



wasatch

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FEATURED ARTIST: MARYBAI HUKING



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“

*I would rather sit on a pumpkin, and have it all
to myself, than be crowded on a velvet cushion”*

-Henry David Thoreau

Letter From the Editor



Nick scooping up portions during Wasatch Magazine's early friends-giving.

FALL. IT'S POPULAR in the mainstream for pumpkin flavored foods, colorful leaves, and cooling weather. As outdoor goers, however, we know that fall is much more complicated than this. It's value is unique to each person, and its purpose changes based on whatever your favorite hobby is. We believe, however, that the complexities of fall can be described in just one word: harvest.

Whether we're gearing up for hunting season, capturing the cooler temps to enjoy bigger bike rides, or finding the best food for our thanksgiving dinner, everything we do outside in the fall can be considered a harvest. Even those of us praying for snow rejoice at its arrival and climb to the craziest spots just to grab the first hints of powder. And more of us reminisce about the warm, sunny skies of summer and go to great lengths to sleep outside in shorts again. These are more interpretive meaning of harvest, but harvest nonetheless.

Of course, there are those of us who take harvest literally and focus on food. Hunters diligently scout locations and ready their equipment weeks in advance so they can be ready when opening day arrives. In the city, farmers markets pop up in parks and on street corners to fill people's bellies with fresh greens and local produce. Outdoors enthusiast themselves even make traditions out of cooking and eating food in Utah's most stunning landscapes.

Inside, you'll find stories detailing what different outdoor lovers harvest in the fall and how they do it. We covered everything from raft guides capturing the last bits of summer to farmers and gardeners collecting the rewards from the seeds they planted months ago. Read on and see how the rest of the outdoor community engages with the harvest season.

Signout,
Nick Halberg



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Gear Review: Peak Refuel

story and photo by
Nik Benko

It was hot when we left the arid floor of the Owen’s valley. Now, after roughly 6,000 feet of vertical gain, the sun was setting over the crest of Shepard’s pass and we had 30 minutes to set up camp before temperatures dipped below freezing. Along with digging a platform, pitching the tent, and final sorting of gear for the next day’s early start, we needed to eat to replenish all the calories we had burned.

If you have any experience in the backcountry, you’re probably familiar with prepackaged meals from companies like Mountain House and Backpackers Pantry. As more and more people venture into the outdoors there has been a growth of prepared meal options on the shelves of REI and your local outfitters. One such company, Peak Refuel can be found locally along the Wasatch Front in American Fork, Utah.

Peak Refuel prides itself in providing meals with the proper nutrients to replenish and sustain. Each of the two-person meals that we tested contained nearly 40grams of protein along with range of other vitamins and minerals. In total, we were provided three meals to try out; a breakfast skillet with sausage, potatoes, onions, and peppers, and two lunch/dinner options; sweet pork with rice and a teriyaki chicken. Previous experience with freeze dried meals has taught me that following the instructions listed on the package can lead to mixed results, with some meals coming out as more of a soup than anything solid. As such I paid close attention to the consistency of the food as I closely followed the cooking instructions on the packaging.

I sampled all three meals over the course of a week and was excited to find that cooking instructions were dead on for the altitude of Salt Lake at nearly 4,500ft. None of the meals turned to soup in the bag, and after waiting the prescribed amount of cooking time, I did not encounter any undercooked beans or grains. The sweet pork and rice option hit a pleasant balance of sweet and smoky that far surpassed your average lunchroom sloppy joe. The teriyaki chicken with vegetables came in a close second with maybe a bit too much sweetness, but still not bad all things considered. My only minor complaint came

with the breakfast skillet, which despite the impressive texture of the powdered eggs, lacked a bit of flavor. However, this could easily be overcome with a dash of salt and your favorite packable hot sauce.

In summary, Peak Refuel provides an excellent local alternative to the big-name backpacking food brands. They make many more options than just the three that I sampled. If you are in the market to change up your backcountry food game, I recommend you give them a shot. A full description of their options and where to buy them can be found at www.peakrefuel.com

◀ One of Peak Refuel’s many meal options: Chicken Teriyaki Rice



Hi, I'm New: Fall Thrift Shopping

story and photo by
Annie Duong

If you didn’t know, the entire state of Utah is one big giant desert. Just like any desert, this means cold mornings and warm afternoons for the beginning of the fall season. So when temperatures begin to drop, so does your bank account if you’re not prepared. For some of us, “back to school” shopping is not a thing anymore so thrift shops like Dessert Industries (the D.I.), Goodwill, Savers and other stores can be great places to find used clothing and gear.

Thrift shopping can sometimes be a little overwhelming. With hundreds of things to sift through, the easiest thing to do is start by picking a section. I normally start with jackets. Most stores will separate clothing by type. The D.I. has signs on each rack indicating what it has to offer. Rather than looking at items one by one, it’s best to scan for things that catch your eye or you’ll be shopping all day. Once you’ve scanned, continue on to t-shirts, long sleeves and outerwear. As a female, I also check the Men’s racks along with the Kid’s section (a child’s large will normally fit an adult small). So at this point, what should you be actually looking for?

Wool is a great insulator. Basic cold season layering usually includes wool due to it’s ability to keep body heat in, even when wet! Wool is also highly water-resistant, but not fully waterproof. Keep an eye out for all the grandpa sweaters and jackets! Too itchy? You may want a polyester shirt or long sleeve to wear under that ugly sweater you just picked out.

Polyester shirts are great for layering or wearing on its own. If you don’t know what exactly polyester is, just think of that stretchy, breathable, light material that most athletic and exercise wear is made out of. Polyester wicks moisture (water, sweat, etc.) allowing your body to stay dry and regulate body temperature. They regularly come in bright colors so keep an eye out. While polyester isn’t the only thing you can find in wild colors and dramatic designs, vintage fleece and old sweatshirts/hoodies can normally be found in bold neon and fabulous patterns as well.

The last major thing you should be on the look out for are nylon jackets. You know what nylon is, it’s strong and lightweight and often found in outerwear like track pants, rain jackets, wind-breakers and coats. Most nylon is water-resistant and obviously a great lightweight layer to keep you dry. You can normally find an abundance of nylon jackets and pants in most thrift stores.



Questions? Comments? Ideas?
Please submit!! Share your new adventures and get featured on Hi, I’m New! Want to try something new but have no idea where to start? Well, I’m your girl. Whether it’s basic questions about camping/hiking/wandering around outside or a sudden urge to try something wild and crazy like standup paddleboard river rafting, I will help a homie out (and maybe even come with you). Shoot me an email at a.duong@ustudentmedia.com

▲ A bundle of fall appropriate clothing found for cheap at Deseret Industries

Wasatch Eats: Friendsgiving

story by
Sierra Marty

photos by
Kiffer Creveling

A FOUR DAY WEEKEND stands out on a college student's calendar months in advance, thanks to a seemingly never ending semester. For some students, Thanksgiving break is one of the first weekends they've seen their family since the semester started. For others, they can't afford to visit home and then fly back for winter break too. Some students who stick around for the break are counting down the days for opening day at ski resorts such as Alta or Snowbird, who traditionally open their slopes to our hearts right around Thanksgiving.

Wasatch Magazine, University of Utah student media staff, and friends of both groups got together for the first annual Friendsgiving, up in Big Cottonwood Canyon. The idea evolved around having a Thanksgiving outlet we could share with our friends in the outdoors, rather than the turkey, stuffing and candied yams cornucopia we've all experienced too many times with a traditional Thanksgiving celebration.

Throughout the years, outdoor Friendsgivings have sprung up all over in places such as Capitol Reef National Park, Alta and Snowbird Ski resorts, and as sporadic desert parties. For some, the lure to spend a 4 day weekend in the outdoors is a bigger draw than waiting in line for Black Friday sales or having that awkward conversation with that uncle that you don't really know but you should really say something to while you both reach for the Thanksgiving rolls.

▲
Wasatch Magazine staff and friends enjoying a potluck at a picnic site in Big Cottonwood Canyon

The smell of fire on our clothes was almost as comforting as the smell of a big turkey slow cooking in grandma's oven.

It might sound impossible to have a Thanksgiving feast in the outdoors. How are you supposed to cook the feast? How are you supposed to deal with the cold and impeding snow storms?

By having a potluck! Last I checked, who said it was wrong to have roasted hot dogs as a Thanksgiving side? While the homemade pasta, salad, rolls and pumpkin pie gave us the taste of Thanksgiving, it was wrapping the evening up by roasting s'mores with good friends that truly made it special. The smell of fire on our clothes was almost as comforting as the smell of a big turkey slow cooking in grandma's oven.

Instead of sitting around the t.v. watching football, some common Thanksgiving traditions less enjoyed by outdoor enthusiasts can be replaced by bouldering, playing cards around the fire, and going on night hikes. It's no wonder that folks choose to have Thanksgiving in Capitol Reef National Park- not only is it a Dark Skies certified park, but all the best constellations come out in the fall.

One draw away from going out on a trip to have a Friendsgiving is the concern that Thanksgiving is meant for families to spend time with each other, catching up on current events and what the last 12 months since the last big family get together happened. Well, at Friendsgiving, you can still get to know your friends personally, and even get to know some new faces, and share stories all through the night about best and worst Thanksgiving traditions, best National Park trips, and even what happened in your life since the last Thanksgiving.

In conclusion, Wasatch Mag's Friendsgiving was a fun way for students to spend sometime outdoors, but enjoy a fantastic feast as well.



Follow Us Along: The Fiery Furnace

story & photo by
Nick Halberg

The fiery furnace, named for the glow its many sandstone fins emit during sunset, is the often overlooked gem of Arches National Park. Compact and complex, this little maze of canyons and towers hides some of the most unique terrain in the park. Whether a day is spent following the obscurely marked trail through a short section of the fins, or whether years are spent mentally mapping its every canyon, the furnace offers something strikingly more adventurous than the other attractions in the park. A trip here is well worth it, however getting into the furnace requires slightly more planning than the other activities Arches offers.

GETTING THERE

The Fiery Furnace is located 14 miles from the visitor center. There is a signed turn off and designated parking lot. Two trails start from this point, one heading straight and one heading down to the right. To hike the loop in the directions the arrows point, start on the trail that heads down to the right. You will exit the furnace and return to the parking lot via the trail that heads off straight.

PERMITS

A permit is required for any use of the Fiery Furnace. They must be obtained in person at the visitor center, and you must have your whole group present to obtain a permit. One person could not go and get a permit for the rest of the group. This is because every permittee is required to watch an eight minute video which discusses proper leave no trace techniques while in the furnace. The maximum group size for a permit is 10 people.

Permits may be purchased up to seven days in advance, but may not be reserved over the phone. Permits are valid between sunrise and sunset for the date written on the permit. There is no overnight camping in the furnace. Since the hiking is strenuous, children under the age of five are not allowed. Pets also are prohibited. The cost of a permit is \$6 for adults over the age of 13, \$3 for children younger than 13, and \$3 for senior or access pass holders. If you plan on frequenting the furnace, an annual pass can be purchased for \$15 which also allows you to skip watching the video.

There are a limited number of permits issued each day for the furnace, and in peak season they fill quickly. It's best to get to the visitor center as soon as possible the first day of your trip with your whole group to reserve permits for a later date on your trip. This maximizes the chances that your whole group will be able to score spots.

Some of the many sandstone fins that make up the walls of the Furnace's maze



WHILE THERE

Once the trailhead has been located and permit acquired, the real recreation can begin. Following either of the two trails will soon deposit you into the middle of towering sandstone fins. A two mile loop has been marked with small arrows. If you have experience route finding, the loop won't be too difficult to follow. The arrows are easily missed, but diligence and some backtracking will quickly correct any wrong turn. At times, the trail squeezes through slim corridors and passes through odd gaps in the sandstone walls. In such spots, several guesses may be made before the next arrow is found. The trail was designed to accommodate most guests, so it never crosses any very exposed area or encounters technical climbing. If you find yourself doing something that doesn't seem apt for a six to ten year old, you're likely off track.

That may not be bad news though. Many of the furnace's most spectacular features are hidden away off the trail. Take time to explore the side canyons, towers, and secret arches. Supposedly, there are over 100 tucked back in there. Some of the features are relatively well known and have their own names. A little information about these spots can be gathered from old blog posts online, but the real joy of the furnace is being able to discover them for yourselves. One park ranger has been in the furnace over 100 times and still finds new things each time he visits.

Ranger guided tours are offered twice a day in peak season. This is a great option for people who don't feel comfortable route finding on their own or people who want to have some of the best locations pointed out to them. There is an additional fee for the tour, and reservations are required. They can be made up to six months in advanced online at www.recreation.gov or by calling (877) 444-6777.

A day spent in the furnace hardly feels like a day in Arches. Open landscapes turn into closed canyons and crowded trails give way to footprint vacant washes. The fiery furnace holds some of the last secrets this busy park has and there's an open invitation for you to come find them.



Environment: Emery County Public Lands

story by
Gentry Hale

The Emery County Public Lands Management Act is a bill proposed by Senator Orrin Hatch and Representative John Curtis. It aims to redistribute the ownership of a large portion of land in south-eastern Utah. The bill is claimed to be a conservation bill because it would provide permanent protection to more than one million acres of land in Emery County. The main points of the bill are to designate 383,380 acres of land as National Conservation Areas, 578,000 acres of land as Wilderness, establish Jurassic National Monument, and expand Goblin Valley State Park by 9,350 acres. The bill is marketed as a compromise between conservationists, recreationists, and extractivist industries, showing, in Governor Gary Herbert’s words, “an example of what happens when everyone works together”.

UNDERSTANDING THE BILL

My first impression of the bill seemed promising: a big step forward in the conservation world. Why then was it receiving so much backlash from environmental groups all over Utah? I met with Oliva Juarez, the Latinx Community Organizer for the Southern Utah Wilderness Alliance (SUWA), to see what the controversy was about. SUWA is a nonprofit organization based on the preservation of Southern Utah’s pristine red-rock landscapes. The Emery County bill is currently at the top of their priority list. To understand the specific jargon of the bill, it is important to know the difference between Wilderness land, Conservation Areas, Bureau of Land Management (BLM) land, and Forest Service land. The BLM and Forest Service are government agencies that are currently in control of managing this

land. Designated Wilderness areas prohibit any roads, motorized vehicles, or developed infrastructure within their limits. They are still managed by the BLM or Forest Service, but you can count on peace and quiet in these truly wild landscapes. Hiking and horses are the only ways that it can be accessed, and the land is left untouched by permanent human development. A Wilderness Study Area (WSA) is a candidate for Wilderness land and is treated the exact same as designated Wilderness. Conservation Areas are similar to Wilderness but a bit less stringent. They are placed on lands that have strong cultural, architectural, or historic importance. Although there are a lot of supporters for this bill, there are quite a few areas where SUWA feels it falls short. The bill designates 26,192 acres of Labyrinth Canyon as Wilderness but fails to recognize another 130,000 acres of the canyon, leaving it open to development. The area that is to be designated is already protected as a Wilderness Study Area. Additionally, all WSA land that is not designated as Wilderness under the bill will be released and all current protections will be lost, which would roll-back existing protection on development and motorized routes on currently wild lands. Like Labyrinth Canyon, the bill also recognizes only a small portion of already-protected area in Muddy Creek as Wilderness,



Photo courtesy of Oliva Juarez

▲
One of the many wild landscapes Emery County is home to

leaving over a hundred thousand acres of undeveloped land without protection. The bill proposes to change Natural Conservation Areas to National Recreation Areas, which is a step backwards, according to SUWA. It signals to the BLM that the main purpose of the land is for motorized and non-motorized recreation, and that they should prioritize the land for these purposes. It pushes conservation efforts below the recreational development of the land. It also fails to issue any protections to the wilderness-quality San Rafael Badlands. The bill designates 10,000 acres of public land to Goblin Valley State Park, meaning people would now have to pay a fee to access this land and infrastructure would be developed upon it.

WHAT COMES NEXT?
After learning SUWA’s take on the proposal, I asked Juarez if, in her opinion, there were any positives to the bill. “No. It is worse than the status-quo.” She claimed that the land is currently a “wild, safe, and desirable place” and the new bill would “undo a lot of these current protections.” “We don’t really know what is next or when it will be” stated Juarez when I asked what the next step in the bills process is, “it could go to the floor at any point for a vote or it could be included in a packet of bills”. SUWA is working hard on keeping the pulse alive and educating people on what is at stake. “The San Rafael Swell is so important and special to people in the Wasatch. It is the closest place for people to disconnect,

unplug, and heal... It is especially important to Utah’s minority community and people of low-income, making wilderness access available to the people who need it the most.” Whether or not you should support this bill resides on where your values lie. Motorized recreationalist and economic developers would benefit from the passing of this bill. People who want to preserve the land in its original state and continue to access the beautiful, remote, and wild landscapes as they are should work alongside SUWA to speak out against it.

FALL'S MANY MEANINGS

written by
Devin Valiquett

Fall can mean many things to many people. For outdoor enthusiasts who like to soak up as much summer as possible, fall means the end of long days and warm summer nights. For others, fall can be the transition time where it's their break after going hard in the summer trying to pack in as much outdoor fun as possible. Fall can be the relaxing and reflecting period on summer before a gnarly ski season. Others see fall as the time of year they wait for. They can't wait for the weather to get a little cooler so those mountain bike rides will be a little less sweaty and full of more color. And for those who like to fly fish, fishing is at its peak during the fall months as the fish are preparing for winter. Depending on your favorite outdoor activity, fall can have many different meanings.

Photo by Peter Orevelling

I caught up river rafting guide Adam Parker to talk about what fall means to him. Adam is a student at the University of Utah along with being a drum major in the marching band. Adam has been a river rafting guide the past two rafting seasons. His first seasons was in Moab and this past season Adam guided on the Rouge River in Oregon. “The Rouge River is my happy place. I’m a river rafting guide from May until August. From August until May I’m a full time student, work for the university, and ski recreationally in winter. I do some hikes in the fall and spring, but I really try to get out on the water as soon as possible.” When I asked Adam what he enjoys most about rafting in the summer he gave me a two part answer. One intrinsic and one extrinsic. The first thing that Adam enjoyed about being on the river was getting away from everything. “Being able to go into the flow state where you lose track of time and are able to be centered just in the moment you are in is what I enjoy about guiding.” Adam told me the space on the water where you are only focused on what you are doing in that exact moment is his happy place. The second reason why he enjoys being a guide was more extrinsic. Adam enjoys watching the joy that other people have while they are on the water. “Besides the happy place, seeing the joy of people come out over the course of the trip is one of my favorite parts of the job. People change from the first day being so terrified they only want to sit in the middle of the boat, almost tied into the center, to riding the bull on the front of the raft and swimming through rapids. Seeing the joy on peoples face is indescribable.”

Summer to Adam is running down fish ladders and navigating around class five water falls, losing oars and having proper adventures. Things like throwing ladies who are in their seventies into class 3 rapids and being able to look back and be like, “That was kind of funny” probably shouldn’t have done it but thats kind of funny.” Is exactly what being on the river is about. Adam described the transition to fall as the transition from beach to actual bed. “(Over the course of the summer) You become more comfortable sleeping on a sand beach than you do in a bed. Then you come back and it’s an instant switch to coming back to a city, to living in a basement bed room, and to an office with no

windows. It’s just that flip that never keeps me down, but I end up saying all the time is, “God, I wish I was rafting still. I just want to be back on the river.” The rafting season for Adam ends as soon as he gets to school. “I have about a month where I’m like “Ughh” but then I start to think about ski season.”

For Adam, fall is the transition from the river to the classroom, from Oregon to Utah, and from sleeping on a warm sandy beach to stiff mattress in the basement of house in Salt Lake. Fall becomes the end of summer and represent getting ready for ski season. While the fall transition period can be difficult for people who come alive in the summer and winter, others can’t wait for September to roll around.



Photo by Kelly Loutzenheiser

▲ The fall season means mountain bike rides don't have to be relegated to early mornings and late evenings any more



◀ Cooling temperatures make fall one of the best seasons for fly fishing

...a time for reflection...
for giving thanks...
and to look forward to the fun winter ahead.

Photo by Peter Creveling

To contrast Adam’s perspective of Fall as a transition period is Scott Schaefer, the Director of Activities at Talisker Club in Park City. Scott is a transplant from Seattle who moved to Utah thinking he would only stay for the winter of 1992. Scott has never left. Scott lives for the outdoors. “I’ve done some form of outdoor activity my whole adult life. I moved from Seattle in ‘92 to be a ski bum. I worked for Deer Valley during the winters and as a mountain bike patroller during the summers.” During the fall things like fly fishing and mountain biking are at their peak times. “During the fall the fish are biting getting ready for winter, you don’t have as many people on the rivers and not as many guided trips.”

With the nature of Scott’s work being the Director of Activities at Talisker Club in June, July, and August, the season where he is less busy is during the fall. Most clients come out to Park City during the Summer and Winter seasons for golfing and skiing respectively. For Scott, fall is the time he gets to enjoy himself. He doesn’t see fall as a prep season. He waits for fall to arrive so he can do his favorite sports. Scott is an avid mountain biker and has biked all across the state of Utah. The fall is a quieter time of the year for Scott and allows him more free time to go mountain biking as kids are back in school during the fall and parents are back at work. Things like mountain biking are also more enjoyable because of the cooler

temperatures, beautiful colors, and less people clogging up the trails. If you’re looking for some good Mtn. biking, Scott recommends anything in upper Deer Valley, the Wow trail and Dutch Hollow in the Park City Area. Scott has recently been getting into climbing and recommends fall climbing in Big Cottonwood Canyon, Wood Canyon and Maple Canyon during the fall. For Scott, fall isn’t a time of transition but rather a time to relax and enjoy what he loves to do outdoors. The two perspectives of fall, one as a transition and the other and the time you wait for all year. Along with the outdoors adventures you can have in fall, it also represents, to me at least, a time of reflection.

A reflection on how you spent your time during the summer. It also is a time to give thanks for the great year you’ve had so far and look forward to a fun winter. Fall break becomes a time to reflect on the last great bits of summer. For me, it was reflecting on my Yellowstone trip with my best friends from High School. Whether you wait all year for fall or just see it as a necessary evil between Summer and Winter, go and enjoy the outdoors, the cooler temps, and changing colors. Have fun and be safe out there!



Rocky Mountain Elk

Utah's Sport Hunting Gem

For years Utah has been known as the outdoorsman's paradise, and to anyone who has visited the state this should come as no surprise. With seemingly infinite public lands to climb, bike and camp in as well as what has been dubbed "The Greatest Snow on Earth" the Beehive state has no shortage of ways to keep even the most avid adventurers both entertained and challenged.

story by **Dan Belding** photos by **Kiffer Creveling**



A Hunter's Paradise

Of all the great opportunities for exploration in the state of Utah, one which often goes not only unnoticed but is sometimes contested by others is hunting. Utah boasts a massive variety of sport hunting across a myriad of species making it some of the best hunting in the western United States. Animals which are commonly hunted across the state include mule deer, antelope, pheasant, ducks, geese, rabbits, sage grouse, forest grouse, chukar partridge, mourning dove and wild turkeys.

Those who set out for a hunt in Utah clearly have no shortage of options in terms of the species they chase after, yet one animal has taken the throne as one of Utah's most prized hunts: the elk. Utah's elk population is so renowned that the local species, the Rocky Mountain Elk, was named Utah's state animal in 1971.

▲
Long dirt roads
lead out to the
remote spots
where hunter's
find their game

Known for their astoundingly large stature, massive antlers, and delectable meat, elk are a thrilling hunt for both greenhorn and veteran hunters. It is no wonder that Utahns and non-resident visitors alike will go to great lengths to bag one of these remarkable animals. Even with the excess of elk scouting and hunting strategies available to the public, taking down an elk remains a daunting yet thrilling task. Utah's elusive elk take a great deal of planning, knowledge and patience in order to find in the wilderness. The mountainous terrain, thick coverage and wet, muddy areas which trophy bulls typically flock to make tracking elk a strenuous task. In contrast to simply setting up a blind and waiting for hours on a duck hunt, an elk hunt means trekking deep into the mountains by foot or off-road vehicle. On any given day hunters can hike upwards of 10 miles searching for the sweet spot which they know a trophy bull will rest in. Of course, these long distances are only more testing on a good day when you are hauling an elk out in your pack.

Hunting goes far beyond simply putting meat on the table and hanging a taxidermied kill on a mantle in your home.

Why Hunt?

However, no matter the popularity of sport hunting in Utah many residents still see these elk hunts as cruel and inhumane. Modern hunting could easily be misinterpreted as bored businessmen blowing off steam from their work week by preying on innocent animals. Yet, this is far from the truth. You may be thinking "It's 2018, we have supermarkets, who needs to hunt for their own meat?" but hunting goes far beyond simply putting meat on the table and hanging a taxidermied kill on a mantle in your home. Legal hunts can in fact be extremely beneficial for both animals and the ecosystems they reside in.

The Utah Division of Wildlife Resources Department of Natural Resources oversees the state's wildlife management and has recently revamped their elk management program to ensure maximum protection for the species while still allowing legal and closely monitored hunts to occur. In December of 2015 the Division of Wildlife released a 28 page plan on elk protection which will remain in effect until December of 2022.

The plan starts off by outlining the history of why elk preservation is such a pressing issue today. Explained is the fact that during Utah's settlement years pioneers used elk as a source of food, clothing, and bartering. The rampant killing for the sake of the pioneers' survival combined with non-existent hunting regulations nearly drove Rocky Mountain elk to extinction. Eventually transplant efforts assisted by neighboring states from 1912-1925 finally reintroduced elk to the state of Utah at a healthy population. This volatile history of elk populations across the state has led to far tighter hunting restrictions, and rightfully so.

93 years post reintroduction the Division of Wildlife is set on keeping elk populations secured while also allowing sportsmen to participate in the activities which they love all while supporting eco-conscious outdoor practices.



Getting Picked

By putting some of the nation’s strictest licensing and tagging systems into place Utah’s wildlife officials have proven that they know what they must do to protect the state’s elk and have done the research to back this up. Contrary to other states with lax hunting restrictions, Utah elk hunters must first take a hunting safety course, obtain their hunting license, and then apply for an elk hunt permit. This system, first and foremost, ensures that elk populations remain under watch and an excess of hunters do not have access to legal kills. However the chances of hunters not drawing a permit in a specific season’s lottery also maintains interest in hunting for outdoorsmen across the state and also encourage hunters to put in bids for other species lotteries. Utah’s point system is based off of the number of permits a hunter has previously applied for, the more permits one has applied for in the past the better their odds are for an upcoming lottery.

These tough laws may seem bothersome to some hunters, especially those from out of state, yet they are vastly important in terms of the conservation efforts which Utah’s Division of Wildlife takes so seriously. As far as conservation, Utah looks the closest at two criteria for elk: an imbalance in bull and cow populations as well as overgrazing. When too many cows get killed off there is a lack of potential for reproduction thus the population falls quickly, on the contrary, when too many bulls are killed the mating competition becomes vicious often leading to higher death rates among bulls. Overgrazing, of course, limits the access to resources for other local species thus resulting in a sharp decline in other local populations. Despite the intense system, the majority of seasoned game hunters recognize and appreciate Utah’s wildlife protection policies.

►
A keen eye is vital for getting big game such as elk

Garet Cunningham

Garet Cunningham is a student at the University of Utah who has a special appreciation for the sport of hunting as well as the conservation benefits which it offers. Having grown up in a family of ranchers and hunters in rural southeastern Idaho, Cunningham has spent a great deal of his life alongside firearms, archery and big game. “For as long as (he) can remember (his) relatives would come home during every legal hunting season of the year with a fresh kill and a story to go with it,” said Cunningham. Now a full time resident in Utah, Cunningham is still getting used to the state’s restrictions as opposed to his native Idaho’s. When asked about the shorter season and different restrictions in his new home state Cunningham said “Sure, it may be tougher to secure permits for elk here but it’s important to look out for the animals’ wellbeing too. Idaho has less people and more elk while Utah has just the opposite, it’s easy to see why the laws are different here.”

Perhaps the greatest threat to the hunting community is poaching. However, any true hunter, no matter their skill level, is in stark opposition to poaching, including Cunningham. The state of Utah maintains laws which state that one who is caught poaching an elk faces a minimum fine of \$8,000 and may also be subject to a permanent ban on fishing and hunting in Utah as well as 46 other partner states under the Interstate Wildlife Violator Compact.

Regardless of the scrutiny which many hunters may face, Cunningham too feels as if “too many people act on emotion when they hear about hunting animals. There is a difference between cruel killings or poaching versus monitored, legal hunts which allow these amazing animals to exist and thrive in the wild.”

Unfortunately Cunningham was not lucky enough to draw an elk permit this season for the first time in years. Instead, like many other Utahns, Cunningham will take to the mountains for mule deer instead.

Utah’s current elk rifle season is October 7-19.



Food

NATURE'S *GREATEST* *PARTNERSHIP*

story by Lizz Corrigan photo by Kelly Loutzenheiser

How do you connect with the outdoors? Your likely answer is probably through activities like hiking, camping, skiing, climbing, and biking. But have you ever considered that the connection to the outdoors could be made through the food you eat?

How often do you look at the tomato on your plate and consider where it all began?

Life on the Farm

Farmer Luke at Petersen Family Farm is an outdoorsy guy, but credited farming as “the next level of outdoor life.” Rather than being an observer or participant in nature, Luke described farming and agriculture as a partnership between man and nature. “It’s the only production system that was not built by mankind. We screw with it, but it does what it is,” said Luke.

Luke is a fifth-generation farmer, but didn’t always grow produce. One day he told his wife they were going to grow veggies, “because people don’t eat hay,” laughed Luke. In all seriousness, he felt they needed “a product that was accessible to the community,” and eventually became what Petersen Family Farm is today: a diversified business centered around the farm and connecting communities of people to the food they eat—whether that’s through the market, events, summer camps, or the on-site preschool.

Petersen Family Farm “grows the rainbow,” and strives to grow food beyond what’s offered in the grocery store. “I think we miss out on some really special things,” said Luke, like lemon cucumbers and white beets, just to name a few. There are multiple species nature is capable of growing, if you give it the care and conditions it needs. “What you see in the grocery store is processed and sold for aesthetics, but doesn’t always taste the freshest,” said Luke. Instead, agribusiness started to grow, process, and ship things like tomatoes out of just a handful of states.

How often do you look at the tomato on your plate and consider where it all began? Have you ever traced it back to where it was planted, or how it was tended to, harvested, and transported? Have you ever considered how much time passed before you plucked the least bruised one out a perfectly stacked pile? The truth is, it can be incredibly difficult to really know where our food comes from. And it’s easy to mindlessly buy and consume.

Local agriculture and farming seeks to bridge to disconnect that modern food production creates, by not only providing the freshest produce, but by reintroducing the power of nature into our lives in ways we often forget. It reminds us that food doesn’t come in boxes, bags, cartons, or covered in plastic. But that while growing food is science, it is nothing short of an art and a miracle—one that feeds and sustains us—the very sustenance that fuels our bodies and our adventures. It only seems fitting both we and our food are a little bruised and covered in dirt.

Rows of crops are grown year-round and surround the Petersen Farm market that is stocked with seasonal produce and other locally sourced meats and products. The farm is more than what it sells, though. There is a popcorn kernel ‘ball pit,’ a large observation beehive, a chili roasting station, plants growing on the window sills, and even kittens and goats lounging around.

While local farming and agriculture are essential for providing fresh fruits and vegetables, as well as stimulating local economies, they also exist as a place where people can develop a connection and appreciation for their food.

Before the market, Luke made his first sale in a wagon on the street, covered by an old, blue, janky Coleman pop-up. He paired his wagon with a handwritten sign reading ‘zucchini and beans,’ an old locked tool box from his childhood, and a note to pay on your honor. Since, it has grown and evolved into a community gathering place “where life happens,” said Luke.

From the dirt road to the restored wood, the farm radiates a historical charm and authentic frontier atmosphere that strives to share the simple beauty of life with others through agriculture and farming.

Places like the Petersen Family Farm are more important than ever. “A lot of other farmers are giving up,” said Luke, who definitely isn’t. It takes a lot to keep farms running, but Luke isn’t a “price-taker.” He sets his own prices to be accessible, because he’d rather “work hard for something, watch it grow, believe in it, and then share it with other people and watch them take it home.”

“It’s hard to quantify the benefits” of being on the land, said Luke. “But when you do it, you feel better. That’s the simple beauty of life, and I want people to experience that.” The land is beautiful, open, alive, and thriving— all things that benefit a community but that don’t generate a profit alone. While big real estate companies and developers are gunning for land zones for development— like Petersen Family Farm—it’s critical to support these cherished community assets.



“The healthy, local food movement has grown so much in the last couple years.”
-Jessica Kemper

Life on Campus

If you’re not able to visit places like Petersen Family Farm, the University of Utah campus has multiple resources and opportunities for connecting students to fresh local produce. Jessica Kemper is the University of Utah’s sustainable food initiatives manager, who co-manages the U of U farmers market and manages the edible campus gardens.

The edible, community campus garden invites any student or citizen to garden with the team. There are two vegetable gardens on campus, the Pioneer Garden that is between the Chemistry building and Pioneer Theater, and the Sill Garden, by the Sill Center (near the Student Union). The produce grown is sold at the campus store, at the U of U’s farmers market, to some of the campus restaurants like Burrito Baby, and is even donated to the Feed U Pantry on campus.

The donation goal is to deliver at least 300 pounds of fresh vegetables for student access, which includes “anything we don’t sell at the campus farmers market, but that is still edible,” said Jessica. Students can even take advantage of the produce pick up event every Friday, where students can pick up produce for free so it doesn’t go to waste.

This year marks the University of Utah’s 11th season of the farmers market, which takes place the first seven Thursdays of the fall semester in Tanner Plaza. “We’re really trying to make fresh local food more affordable for students,” said Jessica.

She also talks about the Real Food Challenge group on campus, who work to bring real foods on campus. “President Pershing signed a commitment in 2015 that by 2020, dining services would spend 20% of their budget on real food items. There are strict guidelines that quantify what real food items are in categories of humane, ecologically sound/fair, or local.”

Jessica sits on the Slow Food Utah Board, and is “hoping to start a slow-food chapter on campus this fall, to bring this larger food culture to campus.” The focus is providing fair, clean food that is accessible to all people. “It’s important that people are able to find it and afford it,” said Jessica—a sentiment she shares with Farmer Luke. A slow-food initiative exists to connect students to a type of food culture that helps them understand where food comes from, and helps develop a new relationship with food, combatting the “stereotype on campus that everyone eats ramen noodles,” said Jessica.

It can be a challenge for students on campus to find good food, although many might not even think about or understand what “good food” means. “Providing education and the literacy resources available for students to understand their food choices make a big difference for the environment, and that they can make a real conscious choice to use your dollars to make a vote on where you want your food to come from,” said Jessica.

Life on Earth

Whether living on campus, on the farm, or around the Salt Lake valley, people are starting to change their relationships with food. “The healthy, local food movement has grown so much in the last couple years,” said Jessica. “I think climate change has pushed a lot of people to consider food. It’s a huge contributor to climate change and greenhouse gases from livestock, fertilizers going into the water from overproduction, and food waste.”

It’s hard to put a price tag on small-scale, local farming and agriculture these days. “It’s worth a lot of money. But it’s not about that. There are some things you don’t sell,” said Luke. “We are so consumed in the pursuit of more,” especially in the era of agribusiness. Instead, a small farm in the middle of town “creates presence,” and makes you feel like you’re a part of something, said Luke. “It creates something we can feel. It’s sensory. It’s grounding. It always changes. It’s living—even the soil lives. And when you’re surrounded by that much life, I think you can’t help but understand the life that is within you.”



Featured Artist:
Marybai Huking

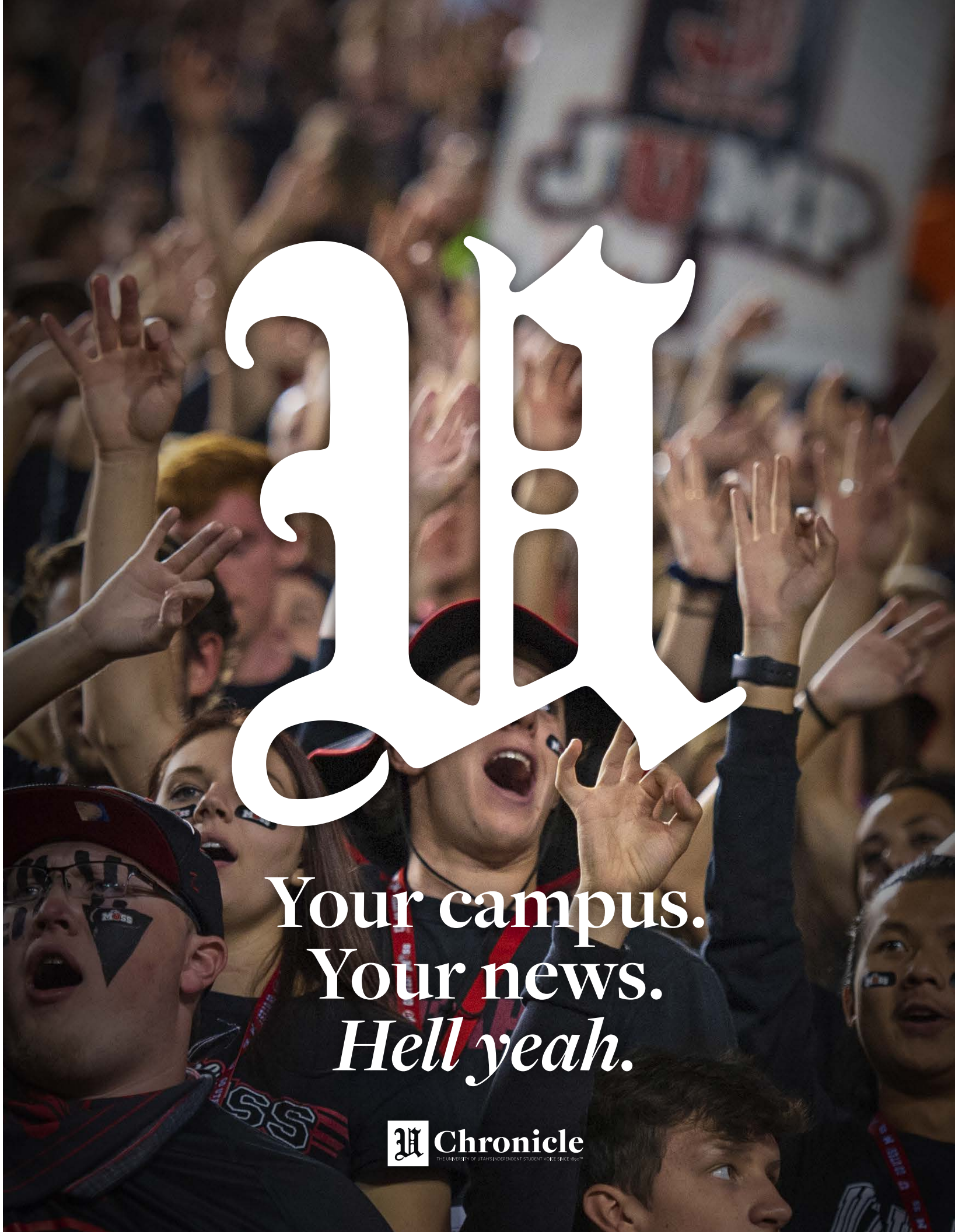
▼ *A Place to Remember*
8.5x11"
Arcylic paint on rolled canvas



Instagram @artbymarybai

ART (PRIMARILY SKETCHING) has always been a passion of mine, but one I stopped making time for when life got too busy. The opportunity to take a non-major painting class at the U is what introduced me to the foundations of painting and, ultimately, encouraged me to continue creating. I was reminded of the peace that art brings and the lessons you learn through the process. I was also reminded of the role that art played in my life growing up with a visual impairment. As someone who was bullied by peers and underestimated by teachers because of my disability, sketching was my way of proving to myself that I could overcome the limitations of my vision.

People often ask me, “What can you see?” It’s a valid question, but not always the easiest one to answer. How do you explain how you see when that’s all you’ve ever seen? I usually tell them, “I see color, contrast, and unclear details.” Though I never expected my lack of vision to be an asset in visual arts, it’s part of what makes my work what it is, and is an indirect answer to that question. When people see my work, they are also seeing with my vision, “color, contrast, and unclear details.” Art now plays a much different role in my life. Without the need to prove anything, art is simply my way of connecting with and sharing the world around me from my perspective.



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