



**MOAB ADVENTURE CENTER**

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World-famous scenery and a barbecue lunch rafting the Colorado River. 8:15am - 4:00pm (min age: 5)

\$72 \$58

### COLORADO RIVER A.M. HALF-DAY

Raft the river from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 5)

\$48 \$38

### COLORADO RIVER P.M. HALF-DAY

Raft from Rocky Rapid to Takeout. Includes BBQ lunch along the river. 11:00am - 4:00pm (min age: 5)

\$59 \$47

### WESTWATER CANYON FULL-DAY

Enjoy exciting whitewater rapids & lunch in this unique Canyon. 6:45am - 6:00pm (min age: 10)

\$165 \$165

### TWO-DAY RAFT & CAMP

All meals and camping equipment provided, rafting moderate rapids, relax into the scenery. (min age: 5)

\$249 \$179

## HUMMER SAFARIS

### SLICKROCK SAFARI

Incredible 4x4 experience over a landscape of petrified sand dunes. Departs 7:30am, 10am, 1pm, 4pm (2 hrs)

\$79 \$49

### GRAND SAFARI

Further explore the backcountry in the world's most serious 4x4. Departs 7am, 12:30pm (4 hrs)

\$165 \$119

### SUNSET SAFARI

The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)

\$89 \$69

## MOUNTAIN BIKING

### HALF-DAY MOUNTAIN BIKING

Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)

\$85 \$85

### CANYONLANDS SUNRISE DOWNHILL

Relaxing downhill ride w/ breakfast. Enjoy grand vistas at every turn. Departure times vary. (5 hrs)

\$100 \$85

## CLIMBING & CANYONEERING

### EPHEDRAS GROTTO CANYONEERING

Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels! 5 hrs (min age: 10)

\$99 \$84

### DESERT ROCK CLIMBING

Climbing, instruction, and fun on rope and rock! All equipment provided. 5 hrs (min age: 5)

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## ARCHES N.P. TOURS

### ARCHES FIERY FURNACE HIKE

Explore a maze of astounding hidden chasms with one of our guides on this unique hike. 7:15am - 12:30pm

\$79 \$59

### ARCHES SUNSET TOUR

Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs)

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## FLIGHTS & HORSEBACK

### HOT AIR BALLOON RIDES

Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx 3.5 hours)

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### CANYONLANDS SCENIC FLIGHT

See all 4 districts of Canyonlands NP in just one hour with a bird's eye view! Departs 9am

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### CASTLE VALLEY HORSEBACK RIDE

2.5 hours plus instruction on horses, with a stunning red rock backdrop. Departs 8am & 3:30pm (min age: 8)

\$70 \$70

## JETBOAT TOURS & MORE

### CANYONLANDS JETBOAT

Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (4 hrs)

\$80 \$70

### SUNSET JETBOAT & DINNER

1 hr Dutch-oven dinner plus 1.5 hr jetboat on the Colorado River near Canyonlands NP.

\$70 \$60

### DINNER & NIGHT SHOW

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# MOAB HAPPENINGS

FREE COPY

OCTOBER 2011

Volume 23 Number 7

PleinAir Moab  
October 7th-15th

The Other Half  
October 16th

24 Hours of Moab  
October 8th - 9th

Moab Ho-Down  
Mountain Bike Festival  
October 27th - 30th

Outerbike  
October 7th - 9th

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# MOAB HAPPENINGS

## MOAB HAPPENINGS®

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

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

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Publisher.....Theresa King Editor..... Steve Budelier  
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*Ancient Seas*  
**Museum**  
*Masquerade*  
 October 22 7PM  
 at the Moab Arts and Recreation Center  
 111 East 100 North  
 Tickets \$15 Single \$25 Couple \$10 Museum Members  
 Formal Attire or Costume  
 All funds go to support the Museum of Moabs  
 Educational Programs

[www.moabmuseum.org/mask](http://www.moabmuseum.org/mask)

# WINERY HAPPENINGS



## Castle Creek Winery

Castle Creek Winery has seen tremendous growth for a little over a decade. Since they bottled their first wine, Castle Creek Winery has been committed to a simple and focused philosophy; produce competitively priced world class wines using high desert grown grapes that are food and consumer friendly. Upon tasting the wines it's clear why Castle Creek Winery has again won Best of State in the Brewery/Winery category.

Making great wine requires three things; the best grapes, state of the art equipment and passionate people. At Castle Creek Winery they have all three. Carefully managed vineyards, insure the highest quality of grapes. As of this year, Castle Creek's winemaker has crafted 40 award winning wines, and the facility incorporates state of the art equipment that would be at home in the finest wineries of Napa. Like a great restaurant, it's not just about location, it's about passion! Castle Creek has both a perfect location and a remarkable enthusiasm to create the absolute best wine that they can bottle.

Overlooking the Colorado River, Castle Creek Winery stands out against a stunning western landscape. The facility includes a tasting room, gift shop, a 4000 square foot private event area and prep kitchen. Whether you'd like to come for an active vacation or a relaxing getaway,



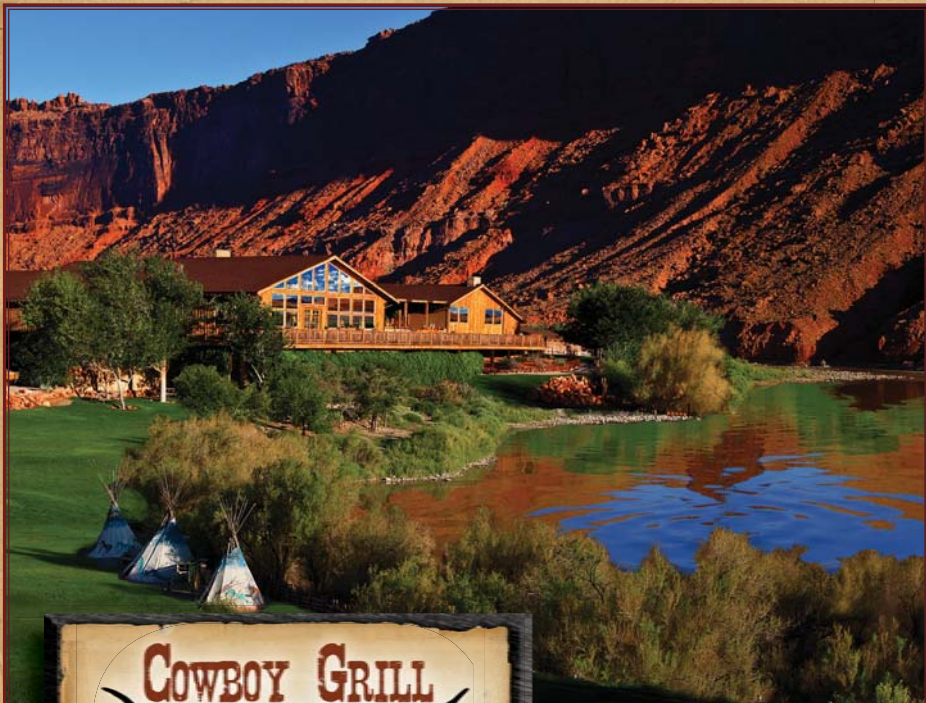
Red Cliffs Lodge specializes in creating memorable experiences for their guests.

At Castle Creek, they have forgone the hype, over marketing, and trendy urban speak of many of today's "hip" wines. No tortured explanations on the label or indecipherable graphics on the bottle, just high quality well priced wines. No pretentiousness, just fabulous wines, that's what they do at Castle Creek Winery.

Castle Creek only focuses on varietals that thrive in

the region; extensive research has determined which grapes will reach their full potential. Cabernet, Merlot, Syrah, Chardonnay, Chenin Blanc and many hybrids do well, and the sandy loam soil imparts a special regional flavor that you've got to taste to believe!

Castle Creek wines are handcrafted using small lots of fruit and careful aging to create unique and personal wines. Year over year Castle Creek wines have received Bronze, Silver, Gold and Double Gold Medals in International Wine Competitions such as Tasters Guild, Finger Lakes and Pacific Rim. Stop by and visit them 7 days a week for a free wine tasting.



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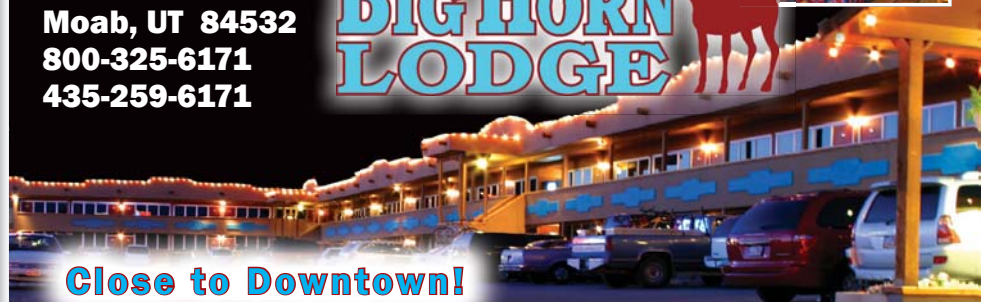
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# MOAB AREA EVENTS CALENDAR

## WEEKEND TOURS

Get to know where we love to go...

April 15th–Oct 16th  
(CFI will be closed late July 2011)

### Arches NP Sunset Tour

Friday & Saturday Evenings  
4:00pm to 8:00pm  
Tour time changes with the seasons.

### Moab's Ancient Past

Friday, Saturday & Sunday Mornings  
8:30am to 1:00pm

Both are van tours with short hikes led by CFI Naturalist Guides.  
\$40-45/person. Minimum 2 people needed to run tour.

Call CFI to register:  
**435-259-7750**  
www.CFI-Moab.org

CFI is an outdoor education nonprofit organization.

## October 2011

**Weekend Day Tours with Canyonlands Field Institute.** Moab's Ancient Past and Arches Sunset Tours for Adults and Families with CFI Naturalist/Guides. **Every weekend through October 16.** Explore Arches National Park or Colorado River side canyons with sandstone wonders, mountain views, and wildflowers. For price and more information, visit our website, [www.cfimoab.org](http://www.cfimoab.org) or call 259-7750. Tour fees help support our outdoor education programs for schools and youth.

**Oct- Nov 9 The Photography of Tom Till** Bighorn Gallery at Dead Horse Point State Park will be exhibiting the photographic work of Moab's own Tom Till. (All of October, through November 9), See article on page 17A.

1 **1<sup>st</sup> Annual Moab Pride Festival.**

1 **Moab Reads Bird Walk with Marcia Hafner on the Mill Creek Parkway.** Preregistration required - space is limited - call 435-259-1111 or visit the Grand County Public Library at 257 E. Center Street to sign up! Participants need to bring their own binoculars.

3 **Candidates Forum and Reception.** Be an informed voter learn about the views of the candidates for Moab City Council and discuss your concerns face to face. Stage room at the MARC, 7:00pm. Sponsored by Grand County League of Women Voters.

3 Live music at Eddie McStiff's: **Only Living Boy**

4 Live music at Eddie McStiff's: **Josh Damingo**

4 **An Evening with Author Robert Fulghum** 7:00 pm at Star Hall. The author of *All I Really Need to Know I Learned in Kindergarten* will share yet-to-be-published stories about life and people in the Moab area. **This event is FREE!** For more information call the Grand County Public Library at 435-259-1111. This program has received funding from the Utah Humanities Council.

5 Live music at Eddie McStiff's: **Dave Steward & David Earl Brown**

5-9 **Moab Outer Bike For** details see article on page 3B.

7-15 **PleinAir Moab.** A week long gathering of nationally known artists, celebrates open air painting in breathtaking environments. PleinAir Moab culminates in competition, awards & sale of artwork. The event is open to the public without charge. Visit the MARC 111 E. 100 N. to view, purchase or bid on artwork. See ad on page 6A, or article on 16B.

8 **Moab Art Walk** See article on page 8 A.

8-9 **Range Creek Archeology Tour with Canyonlands Field Institute.** Range Creek Valley is a remote area containing some of the most hidden and well preserved Native American sites in the Southwest. Join CFI Naturalists for this two-day tour of the area which includes guide services, transportation, vehicle supported camp, hikes, and all meals. For more information visit [www.cfimoab.org](http://www.cfimoab.org), email [info@cfimoab.org](mailto:info@cfimoab.org) or call 435-259-7750. Trip fees help support outdoor education programs for schools and youth.

8 Live music at Eddie McStiff's: **Art Walk Music- Ryan Barnum, Phil Dirt**

8-9 **"24 Hours of Moab"** See article on page 3B.

11 Live music at Eddie McStiff's: **The Porchlights**

12 **Second Wednesday Book Club at the Library.** *The Warmth of Other Suns* by Isabelle Wilkerson is October's book selection. All are welcome - 6:00 p.m. in the Grand County Public Library's Board Room.

12 Live music at Eddie McStiff's: **Achachay Achachay**

13 **Free Lecture Series: Geologic Evolution of the Colorado Plateau,** Dr. Fillmore is a Professor of Geology at Western State College of CO in Gunnison, CO discusses his book on the Colorado Plateau including the San Juan River, Natural Bridges, Canyonlands NP, Arches NP and the Book Cliffs. 7:00pm at Moab Information Center

13 **Moab Garden Club** will be meeting at 7 pm at a members home to have a discussion about Organic gardening methods and visit a member's garden. Please come and join us-and as always bring any seeds, plants and ideas to share with us. Call Trish 259-6342 or Patty 259-7941 for more details.

14 **Second Annual Moab's Got Talent** 7pm, admission is free, \$10 entry fee for contestants. Help Seekhaven raise awareness about domestic violence. For more info call 259-2229 or email [amie@seekhaven.org](mailto:amie@seekhaven.org).

14-16 **Cedar Mesa Exploration Tour** From our cozy base at Recapture Lodge in Bluff, you will enjoy van tours and short hikes exploring rock formations, rock art and historical sites. Our inspirational guide, geologist Gene Foushee has lived, worked and guided in this region for over 50 years! For price and more information, visit our website, [www.cfimoab.org](http://www.cfimoab.org) or call 259-7750. Tour fees help support our outdoor education programs for schools and youth.

14-21 **KZMU fall radiothon.** We've got new shows, thoughtful entertaining special programming, and some way cool premiums for listener supporters. 90.1FM 106.7FM. See article on page 19A.

15 **Open House at The Healing Arts Center 6 pm to 9 pm** Enjoy music, snacks and FREE 30 Minute sample massages and energy work sessions from our gifted therapists! Moab Healing Arts Center 50 E. Center Street Moab, UT 84532

15 **Packet Pickup and Expo for The Other Half.** Participants in this scenic half marathon can pick up their race packet and other goodies, browse vendors & purchase MHM memorabilia from 11 am to 7 pm at the Moab Valley Inn, 711 S. Main St.

15 **Moab Reads Bird Walk with Marcia Hafner in the Matheson Preserve.** Preregistration required - space is limited - call 435-259-1111 or visit the Grand County Public Library 257 E. Center Street to sign up! Participants need to bring their own binoculars.

15-22 **Insight Meditation Retreat** in spectacular and secluded Professor Valley, 20 miles from Moab, Utah. This retreat is appropriate for beginning and experienced

For more info on events see [www.moabhappenings.com](http://www.moabhappenings.com)

MOAB ART  
WALK  
2011

October  
8  
November  
12



## Old Spanish Trail Arena

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### Edge of the Cedars State Park Museum

660 West, 400 North, in Blanding, Utah.  
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Day Visits: \$5 per person or \$20 a carload  
Annual Passes are \$75

Park Hours: 9 a.m. to 5 p.m. Year-round  
Open Monday-Saturday. Closed Sundays

Holiday Closures: Thanksgiving, Christmas Day,  
and New Years Day

## Moab Golf Course Scenic 18 Holes



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## Visit the Grand Center!

182 N. 500 W. 435-259-6623

Lunch: Mon., Tues., Wed. & Fri.  
Under 60 \$6.00/ over 60 \$2.50  
suggested donation.

Exercise, Crafts, Health Day, Cards,  
Wii, Classes, Crafts, Movie Day  
[www.grandcountyutah.net](http://www.grandcountyutah.net)

## Fallen Arches Square Dance Club

Thursday Nights 7:30 - 9:30 p.m.  
The Grand Center  
182 N. 500 West, Moab, Utah

All Square Dancers &  
Visitors Welcome

Please call to verify dance and  
for lesson information:  
Bob or Flora 435-259-2724  
Tom or Sandy 435-719-4169

OCTOBER 1, 2011

FIRST ANNUAL

MOAB

PRIDE

FESTIVAL

Friday, Sept 30th @ 7:30PM Orange Party @ Frankie D's  
Saturday October 1st @ Noon Visibility March @ Swanny Park  
@ 2:00PM Pride Festival @ Old City Park  
@ 9:00PM After Party @ World Famous Woody's Tavern

DEADLINE for NOVEMBER Events Calendar: **OCTOBER 20, 2011**

Listings in the *Moab Happenings* Events Calendar are **FREE!!**

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

Call (435) 259-8431 or fax us at (435) 259-2418

e-mail: [info@moabhappenings.com](mailto:info@moabhappenings.com)

# MORE MOAB AREA EVENTS

meditators and will be taught by Eric Kolvig and Susie Harrington. Delicious vegetarian meals provided. For downloadable information and registration go to [www.deserthharma.org](http://www.deserthharma.org). If you have any questions contact Dorothy Harding at [Dlharding1@yahoo.com](mailto:Dlharding1@yahoo.com).

- 16 The Other Half.** 8:30 am race start at Dewey Bridge. Race finish at Sorrel River Ranch Resort features delicious post race food, microbrews, live music, awards ceremony and raffle. Visit [www.moabhalfmarathon.org](http://www.moabhalfmarathon.org) for more information. See page 1B.
- 18 Live music at Eddie McStiff's: Sunnie & Sand**
- 20 Moab Information Center Free Lecture Series.** Wright Robinson on Biocontrol with Tamarisk Beetles: Abundance, Movements and Impacts on Tamarisk In Grand County, Utah 2004-2011. Join us at the MIC at 7:00pm.
- 20 Film documentary "Bag It" at Star Hall** at 7:00 pm. Winner of nine film festival awards. The Utah Film Circuit : Moab is an initiative of the Grand County Public Library and the Utah Film Center. Call the Library at 435-259-1111 for more information. Free admission.
- 22 Museum Masquerade** 7 pm at the Moab Arts and Rec Center (MARC) 111 East 100 N. Tickets \$15.00 single, \$25 Couple \$10 Museum Members. Formal Attire or Costume. All Funds go to support the Museum of Moabs Educational Programs See ad on page 2A, article on page 14A or visit [www.moabmuseum.org/mask](http://www.moabmuseum.org/mask).
- 22 GCHS Native American Club presents "An Afternoon Jam Session"** Featuring 'The Blissins' with special guests 'Upon Darkness'. At the Swanny Park, From 2pm to 6pm. Booths with food, drinks, and more. Come support school clubs!
- 24 The Strength Based Approach to Parenting** - A training invitation to all parents, grandparents, and guardians. Building self-esteem, managing your own emotions, using consequences, childhood developmental awareness, *for parents of all ages!* 7:00 pm at the Grand County High School. Sponsored by the Moab Community Action Coalition. Call Sarah Bauman at FourCorners to register: 435-259-6131
- 26 Live music at Eddie McStiff's: Dave Steward & David Earl Brown**
- 27 6th Annual Moab Ho-Down Mountain Bike Festival & Moab MTB Film Festival**  
See article on page 4B.
- 27-31 Sorrel's Haunted Hallow:** Five spook-filled night of fun. Nightly from 5-8 pm, \$20 admission per "broomstick" (in mortal terms...per car, limit 5 adults or kids total.) Includes pumpkin graveyard hunt, trick or treating, games, costume contest and Haunted Hallow Hayrides. See ad on page 16B, and article below.
- 27 Journey Beyond Book Group** at the Seekhaven Chapel 81 North 300 East. October's book selection is *Frankenstein* by Mary Shelley. All are welcome! Books provided by the Utah Humanities Council are available for checkout at the library.
- 28 The Life and Times of Frida Kahlo** film 7:00 p.m. at the MARC with a talk by Susan Vogel of Artes de Mexico en Utah preceding the film and discussion following. All events are free. Donations are welcome – all proceeds to benefit the MVMC.
- 28 & 29 Live music at Eddie McStiff's: The Mile Markers**
- 29 Moab Pumpkin Chuckin' Festival** 10am - 4pm at the Old Airport runway, 8 miles S. of Moab. Food and craft vendors, weiner dog races, game booths, kids activities, live bluegrass music. (see page 18b). Or visit [www.youthgarden.org](http://www.youthgarden.org).
- 30 Gala opening of 33 ¡Viva Frida!** 3-5 p.m. Displays at the Moab Valley Multicultural Center with a program of Baile Folklorico dancing, Mexican music, and tastes of Frida food. All events are free. Donations are welcome – all proceeds to benefit the MVMC.
- 30-Nov 4 Moab Folk Camp** Learn Harmony Singing. Songwriting, banjo, middle-eastern frame drum, acoustic guitar and lots more. Moab Folk Camp. [www.MoabFolkCamp.com](http://www.MoabFolkCamp.com)
- 31 HALLOWEEN** 🎃
- 31 Halloween Carnival at the MARC** (Moab Arts and Recreation Center).

## NOVEMBER

- 4-6 Moab Folk Festival** See article on page 4B.
- 10 1st Annual Adult Spelling Bee Fundraiser** 6:30 PM Grand County High School Auditorium To raise money to fund educational programs and projects benefitting students attending Grand County Schools. Call Annie Larsen at 970-231-9328 for more information.
- 11-13 Moab River Rendezvous** Article on page 14B.
- 14 Moab Reads 2011 Evening with the Author.** "Finding Refuge is Change: A Conversation with Terry Tempest Williams" 7:00 pm at Star Hall. Free tickets available at the library starting Monday October 3rd. This program has received funding from the Utah Humanities Council.

### Vendors Wanted for Grand Center Gift Fair

Friday & Saturday Dec. 2-3  
pick up booth application at 182 n. 500 W.  
or go to [grandcountyutah.net](http://grandcountyutah.net)

and return completed application with booth fee  
in person on monday thru friday between 1 - 4 pm.  
Booth map available to choose your size and location... 6ft & 8ft booths available.

### ¡VIVA FRIDA!

Artes de México en Utah and the Moab Valley Multicultural Center are pleased to present ¡Viva Frida!, a celebration of the art of Mexican painter Frida Kahlo and Mexico's rich artistic traditions. After a successful five-week run in Salt Lake City (September 16 – October 20), *¡Viva Frida!* will arrive in Moab on **October 30th** for a gala opening at the Moab Valley Multicultural Center from 3 to 5 p.m.

Following the Gala, it will then be on display at the Museum of Moab for the entire month of November. In addition, upstairs at the museum there will be a display of a series of photographs of Frida taken by photographer Nickolas Muray. ¡Viva Frida! has previously been shown in Tokyo and Las Vegas.

## 52nd Annual

### Moab Rock Club



# ROCK, GEM & MINERAL SHOW

Friday, Saturday & Sunday

**October 7, 8, 9**

**Fri, Sat 10-7 • Sunday 10-4**  
**Old Spanish Trail Arena**

(approx. 5 miles south of Moab, Utah on Hwy. 191)

**Dealers, Displays  
Demonstrations, Door Prizes,  
Field Trips and more!**

#### Field trips:

**Saturday, 9am: Ruby Ranch area**  
(great selection of Agates etc...)

**Sunday, 9am: Yellow Cat**

(Yellow Cat red wood and more!!)

\*If you would like to go on a field trip,  
be at the Arena before 9am\*

**\*\* FREE ADMISSION \*\***

[moabrockclub@live.com](mailto:moabrockclub@live.com)

## 2011 Moab Events

- October 5-9 ..... Outerbike  
October 7-15 ..... PleinAir Moab  
October 8-9 ..... 24 Hours of Moab  
October 16 ..... The Other Half  
October 27-30 ..... Moab Ho-Down Bike Fest  
October 29 ..... Pumpkin Chuckin' Festival  
November 4-6 ..... Moab Folk Festival  
November 11-13 ..... Moab River Rendezvous  
December 2-3 ..... Holiday Arts and Crafts Fair

## 2012

- March 17 ..... Canyonlands Half Marathon  
March 31-April 8 ..... Easter Jeep Safari  
April 27-29 ..... April Action Car Show  
May 12 ..... Gran Fondo Moab

## Sorrel River Resort to host five nights of ghoulish fun

Sorrel River Ranch Resort & Spa will be brewing up some fun and frightening activities during the Halloween holiday beginning Thursday, October 27<sup>th</sup> through Monday, October 31<sup>st</sup>, guaranteed to be frightfully delightful for locals and families alike!



Beginning from 5:00 p.m. to 8:00 p.m. nightly, admission to Sorrel's Haunted Hallow is only \$20 per broomstick (or in mortal's terms, \$20 per car, limit 5 adults or children total) and includes a host of spooktacular activities including: a hunt for the "great" perfect pumpkin in Sorrel's pumpkin-filled graveyard (1 pumpkin per family) and trick or treating to one of Sorrel's "haunted" cabins! Little goblins are encouraged to dress their Halloween Best and be judged by a panel of witches and warlocks for the Best Costume Contest!

Families will also have a *terror-ific* time on the Haunted Hallow Hay rides between 6:30 p.m. and 8:00 p.m. through the dark, winding trails of the ranch with the last ride of the evening being the scariest of all! The Boo Team at Sorrel River Ranch will have a variety of activities and ghostly games going on throughout the evening with plenty of cauldron hot cocoa and bewitching homemade cookies to feast upon! Locals are encouraged to bring their cameras to capture the myriad of photo opportunities in addition to having their photos taken with the resident ghosts of Sorrel River Ranch.....BOO!

Don't miss out on this *fangtastic* weekend of Halloween fun at Sorrel River Ranch!

For info or reservations,  
please visit [www.sorrelriver.com](http://www.sorrelriver.com)  
or call 435-259-4642.



Your Ad could be on this page.  
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# NATURE HAPPENINGS

## A River of Raptors

By Damian Fagan

Migrating birds of prey – eagles, hawks, falcons and owls – pass through Canyon Country on their way south. Some species may travel to southern Arizona and New Mexico; others will cross the U.S. border and head to Mexico, Central America or even South America. Many of these birds come from the western interior of North America, from high desert plains and montane woodlands, boreal forests or the barren Arctic tundra. Of course, some of the local individuals stick around through winter, and are joined by some of these migrants.



Fall migration for raptors and songbirds occurs at a more leisurely pace than spring migration.

In spring birds are moving north to establish breeding territories, mate and raise young. They are focused on this northbound movement, utilizing fat reserves to push themselves to their breeding grounds.



Hawkwatch International monitors a site on the Goshute Mountains in eastern Nevada, close to Utah-Nevada border. Here birds funnel along the western edge of the Great Salt Lake, then hit the updrafts along the first range they encounter – the Goshutes. In 2010 over 16,000 birds comprising 19 species were recorded during the fall migration. That averaged out to about 23 raptors an hour, almost a need for air-traffic control.

When migrating the birds use thermals, updrafts and leading lines (mountain ridges or coastlines) to facilitate travel. The birds may utilize strong winds on the leading edge of a northern cold front to cover vast distances and stay out of the storm's fury.

Hawks and eagles and songbirds pass through the La Sals on a migration route, as well. Perhaps the birds follow the edge of the Book Cliffs or take advantage of desert thermals to cover open expanses of the Cisco Desert en route to the mountains. Perhaps then drift along Three Step Mesa and use updrafts off of

Montezuma Canyon to help propel them south towards the San Juan River. At least I would like to think so, as I imagine these birds cruising over the canyons and mesas.

Two locations I have watched raptors stream by are Bull Canyon and Bald Mesa. Bull Canyon funnels birds along the western canyon rim of Fisher Valley and offers a great vantage point due to the sheer cliffs. Even low-flying sharp-shinned or Cooper's hawks can be spotted here before they start to circle and climb out of the canyon.

Bald Mesa, along the road to Warner Lake, is less defined than Bull Canyon. Here one has to hope for west winds and keep a sharp eye out for birds hugging the base of Gold Knob. One advantage to this site is as the birds pass by, they are cast against an open sky allowing for identification. This location has proven good for migrating warblers, perhaps an indicator that their predators are using a different route.



So one can only hope for favorable winds, clear skies and an opportunity to sit and watch for this passing October spectacle. Just don't expect numbers like the Goshutes, but the thrill of seeing these migrating birds is just as rewarding.



# PleinAir Moab 2011

## October 7-15

### Painting Competition, Exhibition and Sale

See beautiful Moab, Utah through the eyes of artists!

**Schedule of Events:**

- Oct. 7 Competition Begins
- Oct. 8 Moab Artwalk
- Oct. 11 Quick Draw
- Oct. 12 Quick Draw
- Oct. 13 Quick Draw
- Oct. 13 Art Sale Begins
- Oct. 14 Artists Gala
- Oct. 15 Judges Talk

Competition open to all artists

Host venue: Moab Arts and Recreation Center 435-259-6272

[www.pleinairmoab.com](http://www.pleinairmoab.com)

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[www.moabriverrendezvous.com](http://www.moabriverrendezvous.com)  
435-259-7733 / 1-866-202-1847

# HIKING HAPPENINGS

## A Tale Of Two Arches

Story and photos by Marcy Hafner

You could search the whole world over and still not find anything that even remotely showcases the astounding rock structures found within the 119 square miles of Arches National Park. Endowed with more than 2,000 recognized arches, it has the largest concentration of sandstone arches on this planet. Along with a stunning display of colossal sandstone fins, massive balanced rocks and soaring pinnacles, it is a geological bounty of spectacular sandstone scenery that draws hundreds of thousands of visitors every year.



Almost all the arches in the park are made of Entrada Sandstone, and water erosion has usually been the main factor in their formation. It begins at weak points within the sandstone, when chemicals in the water dissolve the cement that was binding the rock particles. Then expanding pressure from water and ice slowly breaks off pieces of stone until many of the fins collapse. But some with the right balance and hardness have survived as arches. Geologists believe that most arches were created within the last million years, but these stone figures don't last forever - since 1929 forty-two of them in the park have collapsed.

To get to Arches National Park, drive five miles north from the center of town on Highway 191 to the entrance station. An individual seven day pass for motorcycles, bicycles, and walk-ins costs \$5.00 and a seven day vehicle pass, which covers all occupants, costs \$10.00. An annual local pass for Arches, Canyonlands, Hovenweep and Natural Bridges can be purchased for \$25.00. The Devils Garden Campground, which has 52 sites, is open year-round, but quickly fills up during the busy tourist season.

Parking for Sand Dune Arch is on the main road approximately 17.5 miles from the entrance to the park. After leaving the parking area, the first 100 yards of the trail are on a smooth, easy-strolling path. All of that changes when I take the right fork for Sand Dune Arch where a layer of deep sand involves an aerobic work out - which fortunately doesn't last very long.

Unlike many arches that are seen from a long distance, Sand Dune Arch is shyly tucked away - a treasure that can only be observed by walking the short distance between two fins - a narrow passage with a girth only wide enough for one person! Then it widens out into a huge sandy courtyard where the sharp green foliage of the scrub oak and skunkbush contrast strongly with the reddish-brown interior sandstone decor. A whiff of the strong skunkbush aroma is hard to ignore - the sour taste of the edible red berries as unappealing as the smell of the plant! But those bitter berries can be steeped to brew a tart beverage similar to lemonade.

Just 30 feet wide and eight feet high, this relatively small-sized arch offers a lot of the unexpected. Rather than the normal hard rock floor, Sand Dune Arch instead provides a sandy slope, which is a huge "sand box" for kids and a cushy place for the parents to relax. Another



surprising gift is that since it is squeezed in between jumbo-sized Entrada Sandstone fins, it receives little sunshine, which makes it a shady haven during the summer heat.

I slog along the upper reaches of

sand through the arch and beyond to the base of the wall where a lower bench makes a perfect outdoor sofa. Once comfortably seated, I am enchanted with the few slivers of sunshine that manage to peek through openings in the high towered walls - a cathedral effect of ribbons of light softly streaming across the rocks, sand and arch. It is early in the day and most of the time, I have this soothing sanctuary all to myself - only the echoing voices of several ravens and the high-pitched calls of the white-throated swifts pierce the golden silence.

Finally leaving the inner sanctum of this unique arch, I return to the main trail and take a right for Broken Arch. Crossing a grassy field where the blackbrush, Mormon tea,

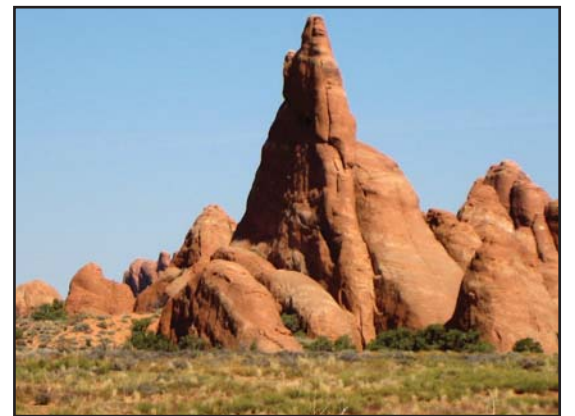


saltbush and winterfat thrive in the deep, well drained soil, I don't have to walk far before its curvaceous frame pops into view. The Entrada Sandstone of this arch, which is 43 feet high and 59 feet wide, is capped with a layer of the Moab Tongue of the Curtis Formation. Even from a long distance the deep fracture in that white-colored sandstone, which gives the arch its name, is obvious.

As the flat terrain gradually ends, I enter the land of the fins, where water flows more readily along their drainages. What a difference that extra moisture makes - the growth of a natural botanical garden of pinyon pines, junipers, cliffrose, oaks and singleleaf ash.

At the final approach a sign advises "Trail Continues Through Arch." This trail can be followed all the way to the campground. A family group enters the scene from the north side and their excitement bubbles over as their adjectives spiral into the superlatives of "awesome" and "humungous" when they discover that they really can walk through the heart of this massive arch!

The elevation of 5200 feet makes me feel like I have entered a panoramic, open-air theater where a picture framed view appears across the field revealing a big jumbled rock formation that juts up sharply against a pasty



blue sky. Looking in the other direction, the performance moves along as the mesas and buttes of the Colorado River corridor roll on and on over a vast distance towards the majestic backdrop of the La Sal Mountains.

This is a scene that is too special to be rushed on by, and during my long break I contemplate the tale of two very different arches - the cool seclusion within the towering walls of the secretive Sand Dune Arch versus the sunny wide-open, big picture effect of Broken Arch. Each has its own special personality and appeal, which is what makes this 2.6 mile round trip walk so intriguing.



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- TELLURIDE
- DURANGO
- COLORADO NATIONAL MONUMENT
- YELLOWSTONE N.P.



**MoabLuxuryCoach.com (435) 940-4212**

# ART WALK HAPPENINGS



Moab Art Walk, Saturday September 8<sup>th</sup> from 5pm to 8pm

### MOAB ARTS AND RECREATION CENTER



**Local Plein Air:**  
PleinAir Moab 2011 kicks off with a community show highlighting plein air painting. Enjoy examples of outdoor, on-site paintings created by talented local artists.  
111 E. 100 N.  
435-259-6272  
www.moabmarc.com

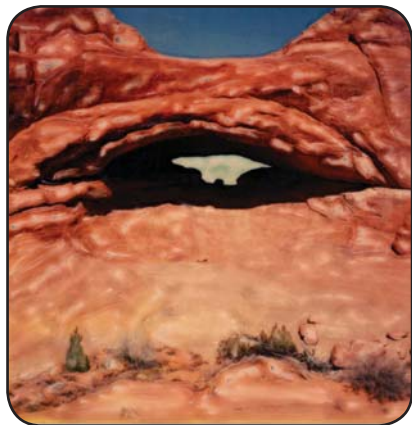
### MOONFLOWER MARKET



**Joel Erickson:**  
For twenty years Joel has been sketching the rock art surrounding Moab. Hiking around with sketchbook in hand, Joel finds joy in recreating the art of the ancient ones. His latest works include watercolors and pastels.  
39 E 100 N  
435-259-2725

### BACK OF BEYOND BOOKS/ARCHES BOOK COMPANY

**Terry Knouff - Instant Moab:**  
Terry Knouff loves instant photography, the kind the Polaroid Corporation once provided. He is currently exploring films attained from other sources. Under the banner of the "Impossible Film Project", all the photographs in the show are derived from instant film products.  
83/89 N Main St.  
435-259-0782  
www.backofbeyondbooks.com



### FRAMED IMAGE FINE ART

**Rachel Pettit:**  
Framed Image is proud to present new, oil landscapes by Rachel Pettit in her first show as a Framed Image artist. Her passion for capturing the essence of the world around her is revealed through expressive brushwork and creative color choices.  
59 E. Center St.  
435-259-4446  
www.framedimagemoab.com



### OVERLOOK GALLERY

**Chloe Hedden and Annie Goodenough:**  
Always a special treat for those who know her work, Chloe Hedden unveils her latest collection of deftly painted florals and landscapes in oils accented by her friend Annie Goodenough's delightful, figurative themed, raku-fired sculptures.  
83 E. Center St.  
435-259-3861  
www.moabarts.com



### VISUAL FEAST

**Chrissy Noel Kinslow:**  
October highlights local artist and curator of Visual Feast Gallery, Chrissy Noel Kinslow. High relief paintings, large and small, as well as prints from the "Picasso a Go-Go" series will be on the menu along with fantastic food and great vibes! Come on by and visually feast upon a smorgasbord of tasty creation!  
88 E. Center St.  
970-946-4362  
www.visualfeastgallery.com



**MOAB**

**ART @ WALK**

- 1 MOAB ARTS AND RECREATION CENTER**  
111 E 100 N
- 2 MOON FLOWER MARKET**  
39 E 100 N
- 3 BACK OF BEYOND BOOKSTORE**  
83-89 N Main St
- 4 FRAMED IMAGE FINE ART GALLERY**  
59 E Center St
- 5 OVERLOOK GALLERY**  
83 E Center St
- 6 VISUAL FEAST**  
88 E Center St

**www.moabartwalk.com**

	<b>MAIN</b>	<b>100 E</b>	<b>200 E</b>	<b>300 E</b>	<b>400 E</b>
<b>200 N</b>					
<b>100 N</b>	2	1			
	3				
<b>CENTER</b>	4 5				
	6				
<b>100 S</b>					
<b>200 S</b>					
<b>300 S</b>					



# RESTAURANT GUIDE



**Moab's ONLY ONSITE Microbrewery & Restaurant**

State Liquor Licensee

Orders To Go  
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KIDS MENU  
GELATO

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(McDonald's is next to us)

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

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

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



The Moab Brewery, Moab's only on-site microbrewery, offers a variety of locally brewed beers in their tavern, as well as being available at other restaurants in town. Many flavors are on sale at retail stores in Moab as well in the Salt Lake City area.

Eddie McStiff's Restaurant, Brew Pub and Bar has 12 beers on tap and a tiki bar where you can get a glass of wine or a cocktail and beer without ordering food.

The Rio Sports Bar & Grill boasts Moab's largest selection of liquor with indoor and outdoor seating (must be 21 years or older).

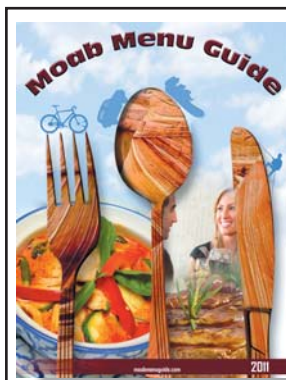
Also new is the addition of two upscale lounges in Moab. Vista Lounge located inside Buck's Grill House and The Ghost Bar, upstairs at Jeffrey's Steakhouse. Both locations have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

Moab has two local wineries. Castle Creek Winery is located at Red Cliffs Lodge, 15 miles from Moab on Scenic Highway 128 (The River Road). Spanish Valley Vineyards is located just off Highway 191, south of Moab about 6 miles on Zimmerman Lane. Both wineries have on-site tasting rooms and wine available for sale. Utah State Liquor Stores also sell many local wines. If you would like to try some of these award winning vintages, look for restaurants serving these Moab wines.

The **Utah State Liquor Store** is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at 55 West 200 South and is open from Monday through Saturday (11:00 am to 9:00 pm - May 1st to November 1st and from 11:00 a.m. to 7:00 p.m - November 1st to May 1st). They are closed on Sundays and Holidays.

Beer (3.2% alcohol content) for take-out can be purchased at food stores and convenience stores for off-premise consumption only. On-premise beer (you can drink it here) is available at various licensed locations, including taverns, golf courses, bowling alleys, and restaurants that have the required beer license.

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



Pick up a copy of the **Moab Menu Guide** at many businesses around town. It can help you choose a place to eat or order your meal for take-out. The Moab Menu Guide is also online at [www.moabmenuguide.com](http://www.moabmenuguide.com).

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Friday/Saturday 11:00 am - 11:00 pm  
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# RESTAURANT GUIDE



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 All Served with Rice & Beans  
 Monday: Burritos ~ Beef or Chicken  
 Tuesday: Enchiladas ~ Beef or Chicken  
 Wednesday: Chimichanga ~ Beef or Chicken  
 Thursday: 2 Tacos ~ Beef or Chicken  
 Friday: Taco Enchilada ~ Beef or Chicken

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 with Fresh Squeezed Limes and 100% Blue Agave Tequila  
**Best Mexican Food in Town**  
 Winter Hours Sun-Thur 11-10 Fri & Sat 11-11  
 202 So. Main St. Moab, Utah 259-4366  
 FiestaMexicanaRestaurants.com

11 AM - 9 PM  
 SUN - THUR

11 AM - 10 PM  
 FRI - SAT

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**Bar M Chuckwagon**  
 7000 North Highway 191 259-BAR-M(2276)  
 Dinner  
 Live Western Show & Cowboy supper. Gunfights, games, saloon, gift shop. Fun evening activity for all ages. 4 miles North of Arches National Park entrance on Hwy 191. Beer Available. Call for information about private parties & special events.

**Branding Iron Bar & Grill**  
 2971 South Highway 191 259-6275  
 Dinner at 5pm  
 Western style family restaurant. Home of the Moab Super Burger. New Specials, Great Food. Prime Rib every night. Open 7 days a week. Full Service Liquor License.

**Buck's Grill House & Vista Lounge**  
 1393 North Highway 191 259-5201  
 Dinner  
 Don't think you can find casual elegance in the desert? Think again. Buck's Grill House offers fine dining in a relaxed, yet elegant atmosphere with some of the best food in the West. For a special evening out, this is the place to share an exceptional meal with your favorite friends. You'll never be disappointed at Buck's. Beautiful secluded patio dining. Vista Lounge is a sophisticated adult environment offering cocktails along with dining.

**Burger King**  
 606 South Main 259-2700

**Cassano's Italian Restaurant**  
 11 East 100 North 259-6018  
 7 days a week 3pm - close  
 Come in and join us for home made sauces and hand tossed pizzas and paninis. Moab's new traditional Italian restaurant is located in the old Poplar Place. Patio seating available so you can dine alfresco and bask in splendid red rock views. Great choice for take out and catering. State Liquor License

**China Cafe**  
 812 South Main 259-7933

**City Market**  
 425 South Main 259-5181

**Cowboy Grill at Red Cliffs Resort**  
 16 Miles up Highway 128 259-2002  
 Breakfast Buffet 6:30 - 10 daily Sunday Brunch 7-2  
 Lunch • Dinner  
 River front TABLES inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make your reservations for weddings and private parties.

**Denny's**  
 989 North Highway 191 259-8839  
 Breakfast • Lunch • Dinner  
 Moab's only 24 Hour Restaurant. Family dining at affordable prices. Over 100 menu items including Seniors menu, daily Special and Fit Fare for the health conscious. Ask about "Kids eat Free". Take out menu available. Reservations for large parties and buses welcome. Great food and Great Service by Great People. EVERYTIME!

**Desert Bistro**  
 1266 N Hwy 191 at Moab Springs Ranch 259-0756  
 Dinner  
 Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at our new location. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Beautiful patio for outdoor dining.

**Eddie McStiff's Restaurant & Brew Pub**  
 57 South Main Street 435 259-BEER  
 Lunch • Dinner  
 Lunch: 11:30 am Daily Dinner: 4:30 pm Nightly  
 12 beers on tap. Brick Oven Organic Pizza. Southwestern, Pasta, Great Salads! Natural/Choice Aged Steaks, Fresh Ground in House Burgers. Kids Menu. Hassle free cocktails, wine & beer. Pool Tables. Patio Dining. Discount for Seniors 62 and older. FREE WIRELESS INTERNET! Delivery to Main Street Hotels. Live Music on Selected Nights.

**EklectiCafe**  
 352 North Main Street 259-6896  
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 Open 7 days a week 7:00 a.m. - 1:30 p.m.  
 Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! Winner "BEST DESERT OASIS" Salt Lake Mag. August 2002!

**Fiesta Mexicana**  
 202 South Main Street 259-4366  
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 Fri & Sat 11am - 11pm  
 Experience the close-up magic of Rick Boretti  
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 Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio with 4 TV's! Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.25 Full bar. FiestaMexicanaRestaurants.com

**Frankie D's Bar & Grill**  
 44 West 200 North 259-2654  
 Lunch • Dinner Open Daily 11 am • Late night  
 kitchen open until 1 am  
 Friendly service, covered outdoor patio, steaks, burgers, BBQ. Over 21 can enjoy a full range of beers, wines and alcohol beverages. Take out orders welcome. Weekend entertainment. www.moabfrankies.com

**Hogi - Yogi**  
 396 South Main (next to Teriyaki Stix) 259-2656  
 Lunch • Dinner Open Daily  
 Sandwiches, Ice cream, Shakes, Frozen Yogurt & Smoothies. Over 15 great sandwiches. Low-fat icy, cold nutrient-packed line of real fruit smoothies. Try our new ice cream & cookie sandwiches made to order. Drive thru service. Call in & take-out orders welcome.

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

**Jeffrey's Steakhouse**  
 218 North 100 West 435-259-3588  
 Open Nightly at 5:00pm  
 Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American Kobe Beef. We are proud to serve local organic produce when available. Patio dining. Tucked away upstairs is the Ghost Bar. State Liquor License. Party and event reservations available throughout the week. www.jeffreyssteakhouse.com

**La Hacienda**  
 574 North Main 259-6319  
 Lunch • Dinner - Open daily 11:00 a.m.  
 CELEBRATING 30 YEARS! Superior Mexican specialties with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor Licensee.

**Leger's Sandwiches**  
 817 So Main (inside the Moab Chevron) 259-2212  
 Deli Open 6 a.m. - 8 p.m.  
 Leger's Sandwiches, a favorite since 1977, is located inside the Moab Chevron which is open 24 hours. Our Sandwiches are made to order. Call in orders welcome.

**Los Girasoles**  
 2740 SHwy 291 (Old Stage Coach) 259-1660  
 Open everyday 11 am - 10 pm  
 The third location is now in Moab, our other two locations were voted best Mexican food in their city. We appreciate your support. Lunch and dinner specials every day. Everything on our menu is under \$13.00 (lunch \$6.00). We didn't forget about the kids either, with our full kids menu. We promise to be the best Mexican food in Moab. We know you have limited time to eat lunch, so we have fast lunches. Come and try it out for yourself, we won't let you down!

**Love Muffin Café**  
 139 North Main 259-6833

**McDonald's**  
 640 South Main 259-8800

**Mi Ranchito y Mexicano**  
 812 South Main Street, Suite B 259-0550  
 Breakfast • Lunch • Dinner fax 259-5533  
 Mon - Sat 9:00am - 10pm Sun 9am - 9pm  
 New owner. Changing daily specials. Come join our family owned restaurant for great authentic Mexican food. We use our own recipes to make fresh salsa, tamales, and chorizo, just like my mother's cooking at home. Our full breakfast selection includes burritos, huevos rancheros, and omelettes. We also have menu items from a quick lunch to a full dinner. Call ahead for quick lunch or dinner pick-up. We will cater your employee holiday party.

**Miguel's Baja Grill**  
 51 North Main 259-6546  
 Dinner  
 Genuine Mexican Cuisine, traditional recipes and methods of Baja California and other states in Mexico. We pride ourselves on fresh food and prepare it as you order it. Great Margaritas and seafood dinners are our specialty. Proud to cook with zero trans fat.

**Milt's Stop & Eat**  
 400 East and Millcreek Drive 259-7424  
 Lunch • Dinner  
 Open Tues - Sun. 11 am - 8:30 pm  
 Closed Mon.  
 A true Moab icon since 1954. Featuring 100% ground chuck burgers, classic diner sandwiches, all beef hot dogs, flavored shakes and malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. See ya' all at Milt's. Daily Specials Website is www.milstsstopandeat.com

For more information about these restaurants pick up a "Moab



**Moab Coffee Roasters**  
 90 N. Main St. 259-2725  
 7 days a week 6:30am - 9:00pm  
 On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian sodas. Gelato made with all fresh ingredients, yummy scones, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference!

**Moab Brewery**  
 686 South Main 259-6333  
 Lunch & Dinner  
 Open 11:30 AM DAILY. Whatever the season, whether you're hungry or thirsty, come in and enjoy the comfortable atmosphere. Food to go. Moab's only brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu. State Liquor Licensee.

**Moab Diner & Ice Cream Shoppe**  
 189 South Main 435 259-4006  
 Breakfast • Lunch • Dinner  
 Mon-Sat: 6:00 am - 9:00 pm  
 Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners.

**Pancake Haus**  
 196 South Main (next to Ramada Inn) 259-7141

**Pantale's Desert Deli**  
 98 East Center 259-0200  
 Open 11am - 5pm Mon - Sat  
 Greek style deli with old family recipes. Fresh made dressings and salads. Big sandwiches. Soup of the Day. Order box lunches to take with you on your adventure. Ask for early morning pick-up. Catering available.

**Paradox Pizza**  
 702 South Main St 259-9999  
 Lunch • Dinner  
 11am - 9 pm Sun - Thurs 11am - 10 pm Fri & Sat  
 At Paradox Pizza, everything is made in house, from our pizza dough to the New York Cheesecake. Join us for a slice and a beer after your day in the desert, or have dinner delivered to you. Voted Best Moab Pizza by Salt Lake City Weekly. Dine in, take-out or delivery. Family friendly. Order online at [www.paradoxpizza.com](http://www.paradoxpizza.com).

**Pasta Jay's**  
 4 South Main 259-2900

**Peace Tree Juice Cafe**  
 20 South Main 259-0101  
 Breakfast • Lunch • Dinner  
 Open everyday 7am-10pm  
 Welcome to the brand new Peace Tree. Dedicated to using the freshest local ingredients, while adding a new and exciting breakfast and dinner menu featuring vegan and gluten free items. Catering and to go orders are available.

**Pizza Hut**  
 265 South Main 259-6345  
 Lunch • Dinner  
 Fri-Sat: 11 a.m. - 11 p.m. Sun-Thu: 11 a.m. - 10 p.m.  
 Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up or delivery available. OPEN EVERY DAY

**Portal Grill at Moab Regional Hospital**  
 450 West Williams Way

**Red Rock Bakery & Net Cafe**  
 74 S. Main Street 259-5941  
 Breakfast • Lunch  
 Open 7am-4pm Mon-Sat and 7am-3pm Sunday. Serving freshly baked bagels, muffins, scones and cinnamon rolls. Fresh Moab Coffee (FMC). Best Sandwich in Moab. Moab's original high speed Internet Access. Open EVERY DAY.

**Rio Sports Bar & Grill**  
 1 block west of Main on Center 259-6666  
 Sports Bar & Grill. Affordable drinks & food. Fully stocked bar, serving beer, liquor & wine. Nightly entertainment. Live music on weekends. 21 years and older. Open every day at 3:00Pm

**Sabuku Sushi**  
 90 East Center 259-4455

**Singha: Authentic Thai Cuisine**  
 92 East Center 259-0039  
 Lunch • Dinner  
 Lunch: Mon-Sat 11a.m. - 3 p.m.  
 Dinner: Mon-Sun 5 p.m. - 9:00 p.m.  
 For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Singha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

**Slickrock Cafe**  
 5 North Main 259-8004  
 Lunch • Dinner  
 Open everyday 11 am - close  
 Come join us and experience a fun and casual atmosphere. Experience our fantastic, friendly service. Enjoy Steaks, Seafood, Appetizers, Gourmet Burgers, Wraps, Sandwiches, Awesome Salads and Freshly Grilled Entrees. Ice cold beer in frosted mugs. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License. Come hang out for Live music Fri, Sat & Sun. Open Mic on Thur.

**Smitty's Golden Steak**  
 540 South Main 259-4848  
 Breakfast • Lunch • Dinner  
 Open 6am-9 pm 7 days a week  
 Next to Big Horn Lodge. Featuring steaks, prime rib, hamburgers, full breakfast menu. Prompt coffee shop service.

**Sorrel River Grill Restaurant**  
 17 Miles Northeast on Scenic Hwy 128 259-4642  
 Dinner (by reservation only)  
 Enhanced Utah Dining Experience. Overlooking the Colorado River, enjoy delicious menu offerings from tender aged beef entrees, mouth watering seafood specials and garden fresh vegetable dishes direct from the ranch's organic garden. Full liquor license and extensive wine list. Casual dress. Reservations Required.

**Subway Sandwich Shop**  
 299 South Main 259-SUBS  
 Breakfast • Lunch • Dinner  
 Open 8 a.m. everyday  
 NOW SERVING BREAKFAST UNTIL 11AM! Create your own healthy sandwiches and salads. Five varieties of freshly baked bread. Load up your subs with lots of fresh veggies and one of SUBWAY'S special sauces. Located inside Walker's Convenience Store (corner of 300 South and Main)

**Sunset Grill**  
 900 North Highway 191 259-7146  
 Dinner  
 Steaks, Seafood, Pasta, Prime Rib. Fresh ingredients brought in daily. Children welcome. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. Open 5:00 daily. Closed Sundays. State Liquor Licensee.

**Szechuan Restaurant**  
 125 North Main 259-8984

**Teriyaki Stix**  
 396 South Main, Next to Hogi-Yogi 259-2656  
 Lunch • Dinner  
 Wide selection of rice or noodle bowls with grilled teriyaki chicken, hot & spicy chicken, beef, kalua pork, fresh steamed veggies, pot stickers & more. Drive thru, take-out & call in orders welcome. Open 7 days a week. Located across from City Market.

**The Blu Pig**  
 811 S. Main 435-259-3333  
 • Dinner • Take Out  
 Open 4 - Close Mon - Sat • 11 - Close Sun  
 Moab's only BBQ and Blues destination. We have created a casual, laid back establishment that you'll want to come back to again and again. Our pitmaster is smoking your favorites all day, every day. LIVE music (call for details). Our covered patio, dining and internet bar are just some of the extras we offer for your enjoyment and convenience. Large Screen HD TV's. Don't forget to try the smoked pecan pie, it'll blow your mind!! Take out available. Ice cold beer. State liquor license.

**Village Market**  
 702 South Main 259-3111

**Wake and Bake Cafe**  
 59 S. Main #6, McStiff's Plaza 259-2420

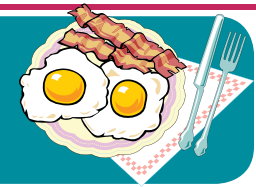
**Wendy's**  
 260 North Main 259-2595

**Wicked Brew Drive Thru**  
 132 North Main 259-0021  
 Open at 6 am Daily  
 Wicked Brew is committed to providing you unbeatably fresh and full flavored coffees and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from only environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest and most enjoyable coffee experience in Moab.

**Zax**  
 96 South Main Street 259-6555  
 Breakfast • Lunch • Dinner • Family Dining  
 We have it all, from our all new sunrise breakfast, to our hand cut steaks. We offer an extensive menu that includes the best burgers in Moab, deli sandwiches, pastas, salads, seafood and our all U can eat pizza buffet and salad bar. Dine inside or out on our all-weather patio and covered porch. For those 21 and over, visit Zax Dining Club. Watch your favorite sporting event on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Featuring a full liquor license. Open 7 days a week. Locally owned and operated.



# RESTAURANT GUIDE




**Fit Fare® Options**



**Chicken Avocado Sandwich**  
Light: Under 550 Calories  
Protein: Over 20g



**Cranberry Apple Chicken Salad**  
Light: Under 550 Calories  
Lean: Under 15g of fat

**DON'T FORGET!**  
Kids Eat Free Tuesday and Saturday 4pm - 10pm

989 North Hwy 191  
OPEN 24 HOURS

Open Everyday 7am-4pm Mon-Sat 7am-3pm Sun



**RED ROCK BAKERY**  
A Quality Scratch Bakery with fast, friendly service.  
Internet Café • Dine-in or Take-Out  
Now Serving Organic Fresh Moab Coffee  
74 South Main • Moab, UT 84532 • 435-259-5941



Try our new **Daily Specials** each day.

**New Owner**

We also do catering.

- Breakfast all day
- Lunch
- Dinner

Call ahead for quick lunch or dinner pick-up.  
You can also fax in your orders. 259-5533 Fax

812 South Main St., Suite B  
259-0550  
Mon - Sat 9:00 am - 10 pm  
Sun 9 am - 9 pm



eat fresh.™

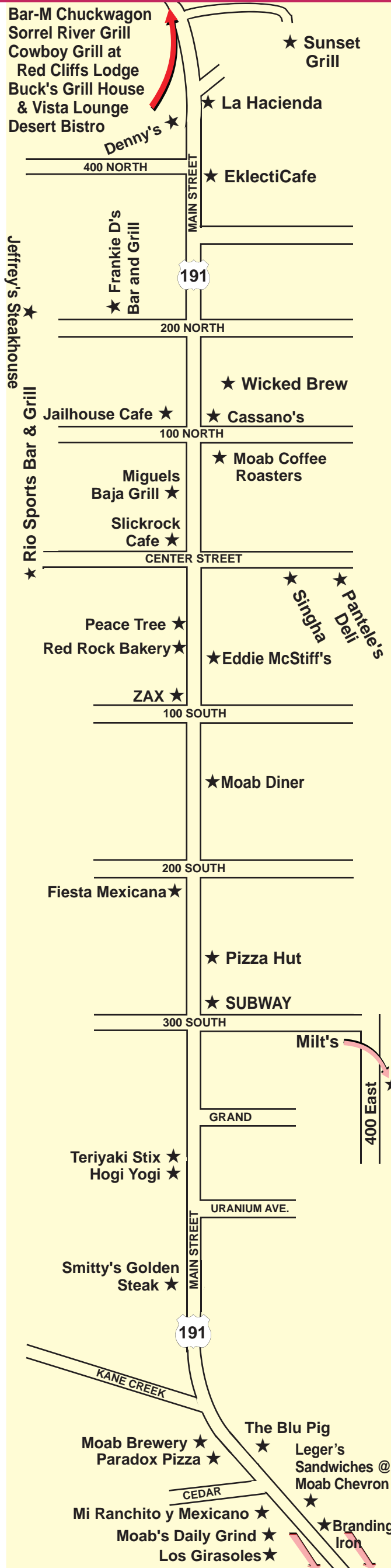
Located inside Walker's Convenience Store

**COUPON • COUPON**

Buy any 6" sandwich and a medium drink and get a free 6" sandwich after 6pm everyday.

Expires November 15, 2011

299 South Main • 259-SUBS




**"Dining with a Million Dollar View"**

Steaks • Pastas  
Prime Rib  
Fresh Seafood



Patio • Catering  
Family Dining

**259-7146**

Open Nightly at 5:00 pm - Closed Sundays



Moab's New Italian Restaurant in the old Poplar Place

Great Choice for Take Out and Catering

3pm to close  
7 days a week

**Traditional Italian Food**

Bruschetta	Lasagna
Crab Stuffed Mushrooms	Chicken Penne Gorgonzola
Antipasto	Chicken Parmesan

Patio Seating - Red Rock Views

**Cassanos**  
Italian Restaurant  
11 East 100 North  
259-6018

State Liquor License

Established 1954



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FEATURING FRESH GROUND CHUCK HAMBURGERS, ALL NATURAL BUFFALO BURGERS, CLASSIC DINER SANDWICHES, REFRESHING SHAKES AND MALTS

OPEN:  
TUE. - SUN. 11 AM - 8:30 PM  
CLOSED MONDAY

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Meats smoked all day Every day Using select hardwoods

- Free WiFi Internet Bar
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- Take out
- Live Music
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- Large Screen HD TV's



Open 4 - Close Mon - Sat  
11 - Close Sun

Phone 435-259-3333  
www.blupigbbq.com

811 South Main Street  
Moab, Utah 84532

**Moab's only BBQ and Blues destination**  
Next to Moab Valley Inn



# RESTAURANT GUIDE

# RESTAURANT GUIDE



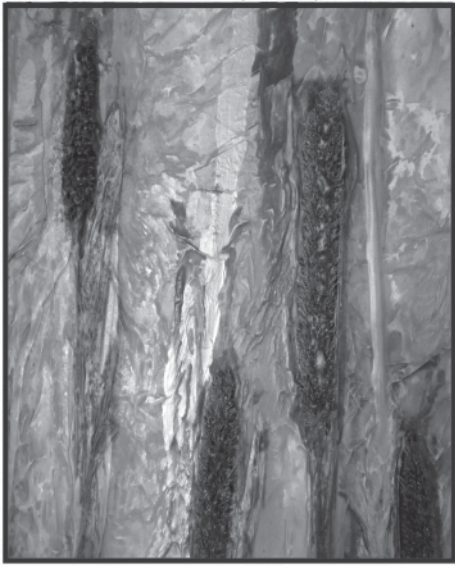
**The River Grill Restaurant**

Enjoy a Romantic Fine Dining Experience at the River Grill Restaurant at Sorrel River Ranch Resort. A beautiful setting overlooking the Colorado River matched with delectable menu offerings. Locals always receive 10% discount. Call 259-4642 ext. 320 for reservations today! Scenic Highway 128, Mile 17 www.sorrelriver.com



**VISUAL Feast**  
a contemporary art gallery  
modern abstract unorthodox

88 east center street moab utah  
visualfeastgallery.com  
970-946-4362  
OPEN Wednesday-Sunday 11-8



October's featured artist: Chrissy Noel Kinslow

**Wicked Brew**  
DRIVE-THRU

A tasty experience of Organic Fair-trade coffees & espresso, 100% fruit smoothies & Italian sodas



Your day starts Right here!  
In the heart of town  
132 N Main - Caffeinating daily @ 6am

**Smitty's GOLDEN STEAK**

540 South Main • Moab, Utah • (435) 259-4848  
Next to BigHorn Lodge. Open 7 days a week, featuring steaks, prime rib, hamburgers, and a full breakfast menu. Prompt coffee shop service.

State Liquor Licensee  
**MOAB'S FINEST FAMILY DINING**  
COMPLETE CATERING SERVICES AVAILABLE.

**Desert Bistro**



Casual Fine Dining  
Contemporary Southwestern Cuisine  
Located in the Historic Ranch House at Moab Springs Ranch

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STATE LIQUOR LICENSEE

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www.peacetreecafe.com

full state liquor license  
fresh local organic  
fresh juice & coffee bar  
House-made Desserts  
Daily Specials for to-go orders + catering, call 435-259-0101



7am - 10pm every day  
20 south main street moab, utah

Also in Monticello at 516 North Main

Third location now in Moab. Other two locations voted *Best Mexican* in their city. Full menu for lunch and dinner. Kids menu.

Fast Lunches  
Liquor License coming soon  
Look for our Margarita specials

**Los Girasoles**



**Family Mexican Restaurant**

Authentic Mexican Food  
2740 S. Hwy 191  
259-1660  
Open 11am - 10pm 7 days

Daily Lunch & Dinner Specials

Simply the BEST...  
Sandwiches • Soups • Salads • Cookies

Call for Box Lunches

**ANTELE'S DESERT DELI**

Dine-In • Phone Orders

Finest Quality Ingredients in Generous Portions

Open 11am-5pm Mon-Sat  
435-259-0200 • 98 E. Center St. • Moab

**The Rio Sports Bar & Grill**

Affordable Drinks & Food!  
Fully Stocked Bar  
Serving Beer, Liquor and Wine  
Largest Liquor Selection in Moab!  
Weekly Bar Specials

Nightly Entertainment  
**COLDEST BEER IN TOWN!**  
The Locals Bar

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OPEN EVERYDAY at 3PM  
Must be 21 years or older

Look for us on Facebook

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**Legers**

**SANDWICHES**  
Made to order • Call in Orders  
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LOCATED INSIDE THE MOAB CHEVRON  
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OPEN 24 HOURS



**Chevron**  
FOOD COURT & DELI

**COWBOY GRILL**  
MOAB, UT



- DAILY BUFFET BREAKFAST 6:30-10AM
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- BUFFET GRILL LUNCH 11:30-2
- FULL MENU PATIO DINNER 5PM

**RIVERFRONT PATIO DINING**

16 Miles east of Moab on Hwy 128  
435-259-2002 • 866-812-2002

# MUSEUM HAPPENINGS

## Museum Masquerade

Feeling in the mood for something a little different? Don your best mask or costume and join the Museum of Moab for a night of music, dancing, food, fundraising and more at the first annual Museum Masquerade. The Museum of Moab will be hosting its first annual fundraising masquerade ball on Saturday, October 22nd from 7-10pm at the Moab Arts and Recreation Center (111 East 100 North).

Themed as "Ancient Seas," the Museum staff and volunteers is putting together a night everyone will enjoy and also raising funds for the Museum's education program. The evening will include live DJ, Hors D'oeuvres from the Youth Garden Project, door prizes, prizes for best masks and costumes, and a silent auction.

The silent auction will feature hand-crafted masks by local artists. Attendees to the event will be able to bid on masks during the event. The silent auction will close at the end of the evening. Masks are being created and donated to the Museum's auction by Nick Eason, Cris Coffey, Yrma van der Staensteen, Travis Schenck, Carol Delaney, Chrissy Kinslow, Peggy Crohin, Robin Straub, Marty Brooks, Chessie Brooks, Indie Martineau, Alina Murdock, and more.

Prizes for best masks and costumes have been donated from various local businesses such as Navtec, Canyon Voyages, Lema's Kokopelli Gallery, The Moab Tourism Center, Tag-a-long Tours, Moab Chevron, Red Cliffs Lodge and more. Prizes will be awarded in each category for best male, female, and couple.

The week before the ball, the Museum will be holding a mask making workshop. The workshop will be taught by

artist Kandee DeGraw. DeGraw will assist attendees in creating beautiful masks for the ball. The workshop will be Saturday, October 15th from 3-5pm at the Museum. The cost is \$10 and will include a mask and everything needed to decorate. To reserve your seat, please contact the Museum.

All the money raised from the night will benefit the Museum's education program, Experiential Education Centers. The Experiential Education Centers (EEC) started in 2009 with assistance from the Utah Humanities Council. Lead by Education Director Andrea Stoughton, the Museum creates lessons that bridge learning and exploring the museum. Stoughton, a retired school teacher, uses exhibits found in the Museum and develops lessons that also meet Utah Core Curriculum requirements. The EEC program is available free of charge to any group, adults or children. In the past, the Museum has hosted programming for HMK Elementary School, BEACON After School Program, the Moab Valley Multicultural Center, 4-H, the Western Colorado Deaf Camp, and many



more. The Museum, in an effort to continually expand the education program, will also be working with Grand County Middle School this year for the Utah State History Fair.

Please join the Museum for our first annual Museum Masquerade! Tickets are available at the Museum, 118 East Center Street, or at the door the evening of. Tickets are \$15 for singles, \$25 for a couple, and \$10 for Museum members. If you are interested in volunteering to help with the event or want to make a mask for our silent auction, please contact the Museum at 259-7985.

## STUNTS STARS & LEGENDS Danny Costas



Perhaps one of the most outstanding stuntmen in horse work since stunters like Chuck Roberson, Chuck Hayward, John "Bear" Hudkins, "Red" Morgan, Jack Williams, Danny Sands, and before them, Yakima Canutt, Cliff Lyons, Bobby Rose, Duke Taylor and the Yrigoyen Brothers (Joe and Bill), just to name a few, Danny Costa has a unique style of falling his horse that is exciting and sometimes breathtaking.

Danny was here in Moab performing his stunt expertise in "Geronimo: American Legend" in 1993. He has worked in countless westerns. When he was here, the Hollywood Stuntmen's Hall of Fame foot printed him, along with more than twenty other stunt people and actors, including Wes Studi (Geronimo) and his stunt double C.L. Johnson, Robert Duvall, Jason Patric.

Danny was recently inducted into the Hall of Fame for his outstanding contributions to "Action in the Movies", and adds his name to a host of other stunt people.

Some of the films Danny Costa has appeared in are as follows: Zebra Force (1976), Comes A Horseman (1978). A well known stuntman, Jimmy Sheppard was killed while performing a horse drag stunt in which he is dragged as his foot is hung-up in the stirrup and the horse is galloping away. He was killed doubling for actor Jason Robards, Jr.. The horse veered too far to one side and Jimmy's head struck a fence post. Jimmy was Audie Murphy's regular double.

Danny and his horse were also seen in Spacehunter - Adventures in the Forbidden Zone (1983), Repo Man (1984), The Woman in Red (1984), All of Me (1984), Beverly Hills Cop (1984), Into the Night (1985), Rambo: First Blood Part II (1985), Clue (1985), Short Circuit (1986), Ruthless People (1986), Wanted: Dead or Alive (1986), Three Amigos (1986), Over the Top (1987), Dragnet (1987), Master of the Universe (1987), Rolling Vengeance (1987), Death Wish

4: The Crackdown (1987), The Game (1988), Off Limits (1988), Poltergeist III (1988), Freeway (1988), The Burbs (1989), Old Gringo (1989), Next of Kin (1989), Kill Me Again (1989), Second Sight (1989), Glory (1989), Deadly Stranger (1990), Back to the Future (1990) Young Guns II (1990), Dances With Wolves (1990), Only the Lonely (1991), Breaking the Rules (1992), Far and Away (1992), Honeymoon in Vegas (1992), Shadowhunter (1993), Robin Hood: Men in Tights (1993), Posse (1993), Geronimo: American Legend (1993), and Tombstone (1993).

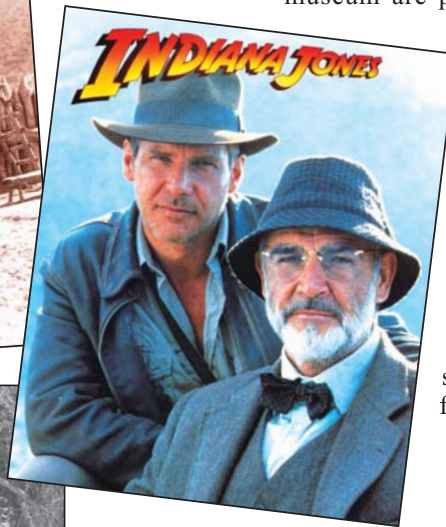
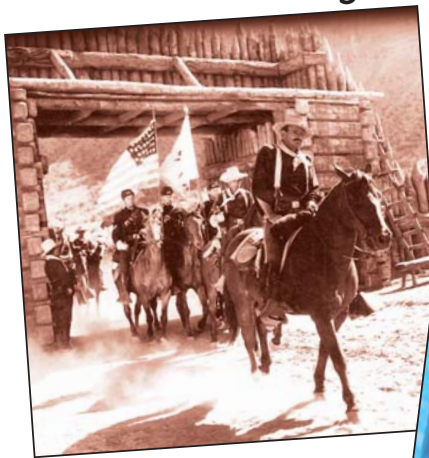
The Hollywood Stuntmen's Hall of Fame is a non-profit organization dedicated to preserving the history of the stunt profession of motion pictures and television and the honoring stunt people the world over. The Hall of Fame needs a home in which to house and exhibit the

memorabilia and artifacts that has taken its founder more than 55 years of collection and inventorying. And, it would like to invite anyone to make a tax-deductible donation in the name of Hollywood Stuntmen's Hall of Fame in any amount. For a donation of \$175.00 John Hagner (Artist of the Stars) will create a special portrait drawing of you or a loved one, suitable for framing. He will need a photo not smaller than 5" x 7" to work from. It usually takes him more than 25 hours to complete.

Mailing address is: Hollywood Stuntmen's Hall of Fame, 81 W. Kane Creek Blvd. #12, Moab, Utah 84532. Phone: (cell) 435-250-2160. Hall of Fame website: www.stuntmen.org. email: johnhagner@hotmail.com. Facebook: Search for "falling for stars", then "artist of the stars", then Stunts, starts and legends.

by John Hagner

## Movie & Western Memorabilia Museum at Red Cliffs Lodge



Red Cliffs Lodge, on the banks of the mighty Colorado River, is home to the Moab

Museum of Film & Western Heritage. The lodge is built on the old George White Ranch, a key location for nine of the big westerns including *Rio Grande*, *Cheyenne Autumn*, *Ten Who Dared*, *The Comancheros*, and *Rio Conchos*.

The late George White was founder of the Moab to Monument Valley Film Commission, the longest ongoing film commission in the world.

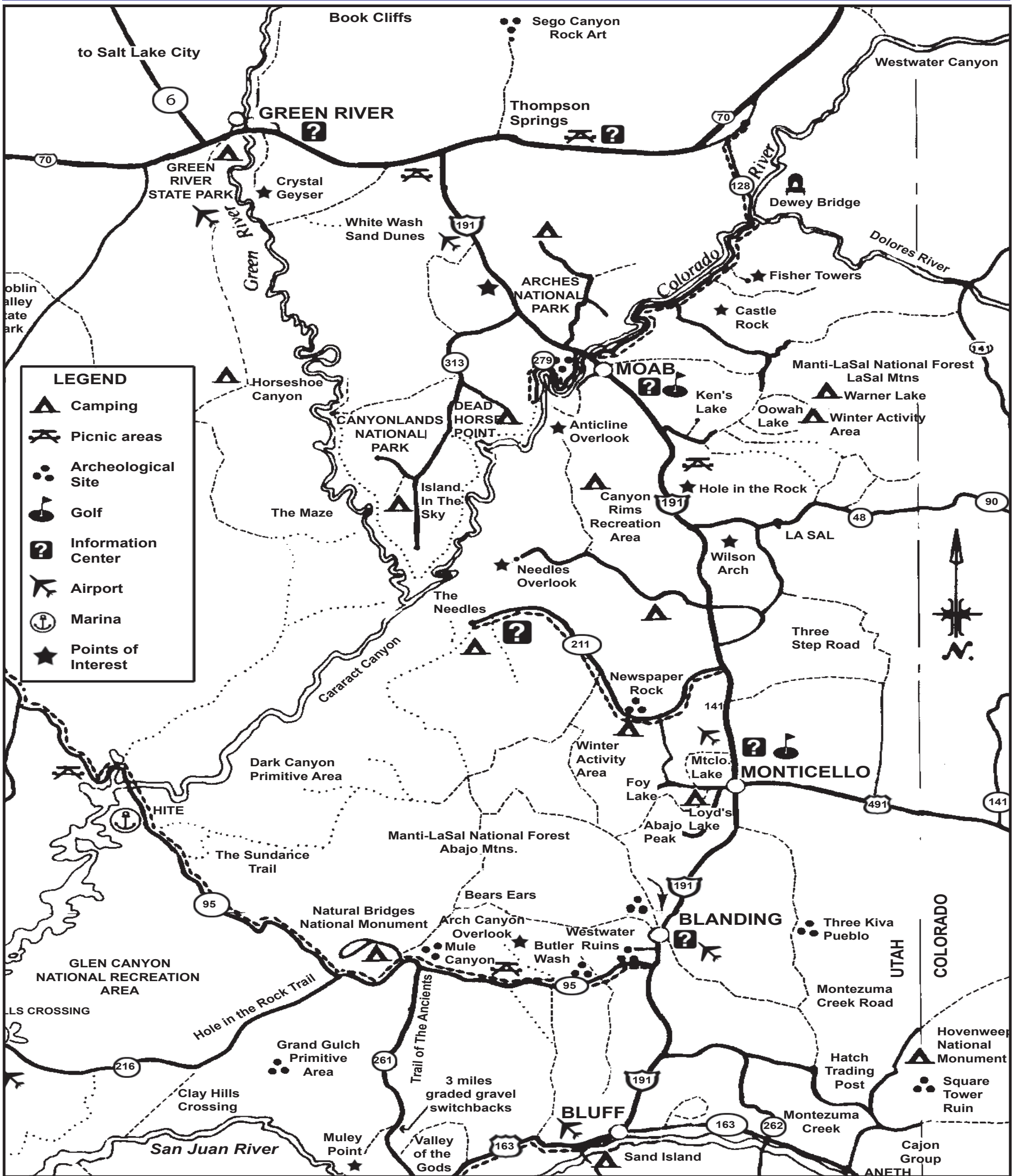
In the museum one can learn more about film locations, how the sets are built, and how the filming process is managed on nature's own sound stage. On display in the museum are production photographs, movie posters, autographed scripts, props from the many pictures filmed in the area, and displays about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

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

### A partial list of stars that have made movies in Moab

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

# SOUTHEASTERN UTAH MAP



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wfcomm@frontiernet.net  
www.wfcommunications.net

# ASTROLOGY HAPPENINGS

## Your Monthly Horoscope - October 2011

By Rob Wells

Sep. 23 - Oct. 23



**Libra:** With four planets in your house of Self this is going to be one very Happy Birthday. Start early on the 1st by continuing last months plans so you can see them through on the 14th. You have a whole week of creative inspiration and romance from the 7th to 13th. After the 24th, business and romance can take a downturn. Matters further decline on the 28th and 29th but keep your heart open and it works out on the 31st.

Oct. 24 - Nov. 22



**Scorpio:** Give your activities from last month a motivational kick on the 1st and take two weeks to rest. You're tired. Relax at home alone during the week of the 7th to the 13th. Let quiet promptings lead your activities during that time. You could come up with something pretty amazing. After the 24th, you can get back to being your usual self. You're tested from the 25th to the 29th. Patience is a virtue. As a plus though, romance is everywhere you go during that time. This could be a Happy Halloween for a change.

Nov. 23 - Dec. 21



**Sagittarius:** You heart dreams big dreams this month, as you get a sense of your future. Your friends make suggestions you should listen to. Give your plans a push on the 1st for completion by the 14th. Artistic additions to your home work out nicely from the 7th to the 13th. After the 24th efforts require double than normal as differences arise in romance and business. By the 31st it all works out well.

Dec. 22 - Jan. 20



**Capricorn:** The efforts you have been making in your career get a boost this month with five planets in that sector. Give last months plans regarding your home a boost on the 1st to see them through on the 14th. Cash rewards are possible from inventive ideas during the period from the 7th to the 13th. After the 24th, you could be spending more time with you friends having fun. Responsibilities and duties conflict with your romantic plans from the 26th to the 29th and finally levels out on the 31st.

Jan. 21 - Feb. 18



**Aquarius:** Consider outlets that require your mind and training this month. Writing about something you are familiar with could get the attention of a publisher. Last months plans regarding a communications project should get a boost from you on the

1st to see them through completion on the 14th. Be careful about daydreaming during the period from the 7th to the 13th. After the 24th, your career takes ups your time for the next month. Confusion and conflicts flare from the 26th to the 29th. All's fine by the end of the month for Halloween to end the month on a happy note.

Feb. 19 - Mar. 20



**Pisces:** Concentrate on your accounting responsibilities this month. Balance the checkbook and check important papers. A plan at work needs a push on the 1st from you to see it through by the 14th. You could lack mental focus during the week of the 7th to the 13th, so be careful with what you're doing. After the 24th, church or group matters will call to you. You may need to do some negotiating from the 26th to the 29th but it all works out well by the end of the month.

Mar. 21 - Apr. 20



**Aries:** You shine at connecting with your partner this month. A romantic gesture on the 1st brings a big pay-off on the 14th when it is returned. The time you spend together from the 7th to the 13th will seem dreamlike in nature. If you're single the time dedicated to business endeavors is truly enhanced and lucky. After the 24th, joint money matters will be emphasized. There could be questions and conflicts from the 26th to the 29th but there are intentions of resolution involved and all works out well by the 31st.

Apr. 21 - May 21



**Taurus:** Taking a chance on the 1st to make a difference in the workplace brings big rewards by the 14th. Health issues at the first of the month are resolved by that time as well. From the 7th to the 13th, activities move magically in your career toward bigger rewards. Hunches play a major role in this time period. After the 24th, your partner is your main concern. Life gets rocky from the 26th to the 29th when harsh words could be exchanged, but everything works out by the 31st.

May 22 - June 21



**Gemini:** Romance and dating if you're single is just out of control this month. If you're married a child or a creative project is so favored and blessed starting on the 1st and coming to a big finish on the 13th. Use the 7th to the 13th as inspiration on all your endeavors. After the 24th, you are all about your health or your job. There could be problems

concerning your abode from the 26th to the 29th that need your attention. Everything is resolved by the 31st to end the month on a happy footing.

June 22 - July 22



**Cancer:** Your home is buzzing with activity this month. Moves you make on the 1st find a happy outcome on the 14th. The time from the 7th to the 13th is a wonderful time for you to entertain at home. It will be very memorable and enjoyable. After the 24th, matters regarding children or creative projects have you attention. Avoid over spending from the 26th to the 29th, as it will be met with resistance. Everything works out well though, and happy times return by the end of the month.

July 23 - Aug. 24



**Leo:** You may be spending time and attention on brothers and sisters this month. Phone calls, emails and letters. You may spend some time visiting then if they are local. A possible project with them starts on the 1st and completes on the 14th with great results. The time from the 7th to the 13th is great when it comes to your partners. Have some fun. After the 24th, you may want to spend more time at home. Disputes from the 26th to the 29th a favorably resolve to end the month of a happy note.

Aug. 24 - Sept. 22



**Virgo:** You are all about what is of value in your life this month. Is it family? Friends? Money? A project of yours along these lines gets a boost on the 1st and finds a happy ending on the 14th. You could be unusually romantic from the 7th to the 13th. Do something memorable during this time. After the 24th, the planets pick up the pace and center you on everyday matters and have you running all over the place. Try not to take frustrations out on the innocent from the 26th to the 29th. You find solid ground by the end of the month, so smile.



*Rob has been an Astrologer for over 30 years. A student of Carol Green and the Ray of Light School in Salt Lake City, Rob is a member of the American Federation of Astrologers. "Astrology is a tool for living. It can be used in every aspect of life."*

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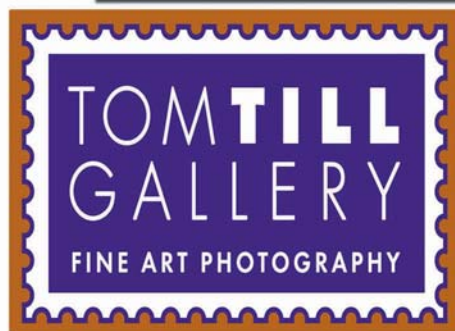
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# GALLERY HAPPENINGS

## Visual Feast Gallery

Visual Feast Gallery HEARTS the month of October! Fun and excitement abound town and we enjoy being a part of every bit of it!

The Museum of Moab hosts a Masquerade Ball that takes place at the M.A.R.C Saturday October 22nd Artist from Visual Feast Gallery, as well as many others are thrilled to donate amazingly crafted masks to be silent auctioned



off during this magical event. All proceeds from the silent auction are awarded to the Experiential Education Centers (EEC) program, serving hundreds of students in and around the Moab Valley.

There are bikers galore and in celebration of this, Visual Feast Gallery is throwing its first annual BIKE THEMED SCULPTURE SLAM, October 26-29. Artists of all levels are invited to bring materials and complete a 3-dimensional "bike themed" sculpture from start to finish between the hours of 8am-6pm on Wednesday October 26th with food, music and beverages to follow. Viewers are then encouraged to come down to Visual Feast Gallery and place your vote on which sculpture you think should win as well as purchase a raffle ticket to win an original, masterfully created, found object, bike art by VFG's member Lawrence Adkinson! Winners will be announced Saturday at 5:30 during the awards ceremony for the 6th annual Moab Ho-Down Mountain Bike Festival, located at the Chile Pepper Bike Shop!

What's more in October is the Art of Visual Feast Gallery's proprietor Chrissy Noel Kinslow (that's me). On the menu will be my specialty, textural high relief mixed



media paintings in a variety of sizes, served with your choice of sculpture, drawings, or affordable prints. The question what will you be when you grow up was never difficult for me to answer, I was born to create and motivate others with the gift of inspiration and imagination. I am inclined to expose myself by introspection of where I am in my existence as well as affection for exploration of materials and media. The colors, shapes, patterns, & textures all emerge from my feeling, moods, dreams, & passions. The light bulb that goes off in my head which ignites my hands into action is directly related to my environment both internally and externally. My curiosity and desire for challenges enables me to utilize items and media in an unorthodox manner, at times leading to happy accidents. Come check me out during the Moab Art Walk Saturday October 8th starting at 5:00 and dine upon a buffet of edibles, audio and art!



Visual Feast Gallery now represents 10 exceptionally gifted artists: Luke Howarth who is Novembers featured artist serves up nonrepresentational enamel panels in a full



range of colors, Diane Trevett satisfies with tasty living abstraction oil paintings inspired by her environment, Lawrence Adkinson specializes in found object kinetic sculptures, Yrma van der Steenstraeten creates oil paintings and funky jewelry, Chris Haven whimsically whips up quirky graffiti, Karen Mandery will tickle your creative bone with her found object treasure shrines, Jonathon Hagman uses mixed media with a taste of clay to produce sculptures, Meghan Mulcahy's latest is shadow cast window frame mixed media paintings, and Annelisa Ochoa's feet and hand illustrations are exquisite.

Visual Feast Gallery offers many other services such as artist advising, group and individual classes, contests and call to artist shows, as well as much more to come as the gallery grows. For more information go to [www.visualfeastgallery.com](http://www.visualfeastgallery.com) or stop by Visual Feast Gallery at 88 east Center Street (located in the alley of the Center Street Square), gorge and have all your senses fulfilled. Falls hours 11-8 Wednesday -Sunday.

Bon appétit!

## Moab Landscape Photographer Tom Till featured at Dead Horse Point

The Bighorn Gallery at Dead Horse Point State Park is exhibiting images by Moab photographer Tom Till. 'Breathtaking-The Vistas of Dead Horse Point and the Moab Area' is a collection of images currently on display.

Recognized as one of America's most published photographers, almost 200,000 of Tom Till's images have appeared in print since 1977. Originally known for his large format camera, he now uses a 35 mm Canon digital camera. His images are featured in numerous magazines and conservation publications, and he is the sole photographer for over 30 books. He has earned several awards for his photography.

Till has traveled across the United States and to nearly sixty countries worldwide photographing landscape, nature, history and travel subjects. Till considers Dead Horse Point up there with the world's wonders, having visited most of them on his travels. He has visited the park more than 150 times, capturing images in rain, snow and sun. Till feels lucky to spend his life photographing the world's most beautiful places. He is most excited to share his experiences through photography with the 'things everyone else passes by.' Till is a longtime resident of Moab and opened the Tom Till Gallery downtown in 1998.



Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313.

The visitor center is open daily from 8 a.m. to 6 p.m. from March 15 to mid-October and 9 a.m. to 5 p.m. through the winter.

Park admission is \$10. Contact the park at 435-259-2614.

Till has compiled a new Dead Horse Point portfolio especially for the exhibit. During the art exhibit, each image is available for purchase, as are Till's prints and his new book, *Canyons of Utah*.

For more information about the artist, visit [www.tomtill.com](http://www.tomtill.com).

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# SKY HAPPENINGS

## The Sky for October 2011

By Faylene Roth

### SUNRISE

#### AND SUNSET TIMES

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

DATE	SUNRISE	SUNSET
1	7:14am	7:01pm
2	7:15am	7:00pm
3	7:16am	6:58pm
4	7:17am	6:57pm
5	7:18am	6:55pm
6	7:18am	6:54pm
7	7:19am	6:52pm
8	7:20am	6:51pm
9	7:21am	6:49pm
10	7:22am	6:48pm
11	7:23am	6:46pm
12	7:24am	6:45pm
13	7:25am	6:43pm
14	7:26am	6:42pm
15	7:27am	6:40pm
16	7:28am	6:39pm
17	7:29am	6:37pm
18	7:30am	6:36pm
19	7:31am	6:35pm
20	7:32am	6:33pm
21	7:33am	6:32pm
22	7:34am	6:31pm
23	7:35am	6:29pm
24	7:36am	6:28pm
25	7:37am	6:27pm
26	7:38am	6:26pm
27	7:39am	6:24pm
28	7:40am	6:23pm
29	7:41am	6:22pm
30	7:43am	6:21pm
31	7:44am	6:20pm

The Summer Triangle (formed by the brightest stars in Lyra, Cygnus, and Aquila) is an asterism (identifiable shape), not a constellation. It now shares the night sky with another asterism—the Great Square, landmark of the autumn sky. The Great Square (formed by the body of Pegasus, the flying horse) is also known as our Window to the Universe. Gaze through the square and look outward, beyond our galaxy, where hundreds of thousands of other galaxies can be seen through large telescopes.

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

### MAJOR CONSTELLATIONS OF OCTOBER

#### Overhead

- Aquila
- Cygnus
- Delphinus
- Pegasus
- Lyra

#### Northward

- Cassiopeia
- Cepheus
- Draco
- Ursa Major
- Ursa Minor

#### Eastward

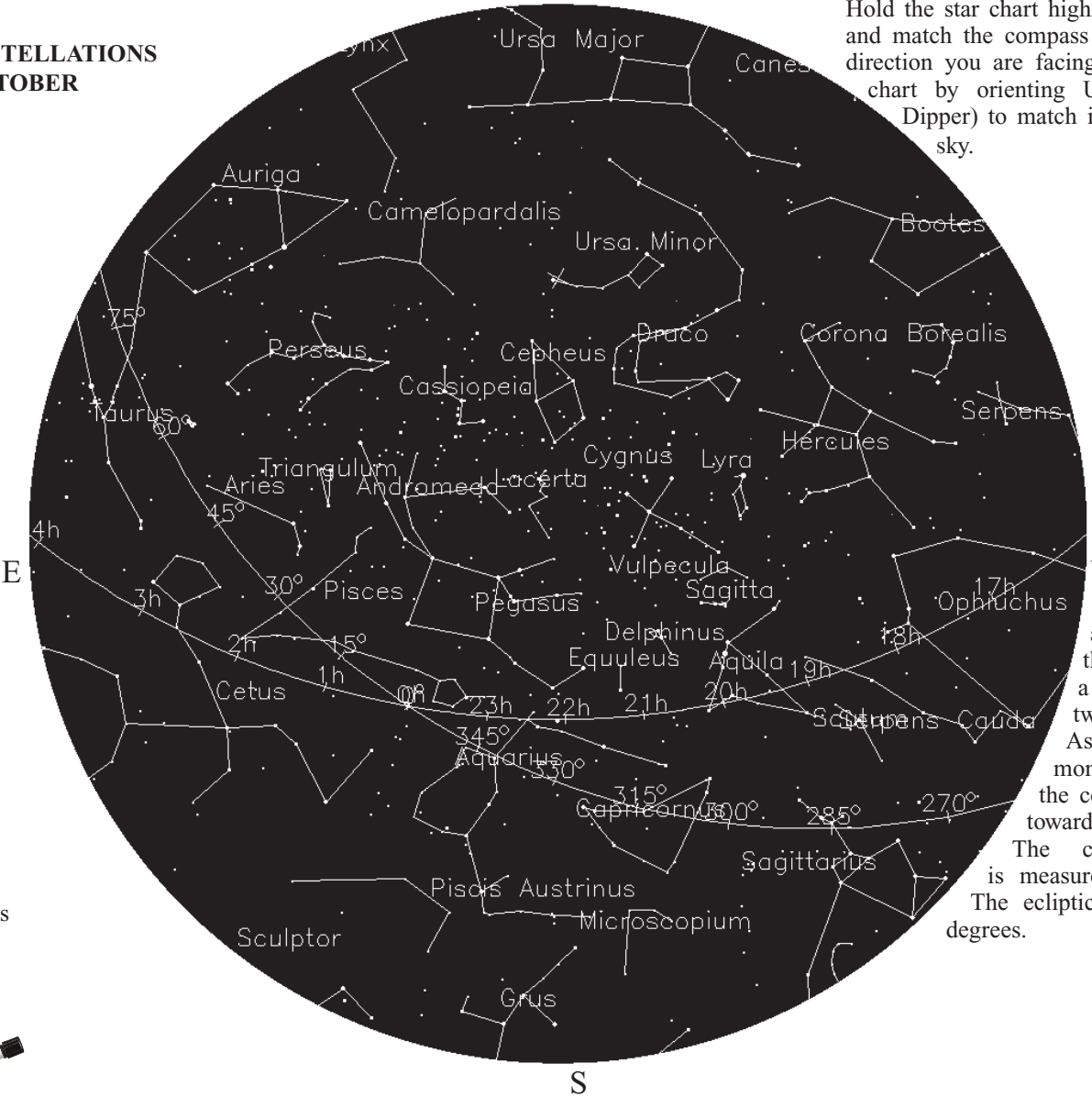
- Andromeda
- Aries
- Auriga
- Perseus
- Pisces
- Taurus

#### Southward

- Aquarius
- Capricornus
- Cetus
- Sagittarius

#### Westward

- Corona Borealis
- Hercules
- Ophiucus



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

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

### GREAT WORLDWIDE STAR COUNT

Join this international effort, as a citizen scientist, to count the number of stars that can be seen from different localities around the world. Participants in the Northern Hemisphere will estimate the number of stars visible around the constellation Cygnus, the Swan. Observations can be made anytime during October 14-28. Locate Cygnus on this month's star chart then look for it overhead between 8:00pm and 9:00pm. Darkest skies occur after October 17 when there will be no interference from the moon. The GWWSC website provides easy-to-use magnitude charts for estimating the number of stars you see. Determine latitude and longitude for your observation site with a GPS unit, the Geocoder link on the GWWSC website, or a topo map. The star count is sponsored by the University Corporation for Atmospheric Research in Boulder, Colorado, to raise awareness of the effect of light pollution on the night sky. Go to their website at <http://www.starcount.org/> for directions and a reporting form.

*Note: Apparent magnitude values range from -4 to +6 for most planets and visible stars. The lower the value the brighter the object. A decrease of 1.0 magnitude is 2.5 times brighter.*

#### Primary Sources:

USGS; U.S. Naval Observatory; Your Sky at <http://www.fourmilab.ch/yoursky/>

To find out when the space shuttle and International Space Station are visible from your location, go to: <http://spaceflight.nasa.gov/realdata/sightings/index.html>

### DAYLENGTH

Notice that sunset arrives one to two minutes earlier each day which shortens the length of daylight by 41 minutes plus the 30 minutes contributed by delayed sunrises. Twilight offers minimal extension to the period of daylight this month. Civil twilight provides less than 30 minutes of additional light for outdoor activities at dusk. The skies then darken rapidly through nautical twilight when overhead skies darken and astronomical twilight when the horizon darkens. The reverse progression applies to dawn.

### MOON HAPPENINGS

- Oct. 4** – First Quarter Moon sets soon after midnight.
  - Oct. 11** – Full Moon occurs at 8:06pm and rises at 6:20pm.
  - Oct. 19** – Last Quarter Moon rises shortly after midnight.
  - Oct. 26** – New Moon occurs at 1:56pm.
- (The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

### METEOR EVENTS

Be aware of meteor activity overhead and in the northern skies throughout the month, but light from a waxing moon diminishes good viewing for the first half of the month. A waning third quarter moon on October 19 arrives just in time, though, to improve viewing conditions for the Orionid Meteor Shower. The three stars of Orion's belt should be identifiable in the eastern sky around 10:00pm. The moon will not rise until around 2:00am, so take advantage of the time between midnight and moonrise on the night of October 21/22 when the meteor shower peaks. Up to 30 meteors per hour can be expected under dark skies. Some activity will be visible during the week of October 17-25.

*Note: Apparent magnitude values range from -4 to +6 for most planets and visible stars. The lower the value the brighter the object. A decrease of 1.0 magnitude is 2.5 times brighter.*

### VISIBLE PLANETS

**Jupiter** - The super gas giant reigns over the night sky this month. Look for it in the eastern sky around 9:00pm at the beginning of the month. On October 13 the moon passes about five degrees north of the planet. Jupiter reaches opposition on the evening of October 28, when we see its full face reflected back at us at its brightest magnitude. On this day the planet rises as the sun sets and will shine throughout the night as its orbit passes through its nearest point to Earth for the year. (Magnitude -2.9)

**Mars** - Even though Mars shines as bright as first magnitude stars, it can be difficult to locate in the night sky because the visible disk of the planet is quite small right now. Look for it in the eastern sky as it rises after 2:00am. Mars appears in the center of Cancer at the beginning of the month, halfway between the twin stars of Gemini and the head of Leo. It approaches bright Regulus (Leo) as the month progresses. Find it more easily as the waning moon moves below it on October 20-22. Mars is high in the eastern sky by morning twilight. (Magnitude +1.2)

*Note: Hold your hand at arm's length to measure apparent distances in the sky. The width of the little finger approximates 1.5 degrees. Middle, ring, and little finger touching represent about 5 degrees. The width of a fist is about 10 degrees. The fist with the thumb extended at a right angle equals 15 degrees. The hand stretched from thumb to little finger approximates 20-25 degrees. The diameter of both the full moon and the sun spans only 0.5 degree. Adjust for the size of your hand.*

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# RADIOTHON HAPPENINGS

## Radiothon: October 14-21 2011

KZMU, Moab Community Radio at 90.1 and 106.7 is home to the whole wild world. Now in its 19th year of free form broadcast, this solar powered community empowered station anchored entirely by volunteers will host ! Radiothon ! from October 14th through October 21st 2011. KZMU will take a look at its roots and thank the community for how much it's grown since its humble beginnings.

It's grown a lot. Moab's media landscape has gone from radio silence in 1990 to several stations on the dial in 2011. Rapid technological changes have affected how people access media content, and the economics of corporate consolidation have affected the ability of many independent media outlets to compete. The historical backdrop only emphasizes the rarity of the live local voices engaged in pursuit of a thriving community.

In April of 1992, the persistent efforts of a small group of dedicated community visionaries came true when the first non commercial radio began to air. The station's home was a dilapidated, donated US Park service trailer on top of Rocky Road. The recent installation of 60 solar panels to make the building completely solar powered has saved over 13,000 pounds of CO2 from the air, and provides extra energy to the grid courtesy of a grant from Rocky Mountain Power. The old, dilapidated, beat-up trailer was destroyed and hauled away to the land fill making room for the solar panels.

This season's programming for fall boasts some locally produced features with nationally recognized voices.

On October 2nd, you may hear some amazing audio from the Pacifica Radio Archives Gay Time Capsule with Pacifica Broadcaster Brian De Shazor in conjunction with Moab's first Pride event. During Thon, you can hear engaging talks with local hosts and voices such as author Derrick Jensen, as well as Robert Chessney with the future of journalism and democracy.

Look in the moab happenings program guide and online at [www.kzmu.org](http://www.kzmu.org) for exact air dates.

Very cool premiums are available this season: round trip air fare to Vegas from Moab, fine dining, great Moab goods and services for your kind support of grass roots local media.

Because Moab knows that a well fed neighbor makes us all stronger, KZMU thanks the supporters that keep free media alive in uncertain times by providing a chance to win free food! Moonflower Market has generously donated a 200 dollar shopping spree as a big thank you to KZMU supporters. Tickets are available

*Celebrating the place the whole wild world calls Home.*

by calling KZMU, at 259-5968 or 259-8824. Donors to KZMU will automatically be entered in the drawing as additional thanks from us for their support. We hope that listeners will enter with support of KZMU in mind, but there is no purchase necessary to enter. A full list of rules is available for view at [kzmu.org](http://kzmu.org). (Neither DJ's, nor staff of KZMU are eligible to win this particular premium). The winner will be selected on the last day of radiothon, and need not be present to win.

This kind of local mutual support, the particular local flavor in the music that live dj's mix, and the good feeling that comes from knowing who's actually behind the mic, ready to give you the local information in emergency, in good times and hard times is harder and harder to find in cities of any size.

The alternative energy from the solar panels mirrors the alternative programming KZMU provides. Musical genres cover the spectrum with jazz, blues, folk, bluegrass, country, americana, latin, african, celtic, reggae, native american, Broadway musicals, big band, bluegrass, electronic, funk, country, swing, R&B,

oldies, classical, and all kinds of rock 'n roll.

There are many new shows that reflect the educational, multicultural component of KZMU's mission: Ritmo Latino on Monday's from 4 to 5pm is a Spanish spoken show exploring the broader issues and music from all of the worlds' Latino cultures, and KZMU is home to the longest running and most robust slate of children's and student run programming in the state of Utah. The award winning "Voices of Youth" program, a partnership between Grand County School District and KZMU, offers talented students the chance to learn about journalism and full training of audio-visual production techniques on stories of their choice.

In all, the last 19 years have seen thousands of supporters from all over the world help grow a non commercial community radio station Moab can be proud of, and there's always room for more volunteers, more creative expression, more diversity in community. Call to participate, and thanks for the support.

Radiothon: October 14-21 2011. Celebrating the place the whole wild world calls Home. (435)-259-8824 (435)-259-5968 [kzmu.org](http://kzmu.org) 90.1 and 106.7 fm

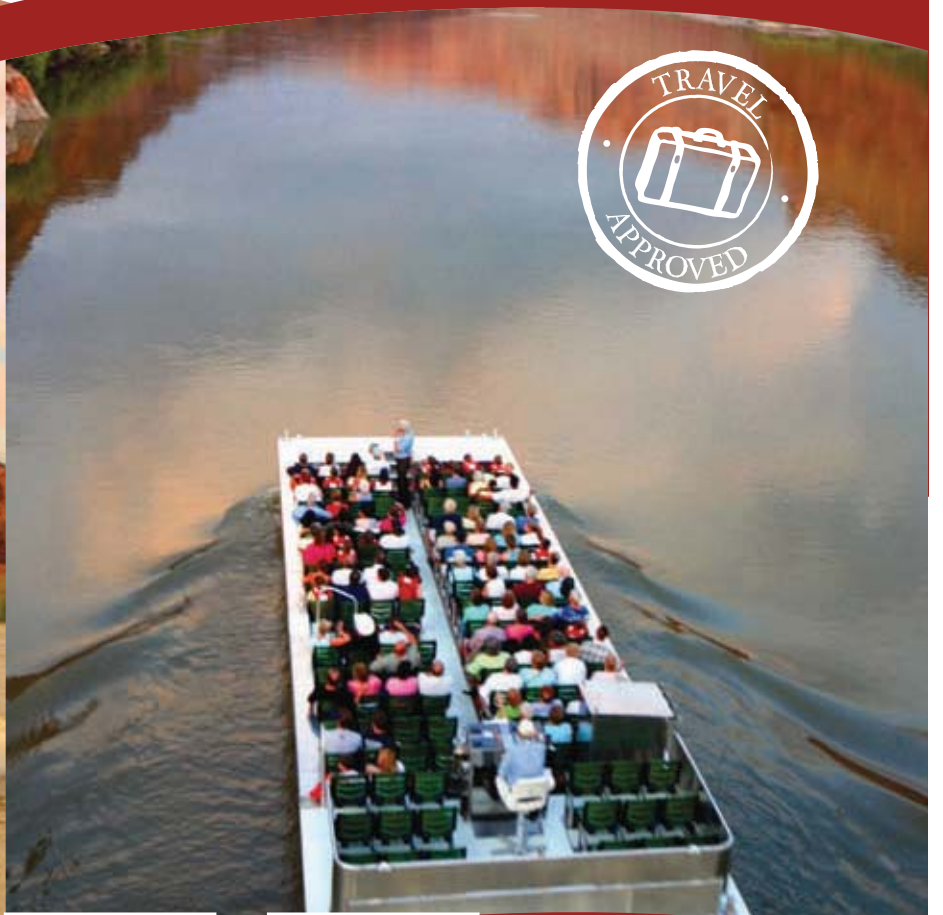
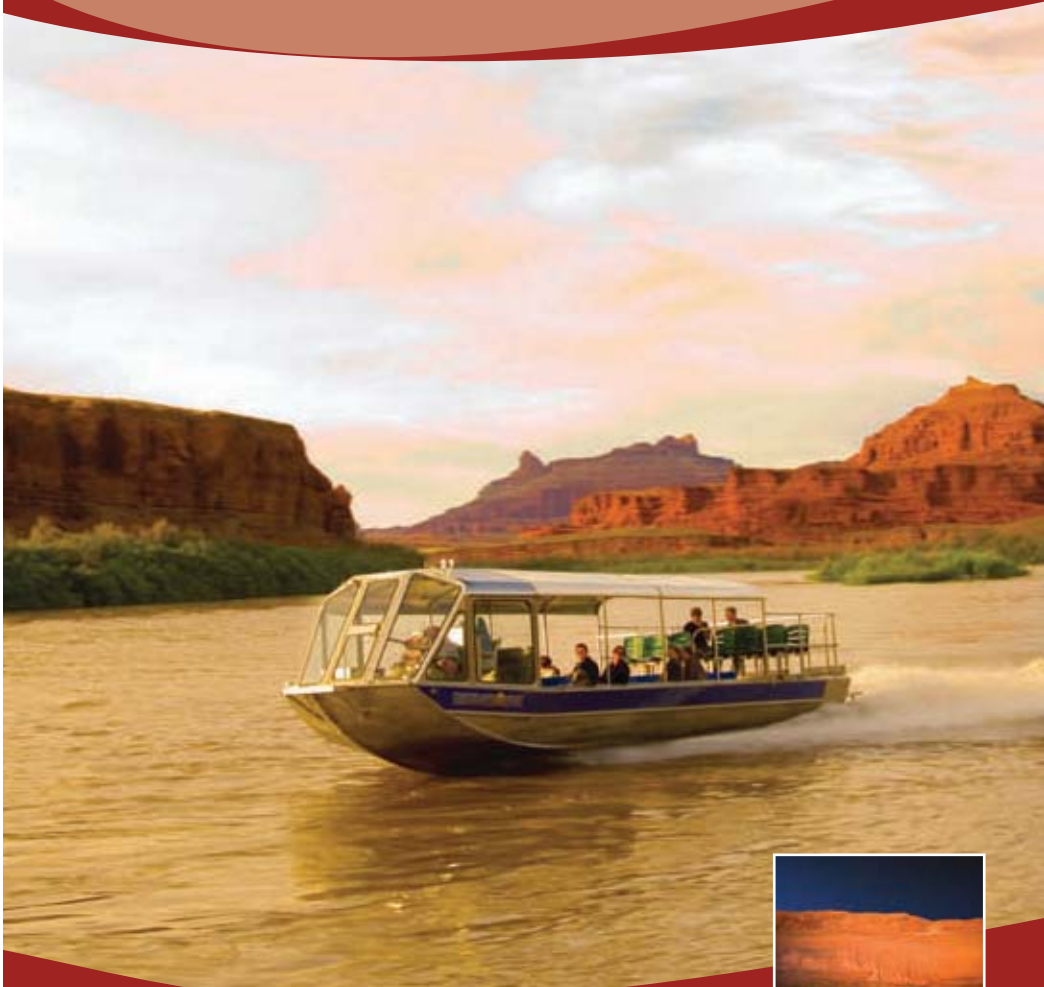


KZMU - Moab Community Radio 90.1 & 106.7 FM						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	KZMU OVERNIGHT		Art of the Song	KZMU OVERNIGHT		7:00
8:00	DEMOCRACY NOW					Desert Diva
9:00	MOAB Morning Blend					Shine Time (Children)
10:00	Jah Morning Reggae	Moab Mamas (everything)	Amarillo Highway	Tilted Park (Americana Classic Rock)	OddBins	Trailer Park Companion / Wayward Wind
11:00	Blue Plate Special (blues/rock)					Noon
Noon	The Trading Post (call-in Buy/Sell)					Ain't Live Grand? (live recordings)
1:00	Grass is Greener (Bluegrass)	It's My Party/ The Skye's the Limit (rock-blues-unreleased)	radio mmm... (Classic Indie)	Horizon Line	Random Toonage	2:00
2:00	1-2-3 (funky world soul)					Belagaana Review (fruit and nuts)
3:00	Red Rock Potluck	Radio Mundial Radio MOONDial	Planet Picante (latin)	A Little Bit of This and a Lil' Bit o' Dat	Red Rock 'n Blues	Tween Time (pre-teen fun)
4:00	WORLD MUSIC					Big River / Ranch Exit (twang)
5:00	West of Broadway/ Concert in the Park	Ritmo Latino	SoundThing/ Uncle Meat's Mystery Show	Gaelic Circle / MOAB Drive Time	MOAB Drive Time	6:00
6:00	DEMOCRACY NOW					7:00
7:00	Kokopelli Coffeehouse	Big Swing Face (big band jazz)	Moab City Council/ Atomic Lounge	Thin Edge (jazz)	Rock Garden (rock)	Main Street Cruise!
8:00	The Rainbow Room / Funky Soul Jam					10:00
9:00	MOAB AFTER HOURS					Radio Free Moab (rock 'n roll & punk)
10:00	KZMU Overnight	The Sound Lair (Experimental Dance)	Conscious Party	Suburban Urge	Pandora's Box	Altered State
11:00	KZMU OVERNIGHT					12:00
12:00	the eleventh hour					Seti TranceMissions

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# MOAB HAPPENINGS

ENTERTAINMENT  
NIGHT LIFE

Volume 23 Number 7

Section B

October 2011

## The Other Half

### NOTICE

State Highway 128 (commonly called the River Road) will be closed to traffic between mile point 17 and mile point 31 from 7 AM—12 PM on October 16.

The eighth annual The Other Half is scheduled for October 16, 2011. The scenic 13.1 mile run starts at Dewey Bridge on State Highway 128 and meanders along the Colorado River, passing red rock monoliths including Fisher Towers, Castle Rock, and the Priest and Nuns. The race finish takes place amidst the fall foliage at Sorrel River Ranch Resort. The event starts at 8:30 AM.

Race amenities for all participants include a long sleeve technical race shirt, a unique finisher medal, durable race bag, freshly baked goodies and locally brewed beer from the Moab Brewery.



Participants will be shuttled from Moab and a park lot 1 mile west of the finish area at mile point 16 on Highway 128. Spectators will also park in this lot. Dogs are not allowed at the finish area or on the course.

The race is limited to 2500 runners. Participants are coming from 44 states and 7 countries; race officials expect the highest turnout in the event's 8 years. For more information, visit [www.moabhalfmarathon.org](http://www.moabhalfmarathon.org) or phone 435.259.4525.



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Moab has become known worldwide as a mountain biking mecca. The canyon country around Moab offers some of the most unique and varied landscape on earth, from 13,000 foot peaks and high alpine meadows to high desert vistas above the sandstone canyons. Varied terrain and spectacular scenery bring riders from all over the world to Moab to try the trails. One of the most famous and popular is the Slickrock Trail. This trail is 12 miles of moderate-to-difficult riding on Navajo sandstone, located a few minutes from Moab. There are many other trails and old jeep roads in the area which provide a complete variety of mountain biking challenges. Several companies in the area can provide rentals and information.

## Mountain Biking Mecca

• **OUTERBIKE October 5-9, 2011**  
Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to [www.outerbike.com](http://www.outerbike.com).

• **24 HOURS OF MOAB October 8-9, 2011** - An endurance team race which is growing in popularity with each year. The four-man teams ride a rugged course approximately 12 miles south of Moab called the Behind the Rocks area. Produced by Granny Gear Productions. A world-class event that draws teams from all over the world. There is a field limit of 450 teams plus solos and the race books up faster every year, so get your team entered early. Don't miss this incredible race!

• **MOAB HO-DOWN Mountain Bike Festival - October 27-30, 2011** Presented by Chile Pepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit [www.moabardown.com](http://www.moabardown.com) for more information.

• **SKINNY TIRE FESTIVAL March 10-13, 2011**  
Three rides of the Skinny Tire Festival highlight Moab's different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient Puebloan petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through this grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit [www.SkinnyTireEvents.com](http://www.SkinnyTireEvents.com).

• **MOONSHADOWS IN MOAB May 5, 2012**  
Enjoy this fully supported 44 or 60 mile ride by the light of the (almost) full moon. As you gain 2700 feet in climbing elevation the moon has risen and illuminates the desert sagebrush casting a silvery glow throughout the vastness of Canyonlands National Park. Arrive at Dead Horse Point State Park for a light dinner at the outdoor Moonshadows Café overlooking the Colorado River. Drink in the ambiance at the most unique AID/food station you may ever visit. Enjoy a thrilling return to the Start/Finish area then enjoy post-event revelry at Frankie D's Saloon.

• **3RD ANNUAL GRAN FONDO MOAB May 12, 2012**  
The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates.

• **MOAB CENTURY TOUR September 21-23, 2012**  
This annual event is a weekend packed with road cycling benefiting the Moab Cancer Treatment and Resource Center and other cancer survivorship Programs. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. Rolling and Climbing Routes ranging from 42 to 100 miles on this fully supported road cycling tour. Visit [www.skinnytireevents.com](http://www.skinnytireevents.com) or 435.259.2698.

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# BIKE EVENTS

## 24 Hours of Moab: October 8th & 9th

The 17th Annual 24 Hours of Moab... Don't Miss Mountain Biking's Homecoming!

For high-schools and universities across the country, October is a time of homecoming, a gathering time for both old-timers and freshmen, a time of nostalgia and story-telling, and, of course, the "homecoming game", an event full of import and excitement.

24 Hours of Moab has become the de-facto homecoming game for mountain bike racing with hundreds of teams returning, year-on-year, to recount memories of the past with the excitement and anticipation of the events at hand, the memories in the making. It's by our experiences together, our stories and memories that we truly enrich our lives.

"Memory is a way of holding onto the things you love, the things you are, the things you never want to lose." From the television show *The Wonder Years*.

For the nearly 200 teams that have already signed-up, good on you! Read-on for some of the most recent developments for this year's race. And, thanks for coming! We're really grateful for your support and for all the enthusiasm and excitement that you bring to the race.

BBC Worldwide to Feature Ben Fogle at 24 Hrs of Moab: Renowned adventure journalist Ben Fogle will be



tackling the 24 Hours of Moab on a Duo Open team while the BBC will be documenting his experience on their new program, Ben's Year of Adventures. This Observational Documentary series will challenge Ben Fogle to test his endurance, abilities and determination in various adventures around the world. Each adventure will be designed to push Ben to the limits. The 24 Hours of Moab has earned a spot on the show alongside crossing the Via Ferrata in Italy, Swimming from Alcatraz to San Francisco in the US, diving beneath a glacier in Iceland and taking on a 1000km car rally in Australia among many other challenges.

**Not All Show:** The show is not all, well, show. Ben and the BBC are particularly keen to place Ben's challenges in a historical or geographical context and promote sustainable adventure in environmentally fragile areas - stressing the importance of conservation and preservation. For Moab and the high-desert ecosystems of the Western U.S., this will provide world-wide education about the nature of fragile crypto-biotic soils and the importance of staying on-trail as a component of the leave-no-trace ethic.



**Airings:** Ben's Year of Adventures will be aired on BBC Worldwide in 2012 and will likely be aired in the U.S. in due time. We'll certainly let you know when it's due to air in the US.

## Outerbike 2011: October 7th-9th

Moab, Utah – Outerbike is a consumer demo event for 2012 road and mountain bikes in Moab, Utah October 7th, 8th and 9th. Exhibitors include: Fox Racing Shox, Ibis, Kona, Pivot, BH, Rocky Mountain, Santa Cruz, Specialized, Trek, Turner, Yeti, Giant, Ellsworth, Unicycle.com, Osprey, Orbea, Cycles Devinci, Niner, Fatback, GT, Deuter, Club Ride, Spot Brand, and more.



In its second year, Outerbike has something for every kind of rider. Cyclists in the market for a new bike will have the unique opportunity to REALLY test ride bikes, back to back, on worldclass trails. For mountain bikers that have never made the Pilgrimage to Moab, Outerbike's \$150 price tag makes it the cheapest way to discover this biking mecca. The total bike geek and lover of all things bicycle related will relish having access to product designers, pro racers, and other industry insiders.

Outerbike promoter, Ashley Korenblat, explains: "Outerbike is a great chance to meet the folks behind the bikes and get to ride on World-class trails. The Moab



BLM has partnered with us and Grand County to create one giant demo site just outside of Moab. And since new exhibitors continue to sign up we have lots and lots of bikes to ride on miles of new trails from easy to technical. "

Registered participants will be able to visit each booth tell them their height, toss over their pedals and take a spin on the Bar M trails right from the exhibit site. And there will also be shuttles to a different trail each day coming and going every 15 minutes. So, checking out Moab's other famous trails will also be possible.



In addition, a brand new paved bike path goes right to the site giving participants great access to road rides into Arches or Canyonlands National Park. Downhill specific shuttles will be running daily.

Participants will receive demos for all 3 days of the event, lunch and Clifbar products, admission to evening parties and films, plus great stuff from exhibiting companies. The Registration fee for the three-day event is \$150. Korenblat adds, "The bike companies work hard to get their new product ready for the Vegas show, but since that show isn't open to the public, only dealers get to ride the new bikes. Now everybody can."

To sign up, go to [www.outerbike.com](http://www.outerbike.com) or call 800-845-2453.

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# FESTIVAL HAPPENINGS

## The North Face and Chile Pepper Bike Shop in Moab, Utah Presents: 6th Annual Moab Ho-Down Mountain Bike Festival & Moab MTB Film Festival October 27, 28, 29 and 30, 2011

Come join us for 4 days of riding and a rockin' good time! Bring your fat tire bike and your dancin' shoes. We have mountain bike films, group shuttles, a townie tour, bike industry vendors with demos and swag, a dirt jump contest, Super D Race and DH race. Oh, and we can't forget the Halloween costume party with lots of great music and dancing. Sound like fun? You bet it will be, so don't miss it!!!

Thursday night, October 27th is the first night for films at Star Hall. We will have a meet and greet at the bike shop from 6:00pm to 7:30pm and then make our way to Star Hall to check out the amateur film submissions. Friday night, October 28th is the Townie Tour and the second night of films at Star Hall. Meet at the Chile Pepper Bike Shop on 2 wheels at 6pm. We will make our way to various stops before heading to Star Hall at 9pm for more film action and to see the U.S. world premiere of Inside Out!

We will have group shuttle pick up at the shop on Friday and Saturday. Check out the amazing views while riding Amasaback trail on Friday the 28th – shuttle on Friday is at 11am. Saturday morning, you can shuttle to Porcupine Rim and LPS trail, one of the locals' favorites – shuttles will start at 8am. Take a later shuttle to catch the DH race and the Super D race.

Get ready to race the Super D and DH race on Saturday the 29th!. The DH race starts at 9am on Amasaback and the Super D race begins at 2:30pm on LPS/Porcupine

Trail. The awards ceremony will be held at Chile Pepper Bike Shop at 5:30pm. Saturday afternoon is also the time to catch the action at the Pumpkin Chuckin' Festival. Watch festival participants launch pumpkins from their homemade contraptions. Venue is located south of town at the old airstrip.

Don't forget to bring your best costume because Saturday night at the Elk's Lodge is our Halloween costume party. Best costume wins an Electra Cruiser! Doors open at 8pm with a \$5 cover at the door. Live music with The Shindaggers from Flagstaff, AZ!

Sunday afternoon, the 30th, from 1pm to 4pm, we will have our dirt jump competition at the dirt jumps on 500 West (for directions to the dirt jumps stop by the shop or call). Can you go BIG? If so, bring your dirt jump worthy bike or your 26" wheeled bike and show our judges what ya' got.

So if riding bikes, racing bikes, jumping bikes, funny films, outrageous costumes and flying pumpkins sounds like a good time to you then Moab is the place to be at the end of October. Come celebrate Halloween and have fun Moab style!

You ask what's a Ho-Down? It's short for Hootenanny. What's a Hootenanny? We don't know, but it sure sounds like fun!

To register for the festival or to register to race please visit: [www.moabhodown.com](http://www.moabhodown.com) or call Chile Pepper Bike Shop at 435-259-4688 for information.



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## The Ninth Annual Moab Folk Festival: A tradition of big names performing up close.

A nine-year tradition and fall destination for hundreds of music fans returns Nov. 4-6, 2011, to the unique setting of Moab, in scenic southeastern Utah.

The attraction? The Moab Folk Festival, three days of music, art, education and workshops set in the heart of some of the world's most spectacular scenery.

The many performances showcase top artists in intimate, up-close venues that engage audiences in a way not to be found in larger auditoriums and arenas.

"We offer stadium-quality artists in a setting akin to house-concert performances," says Melissa Schmaedick, the festival's founder and director. "Big-show talent in a private-show venue."

The scenic setting—with both Arches and Canyonlands national parks nearby—coupled with an array of folk art, music workshops and jam sessions, makes for a unique informality between the performers and their audiences.

"It's not unusual to be sitting near someone at one of the performances and suddenly realizing that person was performing onstage the night before," Schmaedick says.

Top artists? This year, the festival welcomes singer-songwriters Karla Bonoff and Michael Martin Murphey as its star attractions.

Bonoff made her reputation as a songwriter for such artists as Linda Ronstadt, Bonnie Raitt and Wynonna Judd. She broke out as a performer with the release of her first album in 1977. Six more albums have followed in the ensuing years, with a two-CD live set released in 2007. Bonoff will be appearing in Moab with guitarist/producer Nina Gerber, an accomplished session musician who has played with dozens of artists both in the studio and in concert. Gerber can be heard on Bonoff's 2007 live album.

Murphey's career spans four decades and has landed him in the Western Music Hall of Fame. As a performer, he has had 30 songs on the country charts in his career, including four at No. 1, starting with "Wildfire" in 1975. As a songwriter, he has penned hits for such artists as John Denver, Kenny Rogers, Lyle Lovett and Bobbie Gentry.

The playlist doesn't stop there. Festival director Melissa Schmaedick and the Moab Folk Festival Board have assembled a lineup that also includes: Cheryl Wheeler Ferron, Steve Forbert, Peter Mulvey, Karen Savoca with Pete Heitzman, Red Rock Rondo, Kate MacLeod, Antje Duvokot, Boris McCutcheon and the Salt Licks, Alicia McGovern, Waiting on Trial.

"We feel that, while signing the latest and greatest 'up and comer' can be good and is usually really fun, there is a reverence among dedicated folk music enthusiasts to honor and cherish the performers who have been instrumental in the renaissance and revolution of folk music that started in the 60's and continued through the 70s and early 80s," says Schmaedick.



Since its debut in 2003 the Moab Folk Festival has embraced a definition of "folk" music that reaches beyond traditional boundaries. The festival's eclectic mix has attracted Bluegrass, indie folk-rock, folk-fringe punk, celtic-folk and modern acoustic artists with past performances by Bruce Cockburn, Eileen Ivers, Tony Furtado, Tish Hinojosa, Laura Love, David Olney, Tim O'Brien, Chris Smither, Eliza Gilkyson, James Keeleghan, Loudon Wainwright III, Patty Larkin and Christine Lavin have given the festival a reputation as one of the country's best showcases.

The Moab Folk Festival has had a community spirit from the beginning. Its education programs are aimed at all ages and it's not unusual to see performers taking part in music workshops, free community concerts and jam sessions free to the public.

This year's workshop performers include: Hal Cannon, Penny Nichols, Phillip Bimstein, Alisa Fineman.

The festival's host city was designated the first EPA Green Power Community in the nation, and the festival is a "100% renewable energy" festival, using wind energy supplied by Rocky Mountain Power's Blue Sky Program to offset all the fuel emissions used to bring the musicians here, as well as to supply power for the festival venues.

For ticket and general festival information call the Moab Folk Festival office at 435-259-3198, email us at [info@moabfolkfestival.com](mailto:info@moabfolkfestival.com), or visit online at [www.moabfolkfestival.com](http://www.moabfolkfestival.com) and be sure to mention you read about it in Moab happenings.

Moab Folk Festival photos by Bill Godschaik

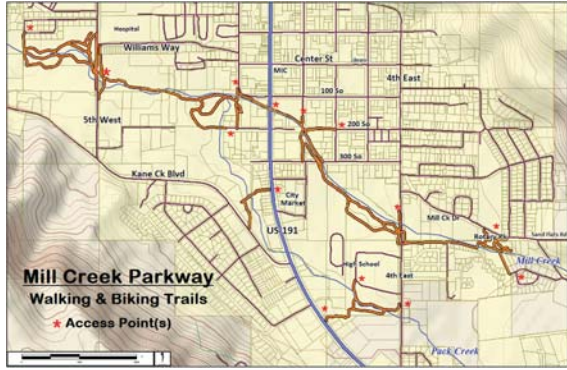


# TRAIL HAPPENINGS

## Mill Creek Parkway

by Sara Melnicoff

Mill Creek Parkway, which winds through the center of Moab, provides joy and adventure for visitors and residents alike. The Parkway follows Mill Creek, and in one small area, Pack Creek, as these streams make their way down from the mountains through town and into the Colorado River. The best way to get to know the parkway is simply to explore it either by slowly riding a bike, walking or even roller blading. Pick an entrance (see adjoining map) or just go down the steps from Main Street and see where it takes you. It could be to Rotary Park on the east end, with its welcoming shade, sheltered picnic areas, playground equipment and large scale outdoor musical instruments. Or you



might end up on the rustic path between 100 West and 500 West, where the sounds of the water flowing over rocks and around bends, blended with bird songs and leaves whispering in the

wind, conspire to make you forget you are in a city. The Museum of Moab added even more interest to the parkway by creating an outdoor museum with its collection of antique mining and farming equipment. There are interesting items at points along the trail along with interpretive text to help you figure out just what that big contraption is. You might see ore cars, "one-man muckers," threshers, or other vintage equipment.

Local residents use the trail system for shortcuts to work or on evening walks, for shady jogging or family bicycle or stroller outings. Benches

situated on the banks of the creek provide a quiet respite from the desert sun. On the banks of Mill Creek, it's easy to forget that the red rock walls of Moab can register 100 degrees, since it is green and shady all the time.



The Parkway has been a true community effort with a variety of organizations and individuals contributing time, money and work. Much of the planning came about as a result of needing to upgrade the flood control along Mill Creek. Visions for the parkway

began as long ago as 1968 and it is a lovely addition to downtown Moab and neighboring residential areas. June 4, 1999, marked the dedication of the first mile of parkway. Constantly growing and changing, the original one mile of parkway is now over 5 miles (including spur trails). To learn more about the formation of the parkway, please google "mill creek parkway moab".

Keeping this Parkway clean of storm debris and wandering pieces of paper could be a full time job, however "Friends of the Parkway" exists for that very purpose. Many groups and individuals have adopted small sections of the parkway. Trash cans and recycle bins are located along the parkway and make clean up a snap. There are signs at various points along the parkway listing some of these adoptees and explaining the Friends of the Parkway program. This program was begun by The Solutions of Moab, a group of dedicated volunteers who remove litter (including recyclable trash) from the streams, the trails, and along the roadsides of this beautiful region.



About the author: Sara Melnicoff is an active member of Trail Mix and the founder of both Solutions of Moab and the Friends of the Parkway. Sara is passionate about protecting the earth and treading lightly and is involved in numerous restoration and clean up projects. She has organized a recycle program at the high school and at various businesses. Sara also has encouraged the homeless in Moab to participate in a Partners Program to help with various "green" projects. If you are interested in more ideas on recycling, earth protection, and opportunities and concerns about the homeless contact Sara at [www.moab-solutions.org](http://www.moab-solutions.org) or call 259-0910



**Trail Mix** is an advisory committee to Grand County in the development and maintenance of non-motorized trails. The committee represents non-motorized users including bikers, hikers, equestrians, and skiers. Many government agencies and private citizens make up the "mix" that makes this group work so well. Come join us on the 2nd Tues. of each month from 12-2 at the Grand Center (500W. 182 N.). Everyone is welcome. Contact Sandy Freethy 259-0253 or find us online at [www.grandcountyutah.net/trailmix/](http://www.grandcountyutah.net/trailmix/). You may also reach us at [moabtrailmixinfo@gmail.com](mailto:moabtrailmixinfo@gmail.com).



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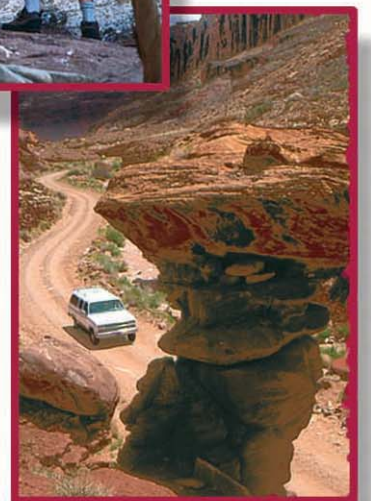
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# HEALTHY HAPPENINGS

## BREAST CANCER AWARENESS MONTH

Moab Regional Hospital is celebrating National Breast Cancer Awareness Month. Breast cancer is the second most common cancer in American women next to lung cancer. Although men can develop breast cancer this article is targeted towards early detection in women. Women have a one in eight chance of developing breast cancer in their lifetime. Death rates from breast cancer have been declining since about 1990. This decrease is believed to be the result of earlier detection through screening exams, increased awareness, and improved treatments. At this time there are over 2.5 million breast cancer survivors in the United States.



Women at high risk should talk with their health care professional to decide if earlier testing and/or further testing such as a breast MRI should become part of their routine screening exams.

Moab Regional Hospital has improved their services in the fight against breast cancer, to include installation of a new digital mammography unit with computer aided detection. Along with experienced oncologists, plastic surgeon, and general surgeon for treating patients close



There are some factors that can put a woman at a higher risk of developing breast cancer. Having a risk factor, or even several does not mean that you will get the disease. Many women with risk factors never develop breast cancer, while many of the women diagnosed with the disease have no risk factors other than being female. Over 85% of women diagnosed with breast cancer have no family history of the disease. Some risk factors for breast cancer include; being female, over the age of 55, genetics, a personal history of breast cancer, ethnicity, and dense breast tissue. Some risk factors that are lifestyle related include; women who have had no children or their first child after the age of thirty, hormone therapy, alcohol use, and obesity.

There is no sure way to prevent breast cancer. The most important thing a woman can do to defend herself against breast cancer is follow early detection guidelines. The American Cancer Society recommends:

Women age 40 and older should have a screening mammogram every year and should continue to do so for as long as they are in good health.

Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a periodic (regular) health exam by a health professional, at least every 3 years. After age 40, women should have a breast exam by a health professional every year.

Breast self exam (BSE) is an option for women starting in their 20s. Women should be told about the benefits and limitations of BSE. Women should report any breast changes to their health professional right away.



to home after diagnosis. For a mammogram appointment call 719-3690. The Utah Cancer Control Program offers cancer screening exams, including mammograms at little or no cost to qualifying individuals through the state health department. For the health department in Moab call 259-5602.

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# HEALTHY HAPPENINGS

## GRAND COUNTY WELNESS CENTER



"Everybody kept telling me I needed to see 'that hormone doctor' in Moab. I'm sure glad I did. Finally I've found a doctor who cares enough to listen to me and figure out what is going wrong instead of just prescribing an antidepressant that I don't need." Men and women from all over Utah—as well as from New Mexico, Colorado, Montana, and even Alaska—echo this statement as they meet with staff in the Grand County Wellness Center. Although patients are initially drawn here in search of a sensible and effective approach to the hormonal imbalances that plague much of our population, young and older alike, many come to discover that there is a lot more to the Wellness Center than bio-identical hormone replacement. In fact, some learn—to their surprise—that sex hormone deficiencies are not their problem after all, or at least not their main problem.

Although Dr. Andrew was trained in the traditional Western medical approach to disease, and continues to use that training in the everyday practice of family medicine, it became clear to him early on in practice that something was lacking. "Every time we go to the doctor, we are conditioned to expect to receive a drug—or undergo surgery—for each symptom that ails us. It's no wonder we are getting sicker as a people and bankrupting our health care system. I believe there is a role for drugs. I prescribe them every day. However, every drug has its side effects and long-term complications, many of which are unknown. Who would have thought a few years ago that the most common cholesterol drugs would contribute to diabetes, depression, hormone deficiencies, and heart failure? These facts are not taught in medical school and the drug companies would rather us not think about them as we dutifully fill our expensive prescriptions every month for the rest of our lives. Making matters worse, an alarming number of Americans are taking 5, 10, or even 15 prescription drugs a month, often at a cost of over \$100 a piece. If the multiple side effects and drug interactions don't kill us, the gutting of our life savings will."

Rather than merely "manage" (i.e. perpetuate) disease, Dr. Andrew decided to focus on helping patients enhance their health and prevent disease. As a result of this decision, he regularly attends conferences and lectures by national experts in all areas of medicine. The emphasis of this advanced training is to help patients return, as much as possible, to optimal health. Sometimes this requires the use of certain drugs, at least temporarily. In other circumstances it involves vitamins, minerals, herbs, or hormones, alone or in combination. At the same time, Dr. Andrew is quick to point out that many of the illnesses from which we suffer stem from things that we do to ourselves. Lifestyle, environment, and attitude are inseparably connected with our health. Unfortunately, no combination of drugs can overcome the effects of some of the poisons we put in and on our bodies, some knowingly and others unknowingly.

What gratifies Dr. Andrew most is being able to help patients return to health and wellness by removing from the body things that don't belong there and putting back things that do. "It's exciting to me when I can treat in a matter of weeks or months a myriad of symptoms for which only 10 years ago I would have written 5 or more potentially lifelong prescriptions. It's a lot of work for doctor and patient alike, but many agree it is more than worth it. We're



going through a huge culture shift right now. Just as some people will never embrace computers, some would rather not take the active role in their health that is required for wellness. Fortunately, ever-increasing numbers of people are becoming more educated about their health and are no longer satisfied with statements like 'It's all in your head,' 'You're just getting older,' and 'You just need to eat less and exercise more.'" For the first time, many patients are realizing they have options. Thanks to the recent addition of Physician

Assistant Keely Fitzgerald, the Wellness Center and the Family Practice office are able to accommodate more of both types of patients than ever.



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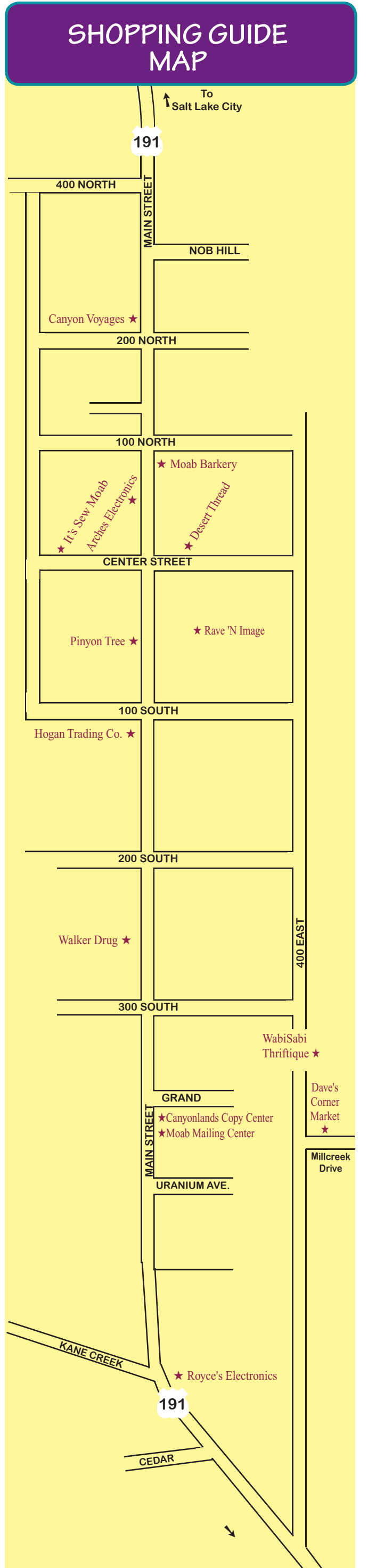


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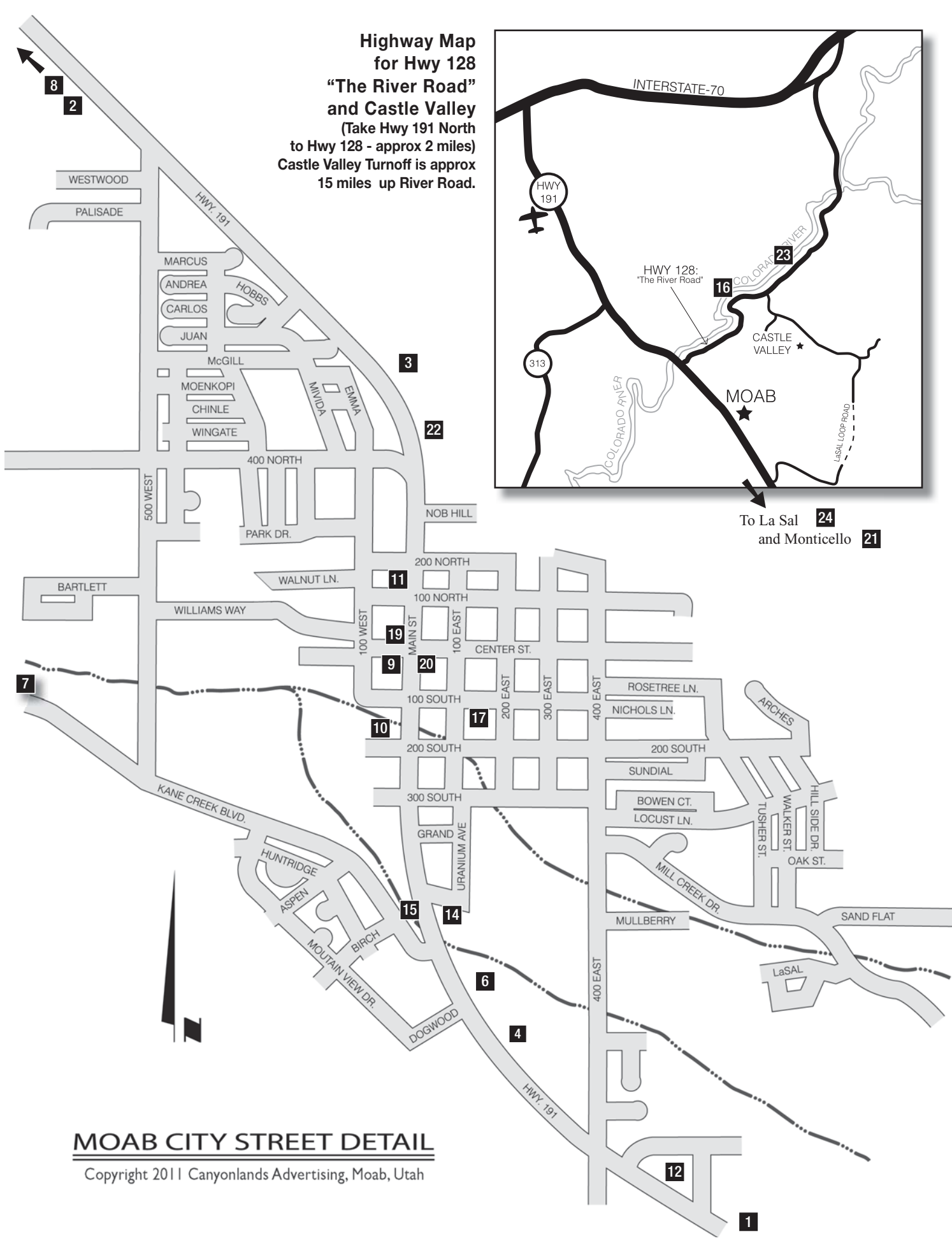
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**23**

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8.	Aarchway Inn	435-259-2599	www.aarchwayinn.com
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22.	Days Inn	435-259-4468	www.daysinn.com
23.	Sorrel River Ranch Resort and Spa	435-259-4642	www.sorrelriver.com
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**18**

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**17**



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**16**

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**14**

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**15**

# 4 X 4 HAPPENINGS

## Moab Cowboy Country Off-Road Adventure

by Shon Walter of the Moab Tourism Center

Cowboy up and RIDE the famous Hell's Revenge Trail!

Howdy City Slickers... ya think you're tough enough for the most sought out trail in the United States? The wranglers from Moab Cowboy Country Off-Road Adventures invite you to explore the famous Hell's Revenge Trail. These cowboys know where to go, and most importantly...they know where not to go—like the extreme 4x4 obstacles found on the Hell's Revenge trail called "Tip Over Challenge," "The Escalator," "The Hot Tubs," and "Hell's Gate."

The Hell's Revenge trail is located a little over a mile northeast of Moab on Sand Flats Road. The trail features breathtaking scenery of the Colorado River gorge, vast expanses of slick rock, and stunning views of the La Sal Mountains. Many people compare this trail to a slow moving roller coaster, as much of the terrain is rolling mountains of rock.



is a side-by-side UTV vehicle that dominates the trail with razor sharp performance. When you drive, you can bring along your family or friends in your vehicle and switch drivers at different points on the trail. Drivers must be at least 21 yrs. of age and have a valid drivers license. You can drive either a Polaris RZR5 (fits 2 friends or family members) or a Polaris RZR4 (fits up to 4 friends or family members.) The cost is only \$79 for adults and \$49 for youth 16 and younger. For a limited time mention this article and receive a \$5.00 discount for each person. On the trail you will have the self confidence of knowing you are with an experienced guide from Moab Cowboy Country Off-Road Adventures. These wranglers give out good information, too, like local history and colorful tales of the Moab area, and even a little bit of cowboy wisdom—like if you find yourself in a hole—stop digging, or if you see a cow patty on



Are you ready for the adventure of a lifetime? Yippee Ki Yay—Go the cowboy way. You can mount up at the Moab Tourism Center. Let's ride partner! For more information, or to make a reservation call the Moab Tourism Center at 435.259.0959 or call Moab Cowboy Country Off-Road Adventures at 435.260.0746. Visit us online at www.MoabTourismCenter.com.



Your 4x4 adventure will begin at the Moab Tourism Center. The Moab Tourism Center is a full service activity booking agency, where you can reserve all of your favorite Moab activities...all in one spot! The Moab Tourism Center can be found downtown, just south of the City Market grocery store. Now once you arrive at the Moab Tourism Center, you will have the opportunity to make a very important decision. Will you drive, or will you have the guide drive you? You can either ride along with the guide, or you can drive and tag along behind the guide. The wranglers from Moab Cowboy Country Off-road Adventures can saddle you up in a Polaris Razor. A Razor



a hot day—don't kick it! Kent Green is their lead wrangler, with over 20 years of experience as a Grand County Deputy Sheriff and Search and Rescue Commander.



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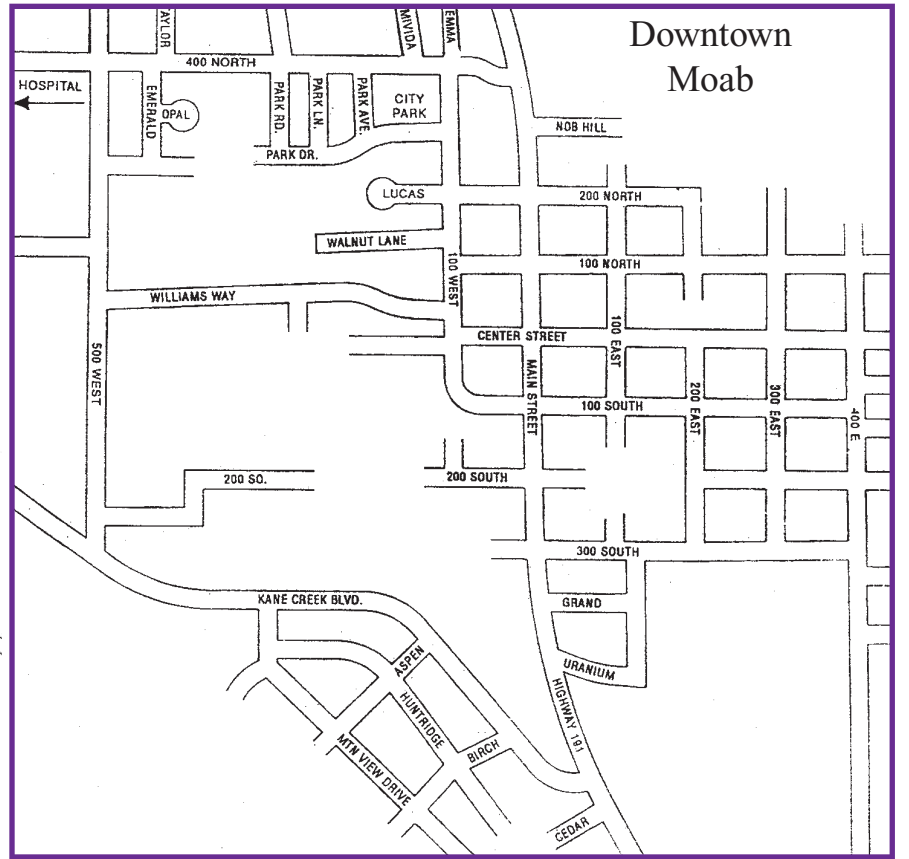
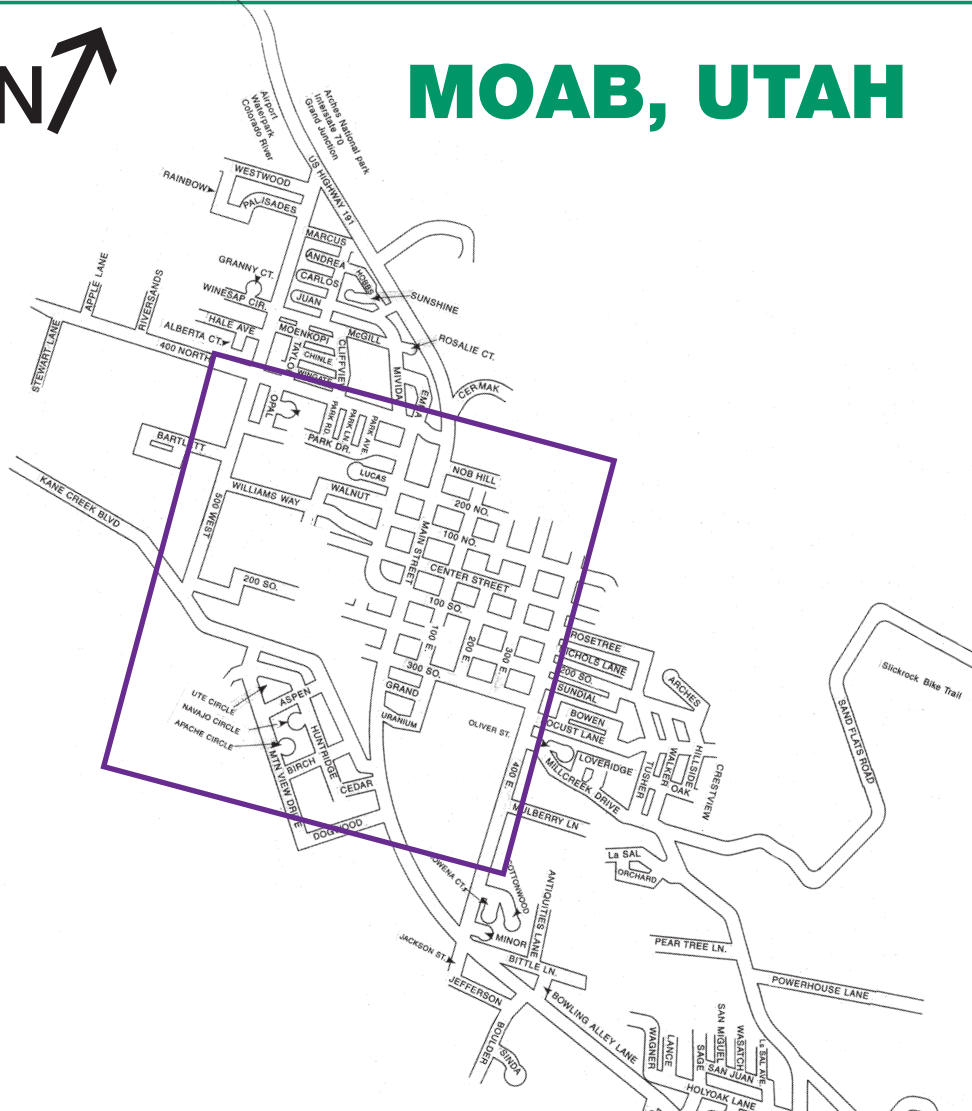
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# MOAB, UTAH



## MOAB, UTAH AVERAGE TEMPERATURE & RAINFALL

MONTH	HIGH/LOW	RAINFALL
JANUARY	49.6/18.0	0.53
FEBRUARY	50.4/25.5	0.62
MARCH	60.2/34.2	0.71
APRIL	72.5/41.9	0.79
MAY	82.4/50.1	0.57
JUNE	92.0/57.5	0.45
JULY	99.0/64.1	0.49
AUGUST	95.3/62.8	0.87
SEPTEMBER	87.1/52.8	0.83
OCTOBER	73.8/40.8	1.16
NOVEMBER	56.0/30.6	0.60
DECEMBER	45.1/21.4	0.64



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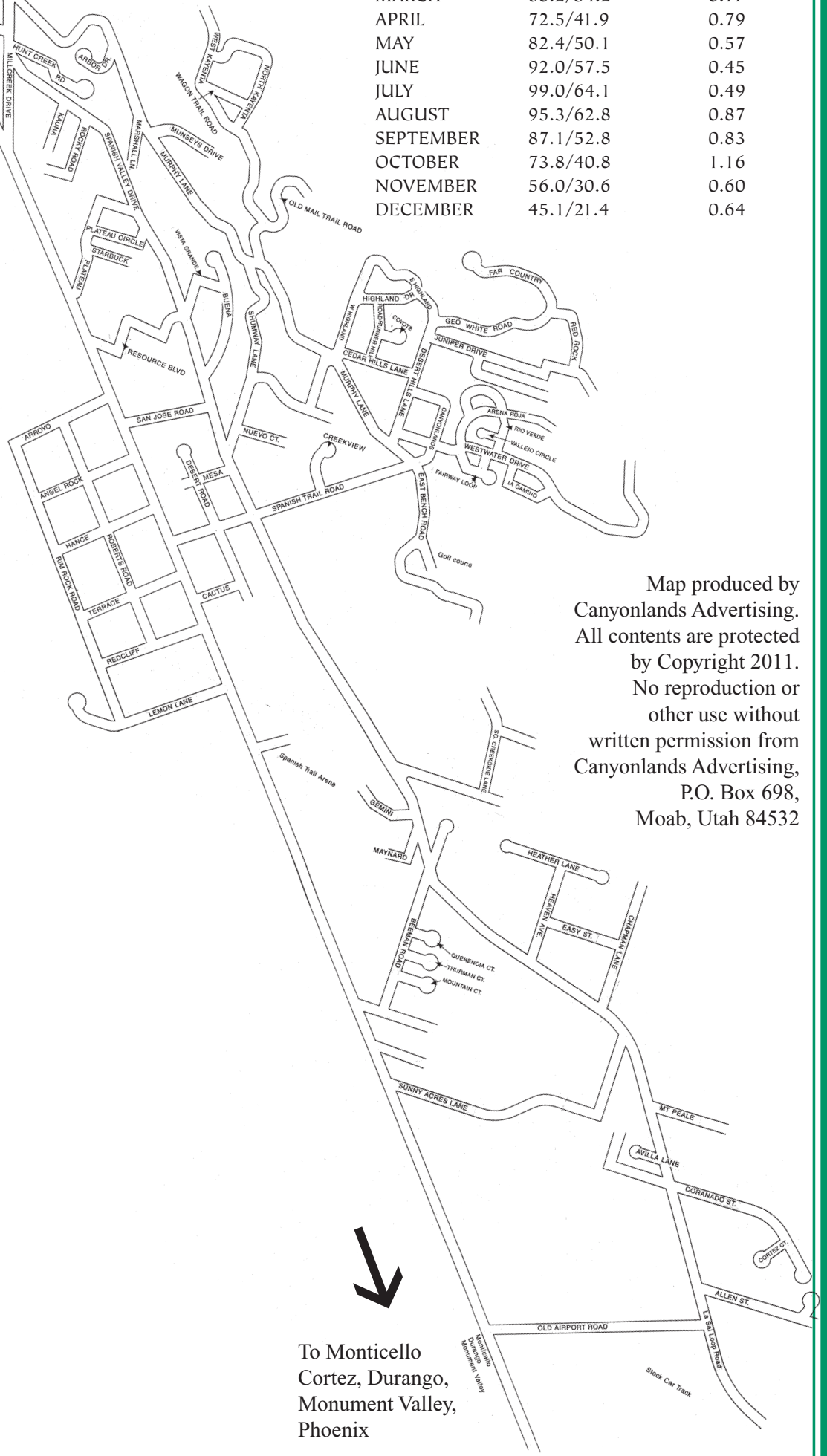
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## Moab Church Services Directory

- |  |          |
|--|----------|
| Assembly of God • 1202 South Boulder Avenue  | 259-7747 |
| Church of Jesus Christ of Latter-Day Saints<br>First & Second Wards • 475 West 400 North | 259-5566 |
| Third, Fourth & Fifth Wards • 701 Locust Lane  | 259-5567 |
| Community Church • 544 MiVida Drive  | 259-7319 |
| Episcopal Church of St. Francis<br>250 South Kane Creek Blvd                             | 259-5831 |
| First Baptist Church SBC • 420 MiVida Drive  | 259-7310 |
| Four Corners Faith & Worship Ministries  | 259-0041 |
| Friends in Christ Free Lutheran Church<br>1240 South Highway 191                         | 259-4378 |
| Grace Lutheran Church<br>360 West 400 North  | 259-5017 |
| Kingdom Hall of Jehovah's Witnesses<br>25 West Dogwood                                   | 259-7363 |
| Moab Baptist Church • 356 West Kane Creek Blvd.  | 259-8481 |
| Quaker Worship Group • 81 North 300 East   | 259-8178 |
| River of Life Christian Fellowship<br>2651 East Arroyo Rd.                               | 259-8308 |
| St. Pius X Catholic Church • 122 West 400 North  | 259-5211 |
| Seventh Day Adventist<br>4581 Spanish Valley Drive                                       | 259-5545 |
| The Church of Christ • 456 Emma Boulevard  | 259-6690 |



To Monticello  
Cortez, Durango,  
Monument Valley,  
Phoenix

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# MOAB RIVER RENDEZ-VOUS

## Conservation and River History highlight the 3rd Annual River Rendezvous

Plateau Restorations' 3rd Annual River Rendezvous is scheduled for November 11-13, 2011 at Star Hall and the Moab Arts and Recreation Center in downtown Moab. This years' line up of speakers offers a balanced agenda of conservation, river history and science based topics.

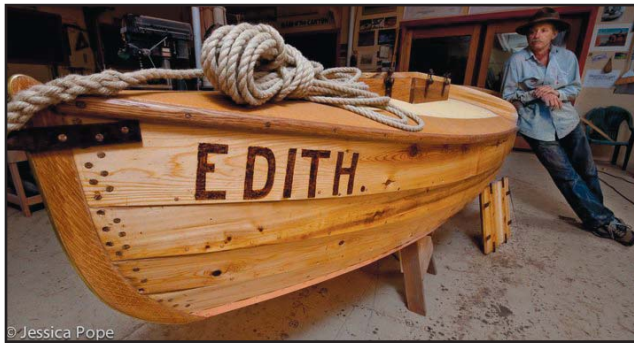
The event begins on Friday morning, November 11th with a service project near the Potash boat ramp. Participants will remove non-native species, transplant, install fencing and seed part of a 65-acre restoration site. At lunch, Wright Robinson, a local biologist with the Grand County Weed Department will present an update on the Tamarisk Beetle project and staff from Plateau Restoration will share information on their post Tamarisk removal revegetation efforts. This part of the event is open to everyone, not just Rendezvous registrants.

On Friday evening, historian, Roy Webb will host the annual River History Film Festival at Star Hall. Roy will again show numerous films that are often unseen by the general public and provide his always insightful background information and stories.

The Rendezvous' Big Saturday will be held at The Moab Arts and Recreation Center and offer a full day of outstanding science-based presentations. Dinosaur National Monument Biologist, Tamara Naumann, will share her 15 years of efforts to control non-native species with the Monument and her highly successful Weed Warrior program. Bill Bates of the Utah Division of Wildlife Resources will share his history of restoring native wildlife and former BLM Recreation manager of Desolation Canyon, Dennis Willis, will present a 30 year retrospective



of change on the Green River. A two-hour break follows with door prizes and lunch and ample opportunity for book signings, to visit with speakers, check out vendor booths and enjoy meeting new and old friends. The afternoon sessions offer geology Professor Robert Fillmore and his overview of the origin of the Needles, Cataract Canyon, and Meander Anticline in Canyonlands National Park, followed by author Jim Aton and "12,000 years on the San Juan River". Jerry Spangler, an expert on Tavaputs Plateau and Nine-Mile Canyon archeology will finish the day sessions with a presentation on his work.



After a dinner break our keynote speaker is river guide and author, Brad Dimock at Star Hall. Brad will be bringing his hand made replica boat, the Edith, a recreation of the Kolb brothers' boat of the early 1900's. The brothers were well-known early Grand Canyon photographers who operated from their studio of the South Rim. Brad's presentation is a Centennial celebration of the Kolbs' historic trip down the Grand Canyon. He is a high-energy speaker with tales galore and someone you do not want to miss.

The Rendezvous finishes on Sunday with a full day in the field with local geologist Tamsin McCormick and ecologist Tim Graham as we explore the areas along Highway 313 and in Dead Horse Point State Park.

day in the field with local geologist Tamsin McCormick and ecologist Tim Graham as we explore the areas along Highway 313 and in Dead Horse Point State Park.



For more information or to register go to [www.moabriverrendezvous.com](http://www.moabriverrendezvous.com) or call Plateau Restoration at 435.259.7733 / 866.202.1847 and be sure to mention you read about it in Moab happenings.



# MOAB CLUBS & ORGANIZATIONS

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

AARP, Chapter 1539 .....	259-6396	Moab Duplicate Bridge Club (Gail Darcey) .....	259-1733
Alcoholics Anonymous/Alanon .....	259-7556	Moab Friends For Wheelin' (Jeff Stevens) .....	259-6119
Alpha Rho Sorority (Bobbie Long).....	259-6758	Moab Garden Club (Tricia Scott).....	259-6342
American Legion Post (Bill Smith).....	259-3470	Moab Half Marathon (Ranna Bieschke) .....	259-4525
Arches Adult Education (Trish Hedin) .....	259-2293	Moab Horse Racing Association (Chuck Henderson) .....	259-4111
Arches New Hope Pregnancy Center (Debbie Nelson) .....	259-LIFE (5433)	Moab Horse Show Association (Tosha Audenried) .....	260-9252
BEACON (Stephanie Dahlstrom) .....	260-1143	Moab Lodging Association (Britnie Ellis).....	259-6171
Boy Scouts of America (Kent Dalton) .....	259-6521	Moab Masonic Lodge #30 .....	www.moabmasons.org ... 260-9169
Canyonlands Field Institute (Karla Vander Zanden) .....	259-7750	Moab Music Festival (Andrew Yarosh).....	259-7003
Canyonlands Film Society (Becky Thomas) .....	259-2286	Moab Poets & Writers (Marcia Hafner) .....	259-6197
Canyonlands Rodeo Club (Kirk Pearson).....	260-2222	Moab Points & Pebbles Club (Jerry Hansen).....	259-3393
Canyonlands Wildlife Federation (Dave Bierschied) .....	259-8217	Moab Quarter Horse Assoc. (Kathy Wilson).....	259-8240
Center for Water Advocacy (Harold Shepherd).....	259-5640	Moab Rod Benders (Jim Mattingly).....	259-5858
Daughters of Utah Pioneers (Hallie Tibbetts).....	259-5225	Moab Ropers Club (Terry Lance).....	259-9972
Deadhorse Motorcycle Club (Terry Flynn).....	259-3878	Moab Sportsmen's Club (Frank Darcey).....	259-2222
Delicate Stitchers Quilt Guild (Shauna Dickerson) .....	259-0906	Moab Taiko (Stephanie Dahlstrom) .....	259-2264
Elks Lodge #2021 (Dan Stott) .....	259-7334	Moab Teen Center-Club Red .....	259-9991
Fallen Arches Square Dancers (Bob & Flora Erickson).....	259-2724	Moab Trails Alliance (Kimberly Schappert) .....	260-8197
Friends of Indian Creek (Emma Medara) .....	259-3586	Moab Valley Multicultural Center (Nicole Shelnut or Leticia Bentley).....	259-5444
Friends Of the Grand County Library (Adrea Lund).....	259-1111	Mutual UFO Network (Elaine Douglass).....	259-5967
Grand County Public Library.....	259-5421	Order of the Eastern Star (Fran Townsend).....	259-6469
Girl Scouts of The U.S.A. (Cynthia Williams) .....	259-6683	Parent Teacher Association (Tiffany Saunders).....	259-5830
Grand Area Mentoring (Dan McNeil) .....	260-9645	Plateau Restoration/Conservation Adventures (Tamsin McCormick) .....	259-7733
Grand County Democratic Party (Mike Binyon).....	259-1633	Red Rock Astronomers.....	259-4743
Grand County 4-H (Marion Holyoak).....	259-7558	Red Rock Forests .....	259-5640
Grand County Extension (Michael Johnson).....	259-7558	Red Rock 4-Wheelers (Ber Knight) .....	259-7625
Grand County Food Bank .....	259-6456	Retired Senior Volunteer Program RSVP (Jody Ellis) .....	259-1302
Grand County Hospice (Tracey Harris) .....	259-7191	Rotary Club (Kyle Bailey).....	259-6879
Grand County Prevent Child Abuse .....	260-1039	Seekhaven Crisis Center (Jaylyn Hawks).....	259-2229
Humane Society of Moab Valley .....	Animal Services 259-4862	Senior Center (Verleen Striblen) .....	259-6623
Ladies Golf Club (Chris Corwin).....	259-5344	Sierra Club (Mike Stringham).....	259-8579
League of Women Voters (Cynthia Smith) .....	259-5306	Solutions (Sara Melnicoff) .....	www.moab-solutions.org ... 259-0910
Lion's Club (Tom Warren).....	259-7834	Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
Moab Aglow Lighthouse Fellowship (Murine Gray).....	259-5514	Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
Moab Arts Council (Bruce Hucko) .....	259-4176	Southern Utah Wilderness Alliance (Liz Thomas).....	259-5440
Moab Arts Festival (Theresa King) .....	259-2742	Toastmasters International .....	259-5767
Moab Arts & Recreation Center .....	259-6272	Trail Mix Committee (Sandy Freethey).....	259-0253
Moab Bird Club (Nick Eason).....	259-6447	Valley Voices (Marian Eason).....	259-6447
Moab Chamber of Commerce (Kammy Wells) .....	259-7814	Veterans of Foreign Wars (Matt Keogh).....	260-9822
Moab City Recreation (John Geiger) .....	259-2255	WabiSabi (Jeff Cohen).....	www.wabisabimoab.org ... 259-3313
Moab Community Theater (Kaki Hunter).....	259-8378	Word Watchers (Nancy Kurtz).....	259-0734
Moab Country Club (Rob Jones).....	259-6488	Youth Garden Project (Jen Sadoff) .....	259-BEAN (2326)

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

# HISTORIC HAPPENINGS

## Actor John Wayne Collectibles For Sale

by Vicki Barker

Out of the vault and into the market, nearly 750 items once belonging to actor John Wayne are now up for view and for sale.

John Wayne Enterprises is offering film memorabilia and personal items from the family's collection during live auctions Oct. 3-6 in Los Angeles. Special public previews of available items spanning the 60-year acting career of The Duke took place last month in California and New York, and now can be seen online.

Auction items include Waynes Best Actor Golden Globe award, for his 1969 portrayal of Rooster Cogburn in *True Grit*. The signature eye patch he wore in the movie is also up for sale, along with the cowboy hat he wore in the 1975 sequel, *Rooster Cogburn*. Notably, a re-make of *True Grit*, with Jeff Bridges portraying the hard-drinking U.S. Marshall Cogburn, is stirring memories of John Wayne.

The first-ever single-owner auction of The Duke's personal collection will also offer some of his personal correspondence with U.S. presidents, more than 50 film

scripts with handwritten notations, a Stetson cowboy hat he wore in the 1953 film *Hondo*, a costume he wore in the 1949 film *Sands of Iwo Jima*, Wayne's American Express card, driver's license, and more.

Wayne's youngest son, Ethan, 49, selected the items for auction. Ethan is from John Wayne's third marriage and was named after a character in director John Ford's 1956 western, *The Searchers*, filmed in Monument Valley.

A percentage of proceeds from the auction will benefit the John Wayne Cancer Foundation. Sold items will include certificates of authenticity from Heritage Enterprises. Pre-sale prices range from \$100 to \$50,000.

Cancer took Wayne's life 32 years ago, a few years after he'd been in Utah filming near Kanab. A co-star, Susan Hayward, also later died of cancer.

The silver-screen icon of western movies, John Wayne and often other members of his family walked Moab's streets free of hassle from papparazi and autograph-seekers, making friends with many local residents during local

filming that boosted the economy in the 1940s, 50s and 60s.

The room where he stayed a number of times at The Apache Motel is named and maintained much as it looked when he visited, and the lobby has photographs of action scenes from films he starred in locally. A life-size cut-out of The Duke dominates an exhibit that also includes movie scenes at Grand County's Western Heritage and Film Museum at the Red Cliffs Resort on Highway 128.

Wayne died at age 72 in 1979 but remains an internationally popular image of the all-American rough-and-tumble individualist with high moral standards. He served in the U.S. military and played heroic roles in a number of early-cavalry and army films. He was in 170 films and holds the record for the most leading roles by an actor, at 142.

Wayne's first credited screen role was in a 1929 musical comedy, *Words and Music*. His last role was in *The Shootist*, filmed in 1976.

In 1939, director John Ford cast Wayne in a role that set the mold for the cowboy-gunfighter in *Stagecoach*, a masterwork that revived and elevated the western genre to a new level of popularity. Filmed in Monument Valley, the movie launched The Duke to superstardom as The Ringo Kid, a boyish gunfighter who tries to charm a sheriff from returning him to jail after a stagecoach journey through hostile territory.

Many residents of Moab and other rural Utah towns -- including native Americans recruited from the Navajo Reservation -- won bit parts and or served as extras in later John Wayne films: 1948's *Fort Apache*, 1949's *She Wore A Yellow Ribbon*, 1950's *Rio Grande*, 1956's *The Searchers*, 1959's *Rio Bravo*, 1961's *The Comancheros*, and 1963's *The Greatest Story Ever Told*.

Following their father's death, Wayne's children established Wayne Enterprises to preserve and protect through trademarks and control of market infringements the images, name and likeness of their father. Ethan Wayne is manager of Wayne Enterprises, which helps fund the John Wayne Cancer Institute and affiliate St. John's Health Center in Santa Monica, Calif.

*Editor's Note: Sources for this story and art included Where God Put the West: Movie-Making in the Desert (author Bette L. Stanton, 1994), Cowboys & Indians magazine (July 2009), The Dallas Observer (September 2011), American Profile magazine (Aug. 28-Sept. 5, 2011), (September 2011), and personal collection of the writer.*



Western film icon John Wayne is a favorite subject of all kinds of artists at any age.  
photo by Vicki Barker

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Depart	Moab	7:00 am	Depart	Moab	3:00 pm
Arrive	Green River	7:45 am	Arrive	Green River	3:45 pm
Depart	Green River	7:50 am	Depart	Green River	3:50 pm
Arrive	Grand Junction	9:30 am	Arrive	Grand Junction	5:30 pm
Depart	Grand Junction	10:00 am	Depart	Grand Junction	6:00 pm
Arrive	Green River	11:30 am	Arrive	Green River	7:30 pm
Depart	Green River	11:35 am	Depart	Green River	7:35 pm
Arrive	Moab	12:15 pm	Arrive	Moab	8:15 pm

## Salt Lake City

City	South	North
SLC Airport	2:00 pm	2:00 pm
SLC	2:15 pm	1:30 pm
Provo	3:15 pm	12:30 pm
Price	4:45 pm	11:00 am
Green River	5:45 pm	10:30 am
Moab	6:45 pm	9:30 am
Monticello	7:45 pm	8:30 am
Blanding	8:00 pm	7:30 am
Bluff	8:30 pm	7:00 am
	End	Start

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# AROUND MOAB HAPPENINGS

## Plein Air Painting – PleinAir Moab

by Sandi Snead

During the past decade, plein air art festivals, which focus on work created outside in natural light, have sprung up across the country. Moab is fortunate to have its very own PleinAir Moab Festival, now in its second year.

Originally, plein air painting was launched by French Impressionists in the late 1870's. The list of original plein air painters reads like a who's who of great 19th century-early 20th century European painters: Degas, Gauguin, Manet, Monet, Renoir and VanGogh. In America, plein air painting blossomed in response to the Industrial age with impressionists like Winslow Homer and Childe Hassam, who developed a distinctly American style of plein air painting that remained popular until the late 1920's when modernism came into vogue. California led the country's early 20th century plein air movement and is responsible for its revival in the late 1990's.



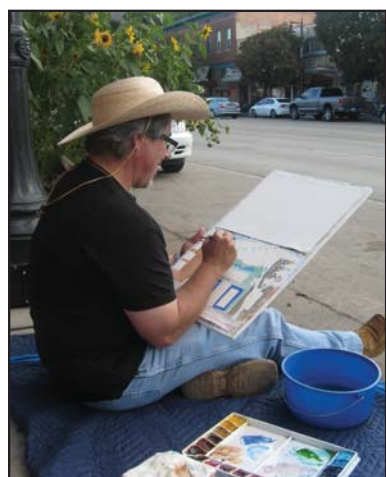
To make plein air painting even better, PleinAir Moab takes place in October with autumn's dramatic palette.

As an artist myself, I find plein air painting a sensory experience. I love to smell the field of flowers that I am painting, to hear the aspens quaking as I feel the mountain's breeze across my face, to absorb the dry and dusty heat of the desert sun. It is a visceral experience, and I try to translate that atmosphere to the canvas. Although not quite as romantic, I also enjoy painting the streets of Moab. I like the cars rumbling down Main St and the smell of food in the air. Even more, I love sharing my experiences with on-lookers.

There is an inexplicable energy around an easel, and people love watching an artist's interpretation of what is right in front of both of them. Last year, the Down Town QuickDraw was the highlight of the PleinAir Moab Festival. Dozens of artists speckled Main and Center Street during the 3 hour competition. In an alley, a trio of artists painted within arm's length of each other. One painted a bike, another a scene inside a window, and the third painted the buildings in front of him. Across the street, another artist painted a set of chairs outside the bookstore, while nearby a cluster of artists dotted the corner, painting scenes in all directions. Locals and visitors alike were thrilled to watch, and many purchased artwork that very evening. This year, PleinAir Moab will host three QuickDraw events. The first will be at Red Cliffs Resort, the second at Lost River's/ Moab Roaster's, and the third on Main and Center. These events are not to be missed!

So, what drives an artist to eschew the comforts of his studio and forego control of his environment? For some, it is like a sport. It is an invigorating, risky challenge. For others, it is the love of what seems more like an outdoor performance. For all artists though, working outdoors forces one to work quickly, emotionally, and focus on the present in a way no other experience can. Plein air painting adds an element of spontaneity. For me, it is the excitement of being on the edge!

PleinAir Moab'11 will be held October 7-15. Visit [www.pleinairmoab.com](http://www.pleinairmoab.com) for details or call the MARC at 435-259-6272.

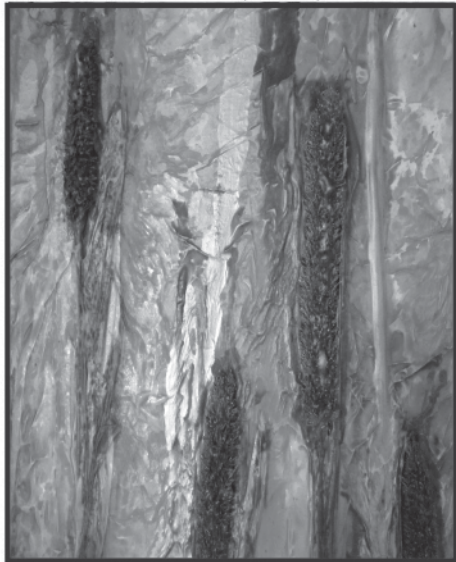


Moab is like Disney World for plein air painters! Artists find inspiration in the diversity of subject matter here, from open vistas punctuated with juniper and pine, majestic backdrops of red rock and spires, wildflower fields and stands of aspens that embrace the mountain, to the ever-changing force and grace of the Colorado River.

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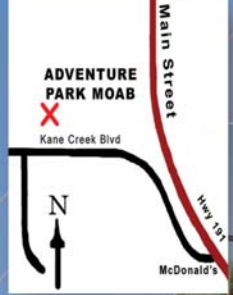

- 9:00 am - 12:00 pm
- 4:00 pm - 7:00 pm

**NOVEMBER - Wednesday to Sunday**  
Please call 3 hrs in advance for reservations

- 9:00 am - 12:00 pm
- 2:00 pm - 5:00 pm

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**OPEN 7 DAYS A WEEK 9-5**

# MOTORIZED HAPPENINGS

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

## MILEAGE CHART

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



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# SUSTAINABLE HAPPENINGS

## Compost: The Fertilizer and Soil Conditioner You Can Make at Home.

Article and Photos by Joan Gough

Last month's Sustainable Moab article ended with the observation that to recycle yard and garden matter locally you would have to do it yourself. It is a significant proportion of recycling for the average household.



According to Utah State University, "In the growing season, 30% or more of the landfill waste is organic yard refuse." If you live out of the valley bottoms of Moab, Spanish and Castle Valleys you know you could use some humus in your sand and some soil on your rocks. The answer to

both problems is composting--turning kitchen scraps and organic yard waste into a rich loamy soil or "black gold" as Rhonda Gotway, the Youth Garden Project farmer, calls it.

According to gardener and landscaper Michelle Wiley, there are two basic ways to build a compost pile. The faster of the two is to collect materials separately and build your pile all at once, layering materials in the optimum proportions to generate maximum heat in the pile. A compost thermometer is handy so you know when your pile has reached the desired 80 degrees--usually about 12 days. At this point, Michelle suggests turning the pile to give the microbes more oxygen, so they can get to work again. A pitch fork is the best tool for this job. The pile may now reach temperatures of 150 to 160 degrees. To generate temperatures of 120 degrees a pile must be three feet on a side. By the third or fourth turning and falling off of the temperature the debris should be humus.

You can screen it at this point and throw back any chunks that need to break down further, sort of the inverse of throwing back the little fish. Michelle recommends testing your compost by smelling a handful. It should smell like good, sweet earth. The more advanced test is to put some in a covered jar over night and then give it the sniff test. If it passes, it's ready for your house plants, garden or lawn.

The other method of building a pile is as you go. This is my preferred method since it is easier. I have three bins four by four by three feet. The first one gets all the garden and yard refuse, table scraps, old straw and lawn clippings as I "harvest" them. I add some garden dirt occasionally

which is amended with last year's compost. I don't know if the science is sound, but if it works for sour dough starter, why not compost?

After three months, or whenever I need more room for garden refuse, I turn this pile into the second box,



assuming it is mostly empty. If it isn't, then I turn the second into the third. Because the material shrinks as the microbes, insects and worms feed on it, I only empty

the third bin once a year when I dig it into my vegetable garden. Turning the pile from one bin to the next puts the newest material on the bottom where it gets the warmest and the most worms are feeding.

This second method doesn't rely as much on high heat as on time and worms or vericulture. I have red worms whose distant ancestors I acquired from a neighbor several years ago. Earth worms work just as well. The worm castings are very rich in nutrients. According to an online supplier of red worms their castings are seven times richer in phosphates, five times richer in nitrogen and eleven times richer in potash than the average lawn soil.

Another advantage of vericulture is that it is effective in small batches and can be easily done in the garage, basement, or even kitchen. I have a friend who lives in the

heart of San Francisco. Using earthworms in a commercial, recycled plastic compost bin and feeding them yard debris and household waste, he makes rich, black soil with no odor in one tidy container.

In Moab's desert climate, you have to add water to your piles. I had one of those plastic, slat-sided boxes years ago. After three years with no water added, there



was almost no change in the contents--eggshells still looked like eggshells, corn cobs like large Anasazi corn cobs and corrugated cardboard like, well, corrugated cardboard. All of these materials will break down with a little added moisture--damp but not soggy.

To maintain a good carbon:nitrogen balance, these figures from Utah State University might be useful--garden refuse and kitchen scraps have approximately a 25:1 ratio, manure a 20-50:1, grass clippings 15-30:1, straw and leaves anywhere from 50-120:1, and sawdust is as high as 500:1. The issue with high carbon materials such as sawdust is that they rob the pile of nitrogen while they are breaking down. Another problem with sawdust is that it may come from glued woods like plywood or from chemically treated woods. The best plant sources of nitrogen are lawn clippings and alfalfa. The wide variation



of nitrogen in manure is from horse on the low end with cow, sheep, and rabbit in the middle to fowl on the high or hot end of the scale.

While sawdust is iffy, meat products, milk products, fish parts, eggs, grease and oils are definite no's. Besides creating odors, they will attract skunks, rats and other pests. Another no for the compost is pet feces because they can contain parasites and germs transferrable to people.

As with so many things in life, composting requires moderation and balance--moderate amounts of moisture, some oxygen, and a balance of carbon and nitrogen. While the technical details can be fun, the basics are simple and rewarding. There are probably thousand of microbes working away right now in your neighborhood converting waste to Rhonda's black gold.

THE YOUTH GARDEN PROJECT PRESENTS THE 6<sup>TH</sup> ANNUAL

## MOAB PUMPKIN CHUCKIN' FESTIVAL!



"PA, LETS US GO TO THE PUMPKIN CHUCKIN'." "OK, MA."

SATURDAY OCTOBER 29<sup>TH</sup>, 2011

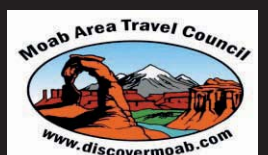
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# PET HAPPENINGS

## Is Raw Food Dangerous?



There are a few things you need to know first about raw before getting a yes or no answer. Raw food must be handled properly, by washing your hands before and after handling, keeping it frozen for long term storage or adequately refrigerating it for feeding within 72 hours. Do not feed any raw product that is designed to be cooked before consumption (i.e. anything you purchase from a grocery store in a raw form),

this meat must be cooked to eliminate all contaminants before eating. Prepared raw dog food is safe to consume raw and was handled in a much cleaner way than the meat we eat (even organic meat!).

Prepared diets like Stella & Chewy's or Bravo also have a long list of vitamins, minerals and a live culture of pro-biotics added to ensure your dog or cat is getting a balanced diet. This is one of the most important parts of a raw diet, and it is what separates cooking for your dog vs. buying a complete product. When you cook for your dog many people often forget to add a vitamin supplement, most commercial pet foods add vitamins to their product, so you should too if you are making your pet's dinner. Even with your best attempts ensuring that the diet is balanced, vitamins and pro-biotics can protect your dog from slow digestion, fatigue, and even malnutrition. Don't skimp or forget this step if you cook for your pet, but make sure you read the label of your dog food too, if there is not a long list of vitamins you may need to reconsider!

For an answer we say no, prepared raw food diet is not dangerous, if you handle and store it properly. What we love about raw food is that it's fully digested by your pet so they absorb as much nutrition from their food as possible. Enzymes that live inside your pet's pancreas and digestive tract recognize raw best, and often dogs that have digestive issues, food allergies and hot spots thrive while eating a prepared raw diet. It's also important to recognize that raw diets have 90% or more moisture in them ensuring your pet is adequately hydrated. How often do we see the posters around town reminding us to bring and consume adequate water? Do we consider our pets in this too? Raw ensures they are getting the moisture they need to stay hydrated along with the fresh water you make available.

## Hiking with Your Best Friend at Dead Horse Point State Park

by Crystal Carpenter



Do you love hiking with your best friend? Bring your furry friend to Dead Horse Point State Park and explore seven miles of scenic dog-friendly trails.

Sweeping views of the Colorado River and the canyons below await you both. Along the way, you may see many types of desert animals, such as chipmunks, squirrels,

lizards, snakes, rabbits, hares, fox, and deer. In the spring the trails are bordered with delicate desert wildflowers adding color to the rugged landscape.

A few things to know before your visit to the park:

- Sandstone tends to be very rough on city dogs' pads, so you may want to bring some pad salve or booties along to prevent cracks, abrasions or gashes.
- Check your dog's pads often since they may not let you know they're hurt with all of the new smells around.

- Be sure to bring plenty of water for you both, there is little shade along the trails.
- For safety reasons, dogs are not allowed on the Intrepid Bike Trail.

Protect the park's wildlife and keep your pet safe by keeping your dog leashed (no longer than six feet) and under your control at all times. Dog supplies are available in the visitor center gift shop.

You can read this article and more on the Utah State Parks blog at [www.stateparks.utah.gov](http://www.stateparks.utah.gov).



by Jessica Turquette of the Moab BARKery  
The Moab BARK PARK is here!

This is a project that was 5 years in the making, and on Sept. 24th the ribbon was cut and the city welcomed our first dog park. Many people have already started enjoying this amenity, and here's what is included as well as some of the rules and expectations.



The park is almost one acre located at 300 S 100 E, just off the Millcreek trail. Entirely fenced, there is a general area, and a small dog only area (30 lbs. or less) to ensure safe play for everyone. There are water fountains for people and dogs, lots of trees for shade, plenty of poop bags and lots of space for you to play and interact with your dog, and other dogs with their owners.

To make your trip to the park more enjoyable for you and your dog, you should know what to expect of yourself and others. Here are some of the basic rules and regulations you should know before going!

- The park is an off leash area. Persons in charge of dog and their pet will use at your own risk.
- All dogs must be current on vaccinations, and have a visible license and rabies tag.
- Dogs must be under voice control at all times
- Owners must closely supervise their dogs and remain in the enclosure at all times
- Feces shall be removed and disposed of properly
- No Children under the age of 6, children 6 – 14 must be accompanied by an adult
- No more than 2 dogs per owner
- No food in the enclosure
- Prohibited: Dogs under 6 months, dogs in heat or ill, dogs with internal or external parasites, aggressive or overly fearful dogs, collars that are choke, pronged or spiked
- Owners must possess valid identification to enter park
- Dogs shall not dig or disturb park resources

Any violations should be reported to Animal Control at 435-259-8938

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## Humane Society of Moab Valley

OCTOBER  
Adoption Days

### Cat Adoption Days-

Saturday October 1st and October 15th at the *Moab Barkery* 11am - 1pm

### Dog Adoption Days-

Saturday October 8th and October 22nd in front of *City Market* 11am - 1pm

You don't have to wait for an Adoption Day to adopt a pet... If you are interested in adopting, please call for an appointment to meet any of our pets.

For all other information please check our website [www.moabpets.org](http://www.moabpets.org) or call our office 435-259-4862.

### Membership Drive:

Where: in front of City Market

Dates: Oct. 1, 5, 6, 7 and 8.

Hours: 11:00 to 7:00

Give The Gift of Life to the Homeless Pets of Moab and yourself or the animal lover in your life with the Humane Society of Moab Valley's Annual Membership and Membership PLUS Card With Year Round Discounts at Moab Restaurants and Retailers!

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Friend us on Facebook and receive all the latest Utah State Park news.

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313. The visitor center is open daily from 8 a.m. to 6 p.m. from March 15 to mid-October and 9 a.m. to 5 p.m. through the winter. Park admission is \$10. Contact the park at 435-259-2614.



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**OPEN (days shown)  
 OCTOBER 2011**

S	M	T	W	T	F	S
•	•	•	•	•	•	1
2	3	•	•	6	7	8
9	•	•	12	13	14	15
•	•	•	•	•	•	•
•	•	•	•	•	•	•
•	•	•	•	•	•	•

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# Moab Happenings

*Southeast Utah's Event Magazine*



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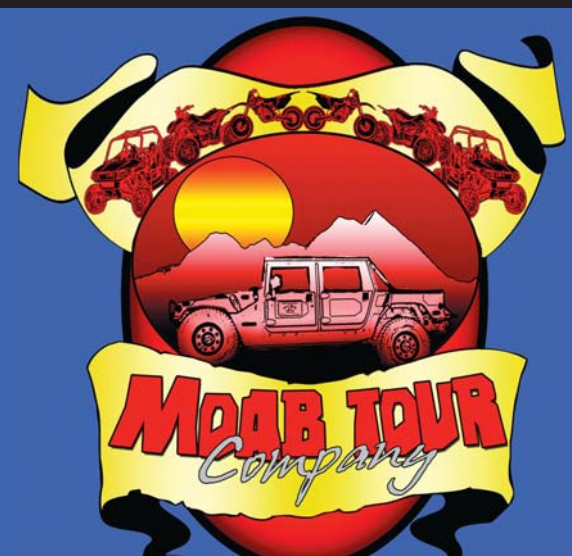


**Moab Calendar of Events**  
 May 2011



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