA. PEOPLE BEGAN TO SEE SOMETHING REGULARLY THAT HAD BEEN A BIT OF A NOVELTY IN EARLIER YEARS—CASH. WHILE THE EBB AND FLOW OF THE OIL FIELD'S ECONOMY HAS BEEN A BIT HARD ON LONG RANGE PLANNING, FOLKS IN THE BASIN KNOW THAT A BUNCH OF US WOULD BE LIVING ELSEWHERE IF IT WASN'T FOR THE JOBS THE OIL FIELD HAS PROVIDED.

ATV?

OH, YOU MEAN THOSE FOUR WHEELER TYPE ATV'S. WHY DIDN'T YOU SAY SO. YEP, WE'VE GOT ROOM TO RIDE THOSE MECHANICAL PONIES. THERE'S ABOUT THIRTY MILES OF TRAIL THAT TAKES OFF FROM YELLOWSTONE CANYON. NO, NOT THAT YELLOWSTONE. THIS YELLOWSTONE. MATTER OF FACT YOU CAN SEE THE YELLOW STONE THE CANYON IS NAMED FOR POKING OUT OF THE TREES FROM MILES AROUND. THE ATV TRAIL HAS TWO LOOPS, ONE RUNNING WEST TOWARD PETTY MOUNTAIN AND THE OTHER EAST TOWARD DRY GULCH,

WHILE THE TALK OF THE YELLOW GOLD STASHED IN THE MOUNTAINS ENTERTAINS THE IMAGINATION, THE REALITY OF THE BLACK GOLD MAKES LIFE WHAT IT IS HERE TODAY.

COME SEE THIS PLACE. TAKE YOUR TIME. LISTEN TO THE WIND, LISTEN TO THE ROCKS. FEEL THE POWER OF THE MOUNTAINS. THIS UINTAH BASIN IS A GOOD PLACE TO BE.

WHICH REALLY ISN'T AS DRY AS IT SOUNDS. MATTER OF FACT, JUNE BRINGS ABOUT A BILLION FLOWERS INTO BLOOM ON DRY GULCH. THE TRAILS WIND THROUGH QUAKIES AND PINES AND SAGEBRUSH FROM THE BOTTOM OF THE CANYON TO CONSIDERABLY HIGHER THAN THAT. THE SCENERY IS STUNNING, WITH A HUNDRED MILE VIEW IN PLACES. THE TRAIL ISN'T DESIGNED FOR SPEED. IF YOU WANT A RACE TRACK, THIS ISN'T THE PLACE.

THERE ARE ONLY FOUR CAMPGROUNDS IN THE CANYON, HARDLY ANYPLACE AT ALL TO STAY. YOU CITY FOLKS WOULDN'T FEEL NEAR CROWDED ENOUGH. AND THE DEER MOVING THROUGH THE TREES MIGHT MAKE YOU PLUMB NERVOUS. IF THEY DIDN'T, THE SOUND OF THE RIVER RUNNING ALONG THE CAMPGROUNDS WOULD. WHO WANTS TO FISH RIGHT BY THE CAMP ANYWAY? AND IF YOU DID COME, THE KIDS WOULD HAVE SO MUCH FUN THEY WOULD WANT TO COME BACK. HECK, IT'S PROBABLY BEST TO JUST STAY HOME AND AVOID THE HASSLE. THE LINE AT THE THEATER

WON'T BE THAT LONG AND THE SMELLS OF THE CITY BEAT THAT OLD FRESH AIR LACED WITH PINE ANYWAY. HEY, FORGET WE SAID ANYTHING ABOUT YELLOWSTONE.

IF YOU ARE SILLY ENOUGH TO VISIT YELLOWSTONE AFTER WE WARNED YOU, YOU MIGHT AS WELL VISIT LIMEKILN SPRING. YOU CAN SEE THE SMELTER WHERE SPANIARDS PROCESSED THE LIME STONE FOR USE IN SMELTING THE GOLD THAT BROUGHT THEM SO FAR FROM HOME. STAND BY THE TRICKLE OF WATER THAT RUNS BELOW THE SMELTER JUST AS THE SPANIARDS WOULD HAVE DONE HUNDREDS OF YEARS AGO AND THINK ABOUT HOW LONELY YOU WOULD FEEL SO MANY

MILES FROM HOME, FACING WEEKS OF TRAVEL THROUGH WILDERNESS, SAND, BUGS AND SUN TO SEE A WIFE OR CHILD AGAIN. THEN BE THANKFUL FOR THE CONVENIENCES YOU HAVE AS YOU ENJOY THOSE SAME MOUNTAINS UNDER VASTLY DIFFERENT CIRCUMSTANCES.

HEY, IF YOU DON'T WANT TO GO TO YELLOWSTONE, YOU CAN GO TO HADES. WHOA, CHILL OUT. IT'S NOTHING PERSONAL. HADES CAMPGROUND IS OVER ON THE NORTH FORK OF THE DUCHESNE RIVER. IT'S MUCH GREENER THAN THOSE STORIES YOU'VE HEARD ABOUT IT WOULD HAVE YOU BELIEVE. COOLER, TOO.

May 20, 1997

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Map Of Area Free



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FISHIN' HOLES

The Hardest Part is Deciding Which One!



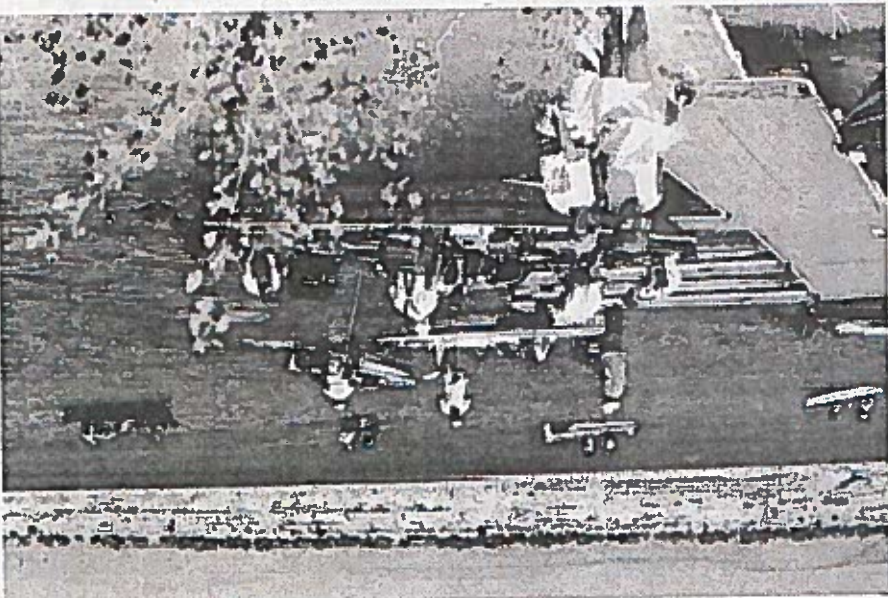
This one was fun, but you should have seen the one that got away!

SOME FOLKS ARE CRAZY ENOUGH TO THINK THE UINTAH BASIN IS A BIG DESERT. LET 'EM THINK IT. THEY'LL NEVER HAVE A CHANCE AT THE BASIN GRAND SLAM, A CATFISH FROM THE GREEN RIVER, A BASS FROM PELICAN LAKE, A STARVATION AND A BIG BROOKIE FROM CHEPETA LAKE. DON'T TELL THEM THE STATE RECORD SMALL MOUTH BASS WAS CAUGHT AT MIDVIEW RESERVOIR LAST YEAR. DON'T MENTION THE BASS AND TROUT AT BOUGH, BULLOCK OR COTTONWOOD RESERVOIRS. DON'T TELL THEM ABOUT THE RAINBOWS IN THE RIVERS. NO SENSE MENTIONING THE CUT-THROATS EITHER. THEY WOULDN'T BELIEVE YOU IF YOU TOLD THEM ABOUT THE HUNDREDS OF LAKES UP IN THE MOUNTAINS. WHAT THEY DON'T KNOW WON'T HURT US. AND WHATEVER YOU DO, DON'T TELL THEM ABOUT THE PRIVATE FISHING AREAS OUT HERE. THEY MIGHT HAVE SO MUCH FUN THEY WON'T GO HOME. SURE, FALCON'S LEDGE IS AN ORVIS ENDORSED FISHING LODGE WITH LAVISH ACCOMODATIONS, FINE DINING, ACCESS TO BEAUTIFUL FISHING AREAS AND THEY HAVE EXPERT GUIDES AND FLY FISHING INSTRUCTORS. THEN THERE'S LC RANCH, WITH FISHING SO GOOD, WESTERN FLY FISHERMEN OUT ON THE WATCHOUT KITCHENS THAT WILL HANDLE

FRONT BOOK THE WATERS. NICK AND ANN STEVENSON ARE THE HOSTS, WITH SOME MIGHTY FINE LODGING NEAR THEIR PONDS WHERE TEN POUNDERS LURK. FROM A HONEYMOON CABIN OFF BY ITSELF, TO THE NEW LOG LODGE, THERE'S NO REASON TO TELL ANYBODY TO TAKE THE FAMILY THERE FOR A TRIP TO REMEMBER. NOBODY NEEDS TO KNOW THAT KARL MALONE AND TOM SELLECK HAVE FISHED HERE. THEY WOULDN'T CARE ABOUT ESPN FILMING THERE, EITHER. THEY WOULDN'T WANT TO GO TO GRANITA PARK, WITH ITS LAKES FULL OF BASS, CONFERENCE ROOMS, ACCOMMODATIONS FOR UP TO 200 PEOPLE, AND ROOMS AND KITCHENS THAT WILL HANDLE

FAMILY REUNIONS OR COMPANY PARTIES. THEY WOULDN'T WANT TO PLAY VOLLEYBALL OR BASKETBALL OR SWIM OR ANY OF THAT STUFF, OR HIKE THE HILLS. THAT'S ALL TOO BORING FOR CITY FOLKS. THEY NEED CROWDS SO THEY FEEL AT HOME. TOO MUCH FUN WOULD SPOIL 'EM. THEY WOULDN'T WANT TO STAY IN THE CABINS AT THE U BAR RANCH AT THE END OF THE ROAD IN UINTAH CANYON. THOSE TALL CANYON WALLS MIGHT REMIND THEM OF TALL BUILDINGS IN THE CITY, BUT THE BREEZE RUSTLING THE QUAKIE LEAVES WOULDN'T MAKE NEAR ENOUGH NOISE FOR THEM TO BE COMFORTABLE. THE SMELL OF THOSE PINES WOULDN'T BE A MATCH FOR THE AROMA OF A GOOD INVERSION OR RUSH HOUR EXHAUST FUMES. THEY WOULDN'T WANT TO FISH THE UINTAH RIVER OR RIDE OR HIKE UP THE MOUNTAIN TO FISH ANY OF THE LAKES. HIDING IN THE HILLS, TOO PEACEFUL AND SERENE. THEY WOULDN'T WANT TO STAY AT ROCK CREEK RANCH FOR THE SAME REASONS. THAT NICE PAVED ROAD UP THE CANYON WOULDN'T MAKE THEM A BIT OF DIFFERENCE. MOON LAKE RESORT, DID YOU EXPECT) IN THE FRONT YARD AND WILDERNESS AREA IN

Something fishy is going on here! Some of the action at the 1996 Walleye tournament at Starvation Lake.



RESORTS

THE BACK YARD IS TOO PRETTY FOR THEM, TOO. THE CONTRAST WOULD BE A BIT MUCH. THERE'S NO WAY THEY WOULD BE INTERESTED IN A VISIT WITH ALAN AND JANICE WHITE AT ROCKY MEADOWS RANCH, CATCHING THOSE BIG TROUT IN THE BEAVER PONDS WOULD HAVE ABSOLUTELY NO APPEAL. THE CABINS AND CATTLE DRIVES WOULD ONLY MAKE THINGS WORSE. IF THEY COULDN'T HANDLE ALL THAT, THEN A STAY WITH JOE AND LINDA JESSUP AT U/L OUTFITTERS AND GUIDES WOULD BORE THEM TO TEARS. THEY WOULDN'T WANT TO STAY IN THEIR CABINS OR PACK INTO THE 57,000 ACRES OF FOREST AND FISH THE 60 LAKES ABOVE WHITE ROCKS CANYON THAT JOE HOLDS THE OUTFITTERS LICENSE FOR. JUST BECAUSE JOE KNOWS THE MOUNTAINS LIKE THE BACK OF HIS HAND AND THINKS HIS HORSES ARE THE KIDS WON'T MAKE ANY

CAMP GROUNDS

- 1 L.C. Ranch
- 2 Camelot Resort
- 3 Falcon's Ledge
- 4 Rocky Meadow Adventures ..
- 5 Rock Creek Guest Ranch
- 6 Bandanna Ranch
- 7 Tawanta Llamas
- 8 Nine Mile
- 9 Golf Course
- 10 Airport
- 11 King's Peak
- 12 Parlette Wetlands
- 13 Ouray Natl waterfowl Refuge

LAKES

- 1 Avintaquin
- 2 Paradise Park
- 3 Pole Creek Lake
- 4 Uinta Canyon
- 5 Uinta River
- 6 Reservoir
- 7 Bridge
- 8 Yellowstone
- 9 Swift Creek
- 10 Moon Lake Group Area
- 11 Moon Lake
- 12 Miner's Gulch
- 13 Yellow Pine
- 14 South Fork
- 15 Aspen Grove
- 16 Hades
- 17 Iron Mine



Special Recreational Points of Interest

Key to Recreation Site Information

Fees (Camping, Picnicking and Group):

F = Fee Charged

Modification of Facilities to Assist Users With Physical Impairments:

A = Facilities not modified.

B = Limited modification - At least one unit has been modified, but modification may not be sufficient to be usable by many individuals who are confined to a wheelchair.

C = Significant modification - At least one unit has been modified to allow use by most individuals who are confined to a wheelchair.

Reservations (Camping, Picnicking, Group):

H = Nonreservation area.

J = Reservations accepted/recommended.

K = Reservations required.

L = One or more units reserved until 6 pm for handicapped use.

Type of Facilities Available (Camping):

T = Tents

U = Trailers

Special Features Located Within One Mile of the Site:

- | | |
|--|---------------------------------------|
| 1 = Fishing | 14 = Cave |
| 2 = River or stream | 15 = Ghost town |
| 3 = Reservoir or lake | 16 = Canyon |
| 4 = Reservoir or lake (powerboats permitted) | 17 = Trailhead |
| 5 = Reservoir or lake (no powerboats) | 18 = Historic trail |
| 6 = Boat ramp | 19 = Nature trail |
| 7 = Boat rental | 20 = Accessible by trail or boat only |
| 8 = Floating, rafting, kayaking | 21 = Wilderness access |
| 9 = Swimming | 22 = Waterfalls |
| 10 = Marina | 23 = Geological area |
| 11 = Store | 24 = Handicapped facilities |
| 12 = Resort | 25 = Evening program |
| 13 = Restaurant | 26 = Scenic drive |
| 14 = Museum | 27 = Timbered setting |
| | 28 = Open setting |

Note: This map is not to scale. Please contact the local Chamber office (722-4598) or a local Forest Service office for a variety of detailed map information.

ASHLEY NATIONAL FOREST

Recreation Site Information

Name	Elevation in Feet	Season of Use	Camping	Picnicking	Group	Drinking Water	Toilet	Holding Tank Disposal	Visitor Information	Number of Units	Special Features
IRON MINE	7200	Jun-Sep	F,A,H,T,U	A,H	F,A,H	A	A			27	1, 2, 27
HADES	7100	Jun-Sep	F,A,H,T,U	A,H	F,A,H	A	A			17	1, 2
ASPEN GROVE	7000	Jun-Sep	F,A,H,T,U	A,H	F,A,H	A	A			33	1, 2
SOUTH FORK	7900	Jun-Sep	A,H,T,U	A,H			A			5	1, 2
YELLOWPINE	7600	Jun-Sep	F,C,H,T,U	C,H		A	C			29	1, 2, 18
MINERS GULCH	7500	Jun-Sep	A,H,T,U	A,H			A			5	1, 3
MOON LAKE	8100	Jun-Sep	F,C,H,T,U	B,H	F,A,H	A	B			56	1, 3, 17, 21, 27
MOON LAKE GROUP AREA	8100	Jul-Sep	A,K,T,U		A,K		A			2	1, 3, 17, 21, 27
SWIFT CREEK	8000	Jun-Sep	F,A,H,T,U	A,H			A			13	1, 2
YELLOWSTONE	7700	Jun-Sep	F,A,H,T,U	A,H	F,A,H	A	A			14	1, 2
BRIDGE	7700	Jun-Sep	A,H,T,U	A,H			A			5	1, 2
RESERVOIR	7800	Jun-Sep	A,H,T,U	A,H	A,H	A	A			4	1, 2
UINTA RIVER	7700	Jun-Oct	A,J	A,J	A,J	A	A			25	1, 2
UINTA CANYON	7800	Jun-Sep	F,A,H,T,U	A,H	F,A,H	A	A			24	1, 2
POLE CREEK LAKE	10,200	Jun-Sep	A,H,T,U	A,H			A			18	27
WHITEROCKS	7400	May-Sep	F,A,H,T,U	A,H	F,A,H	A	A			21	1, 2
PARADISE PARK	10,000	Jun-Sep	A,H,T,U	A,H			A			15	
AVINTAQUIN	8800	Jun-Sep	F,A,H,T,U	A,H			A			24	

ADDITIONAL INFORMATION

If you would like more information or detailed maps of the Ashley National Forest, please contact one of the following:

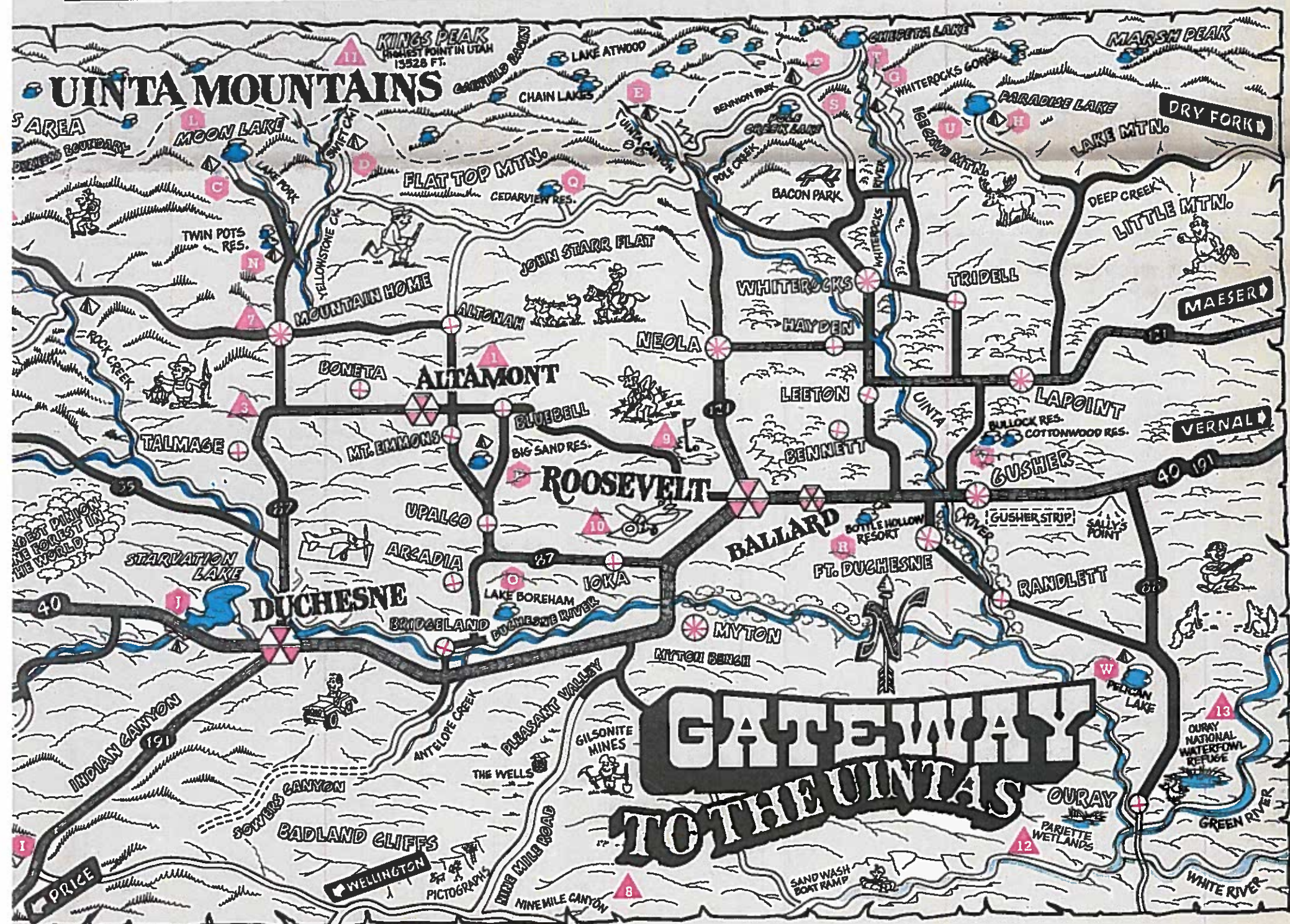
FOREST SUPERVISOR
Ashley National Forest
355 No. Vernal Ave.
Vernal, Utah 84078
(801) 789-1181

Duchesne Ranger District
P.O. Box 1
Duchesne, Utah 84021
(801) 738-2482

Flaming Gorge District (headquarters)
P.O. Box 278
Manila, Utah 84046
(801) 784-3445

Roosevelt Ranger District
244 West Highway 40
P.O. Box 333-6
Roosevelt, Utah 84066
(801) 722-5018

Vernal Ranger District
355 No. Vernal Avenue
Vernal, Utah 84078
(801) 789-1181



NOTHIN' TO DO? WELL, SHOOT! Get A Bang Out of your Trip to the Basin!

BEST IS THE NAME OF THE GAME HERE. AN NSCA CERTIFIED INSTRUCTOR IS AVAILABLE TO GET NEW SHOOTERS OFF ON THE RIGHT FOOT AND HELP EXPERIENCED SHOOTERS IRON OUT THE WRINKLES IN THEIR GAME, TOO. A CLUBHOUSE AND OVER NIGHT ROOMS ARE ON SITE. YOU JUST CAN'T HAVE MORE FUN WITH A GUN. LADIES AND NEW SHOOTERS ARE WELCOME. CALL DAVE HOLMES AT 722-5647 FOR MORE INFO.

PLEASANT VALLEY CLAYS, NEAR MYTON, THROWS CLAY PIGEONS THAT'LL MAKE YOU GIGGLE AND SWOON. SPORTING CLAYS AT ITS

GAIL HERMANN EVENINGS AT 789-2727. I SAY, OLD CHAP, CARE FOR SOMETHING A BIT MORE SPORTING?

ZUFELT'S PISTOL RANGE IS LOCATED ON HIGHWAY 40 NEAR BOTTLE HOLLOW. LARRY AND CHARLOTTE HAVE BUILT A RANGE THAT HOSTS PPC, NRA BULLSEYE AND IPSC MATCHES. COMPLETE WITH TURNING TARGETS, THE RANGE CAN HANDLE THIRTY SHOOTERS AT A TIME. FOR INFORMATION, CALL 722-4005. THE VERNAL ROD AND GUN CLUB HAS AN EXCELLENT TRAP SHOOTING FACILITY. FOR INFORMATION ON THEIR SCHEDULE, CALL

Spring Creek Park

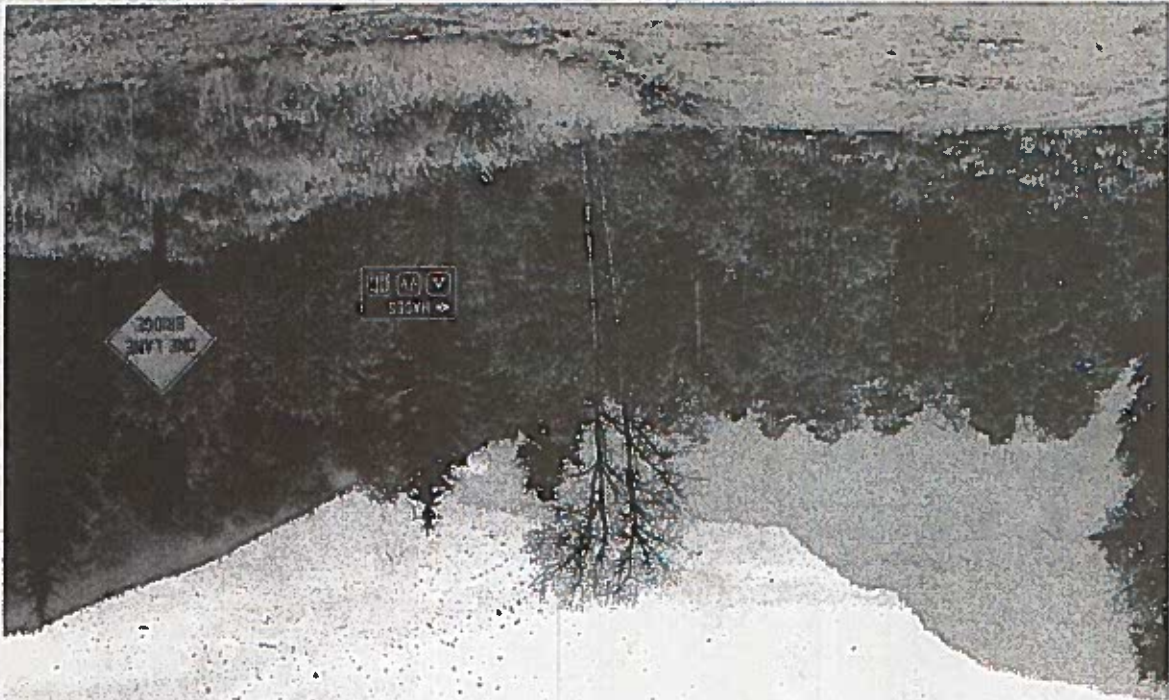
Sonny Kempton
1781 West 1000 South
Vernal, Utah 84078
801-781-0088



Miniature Golf - Batting Cages



Dear Mom, The way you talked, I always thought the road would be wider and things wouldn't be so green. Please don't be upset, but I never want to leave here. Come visit if you get a chance. Love, Tim



We offer a family centered birthplace that provides you with large comfortable surroundings during your labor, delivery, and recovery period.

To assist you during the experience of childbirth, we provide families with:

- board certified obstetricians
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- the latest technology in a family oriented environment
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- childbirth preparation class
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For additional information or a tour of the family birth place, please call 789-3342, ex. 136.
For more information about Columbia's facilities, visit our website: <http://www.columbia-utah.com>

WHEN THE LEAVES TURN GOLD

'Tis Hunting Season



Anthro Mountain, home of some mighty big bull elk, is a gorgeous fall destination for hunters lucky enough to draw one of the limited permits.

I DON'T KNOW IF ANYBODY REALLY UNDERSTANDS WHY FALL BRINGS SUCH AN ITCH WITH IT. SPRING TIME ALLERGIES ARE EASY TO EXPLAIN. POLLEN COUNTS LET US KNOW WHEN LIFE IS GOING TO GET BETTER OR TAKE A RUNNY-NOSED, TEARY-EYED TURN FOR THE WORSE. IN THE FALL, IT'S A MYSTERY. THOSE WITH THE AFFLICTION JUST KNOW THAT WHEN THE LEAVES TURN GOLD, IT'S TIME TO GO HUNTING.

MAYBE IT JUST TAKES SOMETHING EXTRA TO GET US IN THE HILLS, A PURPOSE FOR THE TRIP,

MORE THAN A DRIVE TO SEE THE SCENERY. MAYBE THE CRISP, COOL MORNINGS TRIGGER A CHANGE IN HORMONES. MAYBE THE SHORTER DAYS TRIGGER THE RESPONSE. IT REALLY DOESN'T MATTER. THOSE WHO DON'T HAVE THE ITCH WILL PROBABLY NEVER UNDERSTAND. THOSE WHO HAVE IT ARE POWERLESS TO RESIST. IT IS A MOST PLEASANT MALADY TO SUFFER FROM UNLESS ALL YOUR VACATION TIME IS USED UP.

'TIS A GREAT PITY THAT MORE PEOPLE DON'T HEAR THE HAUNTING SCREAM OF A BULL ELK ROLL THROUGH THE HILLS IN THE STILL CALM OF EARLY MORNING, PIERCING THE STILLNESS. THE MOISTURE FROM THE FROST ON THE GROUND COMBINES WITH FALLEN LEAVES AND EARTH TO EMIT A FRAGRANCE MORE COMPELLING THAN ANY FOUND IN A BOTTLE. WHILE PHILOSOPHERS MAY DWELL ON "WHY", THE TRULY WISE MEN DROP ALL SUCH CONCERNS AND BASK IN THE OPPORTUNITY TO BE A PART OF NATURE, TO COMPETE WITH THE SENSES AND WILES OF THESE MAGNIFICENT CREATURES ON THEIR TURF, TO FORGET THE WORLD AND IT'S TEMPORARILY MEANINGLESS CONCERNS. IT IS THE ECSTASY OF JUST BEING THERE THAT DRIVES THE HUNTER TO RETURN YEAR AFTER YEAR. SOME CALL IT THE THRILL OF THE HUNT, BUT THOSE WHO EXPERIENCE IT WOULD LIKELY

CONSIDER IT MORE THE CHALLENGE FOR THEY WILL DRAG INTO CAMP AFTER DARK, SADDLE SORE LEG WEARY, COLD AND HUNGRY. I'VE NEVER NOTICED FEELING THRILLED DURING THOSE TIMES. GETTING A FEW HOURS SLEEP IN COLD SLEEPING BAG ISN'T WHAT MOST FOLKS CALL THRILLING, EITHER. RISING BEFORE DAWN TO PULL ON COLD CLOTHES AND COLDER BOOTS OFFERS LITTLE PERSONAL SATISFACTION. BUT FACING THE CHALLENGE, THAT IS



A little sunshine, a good dog and a good shotgun...The smile says it all, in the Uintah Basin.

DIFFERENT STORY!

THE COLD AND THE TIRED AND THE HUNGRY IS DISTILLED TO VERY PLEASANT, VERY WARM MEMORIES

SOME MOST SATISFYING EXPERIENCES AWAIT THE BIG GAME HUNTER IN THE UINTAH BASIN. DEER, ELK, ANTELOPE, MOOSE, BEAR AND MOUNTAIN LION HUNTS ARE A PART OF THE LIFESTYLE HERE. CALL THE WILDLIFE RESOURCES OFFICE IN VERNAL AT 789-3103 FOR INFORMATION ON ANY PERMITS REMAINING FOR THIS YEAR. IF YOU ARE TOO LATE, JUST LAY PLANS FOR NEXT YEAR. THE MOUNTAINS AREN'T GOING ANYWHERE.

IF YOU ARE LOOKING FOR SOME EXPERT HELP WITH YOUR HUNT, IT CAN BE ARRANGED. J/L RANCH OUTFITTER & GUIDES, THE U BAR RANCH, ROCK CREEK RANCH, ROCKY MEADOWS ADVENTURES, ALL OF WHOM ARE LISTED IN THE FISHIN' AND HORSIN' AROUND SECTIONS, CATER TO BIG GAME HUNTERS AS WELL.

UINTA RANGE GUIDE SERVICE, OPERATED BY SHAWN LABRUM, GUIDES ELK, DEER, BEAR AND SPECIALIZES IN MOUNTAIN LION HUNTS. HE CAN BE REACHED AT 722-2225 (PHONE OR FAX). SHAWN HAS SATISFIED CLIENTS FROM COAST TO COAST.

GEORGE KENNEDY, 801-353-4677, GUIDES MOUNTAIN LION HUNTS, TOO. IT ISN'T UNCOMMON TO CUT SEVERAL CAT TRACKS A DAY IN THE BASIN. IF CHASIN' THE HOUNDS SOUNDS LIKE YOUR IDEA OF A GOOD TIME, GIVE THESE FELLOWS A CALL.

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Relax and enjoy the beautiful scenery.*

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LOCATED BETWEEN STARVATION &
STRAWBERRY RESERVOIRS

COMPETITIVE PRICES WITH EASY & LOW
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NO QUALIFYING OWNER FINANCING
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A DAY TO PLAY -Rock Creek

This is not your average tour guide. We'll give you some mileage figures so you can tell if you're still in Utah. We'll tell you where you are going and a little bit about the country. Other than that, just keep turning your head so you don't miss anything.

You are headed for Rock Creek. It is gorgeous! The road is paved all the way. You will start out at about a mile high and end up at about 9,000 feet. You'll travel through high desert country to the high mountains. You will go from sagebrush and greasewoods to cedars to quaking aspens to the pines. It's so pretty up there, you'll never want to leave!

Remember as you travel that reservation land is privately owned by the Ute Tribe. The tribe controls access on the ground and issues permits for camping and fishing. Don't trespass. You will need some supplies for this trip, namely lunch. If you have some fishing gear, so much the better.

Better. Don't forget film for the camera.

(See map on page 9)

The Spaniards came to North Eastern Utah in the late 1600s. A mission was built in the Rock Creek area. In 1844, the Spaniards were killed by the Utes. The battle raged all day. All the Spaniards were killed except one boy. He escaped and was picked up by a wagon train days later and far to the south, nearly starved and scared to death. The number of Spaniards was unknown, but could have been substantial since the Spaniards were armed with muskets and cannons. As you drive down the dugway at Mountain Sheep Pass, the battle site lies several miles to the south west.

The canyon has three campgrounds: Miner's Gulch, the south west, and the north west.

Yellow Pine and Stillwater. The roads are paved. A wheelchair accessible trail leads from the camp. Yellow Pine is a beautiful spot, especially appreciated by folks who have a difficult time navigating rough areas. It's a great place to have lunch. Hint: Upper Stillwater Dam is part of the Central Utah Project. It stores water that is piped through tunnels to Strawberry Reservoir. From Strawberry, the water can be sent to the Wasatch Front (Salt Lake City-Provo). The dam is over one thousand feet long. If you enjoy hiking, stop by the Forest Service office in Roosevelt and get a map of the area.

Fishermen have several options in the canyon. To the left just after you cross the Ashley National Forest boundary are several large, spring-fed ponds. If you like stream fishing, Rock Creek offers plenty of room to try your luck. Stillwater Reservoir has limited shore fishing, but boats can be launched from the dam.

Or you might want to sit in the sun, listen to the breeze, soak in the mountain air and enjoy just being alive. It's that kind of place.

Hey, have a nice day.



Lala's Fiesta
HOME MADE MEXICAN FOOD
Tortillas Made Fresh Daily
Special Every Day
Chili Verde
Suzanne Herrera
Owner/Manager
550 E. Main - Vernal, Utah 84078
789-2966
We Deliver Up To Five Miles

**-Elkhorn Loop
-Chapeta Lake**

Utah's Elkhorn Loop Road is no paved and can be rough in some places, but it's usually be driven by car from ABC July through September. The distance is 94 miles. Plan four hours of driving time using the rest of the day for other activities of interest. CONTINUED ON PAGE 10

Duchesne County Area

CHAMBER OF COMMERCE

We are excited to participate in the 1997 Guide for Recreation and Tourism. Duchesne County is a treasure land of opportunity, diversity and beauty. Recreation opportunities are abundant, and contribute to the economic stability and growth of the Utah Basin.

This recreation guide is a tribute to the many partners and providers that help to promote Duchesne County. The businesses that directly serve visitors and tourists are on the front lines, their commitment to the Utah Basin continue to mark the way for future opportunities and economic expansion. In a similar way the United States Forest Service and the State Park Service, as well as other public agencies continue to be a strong partner in the promotion of public land. Local staff members are an important part of our community.

We are committed to Duchesne County and its citizens and we love to promote the many destinations in the county, as well as provide information to the thousands of people we are able to reach through brochure distribution. We would like to Thank the UTAH BASIN STANDARD for their efforts in this project, and invite anyone who would like more information on Duchesne County to contact us at:

Duchesne County Area Chamber of Commerce
48 South 2nd East
P.O. Box 1417
Roosevelt, Utah 84066

(801) 722-4598
Fax: (801) 722-4579



ELKHORN LOOP

CONTINUED FROM PAGE 13

HIKING, STREAM OR LAKE FISHING, HUNTING AND PHOTOGRAPHY TOP THE LIST OF THINGS TO DO. AT THE HIGHER ELEVATIONS, WEATHER CONDITIONS CAN CHANGE QUICKLY. IT NEVER HURTS TO HAVE RAIN GEAR AND A COAT HANDY. TAKE LUNCH WITH YOU. THERE ARE NO SERVICES AVAILABLE ON THE MOUNTAIN.

STARTING POINT FOR THE TRIP IS AT L&L FORD, WHERE U.S. 40 TURNS EAST AND HEADS OUT OF ROOSEVELT. THERE IS A TRAFFIC LIGHT. A NURSERY IS ON THE

NORTH EAST CORNER OF THE INTERSECTION. GET ON 40 EAST. 6 MILES. TURN LEFT (NORTH) ON THE WHITEROCKS ROAD, JUST PASSED THE SCHOOL. STAY ON IT. YOU WILL PASS THROUGH THE RESERVATION TOWN OF WHITEROCKS.

20.4 MILES. THE WHITEROCKS FISH HATCHERY IS ON THE LEFT. VISITORS ARE WELCOME. AS YOU HEAD NORTH, FOLLOW THE SIGNS TO THE ELKHORN LOOP.

26.2 MILES. THE ELKHORN GUARD STATION. PAVEMENT ENDS.

35.3 MILES. STAY TO THE RIGHT. THE ROAD TO THE LEFT IS FOR LOGGING TRUCKS.

40.2 MILES. THE CHEPETA LAKE TURN OFF. YOU WILL SOON BE ABLE TO SEE WHITEROCKS CANYON. IT IS PRETTY IMPRESSIVE. YOU WILL COME TO A LOGGED OVER AREA THAT LEFT QUITE A SCAR. THE LOGGING WAS TO SALVAGE WOOD FROM A FREAK WIND THAT BLEW THE TREES DOWN.

50.4 MILES. PARK ABOVE THE STREAM. DON'T TRY TO DRIVE THROUGH THE WATER UNLESS YOU ARE IN A FOUR WHEEL DRIVE. THE DAM ON THE LAKE CAN BE SEEN UP THE ROAD. A FOOT BRIDGE CROSSES THE STREAM. CHEPETA LAKE LIES AT 10,560 FT. A NATURAL

LAKE, IT WAS ENLARGED FOR IRRIGATION PURPOSES BY THE CIVILIAN CONSERVATION CORE. THE BASIN CHEPETA LIES IN CONTAINS SIX OTHER LAKES. THE WHITEROCKS RIVER FLOWS SOUTH EAST THROUGH THE MEADOW.

61.3 MILES. BACK FROM THE TRIP TO CHEPETA AND ON THE ELKHORN LOOP HEADED WEST, YOU WILL PASS POLE CREEK LAKE AND THE CAMPGROUND.

69 MILES. YOU SHOULD SEE THE LOWER POLE CREEK TURNOFF SIGN. THIS IS AN AREA OF INTRIGUE AND BEAUTY. A SPANISH SMELTER



South East view from Chepeta Lake. Hiking and horse trails run through miles and miles of mountains. Rumor has it that one trail ends up in heaven. The rest of them come pretty darned close.

RESTS IN THE TREES TO THE SOUTH. SIGNS CARVED INTO QUAKIE TREES BY SPANISH MINERS IN THE 1800's (OR BEFORE) CAN STILL BE FOUND. POLE CREEK CAVE IS FURTHER SOUTH THROUGH THE TREES. THE POLE CREEK SINKS ARE TO THE EAST.

72.5 MILES. THE ROAD TO THE NORTH GOES UP UTAH CANYON. THERE ARE SEVERAL CAMPGROUNDS. AS YOU CAN SEE, THE SCENERY IS GORGEOUS. IF YOU OPT NOT TO DRIVE ON UP THE CANYON, FOLLOW THE ROAD ALONG THE UTAH RIVER TO THE

SOUTH.

76.6 MILES. TURN LEFT ON THE PAVEMENT. HEAD SOUTH BACK TO ROOSEVELT, ABOUT 16 MILES.

Articles
and Photos
by
Dave Holmes



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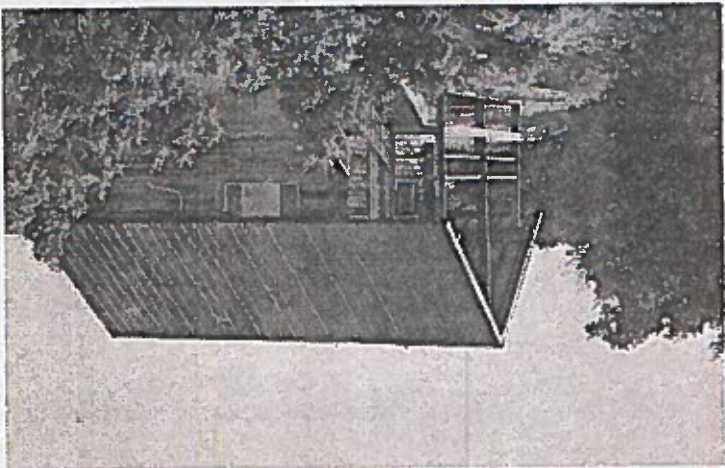
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10 Miles North of Duchesne on Hwy. 87 East

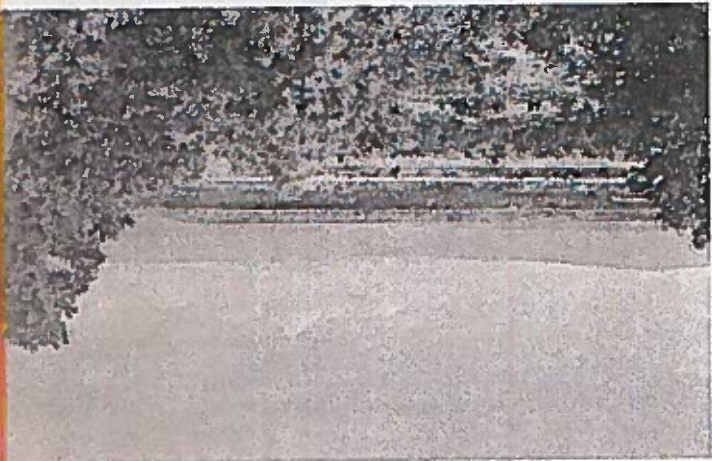
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UTAH
HISTORICAL QUARTERLY

A. R. Norrmen, Editor

UTAH STATE HISTORICAL SOCIETY

VOLUME XXVI 1958

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call at the museum for detailed information about Dinosaur National Monument and other points of interest in this area.

Ashley National Forest:

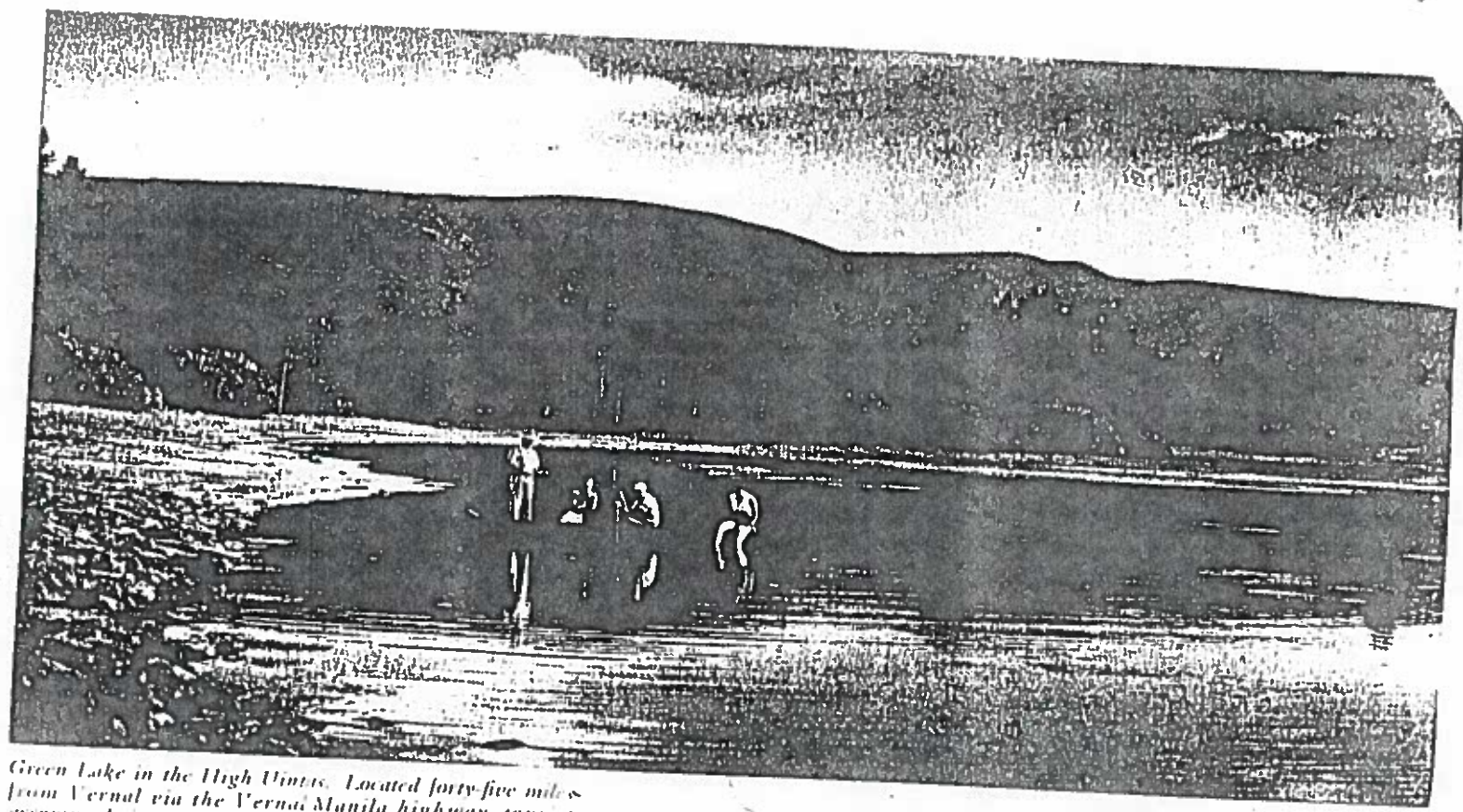
Within the boundaries of this great National Forest, which lies along both flanks of the Uinta Mountains and its summits, are included some of America's finest recreational areas. Scenic grandeur abounds on all sides, and its more than a dozen campgrounds and picnic areas make this beauty available to an appreciative public. Utah's highest mountain, King Peak (13,496 feet), along with many other 13,000 foot peaks, are towering guardians in Ashley National Forest. A half-dozen resorts and dude ranches cater to the needs of the visitor, all of them within the Forest. Lakes and streams are numerous, affording fine fishing and boating. Vernal, Roosevelt, and Duchesne, the three principal towns in the Uinta Basin, are the "jumping off" points to areas on the Forest. All of them have good tourist accommodations and good cafes. Duchesne and Roosevelt are gateways to the High Uintas Wilderness Area on the Forest, and to much of the western half of Ashley National Forest itself. Vernal, headquarters for the Forest, is the gateway to most of the eastern half of this magnificent area. Here too is the start of the Vernal-Manila Highway, the only road crossing the Uinta Mountains to Green River, Wyoming, and the only road on the Forest that extends from the south to the north side of the range. This is the road to ride to see Brush Creek Gorge, Red Canyon of the Green River, and the Flaming Gorge Dam now under construction. From this road also the scenic Red Cloud Loop takes off, twenty-three miles north of Vernal, to wind its way through forest and mountains on the return to Vernal by way of picturesque Dry Fork Canyon. The first thirty miles of the Vernal-Manila highway includes "The Drive Through the Ages" with signs marking the geological formations.

Bullheads of Eastern Utah:

Colorful "bullhead" topography may be seen on U.S. 40 between Roosevelt and Vernal, and also southeast of Vernal in the Red Wash Oil Field and on the way out to the Bonanza-Gilsonite Mines. Both of these last-mentioned areas are reached over paved roads. The asphalt pits just west of Vernal are impressive.

Utah Field House of Natural History:

The fossil, geologic, and natural history values of the Uinta Mountain and Basin area, and the recreational, scenic magnificence, and out-



Green Lake in the High Uintas. Located forty-five miles from Vernal via the Vernal-Manila highway, tourist accommodations, saddle horses, and boats are available.

PHOTO HAL RUMEL

structure graces the County-City Park on 9th West Street. The facility is near the horseshoe pit and parking lot of the

area of the park and will provide a center for concerts, plays and other outdoor productions.



FOUR COURT TENNIS COMPLEX at the County-City Park has been completed and is ready for the nets to be strung. The courts are completely fenced and will be landscaped. Lights

will be added at a later date when funds can be raised to allow for night playing.

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Vernal City completes recreation park projects

Nearly \$72,000 worth of facilities have just been completed this week at the Uintah County-Vernal City recreation park complex near Uintah High School.

Two projects sponsored by Vernal City and receiving matching Bureau of Outdoor Recreation Agency funds, include a four-court tennis complex and a Bicentennial pavilion to be used for public gatherings and concerts and for skating during the winter.

THE TENNIS complex is located on the west side of the recreation park. The courts are paved and ready for use, according to City Manager

Glade I. Nelson.

Cost of the tennis facility amounted to \$19,472 for the concrete and surface construction with Uintah County providing the asphalt. The entire complex is surrounded and separated by a chain-link fence with gates that can be locked. The fencing contract was \$8,196.

Original plans called for lighting for night playing, but because of the higher than expected costs for construction, the lights were temporarily removed from the project. Electrical conduits have been included in the general construction so lights can be added, said Nelson.

A sprinkling system around the courts is also included in the project to allow for landscaping. BOR funds were used for one-half of the cost of the courts.

LEGER Construction of Vernal finished the construction this week of what will be known as the Bicentennial Pavilion, located on the east side of Uintah County-Vernal City Recreation Park. The pavilion is an 80 by 80-foot metal structure to be used for public gatherings and concerts in the summer and as a skating rink in the winter.

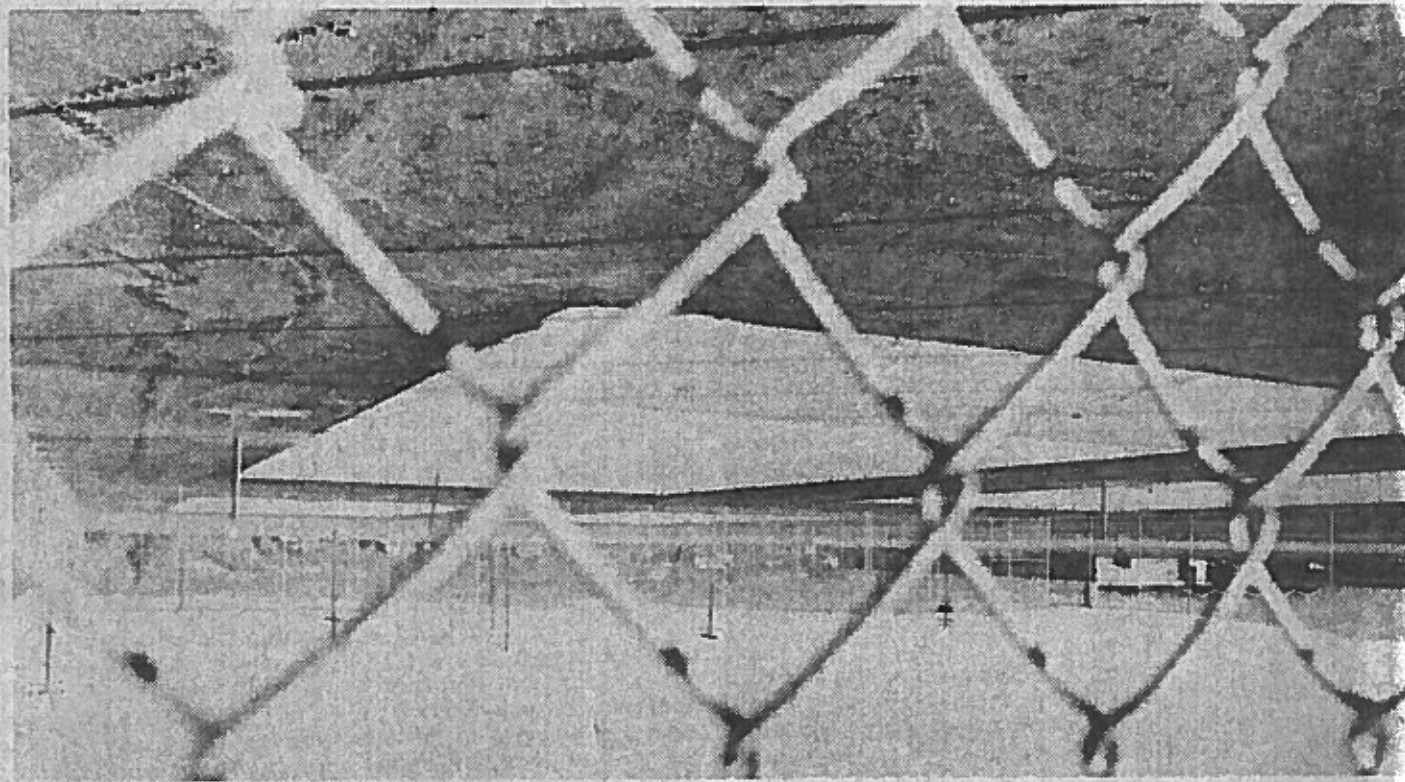
Funding of the pavilion was by a \$15,000 Bicentennial grant

and \$21,500 in Bureau of Outdoor Recreation funds. Vernal City supplied the remaining \$7,720 for the \$44,220 project. Provisions for lights have been made for the pavilion but were not included in an effort to build the structure within the budget of Vernal City.

No skating will be provided this year in the pavilion because the concrete needs to cure before it is covered with ice, reported Mr. Nelson.

Uintah Recreation Association, representing Uintah County, Vernal City, Uintah School District and the LDS Church, will operate the entire recreational complex.

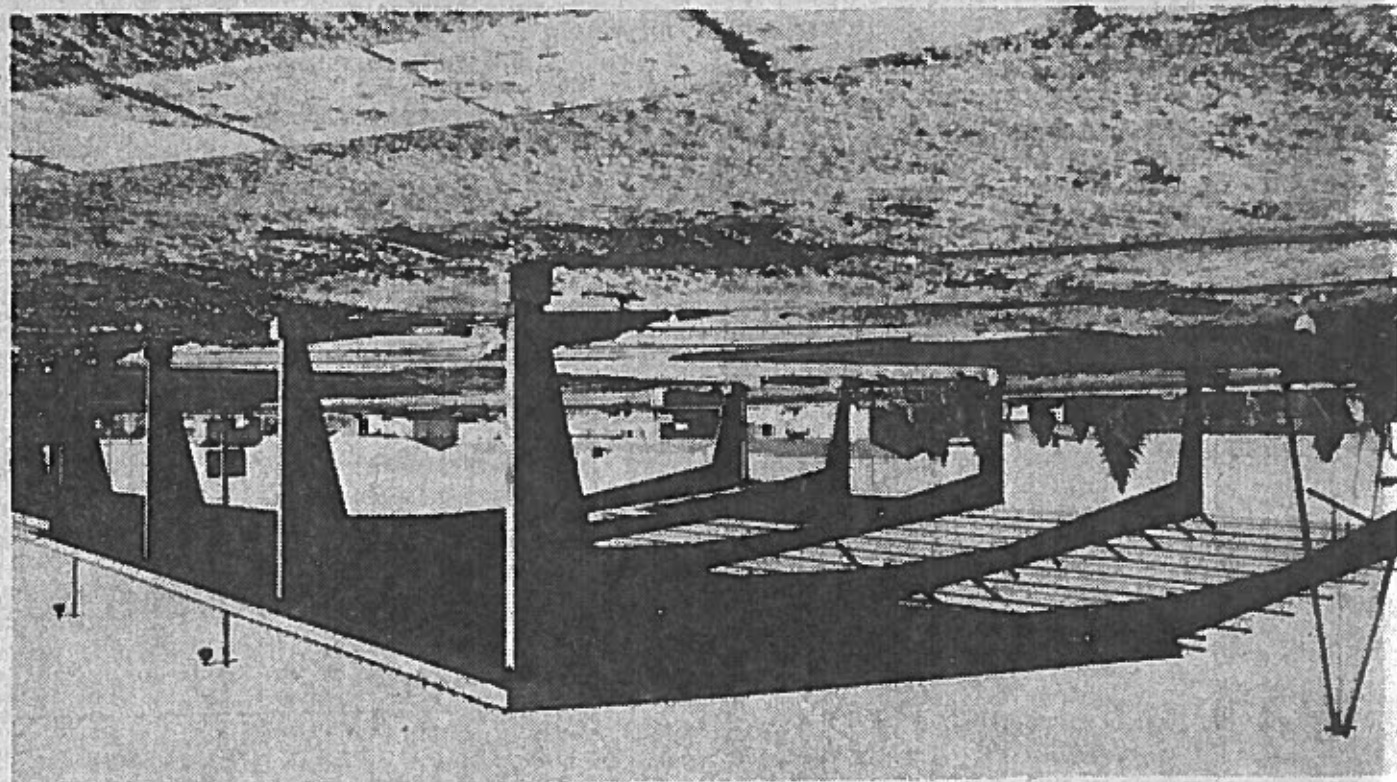
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FOUR COURT TENNIS COMPLEX at the County-City Park has been completed and is ready for the nets to be strung. The courts are completely fenced and will be landscaped. Lights

will be added at a later date when funds can be raised to allow for night playing.

The facility is near the horseshoe pit and parking lot of the structure graces the County-City Park on 9th West Street.



BICENTENNIAL PAVILION - This huge concrete and metal area of the park and will provide a center for concerts, plays and other outdoor productions.

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 page 1

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Vernal City seeks to improve road

by Trent Gudmundsen,
Express Writer

Kid's Canal has long been a historical part of Vernal. The mayor and city council met last Wednesday night to discuss the widening of a mile-long portion of 1500 West from 500 South to 100 North, which is known by Vernal residents as "Kid's Canal Road."

The proposal is to redo the deteriorating road strip, as well as widening the existing boundaries of the street; complete with curbs, gutters and a sidewalk running along the western side of the road.

Two 11-foot traffic lanes, two four-foot shoulders (which are just extra widths of road for bicycles and broken-down motorists who need room on the sides of the lanes), and a four-foot wide sidewalk will make up the newly refurbished road. The total comes to 30 feet from one side the other. This is

approximately eight feet less than the normal width of roads of this kind. This is, according to planners, less ideal but still within regulations.

City officials and planners are doing their best to keep the impact of this improved street to a minimum. But who is it impacting adversely?

It would seem that any work done on this road would be an improvement. Those who have driven it have found it hard to avoid the many potholes and bumps. But the improvements aren't looked upon as such a good thing by the residents and property owners who live along the strip. For 1500 West residents, the new road improvements are, "simply not needed, and not wanted."

Several property-owners commented that the area, including the road, serve somewhat agricultural purposes for the farmers and ranch-

ers who use the road and roadside for moving cattle or selling produce. The changes, they argued, would no longer allow that type of accessibility.

One major concern has been that the speed of traffic might increase with the new surface. Mayor Kremin agreed, "People have the natural tendency to go faster if the road is smoother. There needs to be some way to keep the speed limit enforced." Of course this aspect has been considered, and several possibilities were explored during the meeting. The most effective thing will be to simply have more police patrol the street to enforce more strictly the 25 mph speed limit, which will remain the same after the improvements. Council member JoAnn Cowan warned that, "People will get to a point where they'll slow down to avoid being ticketed..."

Safety is one of the main issues in this project, but regulations and costs have to be considered as well; and those all need to be balanced with needs of the 1500 West property-owners, who will be interviewed individually so the city can see what their needs and concerns are.

There are many objections to the project, mostly from the affected residents, and the most controversial aspect of the project is the increased road width. The city is asking property-owners for right-of-way access to portions of land on which the road and sidewalks will be built. The new road will extend several more feet onto properties along the west side of the street. And property-owners are feeling like their property is being, to an extent, condemned by the city.

Vernal City is receiving federal funding for this project, which meets the criteria of being an "arterial" or main road. Speaking of the

Residents say 'no' unless east side of canal addressed

By Steven Wallis
Express Editor

Uintah County residents living within a proposed Vernal City improvement project along the Kids Canal say they will not give the city more right-of-way unless something is done on the east side of the street.

"We feel that the Kids Canal project is not protecting the safety of the children," said Ed Zerbachen, representing county property owners in the project. "Until Vernal City does more on the east side, in Vernal City property, we are not going to give our

canal side.

Since the majority of children using the canal to fish and swim are on the east side of the road, county residents believe the \$1 million project does little to protect the kids.

"They need to do something to keep the kids on the east side of the canal," suggested Donna Birchell, property owner. Last week county commissioner and resident met with the city to resolve some of the issues.

Rita Pennington said the project would worsen the drainage problem she has on her property which

extra windows in town for bicycles and broken-down motorists who need room on the sides of the lanes), and a four-foot wide sidewalk will make up the newly refurbished road. The total comes to 30 feet from one side the other. This is

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"Until Vernal City does more on the east side, in Vernal City property, we are not going to give our property to the project."

The City project extends 6 to 12 feet outside of its right-of-way onto the county residents' front yards and vacant fields. However, the right-of-way does not expand on the east side which is in the city. The city is proposing to expand the traffic lane to 11 feet, with a four foot shoulders and curb, gutters and sidewalk and the west side and curb and gutter on the eastside of the road or the

"There are more people than those living along the street who use it on a daily basis," said Councilwoman JoAnn Cowan.

"But they don't have too," said Pennington.

Continued from page 1

Canal...

Cowan said the city has received "many, many" requests to improve the street.

City manager Kenneth Bassett said he will meet with each property individually to determine what could be done to improve their particular situation.

"Without the approve of the resident, the project can-not proceed," Bassett said.

Construction is expected to begin

erries.

Stakes marking the future boundaries of the road can currently be seen. Red flags mark the edge of the sidewalk, and blue flags mark the edge of the fill slope, which is the extent to which to road will physically affect the adjacent properties.

Stakes marking the future boundaries of the road can currently be seen. Red flags mark the edge of the sidewalk, and blue flags mark the edge of the fill slope, which is the extent to which to road will physically affect the adjacent properties.

Vernal City is receiving federal funding for this project, which meets the criteria of being an "arterial" or main road. Speaking of the specified width of the new road, Glade Allred, planning supervisor reminded, "If we want the federal dollars, we've got to go with the federal regulations."

There are many objections to the project, mostly from the affected residents, and the most controversial aspect of the project is the increased road width. The city is asking property-owners for right-of-way access to portions of land on which the road and sidewalks will be built. The new road will extend several more feet onto properties along the west side of the street. And property-owners are feeling like their property is being, to an extent, condemned by the city.

Vernal duo records CD

"Rosewood" is the name of a cd recorded by Wendi Long and Julie Gudmundsen, both of Vernal. Long plays guitar and Gudmundsen plays oboe on this recording of easy listening music.

From operas to blues, from Brickman to Puccini, from Joanie Mitchell to Spanish flavored music, this cd has it all. Since music is not generally written for the combination of oboe and guitar, the duo must do their own arrangements of these songs, or write their own.

"Julie takes care of that part of it," said Long, "and I do the business side plus some of the music arrangement." Gudmundsen agreed, saying Long does all their bookings for weddings, family reunions, parties and church affairs, etc., while she composes and arranges.

Long grew up in Logan while Gudmundsen hails originally from Tulare, Calif. Both women came to Vernal as young wives and mothers and eventually found each other through church activities. They discovered that guitars and oboes go well together and that they share a mutual passion for their music. Their career as a duo was launched.

After years of talking about it and receiving requests for tapes or CDs from fans, the women decided to take the big plunge and produce a cd. The process was long, demanding and quite difficult, they said. "It's just you and the recorder," said Long. "You have to do it perfectly, or start over. Every mistake can be heard."

They started the process by arranging and practicing enough of the right type of music to fill the cd. Then they found Randy Howlett, who has the necessary recording equipment available in his home. Three years ago they cut a demo cd and waited for a reaction from listeners.

Getting positive feedback, Long and Gudmundsen went about the arduous task of getting enough funding to produce a salable product. They met with Howlett every week for two months, planning the music and meeting all the production criteria, as well as getting a license for each song not written by Gudmundsen. Finally, the recording itself began, with three to four hour recording sessions.



Julie Gudmundsen and Wendi Long play for the love of music

"We had many do-overs," Gudmundsen said. "They were hardest on Julie," added Long. It isn't as hard to pick a guitar for four hours as it is to blow into an oboe."

The result of all this effort is a cd they can be proud of. The soothing

tones of the instruments are relaxing. The cd, which was done in memory of Joe Richards, is available at local outlets.

The title of the cd, "Rosewood," was taken from the material with which the guitar and oboe are made: rosewood.

July 4, 200.



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Races this weekend

Vernal girl gets rush from going fast on two wheels

Story & Photos by Loren Webb
Vernal Express correspondent

On a Tuesday evening north of Vernal, Aubri Fielding, with her boyfriend, Jared Winkler drive to a pullout near Honda Hills and unload their motorcycles.

Winkler is there to have fun while Fielding is practicing on her Honda CR-125 motocross bike for an upcoming Uintah Basin Motorsports Association motocross race on May 24-25 at Honda Hills.

Fielding, 17, says she is the only female from Vernal who will be participating in the race.

For Fielding, riding a motorcycle has come natural to her. She has been riding one since she was even years old when her parents bought her a 1974 Yamaha Enduro 10 motorcycle.

She had that motorcycle for six years, then moved up to a Yamaha 600 YZ motocross bike. She now races with a Honda CR-125 racer that Winkler bought for her.

"I wanted to do stuff that no other girls really did," Fielding said, and that was to ride dirt bikes and show up guys."

Winkler says she does just that. "Most of the guys were kind of skeptical and were wondering how I would do," Fielding recalled, then she first decided to compete in motocross races, that in this area are largely dominated by males.



Aubri Fielding is ready to ride.

"They were amazed," she said. "I can't believe a girl is out here doing it."

Now, she said many of her male counterparts think it's cool that a girl is competing with them.

"I'm glad she's racing," fellow motocross racer Kit Caldwell said. "You wouldn't really think it's a girl's sport and yet she does it. She's not afraid of the boys and she's good at it," he said of her motocross racing abilities.

Fielding got her first real taste for competitive motocross racing in September 2000 when she took third, first and fifth place respectively in three races at the Western Park recreational facility in Vernal.

She said there were up to nine other racers competing in her class.

"It's an adrenaline rush," Fielding said of racing, "because if you do something you couldn't do before, it's really awesome. I love it."

Every day that Fielding is out on

a track like Honda Hills is a chance for her to continually improve her motocross skills.

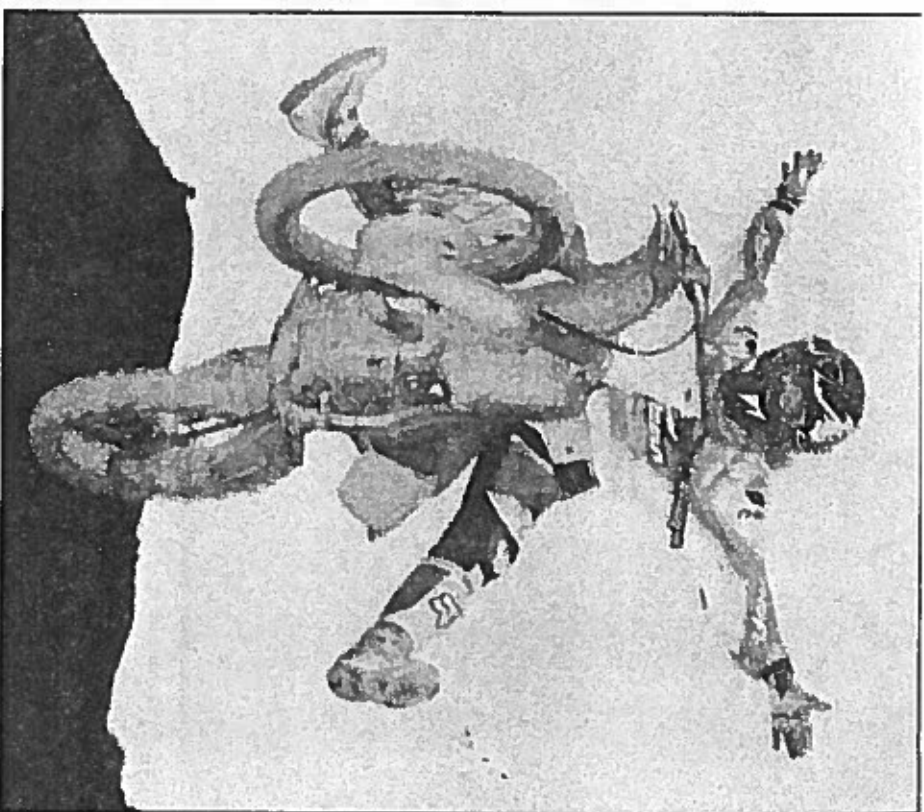
But Fielding is also interested in freestyle motocross riding.

"It's awesome," she said, explaining that a freestyle rider is one who enjoys doing stunts while motocross riding.

Generally, freestyle riding is when a rider brings their legs around the handlebars of the bike and still maintains control of the bike while it is in motion.

Fielding said she plans to build a motorcycle ramp with the help of her cousin, Wade Westergard and practice freestyle riding in preparation for participation in a future X-Games motocross competition.

"If I can do those things, Fielding said, "maybe it will change things for women. It might encourage other women to go out (and compete)."



Motocross rider, Aubri Fielding, executes a freestyle aerial stunt during a recent jump at the Honda Hills north of Vernal.

May 21, 2003



Aubri Fielding says motocross racing is "awesome." Fielding expects to be the only female from Vernal competing in this weekend's motocross race at the Honda Hills.

First race to be held at track

Utah Basin Motorsports Association (UBMA) will host the first race at the new motocross track at the Honda Hills on May 24 and 25, according to Mike Slaugh, president of UBMA.

The race is an "outlaw" race, meaning it does not count for Utah Sportsmen Riders Association (USRA) points. Anyone interested in racing is welcome to enter. There will be categories for all ages and motorcycle sizes, from 50s to 250s.

Sign-ups will begin at 6:30 p.m. on Friday and run from 6:30 to 8 a.m. on Saturday and Sunday. The sign-up fee is \$25. Practice will begin at 9 a.m., racing will begin at 10 a.m. and continue until dark. The spectator fee is \$5.

Vernal makes mountain biking news

The opportunity for mountain biking in the Vernal area is just as prevalent as Moab or Park City, the difference being, there are a lot less people.

In fact, Utah Outdoors magazine calls the area "The best biking trails you've never ridden" in its November edition.

Troy Lupcho, owner of Altitude Cycle in Vernal introduced the group of Utah Outdoor writers to some of the area's 150 miles of single track.

"I think they were impressed with what they found," said Lupcho.

"To mountain bikers, singletrack is the equivalent of untracked powder to a skier or a big dark slough to a fly fisherman. It's just heaven," said Brooks Stevenson, Utah Outdoor writer.

Lupcho said a single track is about 15 inches of track which usually leads a rider in a circle or 5 to 10 miles. The Basin trail system began in 1995 when Rich Etchberger moved to Vernal with his wife Lianna. They were mountain bikers but there were not many places to ride. In 1998 he noticed a cow trail near Red Fleet which he thought could easily be groomed into a great singletrack.

He spent the weekends with a garden hoe to scratch out the trail. He met up with Kevin Christopherson who was doing the same thing. From this meager beginning, the assistance of other



Vernal biker, Lianna Etchberger, is featured on the front of Utah Outdoors.

bikers and Lupcho, world champion BMX racer, the trail system began to take shape.

"Vernal is attractive to Mountain bikers who are looking for a new place to ride," Lupcho said.

The trail names a very descriptive: "Swat Drop," "Can You Moo?" "Retail Sale," "Blood Donor," "Three Amigos" and others.

"We don't want to become another Moab, but we want to provide an exclusive biking experience."

Some of the trails are open year-round.

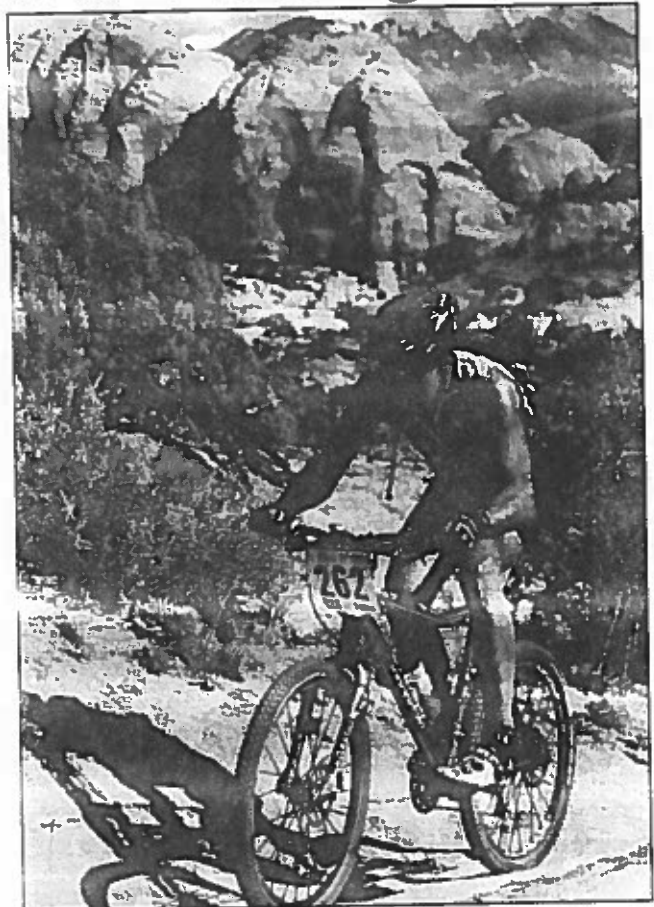
Earlier this month, Lupcho competed in the 7th Annual 24 hours

See Bikers on page 27

Bikers...

Continued from page 26

over all. There were over 1,800 contestants. All together the bikers rode over 93,000 miles during the 24-hour period. The course was 15 miles long with a 1300 foot climb. Lupcho had the overall fastest time. The team made 19 laps in the 24-hour period.



Troy Lupcho, makes the fastest time in 24-hour mountain bike competition in Moab.

Vernal Express
31 Oct 2001

Vernal, Uintah County, Utah, Thursday, June 18, 1959



VERNAL MERCHANTS—Members of the Vernal Merchants Women's Softball team are left to right, back row, Joyce Gingell, Margie Melure, Helen Gross, Carma Hackmussen, Rose Mary Bigelow; not present when the picture was taken were Aloma Hatch, Pat Lee and Marilyn Arnold.

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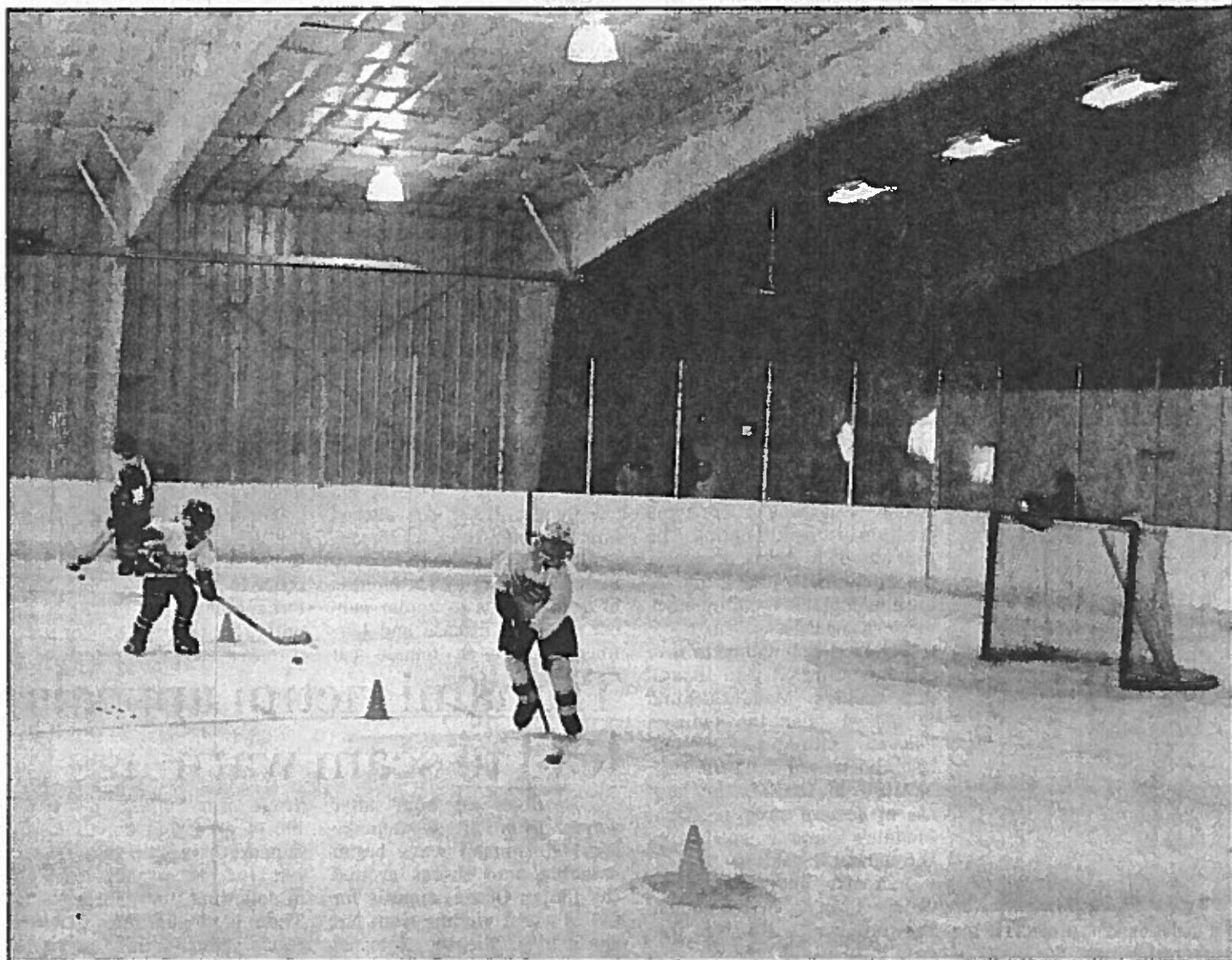
RHC

Cold weather
makes hot
fishing.
See B8

utes are 4-4 in
preseason.
See B7

Business
thrives on
horse tails.
See B1

Dec 29, 2004



Young hockey players go through some drills at the new indoor hockey rink at Western Park.



Young ice hockey fans, Anders Carlson, 4, and Kylie Larsen, 6, get to warm up their skills on the new rink under the coaching of Ashley Brown.

Western Park indoor ice rink opens Monday

The long-awaited opening of the Uintah County's new full-sized regulation ice skating rink occurred Monday at 2 p.m.

A special holiday schedule continues through New Year's Day. Wednesday and Thursday this week it will be open between 2 and 9 p.m. Friday, New Year's Eve, the rink will

be open from 2 to 5 p.m.

New Year's Day, Saturday, the rink will open at 10 a.m. and remain open until 3 p.m.

Regular hours will be in effect the first week of January.

The roughly \$1 million project is located just east of the Western Park Convention Center grounds on 200 South.

*Winter recreation activity abounds in Uintah Basin

Editor's note: This is the first article in a two part series concerning winter recreation. The first article deals with some of the facilities that are now available.

Several cross country ski trails and snowmobile trails are now groomed and ready for use by the winter sports enthusiasts.

Two of the newest cross country ski trails are located on park service land near Steinaker Reservoir. Three areas are located on U.S. Forest Service Land. The city golf course also serves as a haven for cross country skiers.

At Steinaker, one trail is approximately 6 kilometers long. It travels along the lake and loops back to the starting point. The trails have been made with a snowmobile and track setter and are geared towards the beginning and intermediate skier.

The second trail is only about half of a kilometer and has a double set of tracks. It is an easier trail and is geared to the beginner. This is the first year that the trails have been open. The park service opened the trails to offer skiers an alternative between the golf course and the trails

offered by the forest service. The three cross country ski trails offered by the forest service have been open for several years, but this year they have a whole new look, as many of the trails are being groomed.

Bill Calder, of Vernal, is the man behind the snowcat that is grooming ski trails and snowmobile trails for use by all interested parties. Calder has spent the last month grooming and regrooming ski trails and developing trails for snowmobilers. Lewis Wright, and Gary Anderson have been assisting Calder with the grooming.

Calder was hired by the county as a sort of "sub-contractor" to groom the trails on Forest Service land. Uintah County has entered into a "memorandum of understanding" with the forest service for one year for the grooming of the trails. The county in turn has hired Calder to do the work.

The three Forest Service areas are Bassett Springs, Grizzly Ridge, and Little Brush Creek. Calder says Little Brush Creek and Bassett Springs have been groomed, but they are still working on Grizzly Ridge. Calder has also groomed some ski trails at the

city golf course.

The Bassett Spring Trail was first designated in 1977 and is approximately four miles long. It has a moderate to steep ascent and steep descent. It is best suited for the advanced skiers. It begins across the highway from the range study area sign, south of the Diamond Mountain junction.

Grizzly Ridge was designated in 1978 and is approximately two and a half miles in length. It has moderate ascent and moderate to steep descent. Grizzly Ridge is best suited for the intermediate skier. It begins at the junction of county line road with U.S. Highway 191.

Little Brush Creek is the newest of the three trails and was designated in 1983. It is approximately two and a half miles long and has a gradual to moderate ascent and a moderate descent.

The trail is well suited for the beginner or intermediate skier. It begins at the junction of 191 and Little Brush Creek road on the west side of the highway.

All three of the trails are easily ac-

Continued on page 2

uld bring



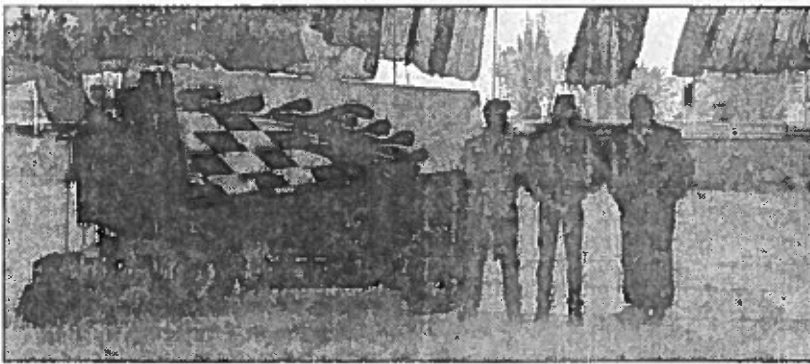
BILL CALDER and Lewis Wright use a snowcat to blaze snowmobile trails and cross country ski trails. The groomed trails make it easier for the winter sports enthusiasts and remove moguls from the trails. Calder is currently grooming between 60 and 100 miles of snowmobile trails and has also groomed several cross country trails.

Recreation...

cessible by U.S. Highway 191. Maps outlining the areas for skiers and snowmobilers are available at the forest service office at 650 North Ver-

In addition to grooming ski trails, Calder is also grooming between 60 and 100 miles of snowmobile trails near Taylor Mountain. He has groomed trails from Taylor Mountain Road to Trout Creek Ranger Station and around to the Red Cloud Loop. He would also like to groom Liddy Peak. He has purchased a snowcat which grooms trails for the snowmobiler and a track layer defines trails for skiers.

Many avid snowmobilers say the groomed trails make the ride much smoother and safer. The equipment used by Calder helps keep the area free of moguls which often make it rough going for snowmobilers. Calder said many of the trails he has groomed are set way back into the mountains and provide the snowmobiler with some "very



Arden Cook drives the Zamboni at Western Park as it is admired by Mike Etheredge and Adam Long of Adam's Body and Paint and by Derk Hatch, general manager of Western Park.

WP zamboni gets face lift

Thanks to Adam Long and Adam's Body and Paint, the 15-year-old zamboni that smooths out the bumps on the ice skating rink at Western Park looks brand new again.

Western Park General Manager Derk Hatch said he is extremely pleased with the paint job donated by Adams. "That's about a \$3,000 paint job!" said Hatch. Not only is he pleased with the donation, he is

very happy with the quality of the work. Painted bright red with black, white and orange decor in the shape of flames, scallops and checkerboard, the huge machine looks sharp as it makes its rounds on the ice rink.

"We have over 200 kids taking hockey this year," said Hatch. Now the Park has a good looking machine to keep the ice clean and smooth for all those youngsters.

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2 Jan 2002

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