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# MOAB HAPPENINGS

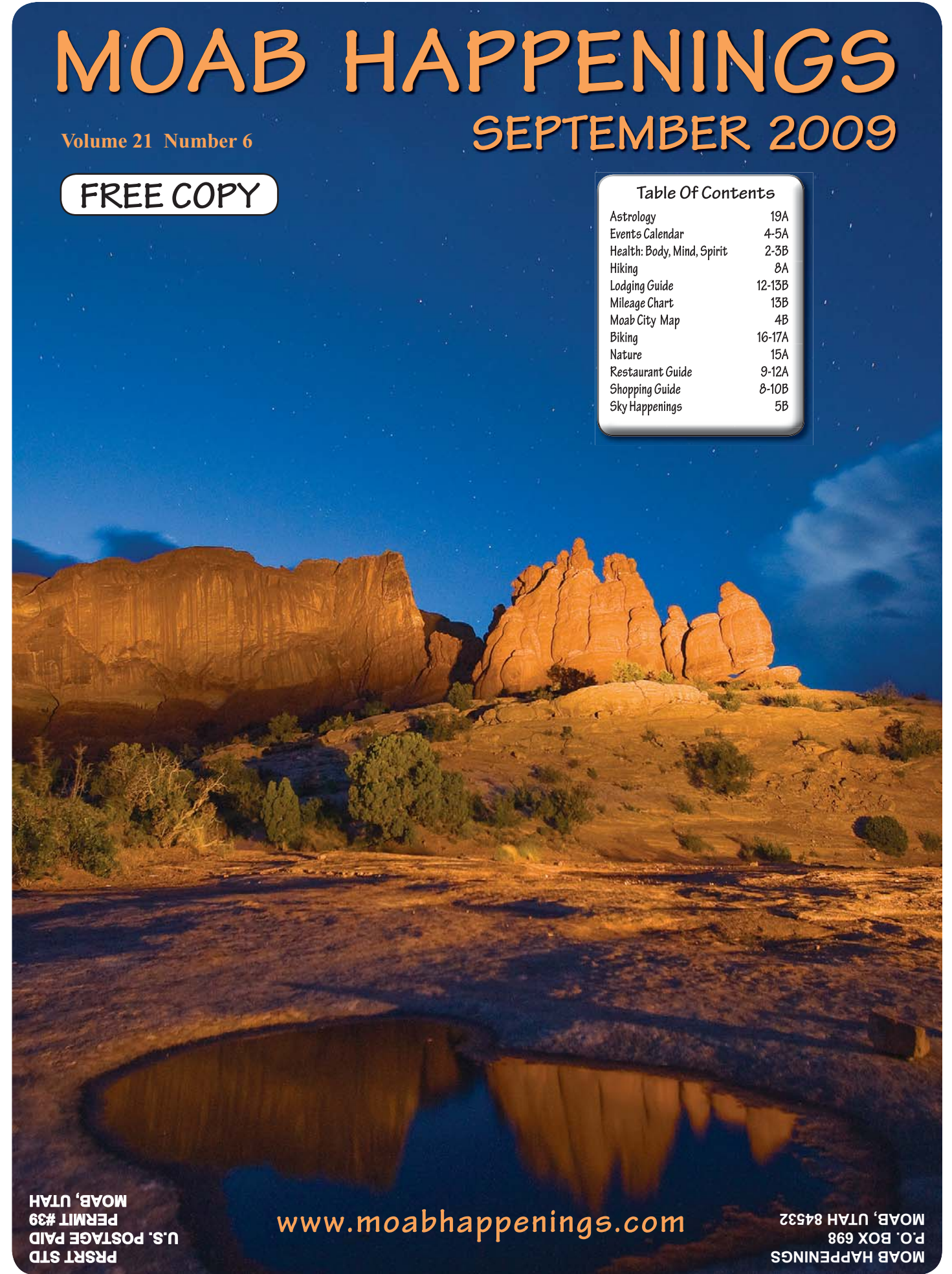
SEPTEMBER 2009

Volume 21 Number 6

FREE COPY

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MOAB HAPPENINGS  
 P.O. BOX 698  
 MOAB, UTAH 84532

# 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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## KZMU - Moab Community Radio 90.1 & 106.7 FM

P.O. Box 1076 • Moab, Utah 84532    Studio 259-5968 • Office 259-8824 • Fax 259-8763    contact us: www.kzmu.org

|       | SUNDAY   | MONDAY   | TUESDAY                          | WEDNESDAY                           | THURSDAY                   | FRIDAY                              | SATURDAY                            |                       |      |
|-------|--|--|----------------------------------|-------------------------------------|----------------------------|-------------------------------------|-------------------------------------|-----------------------|------|
| 7:00  | Native Spirit  | <b>DEMOCRACY NOW</b>   |                                  |                                     |                            |                                     |                                     |                       | 7:00 |
| 8:00  |  |  |                                  |                                     |                            |                                     |                                     |                       | 9:00 |
| 9:00  | Jah Morning Reggae   | <b>MOAB Morning Blend</b>  |                                  |                                     |                            |                                     | Blue Plate Special (blues/rock)     | Shine Time (Children) | 9:00 |
| 10:00 |  | Moab Mamas (everything)  | Classical Collusion              | Tilted Park (acoustic/folk/pop)     | Belle Jar/ Rainbow Plumage | 10:00                               |                                     |                       |      |
| 11:00 |  | Wayward Wind (folk/country/rock)   | 11:00                            |                                     |                            |                                     |                                     |                       |      |
| Noon  | Grass is Greener (Bluegrass)                                 | The Big Baboo (50s & 60s oldies)   | radiommm... (can't define it)    | Horizon Line                        | Random Toonage             | The Trading Post (call-in Buy/Sell) | Ain't Live Grand? (live recordings) | Noon                  |      |
| 1:00  |  |  |                                  |                                     |                            |                                     |                                     | 1:00                  |      |
| 2:00  | Amarillo Hwy (Hillbilly)                                     | Radio Mundial (world music)  | Planet Picante (latin)           | Odd Bins                            | Red Rock 'n Blues (Blues)  | 1-2-3 (funky world soul)            | Belagaana Revue (fruit and nuts)    | 2:00                  |      |
| 3:00  |  |  |                                  |                                     |                            |                                     |                                     | 3:00                  |      |
| 4:00  |  |  |                                  |                                     |                            |                                     |                                     | 4:00                  |      |
| 5:00  | West of Broadway (musicals/showtunes) (Classical 4th Sunday) | New Dimensions   | Peeps Show/ Sound Thing          | Gaelic Circle/ Wednesday Drive Time | MOAB Drive Time            | Fire on the Mountain                | Tween Time (pre-teen fun)           | 5:00                  |      |
| 6:00  |  |  |                                  |                                     |                            |                                     |                                     | 6:00                  |      |
| 6:00  | <b>DEMOCRACY NOW</b>   |  |                                  |                                     |                            | Free Speech Friday Public Access    | Big River / Ranch Exit (twang)      | 6:00                  |      |
| 7:00  | 7:00   |  |                                  |                                     |                            |                                     |                                     |                       |      |
| 8:00  | Kokopelli Coffeehouse (folk)                                 | Big Swing Face (big band jazz) or The Dog Lady (jazz)  | POLYPHONIC (Lounge goes dancing) | Thin Edge (jazz)                    | Rock Garden (rock)         | Boom Boom Room                      | Main Street Cruise                  | 8:00                  |      |
| 9:00  |  |  |                                  |                                     |                            |                                     |                                     | 9:00                  |      |
| 10:00 | Mel's Diner (Rainbow Room)                                   | The Sound Lair (Experimental Dance)  | <b>MOAB After Hours</b>          |                                     | Teenage Wasteland          | Altered State                       | Radio Free Moab (college rock)      | 10:00                 |      |
| 11:00 |  |  | 11:00                            |                                     |                            |                                     |                                     |                       |      |
| 12:00 | Seti Trancemissions  | JIM HIGHTOWER NEWS - Everyday at Noon<br>WORD OF THE DAY 8am - Noon - 6pm<br>HUMANE SOCIETY - FRI. 10:00 |                                  |                                     | Circle Drive (rock n roll) | Rhythm Quest (techno rhythm)        | NED (classic rock)                  | 12:00                 |      |
|       |  |  |                                  |                                     |                            |                                     |                                     |                       |      |

**KEY:**

|  |  |   |
|--|--|---|
| <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #fff;"></span> Talk Shows        | <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #fff;"></span> Easy Mix - Jazz | <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #90ee90;"></span> Blue Grass - Country - Folk |
| <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #ffcc99;"></span> Eclectic/World | <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #add8e6;"></span> Rock - Blues | <span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; background-color: #800080;"></span> Heavy - Hard                |

# Fiesta Cubana



17th Moab Music Festival

## Hot Havana Nights

at Red Cliffs Adventure Lodge

**Saturday, September 5**  
at 6:00 p.m.

### Chuchito Valdés Quartet

Chuchito Valdés, piano  
Rene Camacho, bass  
Sandy Perez, congas  
Emilio Valdés, drums



Chuchito Valdés

**Sunday, September 6**  
Music by Cervantes, Lecuona,  
Farinas, Villa Lobos & Turina

Jorge-Luis Prats, piano  
"An Old Fashioned Romantic"

Ayano Ninomiya, violin  
Arnaud Sussman, viola  
Peter Sanders, cello



Roy Quesada photo

Jorge-Luis Prats

# RED CLIFFS LODGE

*Moab's Adventure Headquarters*

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Music Festival



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**Riverfront Dining**



**Resort Lodging**



**River Rafting**



**Horseback Riding**



**Mountain Biking**

16 Miles East of Moab on Scenic Highway 128  
www.redcliffslodge.com 435-259-2002

# MOAB AREA EVENTS CALENDAR



Behind McDonald's  
Family Fun Center Moab, UT 259-4583

- Go Carts
- Laser Tag
- Arcade
- Mini Golf
- Air Hockey
- Bumper Boats
- Carnival Swing
- Air Slide
- Kiddie Playground

Mon and Thurs 4:30pm - 8:30pm  
Fri 4:30pm - 10:00pm  
Sat 12:00pm - 10:00pm  
Call for Private Party

## MOAB FARMER'S MARKET

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FRESH LOCAL FOOD • ARTS & CRAFTS • BAKED & PREPARED FOODS  
LOCAL TALENT • COMMUNITY INFORMATION

Swanny City Park (100 West and Park Drive)  
Saturdays May 9 – October 24, 8 am – Noon

### ARTISTS...

What Does SUSTAINABILITY Mean to You?

Grand County Library Juried Art Show September 1-30, 2009

www.moablibrary.org  
or call the library for more information 435-259-1111

## Old Spanish Trail Arena

Have your event at the Arena!  
Class Reunion, Family Reunion, Reception, Meetings, Group Activities

Sound System • Conference Room  
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Call 435-259-6226

## Moab's TV Tour Guide

Where to: **21**

- Raft
- Eat
- Bike
- Stay
- Hike
- Shop
- Eco-Education
- Historical Info

Watch Channel 21 in your Motel room, RV Park or Condo

Volunteer for your favorite special event

## September 2009

- 3 Portal Rim Moonlight Hike, 7:30 - 10 pm  
With local Naturalist-Guide Rebecca Martin  
Transportation provided. Meet at Moab Info Center.  
Call Canyonlands Field Institute 435-259-7750 for more info or to register go to www.canyonlandsfieldinst.org
- 3-14 Moab Music Festival  
17th annual concert series....Indoor and outdoor venues.  
info on programs and schedule on pages 3A, 15A, 14B & 15B.  
www.moabmusicfest.org
- |                     |  |
|---------------------|--|
| Thursday, Sept 3rd  | Grotto Concert, Colorado River             |
| Friday, Sept 4th    | Opening Night, Star Hall                   |
| Saturday, Sept 5th  | Open Rehearsal Conversation, Star Hall     |
| Saturday, Sept 5th  | Fiesta Cubana, jazz, Red Cliffs Lodge      |
| Sunday, Sept 6th    | Musical Walk (classical)                   |
| Sunday, Sept 6th    | Fiesta Cubana, classical, Red Cliffs Lodge |
| Monday, Sept 7th    | Rocky Mountain Power Family Concert        |
| Wednesday, Sept 9th | Ranch Concert                              |
| Thursday, Sept 10th | Grotto Concert                             |
| Friday, Sept. 11th  | Open Rehearsal Conversation                |
| Friday, Sept. 11th  | Mendelssohn's 200th, Sorrel River Ranch    |
| Saturday, Sept 12th | Norse by Norse (West), Sorrel River Ranch  |
| Sunday, Sept 13th   | Musical Walk (traditional music)           |
| Sunday, Sept 13th   | House Benefit Concert                      |
| Monday, Sept 14th   | Grotto Concert & Musical Raft Trip         |
- 5 Moab Farmers' Market, Swanny City Park, 100 West and Park Drive, held each Saturday morning from 8 am - 12 noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee. Event sponsored by Youth Garden Project. For info contact Gayle Weyher 259-0242
- 5-6 Moab Studio Tour, 10 am - 4 pm  
Serena Supplee, Chad Niehaus, Nick Eason, Robin Straub & Jacci Weller. www.moabstudiotour.com
- 5-7 Labor Day Red Rock 4 Wheeler Campout  
Overnight trips with backcountry camping, with additional day-trips on each of the three days organized by the Red Rock 4 Wheeler club. visit www.rr4w.com for info.
- 7 **LABOR DAY**
- 7 Labor Day Contra Dance, Moab Arts & Rec.  
Beginner instruction 7pm Dance begins 7:30pm. No experience or partner needed. Guest caller Wendy Graham and Moab Music Festival guest musician Christopher Layer. Free, but a \$5 donation is suggested to benefit the Moab Music Festival Educational Outreach Program.
- 7 Delicate Arch Sunset Hike, 6:30 - 10:00 pm  
Led by local Naturalist-Guide Rebecca Martin,  
Transportation provided. Meet at Moab Info Center.  
Call Canyonlands Field Institute 435-259-7750 for more info. or to register go to www.canyonlandsfieldinst.org
- 9 Operation: JOYStorm  
EnJOY the latest installation of "Operation:JOYStorm" on Wednesday, 9/9/9. Organized festivities begin at twilight. For more info, visit the Moab BARKery: 82 N. Main 259-8080
- 12 Moab Farmers' Market, Swanny City Park, 100 West and Park Drive, held each Saturday morning from 8 am - 12 noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee. Event sponsored by Youth Garden Project.
- 11 Druha Trava in Concert, Star Hall, 7:30 pm  
Acoustic Supergroup from the Czech Republic performs bluegrass with a dash of European flavor, powered by progressive instrumental innovation. Featured at Pres. Obama's Prague address. Tickets available at the door (\$12, 159 East Center St.) or at Back of Beyond Book store \$10. See article on page 6B
- 12 Writing in a Flash! creative writing workshop  
Novelist and fiction writer Mylene Dressler will be leading a Moab Poets and Wrier's Fall 2009 creative writing workshop: Writing in a Flash! How to write the super-short-short story downstairs at the MARC from 10 am to 2 pm. Cost is \$15. Workshop size is limited, so early registration is recommended. Walk-ins welcome on a space-available basis. To register, call Marcy Hafner at 259-6197
- 12 Moab Art Walk, 6:00-9:00 pm  
stroll downtown and enjoy original art.  
see map and article on page 6A www.moabartwork.org
- 12 Moab's Ancient Past - Rock Art Tour  
with Canyonlands Field Institute Naturalist Guides beginning at 8:30 am to 1:00 pm. Transportation provided. Meet at Moab Info Center. Call Canyonlands Field Institute 435-259-7750 for more info. or to register go to www.canyonlandsfieldinst.org
- 12-13 Steak & Suds Golf Tournament, Moab Golf Course



**NOW SHOWING**  
MOVIES IN MOAB

**RED ROCK CINEMAS 3**  
OPEN 365 DAYS A YEAR  
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Newest Movies  
3 Big Screens  
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## Moab Golf Course

Scenic 18 Holes



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all year long,  
seven days a week!

Call for tee times  
435-259-6488

SYRCL's  
*Wild & Scenic*  
ENVIRONMENTAL FILM FESTIVAL

Doors open at 5:45pm  
Films start at 6:00pm

Tickets: \$10/Adults  
\$5 Children 12 and under

**TICKETS AVAILABLE AT DOOR ONLY**  
Sponsored by:



Friday, September 18  
Star Hall  
159 E. Center Street  
www.redrockforests.org

## 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

Daughter of Utah Pioneers (D.U.P.)  
Historic Church & Museum  
45 North 200 West  
Summer Hours: June - August 2009  
Friday Evenings 6:00-7:30 pm  
(July 24th--1:00 pm - 4:00 pm)



Visitors welcome  
bring your family,  
ring the bell  
Pioneer photos & artifacts

For more info, please call  
259-5282, 259-7215  
259-7060 & 259-8406

Your Ad could be on this page.  
call 435-259-8431 for rates.

**DEADLINE for October Events Calendar: SEPTEMBER 20, 2009**

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

- 18 **Wild & Scenic Environmental Film Festival**  
Star Hall. Doors open at 5:45 pm. Film starts at 6:00 pm. \$10/adult and \$5 children (12 & under). Tickets available at the door. See article on page 1B and ad on page 5A.
- 18-19 **Green River Melon Days**  
Friday, vendors at the park, 3 man scramble golf tournament, baseball & softball games All you can eat FREE Melon!! at the Green River City Park on Saturday. Melon Run 5K, Breakfast at the park, Vendors, Parade at 10 am, Entertainment, and of course melons, melons, and melons. see article & ad on page 18A
- 18-20 **Moab Century Tour, road bicycle event,** see article & ad on page 17A
- 18-20 **Telluride Blues & Brews Festival**
- 19 **Moab Farmers' Market, Swanny City Park,**  
100 West and Park Drive, held each Saturday morning from 8 am - 12 noon.  
Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee. Grand County Public Library presents story time at 10:30 am. Event sponsored by Youth Garden Project.
- 19 **Mexican Independence Day Fiesta, Frankie D's.**  
Beginning at 4:00 pm until Midnight...in front of and in Frankie D's. Mexican Buffet, program with folk dancers, El Grito, Mariachi Band and Community Dance with D.J. contest. Event sponsored by the Moab Valley Multicultural Center.  
Call 259-5444 for more info. see page 18A
- 26 **Celebrate the Harvest at Farmers' Market with Confluence,**  
Held at Swanny City Park, 100 West and Park Drive, held each Saturday morning from 8 am - 12 noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee. Event sponsored by Youth Garden Project.
- 23-26 **Four Corners Annual Hop Shop.....It's Sew Moab,** for details, see page 8B
- 24 **Moab Information Center Lecture Series, 7 pm**  
FREE to the public. Center & Main.  
Featuring Kevin Hutline - *Impacts of the Salt Cedar Leaf Beetle on Tamarisk.*
- 24-27 **Skydive Moab Festival**  
See article on page 18B, ad on this page.  
Skydivers will be jumping at the Moab Airport from passenger airplanes and free falling for over 1 minute. Specials for 1st time jumpers.  
Come see 250 skydivers jump and make over 3000 jumps in just 4 days.  
www.skydivemoab.com
- 24-27 **Moab Fall Quarter Horse Show,** Spanish Trail Arena
- 25 **Red Rocks Am-Am Golf Tournament,** Moab Golf Course
- 26-27 **Red Rocks Amateur Golf Tournament,** Moab Golf Course

## October

- 2-4 **Qigong, Taiqi and Martial Arts with Master Ron Lew**  
Various meditations, qigong movements and martial arts presented in 3-hour formats. Ideal for beginners and advanced practitioners.  
Call Phoenix Rising Center of Moab, 435-259-8123 for registration info.
- 3 **Canyonlands Film Society, Once is not Enough**  
Community Recycling Fundraiser, see page 7A

## 2009 Events

|                |  |
|----------------|--|
| Sept. 3-14     | Moab Music Festival                                      |
| Sept 18        | Wild & Scenic Environmental Film Festival                |
| Sept 18-20     | Moab Century Tour  |
| Sept 18-19     | Green River Melon Days                                   |
| Sept 23-27     | Skydive Moab Festival                                    |
| Sept. 24-27    | Moab Fall Quarter Horse Show                             |
| October 8-10   | Gem & Mineral Show                                       |
| October 10-11  | 24 Hours of Moab   |
| October 17     | Castle Valley Gourd Festival                             |
| October 18     | The Other Half   |
| Oct 20-25      | Confluence, A Celebration of Reading and Writing in Moab |
| Oct 29-31      | Moab Canyons Endurance Ride                              |
| Oct 30 - Nov 1 | 4th Annual Moab Ho-Down Mtn. Bike Festival               |
| October 31     | Pumpkin Chuckin Festival                                 |
| November 6-8   | Moab Folk Festival                                       |
| November 13-14 | Get Reel Film Festival                                   |
| December 4-5   | Grand Center Gift Fair                                   |
| December 5-6   | Winter Sun Festival                                      |

go to [www.moabhappenings.com](http://www.moabhappenings.com)  
for more event information all year

## COMMUNITY EVENTS:

Sept. 10..... "How to Run Effective Meetings"

Free workshop offered by Wabi Sabi  
noon - 1:30 pm at Zions Bank.

Sept 12-26.....Flash Your Fiction Short-Short Story Contest.

Please send your story of 500 words or less in the body of an email to moabpw@yahoo.com with "Contest Entry" as the subject line. You can also mail your entry to Moab Poets and Writers, PO Box 675, Moab UT 84532. You may enter as many times as you wish. The Grand Prize Winner will be announced on Friday, October 9 at MP&W's Flash Your Fiction Open Mic at the Good Place. For more information about flash fiction and the short-short story workshop, contact Mylène at [www.mylenedresser.com](http://www.mylenedresser.com)

Sept 16...Grand County Democratic Party Meeting  
7:00 pm at the MARC. Nikki Norton with the Democratic National Committee in Utah will be in attendance.



**Canyonlands Field Institute**  
*Get to know where we love to go...*

**Adult & Family Nature Tours**  
Book Private Tours: Friday through Sunday, April through October except July 16-31. Other dates by advanced reservation.

**HALF-DAY TOURS**

**Family Fun Stream Walks – Wet & Wild Professor Creek or Courthouse Wash**  
8:30am-1:00pm – Great for families! Classic canyon walks along a cool, bubbling creek.

**Moab's Ancient Past Tour**  
8:30am-1:00pm. Visit local petroglyph sites and learn about the region's early inhabitants.

**Arches National Park Tours**  
Morning 8:30am-1:00pm  
Sunset 4:30pm-9:00pm  
Enjoy cool mornings or the "magic light" just before sunset.

**FULL-DAY TOURS** 8:30am to 5:00pm

**Arches National Park**  
– Several options available!

**Canyonlands National Park**  
– Island in the Sky or Needles.

**La Sal Mountains** (summer, early fall)  
– Oowah Lake or Boren Mesa. Other locations by request.

See our web site or call for tour rates:

**800-860-5262 or 435-259-7750**  
[www.canyonlandsfieldinst.org](http://www.canyonlandsfieldinst.org) • [info@canyonlandsfieldinst.org](mailto:info@canyonlandsfieldinst.org)

CFI is a non-profit organization. Your fees help support school and youth programs.

# Skydive Festival

8am - Sunset

Sept. 24-27, 2009

## FEATURING:

250 Skydivers from around the globe  
jumping for 4 days at the Moab Airport

**SPECIAL for 1st time jumpers:**

**Tandem Jumps only \$229**

\*\*Not Valid with any other offer.

**13,000 ft**  
**60 seconds of freefall**  
**120 mph**

\* Spectators welcome, bring the family!

**435-259-JUMP OR [www.SkydiveMoab.com](http://www.SkydiveMoab.com)**

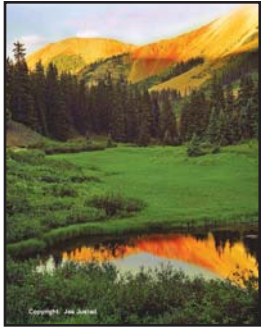


# ART WALK HAPPENINGS

## Moab Art Walk, Saturday September 12<sup>th</sup> from 6PM to 9PM

### Moab Arts & Recreation Center

Seekhaven presents 'The Moab Clothesline Project', a visual display of shirts designed by survivors of violence or an ally who loves someone who has been harmed by violence.  
111 E 100 N Moab, UT  
435-259-6272  
www.moabmarc.com  
marcinfo@moabcity.org



### Cat's Lair Collection

Joe Justad  
Cat's Lair Collection Art Gallery this month we invite you to see our newest artist - photographer Joe Justad and a new painting by local artist Sandi Snead  
59 South Main Street #3 (McStiff's Plaza)  
435-259-2458  
www.catslaircollection.com  
catslaircollection@gmail.com



### Overlook Gallery

Chloe Hedden and Alice Corning  
'Earth And Ether' a special showing of more than 30 pieces of fine porcelain ceramics including sculptural and functional pieces by Alice Corning and a large display of new oil paintings by Chloe Hedden will be featured at The Overlook.  
83 E. Center  
435-259-3861  
www.moabarts.com  
overlookgallery@yahoo.com

### The Western Image

Nichole Taylor  
Nichole Taylor was raised on a small farm in Enoch, located on the outskirts of Cedar City. From a young age, she gained an appreciation for art and the American west. In 2007, she married Ryan Taylor and moved to his family's ranch in Moab, Utah. The ranch lifestyle still influences Nichole's art greatly, along with her love of history. Nichole dedicates herself to painting equine, western, and wildlife art, and she specializes in pastels and prismacolor pencils. Nichole's art is currently on display at the Western Image, which features her ten newest western, wildlife, and equine paintings. Her art can also be found on her webpage www.nicholetaylor.net  
16 West 100 North Moab, UT  
435-259-3006  
www.nicholetaylor.net  
nicholebtaylor@gmail.com



### Framed Image Fine Art Gallery

R. Lillian Siefer  
Framed Image presents works by R. Lillian Siefer. Through mixed water media, Becky abstracts the essential elements of the Utah landscape. In her work she conveys emotional tone without directing interpretation of the piece.  
59 E Center Street Moab, UT  
435-259-4446  
www.framedimagemoab.com  
info@framedimagemoab.com

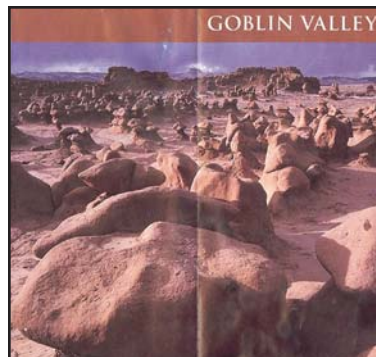


### WabiSabi Thriftique

Erin Trim  
Erin transforms broken dishes and pottery from the WabiSabi thrift stores into beautiful mosaics. Two murals - made during a workshop led by Erin - now adorn the Thriftique. A third Erin Trim original will be unveiled at Art Walk.  
411 Locust Lane  
435-259-9114  
www.wabisabimoab.org  
jeff@wabisabimoab.org

### Eklecticafe

Yrma Van der Steenstraeten  
Yrma will be showing her copper jewelry, photographs and black and white paintings (media: encaustic and ink). The encaustics are inspired by the Chinese / Japanese characters and have accents of red, gold and silver. The small ink paintings are a combination of Eastern style and native American and African influences.  
352 N. Main Street  
435-259-6896

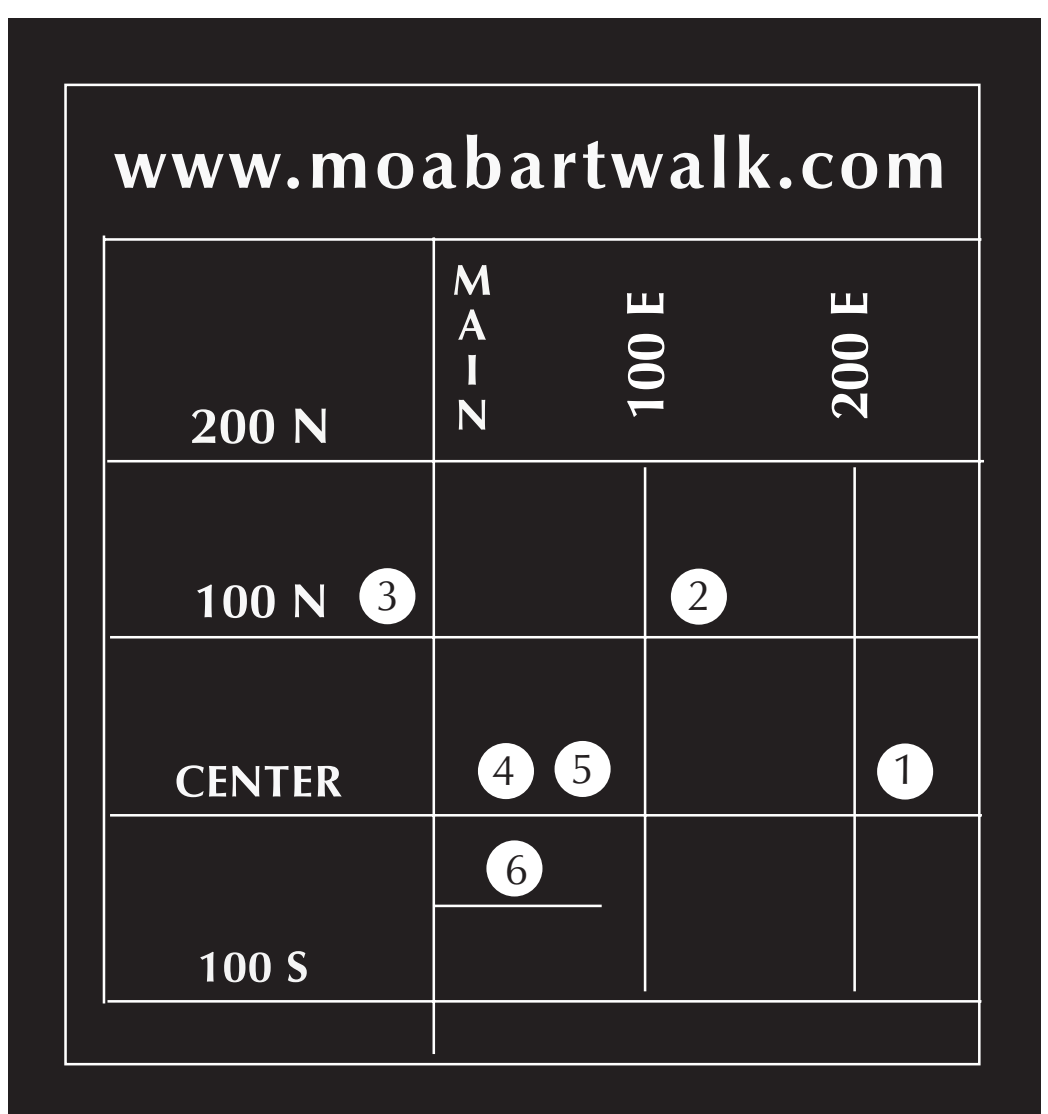


### Moonstone Gallery

Krista Guss  
Come and Play: "Hoodoo Hide-n-seek" in the Moonstone Gallery. Inspired by the mischievous creatures inhabiting the rock formations of Goblin Valley and Bryce Canyon, sculptress Krista Guss unveils "Hoodoo Hide-n-seek" on Saturday. Join the fun at 7 pm for an all-ages hide-n-seek game with sculptures: Sam, Harold, Simone Hoodoo.  
217 E. Center Street



- 1-MOONSTONE GALLERY  
217 E CENTER ST
- 2-MARC  
111 E 100 N
- 3-WESTERN IMAGE  
16 W 100 N
- 4-FRAMED IMAGE FINE ART GALLERY  
59 E CENTER ST STE B
- 5-OVERLOOK GALLERY  
83 E CENTER ST
- 6-CAT'S LAIR COLLECTION  
59 S MAIN ST #3
- EKLECTICAFE  
352 N MAIN ST
- WABISABI THRIFTIQUE  
411 LOCUST LANE



# NON-PROFIT HAPPENINGS

## Once Is Not Enough

It wasn't that long ago when the majority of people hardly ever gave a thought to ending the 'disposable' trend. Recycling was not a familiar term and very little information was available for the general population. Now, in schools all across the country, environmental science is taught right alongside life science, physical science, and earth science. When one becomes aware of the unnecessary and often dangerous habit of waste, you realize that it doesn't make sense to throw away perfectly useful items. This is especially true when throwing items "away" creates a host of landfill-related problems. Many of us prefer to donate items to thrift stores, re-use household items, and recycle potentially 'new' raw materials.



The recycle center ships out approximately 38,000 to 42,000 pounds of cardboard every two to three weeks.

Thankfully, we are starting to see the bigger picture now. So begins the mantra, "ONCE IS NOT ENOUGH!"

To celebrate and support community-recycling efforts, Canyonlands Film Society, in collaboration with Canyonlands Community Recycling, Paradox School, and Solutions of Moab, will be hosting a grand event and fundraiser, entitled, ONCE IS NOT ENOUGH – A Recycled Event. This family-friendly gathering will be held at the Moab Arts and Recreation Center (the MARC) on Saturday, October 3, 2009. Doors will open at 5:00 p.m. Admission is \$5 for adults, children under 10 free.

Canyonlands Community Recycling



Glass lasts a million years in the landfill. The glass deposited at the recycle center gets a second chance to be something!

has been recycling in Moab since January 1991. This chronically underfunded non-profit works from the heart – they know that to recycle is to create jobs, lower air and water pollution, provide raw material for new items, conserve costly space in the landfill, teach personal responsibility, and show respect for the earth, which provides us with everything we need.

Paradox School got into recycling in a big way in 2003. The students, in partnership with the community, built collection bins and soon began freecycling for the entire town. They need to buy a trailer to transport material to Canyonlands Community Recycling and invest in some new collection bins.

Solutions of Moab is an all-volunteer group that promotes the "respect, rethink, reduce, reuse, and recycle" lifestyle through a wide range of hands-on projects that everybody is welcome to join in on. They started Friends of the Parkway with the City of Moab in 2004 and Common Thread, a project linking off-road

enthusiasts with hikers to keep land clean and protected during large off-road events. Their favorite activity is removing recycling and litter from the highways, byways, streams, and trails of this gorgeous region. This group operates with minimal funding. For more information see their project page on the website at [www.moab-solutions.org](http://www.moab-solutions.org).

Canyonlands Film Society is a non-

**ONCE IS NOT ENOUGH!**

 Canyonlands Film Society presents...

A fun-filled fundraiser for community recycling

*When: October 3, 2009 Saturday 5:00 PM*

*Where: the MARC in Moab*

*Why: to raise operating money for the Canyonlands Recycling Center, Solutions of Moab, and Paradox Valley Community Recycling.*

This no-waste event will have film, live music, fashion, food, and a silent auction.

\*  
Bring the whole family - \$5 adults, kids under 10 free  
\*

*Wear your coolest 'recycled' outfit.*



profit entity that not only brings diverse film to town, but supports community events. You can visit them at [www.canyonfilm.com](http://www.canyonfilm.com)

The ONCE IS NOT ENOUGH event will be low-to-no waste, using dishes, silverware, cups and cloth napkins, for example, instead of disposable items. There will be some fascinating film to watch, live music, a silent auction, (chuck full of things you just have to have), a recycled fashion show, and delicious food. This is a great opportunity to have some fun while supporting community-recycling efforts. And remember, recycling is a major reason Moab is such a good-looking community.

# 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.

|  |   |
|--|---|
| <p>AARP, Chapter 1539 ..... 259-6396</p> <p>Alcoholics Anonymous/Alanon ..... 259-7556</p> <p>Alpha Rho Sorority (Bobbie Long) ..... 259-6758</p> <p>American Legion Post (Bill Smith) ..... 259-3470</p> <p>Arches Adult Education (Trish Hedin) ..... 259-2293</p> <p>Arches New Hope Pregnancy Center (Debbie Nelson) ..... 259-LIFE (5433)</p> <p>BEACON (Stephanie Dahlstrom) ..... 260-1143</p> <p>Boy Scouts of America (Kent Dalton) ..... 259-6521</p> <p>Canyonlands Field Institute (Karla Vander Zanden) ..... 259-7750</p> <p>Canyonlands Film Society (Becky Thomas) ..... 259-2286</p> <p>Canyonlands Rodeo Club (Kent Green) ..... 259-7089</p> <p>Canyonlands Wildlife Federation (Dave Bierschied) ..... 259-8217</p> <p>Center for Water Advocacy (Harold Shepherd) ..... 259-5640</p> <p>Daughters of Utah Pioneers (Inalyn Meador) ..... 259-5225</p> <p>Deadhorse Motorcycle Club (Terry Flynn) ..... 259-3878</p> <p>Delicate Stitchers Quilt Guild (Shauna Dickerson) ..... 259-0906</p> <p>Elks Lodge #2021 (Dan Stott) ..... 259-7334</p> <p>Fallen Arches Square Dancers (Bob &amp; Flora Erickson) ..... 259-2724</p> <p>Friends of Indian Creek (Emma Medara) ..... 259-3586</p> <p>Friends Of the Grand County Library (Adrea Lund) ..... 259-1111</p> <p>Grand County Public Library ..... 259-5421</p> <p>Girl Scouts of The U.S.A. (Cynthia Williams) ..... 259-6683</p> <p>Grand Area Mentoring (Dan McNeil) ..... 260-9645</p> <p>Grand County Democratic Party (Novella Maia) ..... 259-0869</p> <p>Grand County 4-H (Marion Holyoak) ..... 259-7558</p> <p>Grand County Extension (Michael Johnson) ..... 259-7558</p> <p>Grand County Food Bank ..... 259-6456</p> <p>Grand County Hospice (Tracey Harris) ..... 259-7191</p> <p>Grand County Prevent Child Abuse ..... 260-1039</p> <p>Humane Society of Moab Valley ..... Animal Services 259-4862 Administration 259-4089</p> <p>Ladies Golf Club (Chris Corwin) ..... 259-5344</p> <p>League of Women Voters (Cynthia Smith) ..... 259-5306</p> <p>Lion's Club (Tom Warren) ..... 259-7834</p> <p>Moab Aglow Lighthouse Fellowship (Murine Gray) ..... 259-5514</p> <p>Moab Arts Council (Bruce Hucko) ..... 259-4176</p> <p>Moab Arts Festival (Theresa King) ..... 259-2742</p> <p>Moab Arts &amp; Recreation Center (Bailey Rogers) ..... 259-6272</p> <p>Moab Bird Club (Nick Eason) ..... 259-6447</p> <p>Moab Chamber of Commerce ..... 259-7814</p> <p>Moab City Recreation (John Geiger) ..... 259-2255</p> <p>Moab Community Theater (Kaki Hunter) ..... 259-8378</p> | <p>Moab Country Club (Rob Jones) ..... 259-6488</p> <p>Moab Duplicate Bridge Club - ..... Audrey McDougald: 259-5771 or Bob Erikson: 259-2724</p> <p>Moab Friends For Wheelin' (Jeff Stevens) ..... 259-6119</p> <p>Moab Half Marathon (Ranna Bieschke) ..... 259-4525</p> <p>Moab Horse Racing Association (Chuck Henderson) ..... 259-4111</p> <p>Moab Horse Show Association (Tosha Audenried) ..... 260-9252</p> <p>Moab Lodging Association (Britnie Ellis) ..... 259-6171</p> <p>Moab Music Festival (Andrew Yarosh) ..... 259-7003</p> <p>Moab Poets &amp; Writers (Marcia Hafner) ..... 259-6197</p> <p>Moab Points &amp; Pebbles Club (Jerry Hansen) ..... 259-3393</p> <p>Moab Quarter Horse Assoc. (Kathy Wilson) ..... 259-8240</p> <p>Moab Rod Benders (Jim Mattingly) ..... 259-5858</p> <p>Moab Ropers Club (Terry Lance) ..... 259-9972</p> <p>Moab Sportsmen's Club (Frank Darcey) ..... 259-2222</p> <p>Moab Taiko (Stephanie Dahlstrom) ..... 259-2264</p> <p>Moab Teen Center-Club Red ..... 259-9991</p> <p>Moab Trails Alliance (Kimberly Schappert) ..... 260-8197</p> <p>Moab Valley Multicultural Center (Sarah Heffron or Leticia Bentley) ..... 259-5444</p> <p>Mutual UFO Network (Elaine Douglass) ..... 259-5967</p> <p>Order of the Eastern Star (Fran Townsend) ..... 259-6469</p> <p>Parent Teacher Association (Tiffany Saunders) ..... 259-5830</p> <p>Plateau Restoration/Conservation Adventures (Tamsin McCormick) ..... 259-7733</p> <p>Red Rock Forests (Terry Shepherd) ..... 259-5640</p> <p>Red Rock 4-Wheelers (Ber Knight) ..... 259-7625</p> <p>Retired Senior Volunteer Program RSVP (Jody Ellis) ..... 259-1302</p> <p>Rotary Club (Kyle Bailey) ..... 259-6879</p> <p>Seekhaven Crisis Center (Jaylyn Hawks) ..... 259-2229</p> <p>Senior Center (Verleen Striblen) ..... 259-6623</p> <p>Sierra Club (Mike Stringham) ..... 259-8579</p> <p>Solutions - <a href="http://www.moab-solutions.org">www.moab-solutions.org</a> - (Sara Melnicoff) ..... 259-0910</p> <p>Society for Creative Anachronisms - (Travis Schenck) ..... (907) 617-6342</p> <p>Southeastern Utah Back Country Horsemen (Helen Sue Whitney) ..... 259-7239</p> <p>Southern Utah Wilderness Alliance (Liz Thomas) ..... 259-5440</p> <p>Toastmasters International (Al Boyd) ..... 259-5767</p> <p>Trail Mix Committee (Sandy Freethey) ..... 259-0253</p> <p>Valley Voices (Marian Eason) ..... 259-6447</p> <p>Veterans of Foreign Wars (Fred Every) ..... 259-5428</p> <p>WabiSabi (Jeff Cohen) ..... <a href="http://www.wabisabimoab.org">www.wabisabimoab.org</a> - 259-3313</p> <p>Word Watchers (Nancy Kurtz) ..... 259-0734</p> <p>Youth Garden Project (Jen Sadoff) ..... 259-BEAN (2326)</p> |
|--|---|

**VISITING ROTARIANS:** Join us for Lunch every Monday 12 noon at La Hacienda Restaurant
**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

# HIKING HAPPENINGS

## The Shafer Creek Trail – A Wealth Of Wildflowers

by Marcia Hafner

During the summer, the lure of the high country is irresistible – like a mythological siren song it calls – Come to me! Leave the heat behind and come to me so you can enjoy the lush green meadows, the clear running streams, the quaking aspens and, most of all, the huge bounty of beautiful wildflowers.

It's an invitation I readily accept, and at Warner Lake a noticeable drop in temperature makes me very happy. With cool refreshing air, a beautiful lake, and an idyllic mountain setting – Who could ask for anything more? If you want to stay for a while, the campground has twenty sites, the group area accommodates fifty people, and a cabin for four is also available. A sign, however, now warns that the water at the campground is not safe for drinking.

To get there, drive almost 8-miles south from the center of town on Highway 191 and turn left at the Ken's Lake–La Sal Loop sign. Then take a right at the "T" intersection. That will put you on Spanish Valley Drive, which becomes the La Sal Loop – a road that climbs steeply into the mountains. The Warner Lake Road is 12.7 miles from the "T" after going past the Geysir Pass and Oowah Lake turnoffs. Despite the washboard, this five-mile graveled road is suitable for any vehicle, but it is closed during the winter season.

According to the Canyon Legacy – Volume 41, Warner Lake was originally known as "The Upper Place" back in the early days when Herbert Day, his wife Mary and their twelve children lived there for the summer. During that short season it provided good grazing for their dairy cows and when winter set in, they moved down to the "Lower Place", now known as Wilson Mesa. Herbert and his older sons built the dam at Warner Lake to install an irrigation system. Abandoned in 1912, none of the original buildings remain and in the spring of 1933, the Civilian Conservation Corps did a lot of grunt work to improve the dam and reservoir.

For a hike on the Shafer Creek-Mill Creek Trail that goes through Schulman Gulch, I walk past the lake and at the first fork with a sign, I go right for the Oowah Lake-Schulman Gulch Trail rather than turning left on to the Burro Pass-Dry Fork Trail. At the next marked intersection, I leave the Oowah Lake Trail and turn right on to the Schulman Gulch Trail. This puts me on a gentle old road where soon a final (!) sign informs me to stay left on the Shafer Creek-Mill Creek Trail, which is two miles long. The right fork returns to the Warner Lake Road, and I definitely don't want to do that.

Wildflowers are the name of the game on this hike. In the more open areas I walk through fields of blue-purple lupines, tall eye-catching flowers in the bean family that produce beanlike seedpods. Scattered around here, there, everywhere are lovely lavender aspen daisies. Also known as showy daisies, these beauties resemble small sized asters. In the wetter areas, the fragrant soft pink wild roses grow side by side with creamy-white, pink-veined Richardson's geraniums.

The best of show, however, goes to Utah's state flower, the exquisite sego lily. A native West of the Rocky Mountains, in parts of the region it is sometimes referred to as the mariposa lily. Looking like a wild tulip this delicate flower has three white to lavender petals with a yellow base. Especially abundant



in Utah, early Mormon settlers quickly learned that the bulbous roots would supply a much needed source of food.

At the beginning of the trail, as I'm wandering through huge groves of aspens with fantastic views of Haystack Mountain, Mount Mellenthein, Laurel Peak, Mount Tukinikivatz and Tuk No, a dusky grouse (formerly known as a blue grouse) unexpectedly flushes out. Holding tight until the very last minute before exploding into the air, that sudden whoosh of feathers always startles me. A strong short distance flier, this upland game bird instinctively flies downhill, weaving deftly like a slalom skier through the thick trees.

In late November the grouses' unusual migration strategy kicks in, and rather than heading south or down to lower elevations, they strike out walking, not flying toward higher ground. Taking shelter beneath snow-draped limbs of fir or spruce, they will nibble on the needles of the same tree for weeks.

The male's courtship display is amazing to watch as he tries hard to attract the ladies. Spreading his tail like a fan, he also retracts the white base feathers on his neck to expose two raspberry air sacs. Then, drooping his wings, he continuously bobs his head while sucking air in and out like an accordion in order to boom out a series of enticing hoots.

Gradually the trail swings down through a tall grassy area where a curious deer takes a long look at me before ambling off. Often I hear the bubbling buzzy trills of house wrens, and sometimes I even get a glimpse of these small, secretive birds followed by a scattering of some fresh out of the nest juveniles.

Abruptly I'm slip-sliding down some steep switchbacks to the Mill Creek drainage. It is on this pebbly descent that I discover the hard way that muddy sections are as slick as grease. As I keep advancing downward, the stream crossings become more numerous. More water means more vegetation until I'm enclosed in a riparian jungle.

The banks of Shafer Creek, covered with cushy clover, soft green grass and the tiny smiling faces of yellow monkeyflowers, invite me to stay. When I test the water, I find it just right for feet dangling or wading. Sitting beside the clear rushing stream, I am mesmerized by the trout swimming by and the hypnotic ribbon-like flow of midget-sized insects that are following a back-and-forth

route above the creek.

A gathering of fluffy white non-threatening thunderheads puts me in a peaceful, unhurried frame of mind, and knowing I don't have much further to go, I contentedly move along to the final segment of my hike. After negotiating a tricky crossing over Mill Creek, I scramble up the short but very steep ascent to the Oowah Lake Road. If you arrange for a shuttle, someone can pick you up here approximately one mile beyond the La Sal Loop Road. Or you can do a loop by hoofing it 1 1/2 miles up the Oowah Lake Road to take the Oowah Lake Trail back to Warner Lake.

The Shafer-Mill Creek Trail with its huge bouquet of brilliant wildflowers is so appealing during the summer. If you want to see them - do it now, before it is too late for already they are starting to fade. By mid September most of them will be gone. Then it will be time to get ready for fall, when the mountains take on the glow of aspen gold.



# RESTAURANT GUIDE



**Moab's ONLY ON-SITE Microbrewery & Restaurant**  
 State Liquor Licensee  
**Orders To Go Beer To Go**  
 PATIO SEATING  
 KIDS MENU

**SEAFOOD • SANDWICHES • STEAKS • SALADS  
 BURGERS • VEGETARIAN FOODS • DAILY SPECIALS**

**LUNCH & DINNER 7 DAYS - OPEN 11:30 AM**  
**686 South Main • 259-6333**  
 (McDonald's is next to us)


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

Utah has a well-earned reputation as a challenging state in which to get any form of alcoholic drink. Moab is even more interesting because of having two legal wineries and one microbrewery.

Moab has two local wineries; Castle Creek Winery, located at the Red Cliffs Resort, 15 miles from Moab on Scenic Highway 128 (The River Road) – see ad on page 2A, Spanish Valley Vineyards, 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 wines.

The Moab Brewery, Moab's only microbrewery, offers a variety of locally brewed beers at their own location, 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. If you enjoy these locally produced products, be sure to ask for a list of locations where you may purchase them when you return home.

The Utah State Liquor Store is the only location to purchase bottled liquor 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 a.m. to 7:00 p.m. - November 1st to May 1st and from 11:00 am to 9:00 pm - May 1st to November 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 (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. Restaurants may be licensed to serve mixed drinks and wine by the glass, provided that they have a liquor license and offer food service. Last but not least, 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."

**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.



**Buy One 6" Sandwich, Chips & Two Regular Drinks...and get 2nd 6" Sandwich FREE with this coupon!**  
 (2nd sandwich of equal or lesser value)  
 Offer good with coupon at Moab Location Only - Across from City Market

**Buy any Teriyaki Stix Entree and Two Regular Drinks & get a 2nd Entree FREE!**  
 (2nd entree of equal or lesser value)  
 Offer good with coupon at Moab Location Only - across from City Market

**396 So. Main • Open Everyday • 259-2656**  
 One Coupon per Customer Per Day



**Teriyaki Stix™**  
 Japanese Grill



**Sports Bar & Grill**  
 Affordable Drinks & Food!  
**Fully Stocked Bar**  
 Serving Beer, Liquor and Wine  
 Largest Liquor Selection in Moab!

**Live Music on Weekends!**  
**Weekly Bar Specials**  
**COLDEST BEER IN TOWN!**

**Karaoke** – Come in and Strut your Stuff!  
 Starting at 9:00pm

**1 Block West of Main on Center Street**  
 VISITORS WELCOME  
 Must be 21 years or older  
**259-6666 • OPEN EVERYDAY at 3pm**

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



**The Branding Iron**  
**STEAKHOUSE, BBQ & GRILL**

**DINNER AT 5PM**  
 7 DAYS A WEEK

Featuring:  
**Prime Rib**  
**BBQ Baby Backs**  
**Broiled Steaks**  
 FULL SERVICE LIQUOR LICENSE



**2971 So. Hwy 191 • 259-6275**  
 3 miles south of Moab • **NOW OPEN!**

**JAILHOUSE CAFE**

101 NORTH MAIN STREET

**BREAKFAST ONLY**  
*because that's what we do best.*  
 This is our 16th year at it!  
 Open 7am to 12Noon  
*"Good Enough for a Last Meal"*

breakfast.lunch.espresso.bakery  
 local, organic seasonal ingredients



**7:30 - 2:00 daily** 139 n. main street  
 435.259.6833 lovemuffinCafe.com



**Singha**  
 Authentic Thai Cuisine

**Lunch: Monday - Saturday 11:00 - 3:00 p.m.**  
**Dinner: Monday - Sunday 5:00 - 10:00 p.m.**

**Now Serving Beer, Wine & Saki**

**Open 7 Days a Week**

92 E.Center Street  
 Moab, Utah 84532  
 Tel: 435-259-0039  
 Fax: 435-259-0005

# RESTAURANT GUIDE



# RESTAURANT

**Celebrating 28 Years!**  
Spicing your Life since 1981



**LA HACIENDA RESTAURANT**  
Mexican American

OPEN DAILY AT 11 AM • SERVING LUNCH AND DINNER  
DAILY SPECIALS • VEGETARIAN FRIENDLY

574 NORTH MAIN • MOAB, UTAH • 435-259-6319  
State Liquor Licensee

Eat Well, Have Fun and Welcome to



Tapas Menu 4 pm - 6 pm Dinner 5:30 pm - Close

Globally Inspired

A Place to Celebrate Life with great food and friends in a beautiful and relaxed atmosphere!

5 Years Best Restaurant in Southern Utah  
6 Years Zagat Award of Excellence

Secluded Courtyard for Outdoor Dining

Fresh Seafood • Black Angus Beef • Free Range Chicken  
Innovative Vegetarian Fare • Locally Grown Organic Produce

Chefs/Owners: Paul and Zee McCarroll

60 North 100 West Moab, Utah Open 7 Days  
For Reservations: 259-4295  
State Liquor Licensee



**EklectiCafe**

Carnivores, Herbivores, Omnivores! Vegetarian Friendly

Breakfast • Lunch • Deli

"Best Desert Oasis" Salt Lake City Magazine

HOURS: Monday - Saturday 7:30am-2:30pm  
(Sun 7:30am - 1:00pm Breakfast only - no lunch)

352 North Main, Moab • 435-259-6896

Your Home Town



**Pizza Hut**

265 South Main, Moab  
Open Daily • 259-6345

Sunday - Thursday 11 am - 10:00 pm  
Friday/Saturday 11:00 am - 11:00 pm  
Pick-Up or Delivery Available

**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.

**Broken Oar**  
53 West 400 North 259-3127  
Dinner • Mon. - Sat. at 5:00 p.m.  
Come relax on our deck or by our stone fireplace. Our menu includes steaks, seafood, salads, wraps, burgers and ribs. Home of the sweet potato fries. Beer and Wine served.

**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. 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  
Open daily 3:00 p.m. - 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.

**Center Cafe**  
60 North 100 West 259-4295  
Open Daily at 4 pm. Dinner 5:30 to close.  
Tapas - Small Bites & Shared Plates 4:00-6:00 pm. A place to celebrate life with great food and friends in a beautiful and relaxed atmosphere! Paul & Zee McCarroll, chef/owners, prepare a seasonal menu of Grilled Meats, Fresh Fish, Pasta & Vegetarian Dishes, Fresh Breads and Exquisite Desserts.

**City Market**  
425 S. Main 259-5181

**Cowboy Grill at Red Cliffs Resort**  
16 Miles up Highway 128 259-2002  
Breakfast Buffet • 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  
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.  
Closed Mondays.

**Domino's**  
812 South Main 259-0101

**Eddie McStiff's Restaurant & Brew Pub**  
57 South Main Street 259-BEER  
Lunch • 11:30 a.m. Daily  
Dinner • 4:30 p.m. Nightly  
12 beers on tap. Brick Oven Organic Pizza. Southwestern, Pasta, Great Salads! Natural/Choice Aged Steaks, Burgers. Kids Menu. State Liquor Licensee. Pool Tables. Patio Dining. Discount for Seniors 65 and older. FREE WIRELESS INTERNET! Pizza Delivery to Main Street Hotels.

**EklectiCafe**  
352 North Main Street 259-6896  
Breakfast • Lunch  
Mon. - Sat. 7:30 a.m. - 2:30 p.m.  
Sun. Breakfast 7:30 a.m. - 1:00 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

**Frankie D's Bar & Grill**  
44 West 200 North 259-2654

**The Good Place**  
350 S. 400 E. 259-4RAW

**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.

**KaleidoScoops**  
331 North Main 259-3677

**La Hacienda**  
574 North Main 259-6319  
Lunch • Dinner - OPEN 11:00 am DAILY  
CELEBRATING 28 YEARS! Superior Mexican specialities 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 6am-3pm  
Leger's Sandwiches, a favorite since 1977, is now OPEN inside the Moab Chevron. Leger's has five locations in Utah. Our Sandwiches are made to order. Call in orders welcome.

**Love Muffin Café**  
139 North Main 259-6833  
Breakfast and Lunch  
Open everyday at 7:30am-2:00pm  
Fresh baked muffins and cupcakes every morning! Check out the vegan and gluten free selection. Breakfast burritos, Whole Wheat Waffles and more... Proud to use local and organic ingredients along with eco-friendly containers.

*Desert Bistro*



Casual Fine Dining  
Contemporary Southwestern Cuisine  
Located in the Historic Ranch House  
at Moab Springs Ranch  
OPEN FOR DINNER 5:30pm  
Closed Mondays  
1266 N Hwy 191 • 259-0756  
STATE LIQUOR LICENSEE



**RED CLIFFS LODGE COWBOY GRILL**

- Breakfast Buffet
- BBQ Lunch
- Riverfront Patio Dining

Sunday Brunch \$12.95

16 Miles east of Moab on Scenic Highway 128  
259-2002

For more information about these restaurants pick up a "Moab Menu"



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

**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  
A true Moab icon since 1954. Featuring locally processed 100% ground beef 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. Open daily 11am-8:30pm. See ya' all at Milt's.

**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's Daily Grind**  
1146 South Hwy 191 #B 259-1115  
Mon-Sun: 6am - 8pm  
FAST, FRIENDLY & AFFORDABLE Drive-Thru Coffee & Espresso. We serve up lattes, mochas, cappuccinos, breves, chai, hot & iced teas, iced & blended drinks, Italian sodas, and more. Featuring Ghiradelli chocolate sauces, including white and dark chocolate. We use fairly traded coffee from a small quality roaster. Iced & Blended Drinks. Iced Green Tea.

**Moab Diner & Ice Cream Shoppe**  
189 South Main 259-4006

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

**Pantele's Desert Deli**  
98 East Center 259-0200

**Paradox Pizza**  
702 South Main St 259-9999  
Lunch • Dinner  
11am - 9pm  
At Paradox Pizza all of our salads, soups, pizzas and breads are handmade fresh daily. You will taste our commitment to quality with every bite. Order in person, online or over the phone. We offer dine in, take-out and delivery. Website is www.paradoxpizza.com

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

**The Peace Tree Juice Cafe**  
20 South Main 259-8503  
Breakfast • Lunch  
Moab's ONLY Fresh Wheatgrass, Fruit and Vegetable Juice Cafe! Healthy, fresh breakfast entrees. Egg wraps, sprouted wheat bagels. Finest wrap sandwiches, salads & secret recipe hummus. Delicious smoothies. Organic coffee & espresso. No microwaves. "Healing Ourselves and Healing the Earth."

**Pizza Hut**  
265 South Main 259-6345  
Lunch • Dinner OPEN EVERY DAY  
Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up or delivery when available.

**Red Rock Bakery & Net Cafe**  
74 S. Main Street 259-5941  
Breakfast • Lunch  
OPEN EVERY DAY. 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. Fine photography by Chris Conrad.

**The 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. Karaoke at 9pm. Live music on weekends. Visitors welcome, 21 years and older. OPEN EVERY DAY AT 3:00PM

**Singha: Authentic Thai Cuisine**  
92 East Center 259-0039  
Lunch • Dinner  
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.

**Slickrock Cafe**  
5 North Main 259-8004  
Lunch • Dinner  
Open daily 11 a.m. - Close  
Steaks, Seafood, New & Improved Lunch & Dinner Menu, Atrium Seating, Appetizers, Gourmet Burgers, Sandwiches, Salads and Freshly Grilled Entrees. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License.

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

**Sorrel River Grill**  
17 Miles Northeast on Scenic Hwy 128 259-4642

**SUBWAY Sandwich Shop**  
299 South Main 259-SUBS  
Breakfast • Lunch • Dinner  
Open 8am everyday  
NOW SERVING BREAKFAST UNTIL 11 AM! 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. 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 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, Next to Hogi-Yogi.

**TexMex Cocina**  
812 South Main, Suite B 259-9922

**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 Espresso Drive Thru**  
132 North Main 259-0021

**Zax**  
96 South Main Street 259-6555  
Breakfast • Lunch • Dinner • Family Dining  
We have it all, from our all new sunrise breakfast served 6:30 am to 11 am Thurs thru Mondays to our hand cut steaks. We offer an extensive menu that include 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 watering hole. 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 6:30 am to close Thurs thru Monday. 11:30 am to close Tue - Wed. Locally owned and operated.

**Restaurant & Brew Pub**

**Eddie McStiff's**

State Liquor Licensee Nightly Dinner SPECIALS

Center & Main • Moab  
435-259-BEER (2337)

**FREE WIRELESS INTERNET!**

Meet Me At McStiff's!  
Moab's Oldest Legal Brew Pub

OPEN EVERYDAY FOR LUNCH AT 11:30 a.m.  
AND FOR DINNER AT 4:30 p.m.  
Pizza Delivery to Main Street Hotels

**SUBWAY**  
eat fresh.

Located inside Walker's Convenience Store

**Buy one six inch sub and a medium drink and get one six inch sub FREE.**

Expires October 15, 2009

Coupon valid at your Moab Subway

299 South Main • 259-SUBS

**SLICKROCK CAFE**

Lunch & Dinner Menu  
Open daily 11:00 am - Close

Atrium Seating, Full Service Liquor License  
Appetizers, Gourmet Burgers,  
Sandwiches, Salads, Steaks  
Seafood  
Freshly Grilled Entrees  
Kids Menu, Daily Specials

Slicker than ever - Food with 'tude -  
All that is missing is YOU!!

CORNER OF CENTER & MAIN  
(435) 259-8004 • www.slickrockcafe.com

**EAST COAST STYLE PIZZA,  
FRESHLY MADE TO ORDER  
NEW YORK-STYLE  
CHEESECAKE  
HOMEMADE CANNOLIS  
& DESSERTS  
FRESH SOUPS, SALADS  
& BREADS**

LOCALLY OWNED & LOCALLY  
SOURCED WHENEVER POSSIBLE

702 SOUTH MAIN ST. **PARADOX PIZZA**  
435-259-9999

TRY OUR ONLINE ORDERING AT  
WWW.PARADOXPIZZA.COM

**VISTA Lounge**

Secluded Patio Dining  
1393 North Highway 191  
435-259-5201

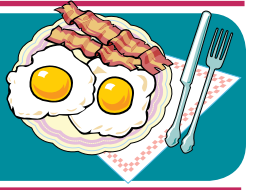
**BUCK'S GRILL HOUSE**

www.bucksgrillhouse.com

Guide" And tell them you found them in "Moab Happenings"



# RESTAURANT GUIDE





**New Breakfast Burritos!**

**BACON AVOCADO BURRITO**  
\$4.99



*Very Double Berry Juicy Fusion Favorite*

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

989 North Hwy 191  
**OPEN 24 HOURS**



**RESTAURANT**

400 NORTH 53 WEST • 435-259-3127  
OPEN MONDAY - SATURDAY AT 5:00

- STEAKS
- SEAFOOD
- SALADS & WRAPS
- BURGERS & RIBS
- BEER & WINE

HOME OF THE SWEET POTATO FRIES  
WWW.ADRIFT.NET/BROKENOAR.HTML

Croissant Sandwiches • Fresh Salads  
Fresh Juices • Wrap Sandwiches  
Smoothies • Shakes • Ice Cream



Organic Espresso Drinks • Wheatgrass

**8:00am to 6:30pm**  
20 South Main Street • 259-8503  
Take Out Orders Welcome  
www.peacetreecafe.com



Steaks  
Sandwiches  
Seafood  
Pizza  
Pasta  
Salads

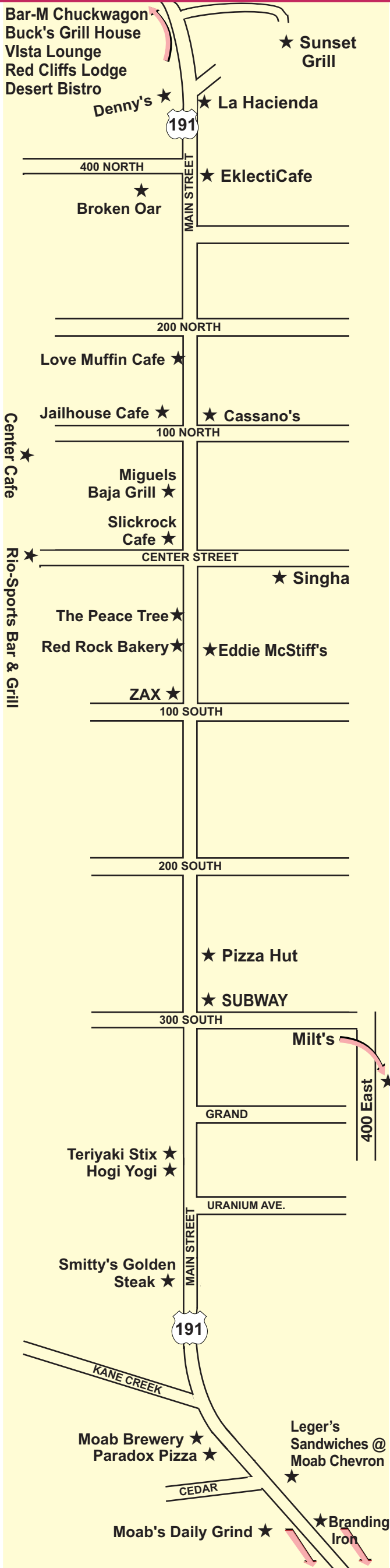
Family Dining  
Open for Breakfast 6:30 - 11am  
Thurs - Monday  
Sports Bar

- ALL YOU CAN EAT PIZZA BUFFET, SOUP & SALAD BAR •
- APPETIZERS •
- BURGERS & SANDWICHES •
- PASTA •
- STEAKS •
- SEAFOOD •
- SALADS •

Full Service Liquor in Restaurant

**GREAT OUTDOOR PATIO • LARGE GROUPS WELCOME**  
COME QUENCH YOUR THIRST AT THE WATERING HOLE  
@ Corner of 100 South and Main  
Moab, Utah 84532 USA  
**435-259-6555**  
Check Out Our Wet Spot Laundromat

Open 6:30am - close Thurs - Mon & 11:30am - close Tues - Wed





**"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

**16" large cheese pizza 9.99 all day every day!**

**Traditional Italian Food**

- Bruschetta
- Shrimp Scampi
- Crab Stuffed Mushrooms
- Chicken Penne Gorgonzola
- Antipasto
- Seafood Portofino

Patio Seating - Red Rock Views

**Cassanos**  
Italian Restaurant  
11 East 1 North  
259-6018

Open daily 3:00-close State Liquor License

Established 1954



LOCATED AT 400 EAST AND MILLCREEK DRIVE  
ON THE WAY TO THE SLICKROCK TRAIL.



FEATURING LOCALLY PROCESSED  
100% GROUND BEEF BURGERS,  
CLASSIC DINER SANDWICHES, ALL  
BEEF HOT DOGS, REFRESHING  
SHAKES AND MALTS, FRESH LIME,  
BEVERAGES, AND MORE!

OPEN DAILY 11:00 AM - 8:30 PM  
STOP AND EAT OR CALL FOR PICK-UP:  
435-259-7424

www.moabsandwiches.com

**NOW OPEN!**



**SANDWICHES**  
Made to order • Call in Orders  
6 a.m. - 3 p.m.  
**259-2212**

LOCATED INSIDE THE MOAB CHEVRON  
817 South Main Street



**Chevron**  
FOOD COURT & DELI

Coupon at [www.moabsandwiches.com/coupon.html](http://www.moabsandwiches.com/coupon.html)



# RESTAURANT GUIDE



# PET HAPPENINGS

## Feline FAQ's

Throughout the world cats outnumber dogs as the most popular pets and anyone who has been owned by a cat knows that they are truly one of the most interesting, unique and entertaining animals.

What follows is a list of common questions that we get asked at the Moab BARKery regarding furry felines....

Why do cats purr?

The original functioning of purring was to enable a kitten that can not meow whilst nursing let the mother know "all is well". Cats will purr when they play or approach other cats, signaling they are friendly and want to come closer. Cats also purr when they are petted, again giving the signal that they are happy. Strangely enough, cats can also purr when they are distressed. Sick and injured cats often purr and it is thought that it is the cat's way of calming themselves.

My cat sleeps a lot and takes many 'cat naps' during the day, is this normal?

Normal cats sleep about 2/3 of their life away. They spend about twice as much time sleeping as other mammals. Studies have shown that cats can enter into a deep sleep and have similar brain wave patterns as we do when we dream. So if you see your cat asleep with whiskers twitching and their eyes moving rapidly under the lids they are probably on the hunt of their life.

Why does my cat get hairballs and how can I fix this problem?

Since cats spend so much time licking and cleaning themselves, they swallow a lot of hair. Hairballs form when the hair they swallow is not able to be expelled through their digestive system and instead collects and forms a ball in the stomach or intestine and then is vomited. While it is normal for cats to have them occasionally, large numbers of hairballs can be dangerous. Many products to help eliminate hairballs exist and are usually composed of non-digestible oil ingredients that lubricate the cat's digestive tract and allow the hair to pass more easily. We offer a natural hairball aid gel that is petrolatum free and also a kibble (Wellness Indoor Health) that aids in the reduction of hairballs. Whichever product you choose, use it on a regular basis to prevent recurrence.

I feed my cat the same food as the dog, is this okay?

NO! In the case of diet, it is very important to realize that a cat's nutritional requirements are very different than those of a dog. For example a cat requires a higher protein level than dogs and must have the amino acid called 'taurine' in their diet; dogs can actually make their own taurine. A cat eating food deficient in taurine can develop severe heart disease and other health problems. Almost all cat foods now contain added taurine.

Cats require a different form of Vitamin A than dogs do. Dogs can use beta-carotene as a source of Vitamin A; cats cannot. Cats can not manufacture the fatty acid called 'arachidonic acid' and must have it supplemented in their diet; it is not essential for dogs to have this fatty acid in their food.

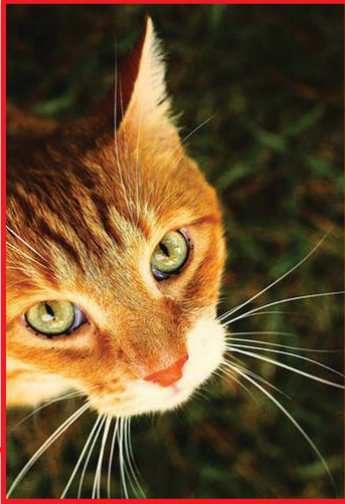
So, you see, if a cat is allowed to eat a significant amount of dog food, the cat would be eating a diet deficient in many of the cat's required nutrients. For your cat's health, be sure she is eating quality cat food. Free samples of quality cat food and advice on choosing the right food for your cat are available at the Moab BARKery.

Why do cats rub against my legs and furniture?

Smell is an extremely important sense in cats, in

some cases more than sight. Cats have scent glands on multiple places on their body including their faces and feet. On their face, the glands are located around the eyes, below the ears, and on the chin. By rubbing their face on various objects, such as legs and furniture, they are leaving their scent. Other cats passing the object will often stop and sniff, maybe even rubbing their faces on the object to leave their scent as well.

Scent marks contain molecules called pheromones. Different glands secrete different pheromones which affect a number of behaviors, including reproduction and establishing territory. The pheromones that come from the glands on the face generally have a calming effect on cats.



Why does my cat spray and how can I prevent my cat from spraying?

Spraying is a cat's way of marking their territory. Many cat owners confuse urine spraying with urinating though they are quite different. Urine spraying is a normal, innate territory marking behavior that has nothing to do with your cat's sanitation.

Most common in non-neutered males and multi-cat households, the spraying of urine on vertical surfaces like drapes and furniture is their way of identifying their property or covering the scent of other cats.

Here are a few suggestions on how to prevent spraying...

Neuter your cat before they are 6 months old. In addition to the many other good reasons to have your cat neutered, more than 90% of cats will not start spraying if they are neutered before the behavior begins.

Clean sprayed areas thoroughly. Clean up requires special products that will remove the odor completely. Use products that have natural enzymes to actually devour odor-causing bacteria instead of just covering up the scent. We recommend a natural enzymatic cleaner called Nature's Miracle.

Reduce anxiety. There are products designed to help reduce anxiety in cats, and thus decrease spraying. These products contain pheromones like those normally found on a cat's face and chin that have a calming effect on other cats. When they are sprayed onto multiple vertical surfaces where your cat may spray, the cat receives this calming effect, and in many cases, spraying will be reduced. The Moab BARKery offers NaturVet Quiet Moments and can special order Feliway, both of which contain simulated feline pheromones.



This page sponsored by:



by Jessica Turquette of Moab BARKery

We hope this answered some questions about our feline friends. As for why cats seem to own us and not the other way round, I think this quote sums it up perfectly...

"Thousands of years ago, cats were worshipped as gods. Cats have never forgotten this" Anonymous

## LOCALS...

We offer a discount punch card and frequent buyer programs, come save TODAY and feed your pets healthy food!

### Wild Rose will Donate!

Starting Sept. 15: Shop for Christmas at Wild Rose's and she will wrap your packages for \$1.00 each and donate \$.50 each to the Humane Society of Moab Valley

### Humane Society of Moab Valley September Events

**September 5** Cat & Kitten adoptions: 11am to 1pm at the Moab BARKery. Two-furr "sale" for kittens. All ages and sizes: calico, tuxedo, white & orange, grey & white, orange tabby, black & white, grey. Gorgeous adults too: Flame point with blue eyes and White & orange with green eyes. Pictures & info in Ad-vertiser and www.moabpets.org. Call 259-4862 for meet & greet if you can't come by the adoption.

**September 12** Dog & Puppy Adoptions 9am-11am at City Market. We have some awesome dogs waiting for their forever homes. Come meet your new best friend! Pictures & info in the Ad-vertiser and www.moabpets.org or call 259-4862

**September 14-25** LOW COST spay / neuter for cats & dogs! Call NOW for an appointment as space is limited! \$ 25-35 for cats and \$40-50 for dogs. Moab Veterinary Clinic 259-8710 ( 4575 Spanish Valley Rd) and Dog & Cat Clinic 259-2733 (125 E. 300 South) Some add'l costs include pregnant animals & animals in heat, shots, cryptorchids.

**September 19** Cat & Kitten adoptions: 11am to 1pm at the Moab BARKery. All ages and sizes: calico, tuxedo, white & orange, grey & white, orange tabby, black & white, grey. Ask about the "Two-furr" kitten special. Gorgeous adults too: Flame point with blue eyes and white & orange with green eyes. Pictures & info in Ad-vertiser and www.moabpets.org. Call 259-4862 for meet & greet if you can't come by the adoption.

**September 26** Dog & Puppy Adoptions 9am-11am at City Market. We have some awesome dogs waiting for their forever homes. Come meet your new best friend! Pictures & info in the Ad-vertiser and www.moabpets.org or call 259-4862

If you have a pet-related business and would like to advertise on this page call Theresa or Aaron at 259-8431.

Low Income?  
Love Your Animals?  
Don't want a litter  
of kittens or  
puppies?



FREE (or discounted) YEAR  
ROUND SPAY/NEUTER  
AVAILABLE  
For an application  
visit www.moabpets.org  
or call the Humane Society  
435.259.4862

Providing quality nutrition, gear, treats and toys for your dog or cat.  
Fulfilling your pet Mind, Body & Spirit!

Open at 10 AM everyday • 82 N. Main, Next to ABC  
435-259-8080 • www.moabbarkery.com

# NATURE HAPPENINGS

## Datura

There is something mysterious about plants that bloom in the night. Flowers unfurl under the cover of darkness and lure pollinators by their sweet aroma. Shake the bag of desert night-bloomers and you'll find evening primroses, yuccas, blazing stars, sand verbenas, and one of my September favorites: sacred datura.

Found throughout the Southwest, sacred datura (*Datura wrightii*), or one of its close relatives, are conspicuous plants often found growing at the base of sandstone cliffs, along roadsides and disturbed sites, or in close proximity to archaeological sites. This closeness to the ancient dwellings is not accidental. Once a cultivated species, Native Americans utilized datura to make poultices or powders made from leaves, roots or flowers for anesthetics.

Also held in high esteem for use in ceremonial activities, hence the "sacred" portion of its name, daturas are a powerful narcotic. Used for inducing visions and connecting with their spiritual world, shamans probably kept the use under control. Unfortunately, sacred datura gets ingested as a modern-day recreational drug, but sometimes with dramatic consequences. Reports of individuals ingesting seeds and losing touch with reality comes from hospital reports. Often the patient has no idea how they sustained broken bones or wounds while under the influence. Mind numbing and body altering.

Like some other members of the Potato Family, datura contains dangerous alkaloids such as atropine, scopolamine, hyoscyne, and hyoscyamine, a nerve toxin. Often referred to as "Jimsonweed," that notable and closely related species grows in the East.

Derived from Jamestown, Virginia, colonists prepared boiled greens of this plant for British troops quartered in their homes during the Bacon Rebellion in 1676. The soldiers spent a few days in "frantick condition...and after eleven days, return'd to themselves again, not remembering

any thing that had pass'd," much to the temporary amusement of the colonists.

by Damian Fagan

Though jimsonweed and datura get a bad reputation from this toxic characteristic, the plant's inclusion into modern-day xeriscaped gardens is worth the effort. These stout and sometimes sprawling perennials bear large egg-shaped leaves and the floral buds resemble tightly rolled cigars. But the beauty comes when the corollas unfurl under the cover of darkness, spreading wide to lure moonbeams and

moths deep into its tunnel-shaped throat. The ghostly-white flowers may be up to 6 inches long and, when unfurled, have five "teeth" or projections along their tips. Often tinged with purple or lavender on the flower's margin, this coloration adds to the mystery of the plants. Opening after dusk and closing the next day, the datura flowers attract nighttime pollinators such as sphinx moths, but there may be a variety of wasps and beetles that also visit the sweet-smelling flowers.

After pollination, golf ball-sized seedpod covered with slender spines hang like ornaments on the large plants. The rounded fruits give the plant another common name: Southwestern thorn apple. Bearing numerous seeds, the pods split open at maturity and the wind rattles the seeds loose. The seeds bear a small oily appendage that attracts ants. The ants gather up the seeds and haul them back into their mounds. This seed dispersal by ants is called "myrmecochory." The ants eat the appendage and discard the seeds, which sprout to form new daturas. One wonders if the ants get a little crazy down under ground.

So as September rolls into the Canyon Country, look for these sprawling daturas that seem more suited for a tropical climate than here in the desert. Take a seat and enjoy the ritual of watching the flowers unravel and open their blooms to the night sky.



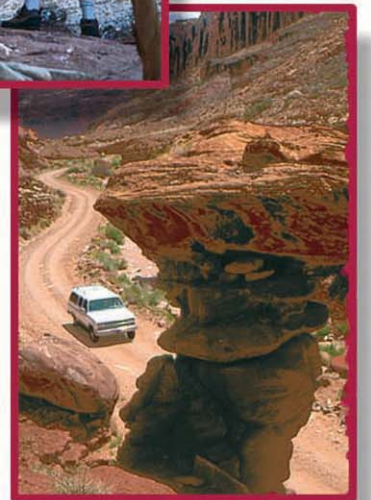
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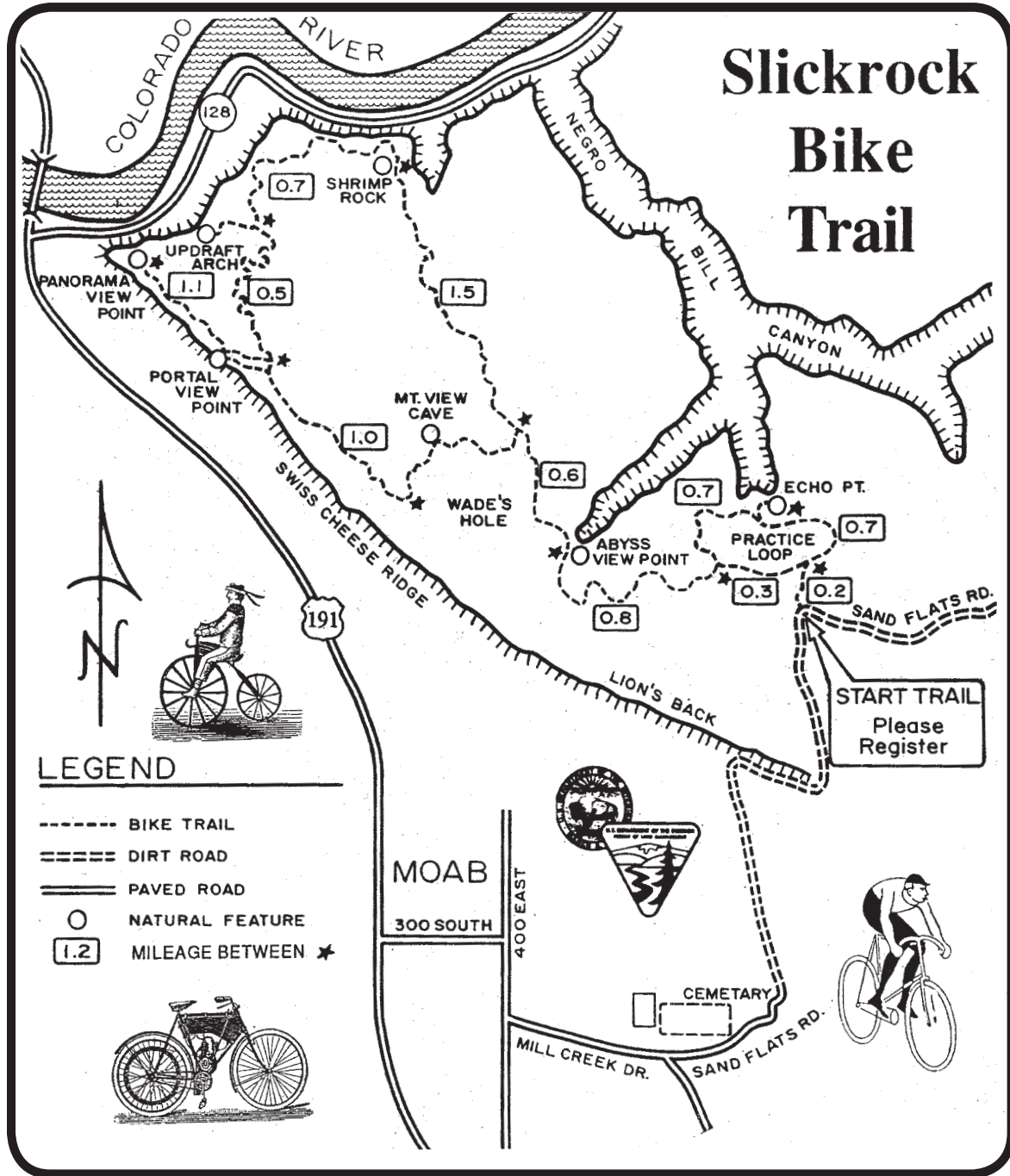
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# MOUNTAIN BIKING



## Mountain Biking Mecca

The canyon country around the Moab area 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 carved by the forces of the rivers. The harshness of the area provides an unparalleled group of back country trails to ride on.

Moab has become known worldwide as a mountain biking mecca. 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.

*The major annual bicycle events include:*

• **MOAB CENTURY TOUR, SEPT 18-20, 2009** - This annual event is a weekend packed with road cycling benefiting the Lance Armstrong Foundation. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. 45, 65, and 100 mile route options on this fully supported road cycling tour. Visit [www.skinnytirefestival.com](http://www.skinnytirefestival.com) or call 435-259-2698 and see article on page 17A.

• **24 HOURS OF MOAB October 10 & 11, 2009** - 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!

• **CHILE HO-DOWN October 2009** - Come join Chile Pepper Bike Shop for 3 days of a rockin' good time! Bring your fat tire bike and your dancin' shoes. Group shuttles, a townie tour, bike industry vendors with demos and swag, a big air contest, and a mountain bike race DH style. Oh, and we can't forget the Halloween costume party with lots of rock'n roll. Sound like fun? You bet, so don't miss it!!!

• **NEW EVENT: GRAN FONDO** - May 1-2, 2010  
The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the anti-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. That said, as any serious cyclist knows, there is also satisfaction with not only completing an epic ride but with comparing your times with other riders afterward.

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# BICYCLE TOUR HAPPENINGS

## Moab Century Tour, Sept 18-20th— More than Just a Ride

Samantha Bonsack

It is no wonder road cyclists have been attending the Moab Century Tour for years. Benefiting cancer research and survivorship programs, this fully supported route offers a ride for every cyclist's resume. Wonderful routes on roads with minimal traffic, inspiring scenery of the Moab Valley into the aspen-lined La Sal Mountains and the noble offering of riding for a cause touches each rider in a deeply personal way, from those with little experience to professional cyclists and teams.

Bob Roll is one of the pros that have put the Moab Century Tour on his schedule. A retired professional cycling

racer, industry icon and current color commentator on sports channel VERSUS, he has become an industry icon as much from his cycling achievements as from his on-air personality. His presence overpowers the camera, hands moving about in wild gestures all while speaking the most unthinkable assembly of

words in the English language known as "Rollisms". Bob is a long time fan of road cycling in Moab. "Moab has great roads," he says. "After coming with my mountain bike I finally asked myself why I had never brought my road bike. Now, I leave the mountain bike at home." Riders will be able to spend time with Roll to hear more of his antics like how he once convinced the European press that he was raised in a teepee, mocking their stereotypic view of the Wild West. Moab Century Tour participants choosing the climbing route option would do well to absorb some of Roll's cycling secrets that keep him going in the face of defeat as they will need it on a portion of the La Sal Loop considered to be an out-of-category ride.

Known as "The Big Nasty", this small but mighty section gains 3,000 feet in only seven miles to offer a level of accomplishment rarely felt at other century rides. The rewards are immeasurable with one of the most breath taking views imaginable. Next is the exhilarating "Blue Streak" descent down a windy mountain road into strange formations of the red rock buttes of Castle Valley. Cyclists choosing the milder rolling route options travel scenic Highway 128 avoiding the climb—soaking in the landscape. All cyclists

enjoy social spinning and rolling hills along the Colorado River



corridor on their return to Moab. It is truly one of a kind.

But perhaps it's not the ride that brings these cyclists back. Speak with a few of these friendly, brightly clad roadies and you'll begin to hear an unusual word being used to describe this astounding cycling event;



Family. It seems that the accomplishments of conquering "the Big Nasty" is overpowering, but the lasting take-away seems to come back to the shoulder-to-shoulder, tire-to-tire, story-to-story experience of the riders themselves.

That's what brings Betsy Pollak back. It's a shared knowledge that everyone is in it together, all pulling for the greater good to raise funds for cancer research and survivorship programs. After her sister was diagnosed, Betsy wanted to do something for her that was meaningful. In roughly

six months, Betsy has raised close to \$15,000 for cancer research, discovering along the way that it gave her as much reward and satisfaction as she had hoped it would for her sister. "Really I can't tell you what a deeply moving experience it has been in ways we totally didn't expect," she shares. "First of all, you're making a statement to this person you love; you're saying I care enough about you to try to do something for you. And it's very healing for both of you; that's the thing you don't understand before you do it, you're going to get just as much out of it as the person you're doing it for, if not more."

This weekend event is rounded out by warm up and recovery rides, celebrity speakers and unique vendors such as Hakenya who is bringing their Mobile Human Performance Laboratory to offer VO2max tests, lactate and ventilatory threshold determinations, as well as other performance testing. Normally only accessible by professional, world-class athletes (think Lance Armstrong), their Mobile Lab allows anyone this ability to get a snap shot of their genetic potential, current training status, aerobic, and anaerobic capacities to know where they are at and where their training should go.

"There is no such thing as a quick fix that will last." Hakenya's President Nate Thomas shares. "Only true lifestyle modifications make for a lasting change." And change is what it is all about. Current cancer diagnosis hits 1 in 3 woman, and a stunning 1 in 2 for men. Lifestyle changes of diet and exercise can cut your risks up to 60%, as well as cut risks for high blood pressure, diabetes and other life threatening diseases.

A little social spinning, a lot of climbing, a wonderful descent, an incredible opportunity to rub shoulders with Bob Roll and a little education all sums up the event in one of the most astonishing places on earth. Moab Century Tour caps at 1,000 riders and registration closes early so riders are encouraged to visit [SkinnyTireEvents.com](http://SkinnyTireEvents.com) or call 435.259.2698 to ensure their spot. Non-participants are welcome and encouraged to visit the vendors at Aarchway Inn who offer products and services to enhance health and wellness.





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# IN AND AROUND MOAB

## Dancing With the Melons!

is this year's theme for the upcoming 2009 Melon Days in Green River, UT. This will be held on September 18 & 19.



- Activities start out the evening before with a city BBQ and fireworks at dark.
- Friday events will feature:
- Vendors at the Park - noon until dark
- 3 Man Golf Scramble at the golf course
- High School Baseball game with Wasatch Academy
- Softball games afternoon and evening
- Square Dancers at the City Park starting at 8:00 p.m. and the featured Melon Queen Pageant starting at 7:00 p.m.
- Saturday starts bright and early at 7:00 a.m. with a 5k Melon Run and breakfast will be served at the City Park.
- Vendors all day at the City Park
- The Parade starts at 10:00 a.m. and there will be entertainment at the park.
- Softball games all day and evening - square dancers starting at 7:30 a.m. and the evening will be topped off with dances
- Oh yea - there is FREE melon all you can eat on Saturday at the City Park.
- Come and plan to spend the weekend in Green River, Utah, for their 103<sup>rd</sup> annual Melon Days.

The Moab Valley Multicultural Center & Red Cliffs Lodge invite you to attend:

### Mexican Independence Day Celebration and Authentic Mexican Buffet

Sept. 19th from 4 PM - 12 PM in front of Frankie D's

This will be a traditional celebration emphasizing Mexican culture and history.

Festivities include, for just \$12:

- Authentic Mexican Buffet (one trip) Kids 5 to 12 yrs \$6.00. (Purchase tickets in advance at MVMC for only \$10. per adults and \$5.00 per child)
- Traditional Mexican Dancers and El Grito
- Mexican Music
- Piñatas for the kids
- Community Dance with the Latino DJ-of-the-Year contest in Frankie D's after 9 pm. \$5 for dance only. MUST be 21 to attend the dance.

**Friday Sept. 18**

**Vendors at the Park**  
- Noon until dark

**3 Man Golf Scramble**  
- Golf Course - 9:00 a.m.

**Baseball game w/Wasatch Academy**  
@ HS - 2:00 p.m.

**Softball games**  
-afternoon & evening

**Queen Pageant**  
@ the High School - 7:00 p.m.

**Square Dancers**  
- City Park - 8:00 p.m.

**FREE MELON!!!**

All you can eat - Saturday - @ the park

# Dancing with the Melons

**Green River, UT 2009**

**Saturday Sept. 19**

**Melon Run 5K**  
- No. Long Street - 7:00 a.m.

**Breakfast**  
@ City Park - 7:00 a.m.

**Vendors at the Park**  
- all day

**Parade**  
- 10:00 a.m.

**Entertainment at the Park** - 11:30 a.m.

**Softball games**  
- all day & evening

**Square Dancers**  
- City Park - 7:30 p.m.

**Dances**  
@ 9:00 p.m. - TBA

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**Borders Books**  
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**City Market**  
Fruita Exit

# ASTROLOGY HAPPENINGS

## Your Monthly Horoscope - September 2009

Aug. 24 - Sept. 22



**Virgo:** Happy Birthday Virgo. This month is really testing. Harsh words you have on the 1st bloom into a full scale re-evaluation and adjustment process with your partners from the 17th to the 22nd. This is the time to listen. Have you been putting yourself

before those you love? This is going to require some major changes on your part. Be ready and willing.

After the 23rd the Sun moves into you 2nd house of Values and Cash and you will find that the adjustment phase continues here for another month.

Sept. 23 - Oct. 23



**Libra:** Something shocking that you hear on the 1st comes home to roost on the 17th for a five day period of upheaval regarding your health or your job. By the 22nd the dust settles and you can make new plans for a recovery.

After the 23rd the Sun moves into you 1st house and you'll be back on top of the world. Others may need your help in holding their lives together, so don't turn them away.

Oct. 24 - Nov. 22



**Scorpio:** Dark plans made by others on the 1st unfold on the 17th through the 21st that cast you in an unfavorable light. Bide your time and watch what you say. Over defending yourself makes you look guilty. The bottom falls out of your naysayer's apple cart on the 22nd and you are free to make new plans.

On the 23rd the Sun moves into your house of Secrets. Maybe you should make plans to thwart a repeat of this month's shenanigans.

Nov. 23 - Dec. 21



**Sagittarius:** The words of a friend could be a warning of problems coming your way on the 17th through the 21st regarding your career and your home and your attitude with both of them. Freedom only comes after duty. A lesson you may have to re-learn this month. You can put your new plans into practice on the 22nd to avoid this happening again.

After the 23rd, the Sun moves into your house of Hopes and Dreams and you get the chance to plan your future for the next year. What a great pastime.

Dec. 22 - Jan. 20



**Capricorn:** Use a notice you receive on the 1st to prepare for a battle from the 17th to the 21st. It may involve lawyers or clergy but it will certainly be intense. You may have to concede on points to keep what you are defending.

After the 23rd, the Sun moves in your 19th house of career and you'll feel the warmth and the glow of security your chosen field can provide you.

Jan. 21 - Feb. 18



**Aquarius:** A bill or a bank notice on the 1st could grow into a full scale financial audit with your partners by the 17th that lasts for four days. Inequities, abuses, and poor record keeping will be revealed. Corrections and new procedures can be put into place on the 22nd to prevent this from happening a second time.

As the Sun moves into your 9th house of distant places on the 23rd you may feel that just one more little get-away is what you need. Follow your heart. GO!

Feb. 19 - Mar. 20



**Pisces:** A misunderstood overture from your spouse or your partners could grow into a range war by the 17th and you're going to be at the center of it. If you haven't been your old self lately and thought of others before you, then you may have to

offer some explanations and apologies to those who matter on the 22nd when the dust settles.

After the 23rd the Sun moves into your 8th house of Shared Assets and you'll be balancing the checkbook for those who can't.

Mar. 21 - Apr. 20



**Aries:** Choosing to ignore a warning on the 1st could escalate into a major health or employment problem by the 17th through the 21st. Pay heed and follow instructions to the letter. By the 22nd you can evaluate your progress and set new plans into action without feeling like it's an emergency.

After the 23rd the Sun moves into your 7th house of Partnerships. This fall promises many romantic interludes. Start building a memory list with that special person.

Apr. 21 - May 21



**Taurus:** There's a little red flag on the 1st that should warn you of impending problems with either your child or lover. It comes to a head on the 17th when they test the limits of their freedom versus yours according to you. You may find it revealing and shocking. You will be required to make personal adjustments and concessions for those you love.

After the 23rd, the Sun moves into your 6th house of Employment and Health and you could entertain the ideas of a new diet or workout plan. Or perhaps there're things you'd like to change in your office. Now's the time to make those changes.

May 22 - June 21



**Gemini:** A child's whispered complaint could bring a storm on the 17th through the 21st regarding how much time you spend at home and the office. There must be a balance and you'll do battle over it on those days. New plans can be worked out and put into effect on the 22nd to prevent this from ever happening again.

After the 23rd the Sun moves into your Romance house and nothing could make you happier for the next month. A pen pal could turn into quite the romance for the fall.

June 22 - July 22



**Cancer:** Someone's catty comment on the 1st could ruffle your feathers in slow motion and bring about a great outpouring on your part from the 17th to the 21st. Not inclined to go on and on, this rule may suddenly get the boot as you unloose pent-up frustrations. Leave this person some small measure of dignity so they may apologize to you on the 22nd.

After the 23rd you will probably just want to hangout at home for the next month. Your castle; your fortress from the world.

July 23 - Aug. 24



**Leo:** Not weighing "NEED" versus "WANT" over a purchase on the 1st could come back to haunt you on the 17th through the 21st in some rather unpleasant ways. You're going to have

to explain yourself many times over for this one. This is doubly true if you're married or operating with your business partner's money. You can find solutions to the problem on the 22nd, but not without some scrapes.

After the 23rd the Sun moves into your 3rd house of Brothers and Sisters and this year you can expect a call that could rekindle some flames with those who hold you dear.

By Rob Wells

Rob has been an Astrologer for over 30 years. A student of Carol Green and the Ray of Light School in SLC, 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. Let me help you with your choices in life." Prices start at \$25.00. Call for an appointment, 259-7116.



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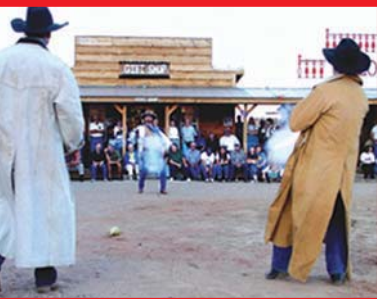
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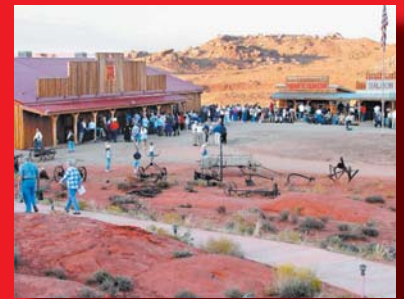
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# MOAB HAPPENINGS

ENTERTAINMENT  
NIGHT LIFE

Volume 21 Number 6

FREE

Section B

September 2009

## Wild and Scenic Film Festival Returns to Moab

### Promoting Sustainability Through Community

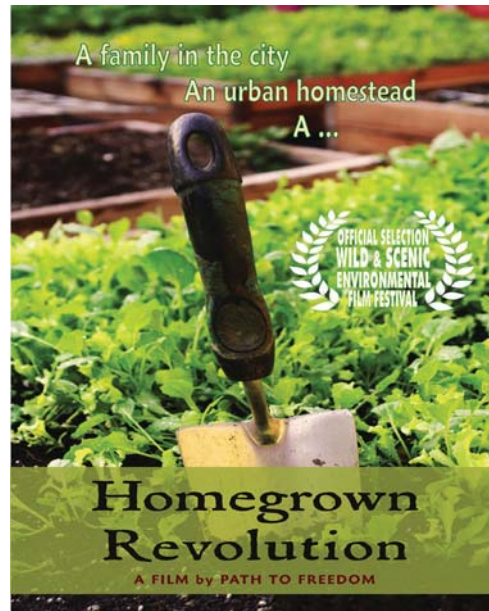
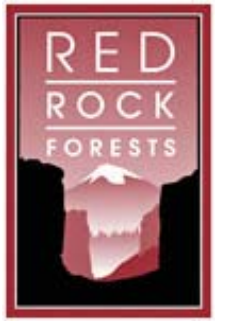
Join Red Rock Forests as they host the Wild and Scenic Environmental Film Festival On Tour, the largest film festival of its kind in North America, in downtown Moab at historic Star Hall on Friday, September 18th, 6 pm.

Red Rock Forests has hand-selected ten unique films of varying length that explore creative ways that people all across the globe are using their 'built' environments more sustainability, and thus reducing the demands and pressures for resources from our wild places. A sampling of our festival includes a trip to Australia where the city of Melbourne is reinventing its urban landscape with wider sidewalks, greener streets, eclectic cafes and public art to make it a bustling pedestrian haven; to a beach in New Zealand where an artist makes beautiful sand mandalas; on a tour of three faith congregations and how they are driven by their spiritual and religious convictions to re-examine what it means to be human and how we live on this planet; to an urban homestead in California where a family harvests nearly 3 tons of organic food from their 1/20 acre garden; and on a road trip that tours North America, dodging Yellowstone's grizzlies and Miami's taxicabs, and highlighting sustainable road projects and wildlife corridors for the 21st century.

The festival is a natural extension of the past ten years, during which Moab-based Red Rock Forests has been protecting the forests and watersheds of the La Sal and Abajo Mountains—the sole watersheds for southeastern Utah's Greater Canyonlands Basin. Through local and regional citizen outreach, we provide many opportunities for community participation, as our membership gets involved in everything from trail restoration

to speaking out at public meetings and commenting on proposed forest and watershed projects.

The Wild & Scenic Environmental Film Festival was started by the watershed advocacy group, the South Yuba River Citizens League (SYRCL). The festival's namesake is in celebration of achieving Wild & Scenic status for 39 miles of the South Yuba



River in 1999. The festival enabled SYRCL to mobilize their community for the advocacy of its local watershed. The Wild and Scenic Festival On Tour partners with environmental and grassroots groups to host four venues across the country reaching 75 towns and cities. The festival brings a community together around film allowing audiences an opportunity to evaluate local issues affecting their surrounding area. The films inspire, entertain and motivate people to go out and make a difference in their community and around the world.

Doors open at 5:30 pm and the show starts at 6 pm. Tickets are only available at the door. \$10 at the door, \$5 for children 12 and under. For more information, call 259-5640.

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# HEALTHY HAPPENINGS

## Moonflower Market Offerings

The bulk herb, tea, and spice department is a unique feature of the Moonflower Market.

Moonflower Market carries a wide variety of culinary spices, medicinal herbs and the most diverse selection of bulk fair traded teas in town. You will find product in the jars from Mountain Rose Herbs, Frontier Natural Products Coop, Two Hills Tea, and Hummingbird Herbals.

Bulk spices, herbs and teas at the Moonflower are non-irradiated and meticulously rotated for freshness by our long term bulk herb manager D'ahna Chalmers. While most conventional stores sell spices prepackaged and often irradiated to preserve freshness, the Moonflower is committed to selling non-irradiated product. The Organic Consumers Association reports that "Irradiated fruits and vegetables benefit the packer and grocer, but not the farmer or consumer. The consumer receives an inferior product that appears fresh, but has depleted vitamins and enzymes." Food products that are most often irradiated are spices, grains, potatoes, and tropical fruits. Irradiation is used to kill bacteria, control bugs, and delay sprouting and ripening. There are no long term health studies on the effects of eating irradiated foods. There are not only dangers to the consumer, but also to the processors and handlers exposed to irradiation. Some studies suggest that over time bacteria are becoming irradiation resistant super bugs.

What are the reasons to purchase your herbs and spices in bulk? Our bulk department is self serve. You get just what you want and no more. For example, how many of us have had the same jar of nutmeg in our kitchen cabinet since we first purchased it 25 years ago to make that first pumpkin pie? It doesn't smell so aromatic and intoxicating anymore does it?

It is time to dump that old nutmeg in the compost pile, wash that jar, and head on in for some fresh stuff. We also offer an even more affordable special order option. Quantity orders are available from all our distributors with an average turnaround time of 1-2 weeks. We also carry small glass spice jars to put your spices in. The bulk spice department has all the standard flavors that you might recognize and a few more unusual ones. We have product for your home canning needs. Our bulk tea department has more flavors of green and black tea than you'd probably recognize and a spectrum of medicinal herbal teas.

Bulk herbs and spices provide affordable quality. The companies we purchase from are conscientious businesses committed to quality product. They seek out superior herbs, teas and spices from growers that meet their demands for sustainable, and often organic, growing practices. They contract with worker cooperatives around the world, to help ensure that the farmers receive the best prices for their product. Frontier is a customer owned cooperative business that was the first major spice and herb company to actively



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support and promote organic alternatives to traditionally grown products. Our newest provider, Mountain Rose Herbs, declares itself dedicated to organics, and will not carry products that have not been grown on either a certified organic farm, or grown without chemicals and tested to ensure no pesticide residues. Two Hills Teas believes in fair trade and makes a point to purchase not only from certified organic tea farms, but from growers that farm sustainably and maintain fair working environments for their laborers. Hummingbird Herbals is a small individual business out of Durango that utilizes many wildcrafted herbs in its products.

Bulk herbs provide affordable nutrition and healing. Many medicinal herbs can be effectively taken as brewed tea. This takes more time and commitment than taking a capsule, but it can be a more affordable and viable way to support your body's needs in time of illness or disease. And mint is always a simple way to add a nice flavor to your medicinal tea blend.

Interested in diversity, quality, and affordability? We might have what you need in Moonflower Market's self serve bulk herb, spice, and tea department. Come see us across from the post office at 39 E 100 N.



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# HEALTHY HAPPENINGS

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Spinal Touch Alignment:

A gentle, polarity based treatment I often combine with Chinese Acupressure (Tuina) to give the body the information it needs to correct postural alignment. This is great for Sciatica as well as many other painful situations.

NEW! Bellanina Face Lift Massage:

During an hour of luxurious pampering, I use specific facial, neck and shoulder massage, and acupressure techniques with Bellanina products to de-stress, smooth, tone, tighten and rejuvenate. A massage of your hands and feet adds the finishing touches to this heavenly session

Many of my services are available in combination to meet your needs.

Please call to book your appointment, 435-260-1002


**Ambrosia Brown, LMT ~ Studio 7**  
**True Self, "BE KIND, UNWIND."**  
**Nationally Certified, Licensed Massage Therapist**  
**(435) 260.1122**

Thai Yoga Massage ~ Deep Tissue Sports Massage ~ Hot Stones ~ Swedish Massage ~ Couples Massage ~ 60-75-90 minutes

Ambrosia Brown is a Licensed Massage Therapist that has been practicing in Moab at the Healing Arts Center for three and a half years. Be kind and unwind by treating yourself or someone you know to a massage!

This month's Ladies Journal describes the many ways massage enhances our health, "New research confirms that massage has many health-boosting effects including reducing heart rate; lowering blood pressure; increasing circulation and lymph flow; relaxing muscles; improving

*Healing Arts Center Massage*

|   |  |
|---|--|
|  | <p><b>Lisa Albert, LMT, NCTMB</b>      260-9506</p> <p><b>Ambrosia Brown, LMT, NCTMB</b>      260-1122</p> <p><b>Ayni Henderson, LMT</b>      260-1002</p> <p><b>Sarah Ball, LMT</b>      260-2238</p> |
|---|--|

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Sarah Ball

Lisa Albert

Ayni Henderson

Ambrosia Brown

**Ayni Henderson, LMT, Reiki Master**  
**435-260-1002**

**Healing Arts Massage – Studio 5**

Bowen Therapy Now in Moab! Bowen Therapy brings about incredible results by penetrating to a deep cellular level, using the body's unique ability to heal itself. With the release of toxins and old patterning the Bowen moves begin to accomplish holistic balance almost immediately. Since the Bowen Technique addresses the body as a whole unit rather than just the presenting symptoms, it embraces the physical, chemical, emotional and mental aspects of each person receiving a treatment. Simply stated the Bowen Technique resets the body to heal itself. The work, originating in Australia, consists of a series of gently rolling connective tissue moves, using light touch and is done through the clothing. Bowen Therapy is for everyone, infants to seniors! \$60.00

Spinal Touch Treatment-This modality aligns your hips, back and neck. It relaxes your postural muscles, increases your energy, wellness and will make you feel great. If done monthly you will see healing changes in your health, attitude & energy. \$35.00

Aqua Chi Foot Bath Detox-Experience the radiant healing of an Aqua Chi Treatment. A healing energizing Foot Bath treating your Body, Mind & Spirit. Our bodies are 70% water and by using electronically charged water conducted through the feet, the Aqua Chi will refresh and detoxify you by sending higher vibrational energy into your body. It is 45 minutes of pure relaxation & rejuvenation including a leg and foot massage. This increased energy remains in your system, leaving you feeling better for days. \$35.00

I also practice Swedish Massage Therapy, Reiki Energy Work and Instruction, Tuina, and Craniosacral.

range of motion; boosting the immune system; and increasing endorphins." Learn more about this study that found massage was an effective treatment for patients with chronic lower back pain at the following website, <http://www.amtamassage.org/news/enhancehealth.html>.

Thai Yoga Massage is now available with Ambrosia. This Eastern style sports massage combines rhythmic compressions and nurturing stretches. Thai Yoga Massage is especially effective for treating areas of stiffness in the body and leaves you feeling energized!

**Sarah Ball, L.M.T.**  
**Nationally Certified**  
**(435) 260-2238**

**Healing Arts Center ~ Studio 9**

Massage, as one of the earliest corrective means of relieving pain and discomfort; uses natural, instinctive, systematic maneuvering of the soft-tissues of the body to yield a variety of positive results.

Elderly: improve circulation, reduce pain and tension, increase mobility and enhance feelings of well-being.

Sports: reduce muscle soreness, improve athletic performance, reduce injury and speed recovery.

Everyone: relieve stress and tension, increase energy, alleviate headaches, neck and back pain, promote relaxation and good sleep. No matter how well you are, a good massage will leave you feeling better!

Sarah Ball, Nationally Certified L.M.T. offers Swedish and Deep-Tissue massage tailored to your needs. Enthusiastic and committed to assisting your body towards health and vitality. Experience the benefits of massage!

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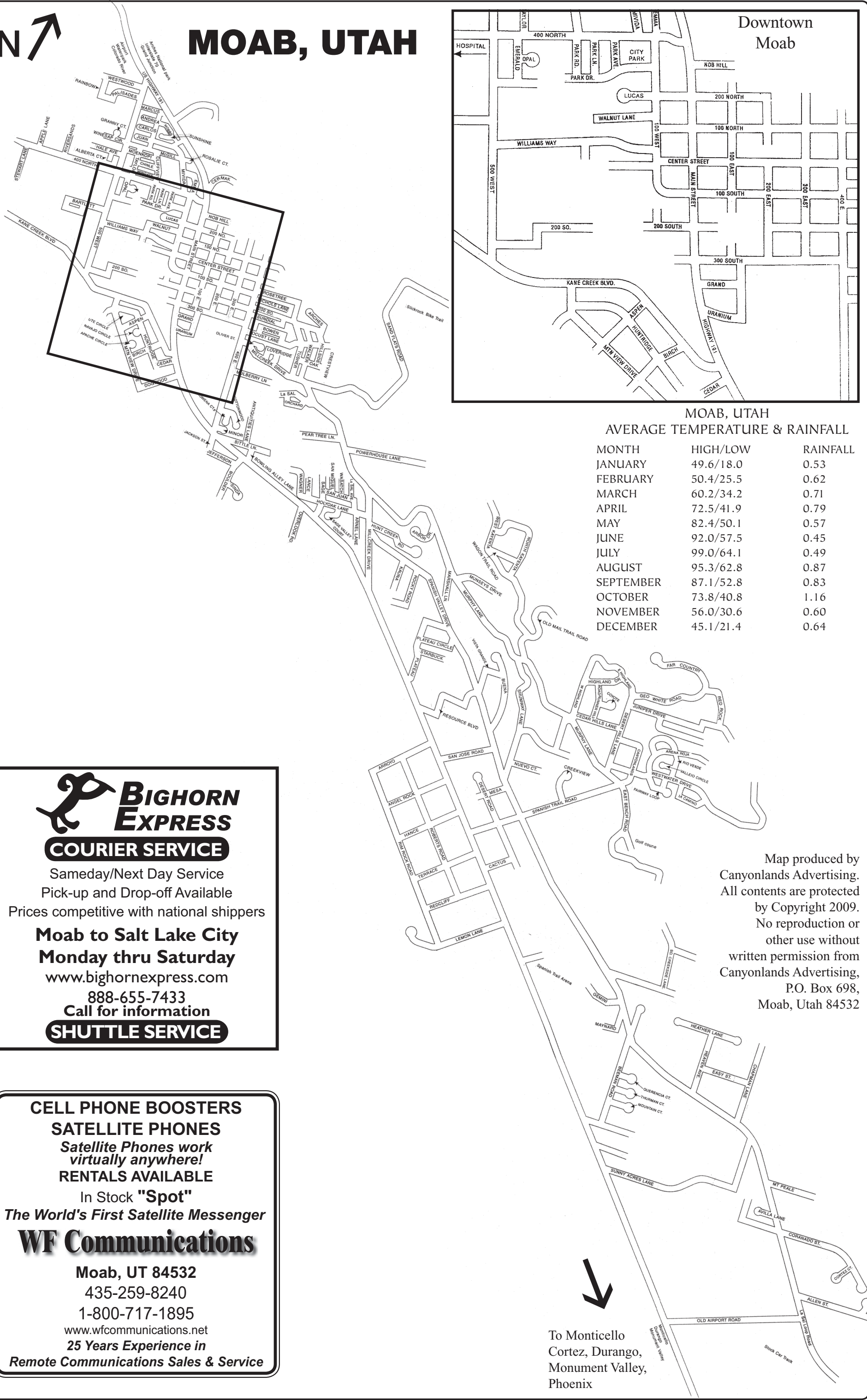


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# MOAB, UTAH



### 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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To Monticello  
Cortez, Durango,  
Monument Valley,  
Phoenix



# SKY HAPPENINGS

## The Sky for September 2009

By Faylene Roth

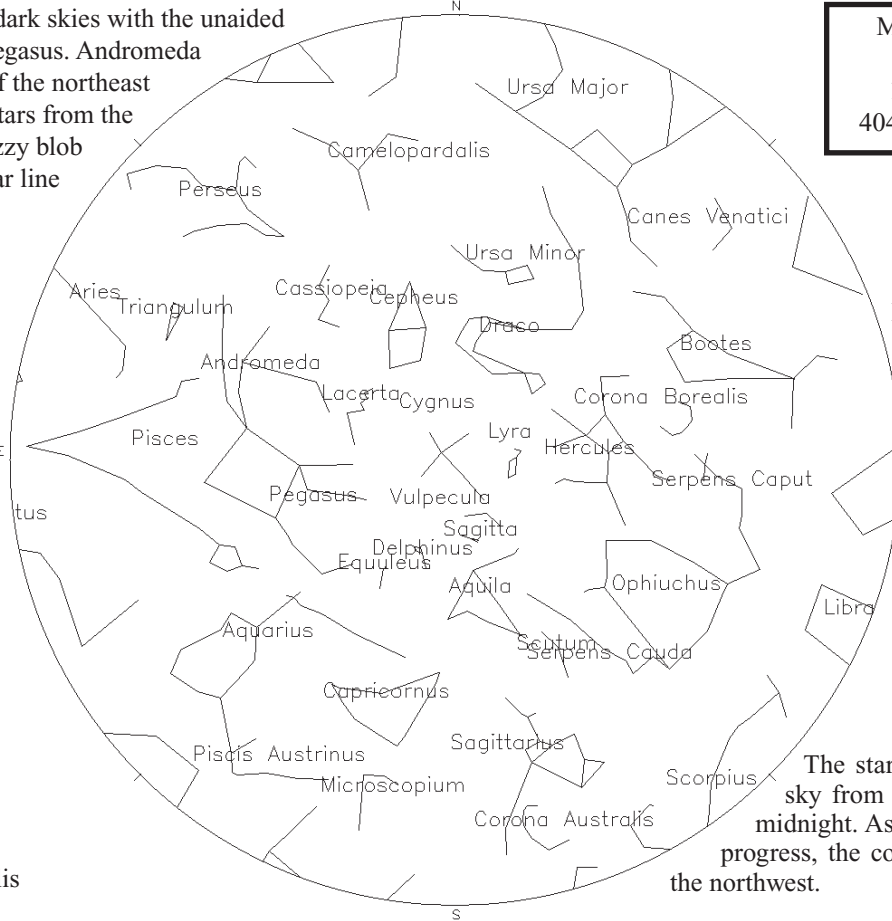
### SEPTEMBER SUNRISE AND SUNSET TIMES

| DATE | SUNRISE | SUNSET |
|------|---------|--------|
| 1    | 6:48am  | 7:48pm |
| 2    | 6:49am  | 7:46pm |
| 3    | 6:50am  | 7:45pm |
| 4    | 6:50am  | 7:43pm |
| 5    | 6:51am  | 7:42pm |
| 6    | 6:52am  | 7:40pm |
| 7    | 6:53am  | 7:39pm |
| 8    | 6:54am  | 7:37pm |
| 9    | 6:55am  | 7:35pm |
| 10   | 6:56am  | 7:34pm |
| 11   | 6:56am  | 7:32pm |
| 12   | 6:57am  | 7:31pm |
| 13   | 6:58am  | 7:29pm |
| 14   | 6:59am  | 7:27pm |
| 15   | 7:00am  | 7:26pm |
| 16   | 7:01am  | 7:24pm |
| 17   | 7:02am  | 7:23pm |
| 18   | 7:03am  | 7:21pm |
| 19   | 7:04am  | 7:19pm |
| 20   | 7:04am  | 7:18pm |
| 21   | 7:05am  | 7:16pm |
| 22   | 7:06am  | 7:15pm |
| 23   | 7:07am  | 7:13pm |
| 24   | 7:08am  | 7:12pm |
| 25   | 7:09am  | 7:10pm |
| 26   | 7:10am  | 7:08pm |
| 27   | 7:11am  | 7:07pm |
| 28   | 7:12am  | 7:05pm |
| 29   | 7:12am  | 7:04pm |
| 30   | 7:13am  | 7:02pm |

View the Andromeda Galaxy under dark skies with the unaided eye. First find the Great Square of Pegasus. Andromeda is identified by two lines that trail off the northeast corner of the square. Count in two stars from the corner on the top line. Look for a fuzzy blob about four degrees up a perpendicular line from that star.

### MAJOR CONSTELLATIONS OF SEPTEMBER

- Overhead**  
Aquila  
Cygnus  
Lyra
- Northward**  
Cassiopeia  
Cepheus  
Draco  
Ursa Major  
Ursa Minor
- Eastward**  
Andromeda  
Aquarius  
Pegasus  
Perseus  
Pisces
- Southward**  
Capricornus  
Ophiucus  
Sagittarius  
Scorpius
- Westward**  
Bootes  
Corona Borealis  
Hercules  
Libra



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

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 the month progress, the constellations shift toward the northwest.

### VISIBLE PLANETS

- Jupiter** - This month Jupiter rises before sunset and sets in the early morning twilight. Because of its brightness it can't be missed in the southern sky. It rises in the upper left region of Capricornus and will be easy to view high in the sky by midnight. (Magnitude -2.7)
- Mars** - The small red disk of Mars does not shine bright enough this month to stand out against the background stars. It rises a few hours after midnight and moves through Gemini in a northeasterly direction throughout the month. (Magnitude +1)
- Venus** - Look for Venus in the eastern sky after 4:00am. It rises a little later each morning so it will not be as high in the morning sky as it was in August. Venus's orbit is receding from Earth which explains its diminishing brilliance. By September 30 it barely clears the horizon by dawn. (Magnitude -3.8)

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.

### DAYLENGTH

The long periods of summer daylight shorten by 71 minutes in September. Notice that the change is not evenly distributed. Earlier sunsets advance more rapidly than later sunrises. Twilight, too, fades faster because the earth's tilt no longer faces directly towards the sun. Civil twilight extends usable daylight by 30 minutes after sunset. Nautical twilight continues another half hour as shapes and color disappear from the landscape. In a final half hour of astronomical twilight, the last rays of sunlight fade from the sky. The reverse progression occurs at dawn. Actual time of sunrise and sunset may vary depending upon the surrounding landscape.

### MOON HAPPENINGS

September begins with a waxing gibbous moon high in the southern sky at twilight. On September 2 it rises three minutes ahead of Jupiter in the southeastern sky. The full moon rises in the eastern sky on September 4 at 7:33pm. On September 9 the waning gibbous moon rises with the Pleiades about one hour after twilight ends. The last quarter moon occurs September 11. The moon appears in the northeastern sky in the early morning hours of September 14 in Gemini. Mars rises below the moon about 45 minutes later. On September 16 the moon rises below Gemini and just eight minutes ahead of Venus in the northeastern sky. The new moon occurs September 18. A waxing crescent moon reappears in the western sky just below Antares (Scorpius). The first quarter moon occurs September 25. On September 29 a waxing gibbous moon again pairs with Jupiter high in the southern sky by twilight.

### AUTUMNAL EQUINOX

Autumn arrives in Moab on Tuesday, September 22, at 3:18pm. Equinoxes occur when the ecliptic (sun's apparent path across the sky) intersects the celestial equator (projection of earth's equator into space). Here on earth that means that at 3:18pm the sun will shine directly over the earth's equator. On that day there is exactly 12 hours between the time the sun crosses the eastern horizon and the time it dips below the western horizon. Due to physics, however, that is not the way we see it. The sun is visible when it is below the horizon because of refraction. That means that light waves bend when they pass through the

atmosphere. It's similar to the way the portion of your leg under water appears to be offset. The times in a sunrise/sunset table indicate when the sun can be seen on a flat horizon rather than when it crosses the horizon. Should you notice, September 25 is the closest day we'll have to visually experience 12 hours with the sun and 12 hours without.

### METEOR ACTIVITY

No major meteor showers occur in September, but there is still significant sporadic meteor activity this month. Most meteor showers originate in regions dense with particles left in the wake of comets. Sporadic meteor events are the result of random distribution of debris from interplanetary collisions within the solar system. These meteors may appear in any region of the sky and vary in size, color, and speed. If you see a fireball or a bolide, look up The American Meteor Society web page. It tracks these rare sightings. Fireballs are brilliant meteors of -4 magnitude, as bright as Venus. Bolides are meteors that end in an explosion. Make note of the time, location, brightness, color, duration, distance traveled, compass direction, angular elevation, and its track across the sky relative to background stars and constellations. The AMS website provides a reporting form.

### STARGAZE AT OLD CITY PARK

Join Red Rock Astronomers at Old City Park on Saturday, September 19, at 8:00pm for a tour of the night sky. Learn to recognize autumn's constellations as they overtake the eastern sky. Telescope viewing provided by Alex Ludwig. Meet in the grassy field at the lower southwestern corner of the park. Call 259-4743 (Faylene Roth) or 259-3313 (WabiSabi) for more information or if you have a telescope to bring to the gathering. Sponsored by WabiSabi. All ages are welcome and the event is free. In case of rain or overcast skies, join us the following night, Sunday, September 20.

Note: Hold your hand at arm's length to measure apparent distances in the sky. Adjust for the size of your hand. 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 hand stretched

from thumb to little finger equals 20 degrees. The diameter of both the full moon and the sun spans only 0.5 degree. Primary Sources: USGS; U.S. Naval Observatory; Your Sky at <http://www.fourmilab.ch/yoursky/>






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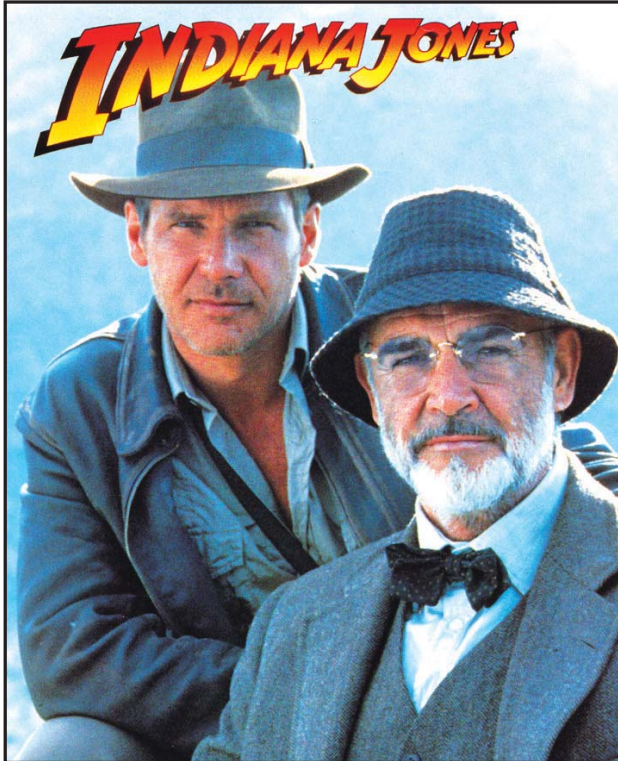
# CULTURAL HAPPENINGS

## Movie & Western Memorabilia Museum at Red Cliffs Lodge

Red Cliffs Lodge, on the banks of the mighty Colorado river, is home for 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

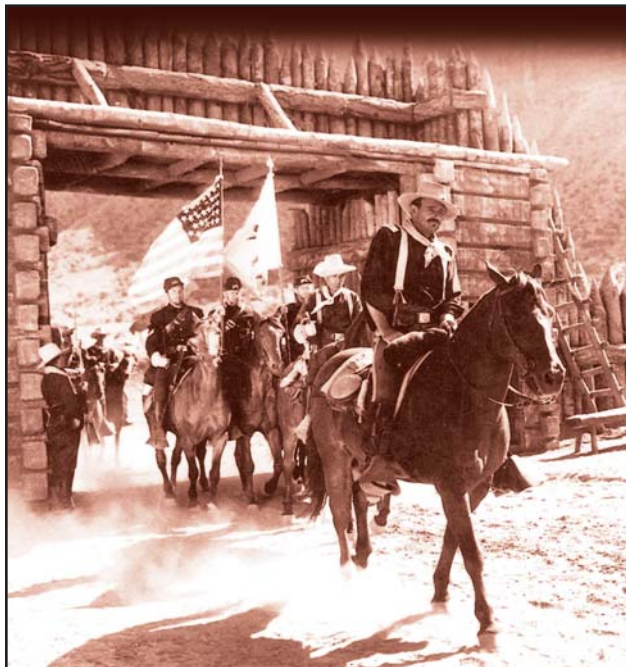


the museum are production photographs, movie posters, autographed scripts, props from the many pictures filmed in the area, and displays about the western ranching heritage. For information, call Red Cliffs Lodge at 259-2002.

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.



John Wayne leads his troops into the fort at Red Cliffs Ranch, in the movie *Rio Grande*, directed by John Ford in 1950

## Druha Trava Returns

The legendary Czech supergroup, Druha Trava returns to Moab for a concert performance Friday, September 11, in historic Star Hall. Druha Trava's "Czechgrass" sound is a bluegrass-folk-rock blend, infused with Celtic nuance and powered by progressive instrumental innovation. The audience will enjoy an engaging offering of songs in English and Czech, along with powerful instrumental selections.

The band gained new international renown when it was chosen to "open" for President Obama last April outside Prague Castle, to a crowd of some 30,000. Receiving rave reviews from the American press corps, their music was featured on NPR news. While it is surprising to some that "bluegrass", a traditional American musical style, is played in Europe, its popularity has blossomed along with the reputation of Czech musicians and instruments makers.

Druha Trava, which translates to "Second Grass" in their native Czech, is composed of traditional bluegrass instrumentation: guitar, mandolin, banjo, dobro and bass, haunted occasionally with flutes and whistles. Mandolinist, Robert Krestan, is the songwriter of the band with a somber and distinctive delivery. Lubos Malina on banjo and Lubos Novotny on dobro are both widely acclaimed as among the world's elite on their respective instruments. The band also features Emil Rormanek on guitar and Petr Sury on bass.

Their highly acclaimed recent recording *Dylanovky*, a Czech translation of Dylan songs, adds to the wealth of prior recordings to their credit. Druha Trava has recorded with such American artists as Peter Rowan, Bela Fleck, Tony Trischka and Charlie McCoy.

Their 18-date, 2009 U.S. tour will again include a stop in Moab. The band's fascination with the canyons of southeastern Utah has made Moab a frequent stop on their U.S. tours since they first wandered into town more than a decade ago. The special connection between Druha Trava and Moab audiences always results in a powerful and memorable performance.

The performance will be in historic Star Hall auditorium, 159 East Center St., on Friday, September 11<sup>th</sup>, beginning at 7:30 pm. Advance tickets are available at Back of Beyond Book Store for \$10, or at the door \$12. Star Hall was graciously made available for this event by the Moab Music Festival. For more information call 260-8689.



# DAN O'LAURIE MUSEUM OF MOAB

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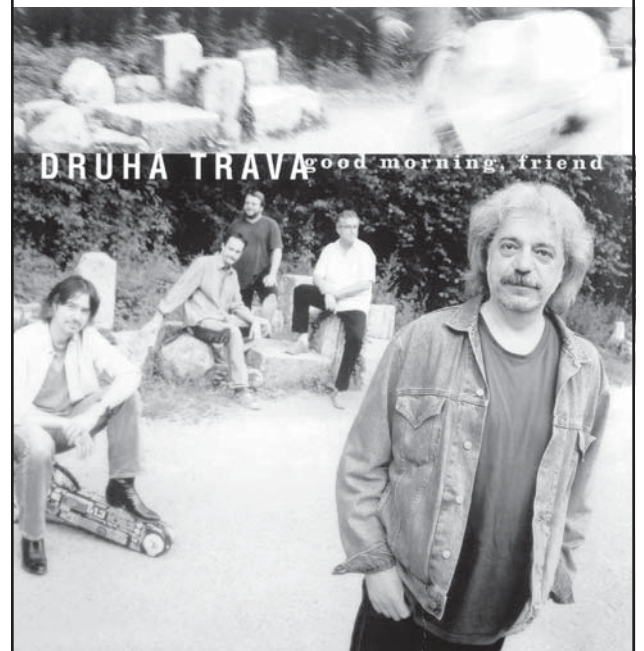
MON-FRI 10AM-6PM  
SATURDAY 12-6PM

(435)259-7985

WWW.MOABMUSEUM.ORG



**Druha Trava, new acoustic folk and bluegrass from the Czech Republic. Featured on NPR at President Obama's Prague address.**



**Friday Sept. 11, 7:30 pm at Star Hall 159 East Center St. Tickets available at Back of Beyond Books (\$10) or at the door (\$12).**

# GALLERY HAPPENINGS

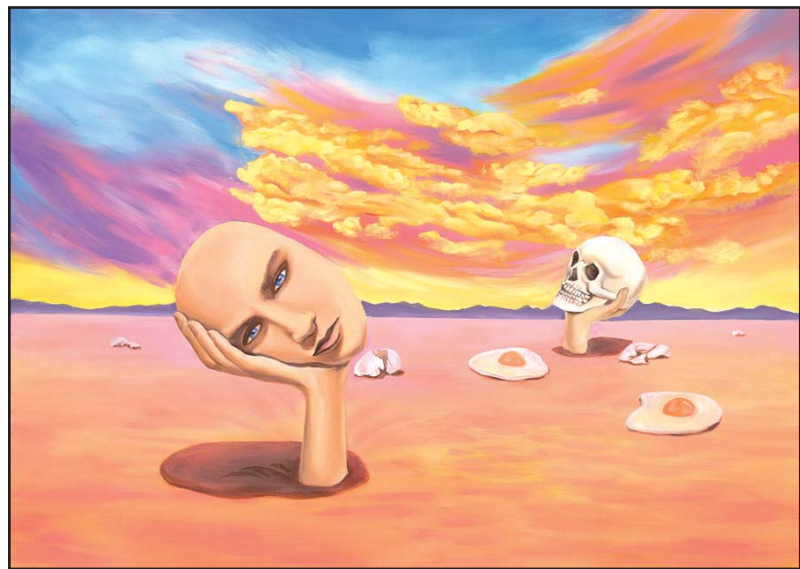
“Enjoy the refreshing experience of original art”

We feature local, regional, and international artists. You will find sculptures, beautiful pottery, glass, wood and metal works, unique photographs and thought-provoking paintings, azurite crystal roses, hand spun wool & silk, light & color.

Moab is a small town located in the red rock desert of southwestern Utah. It is world - famous for its spectacular natural beauty and is one of the greatest places for hiking, biking, river trips and jeeping adventures. Nevertheless, in this beautiful surrounding there are many talented and devoted artists who live and work here, quietly interpreting the natural beauty around them into stunning works of contemporary art.

So, we are searching for the hidden and known talents in our region and beyond, so you, our visitors, will enjoy the refreshing experience of original art.

This month we would like to talk about two artists: our newest artist -photographer Joe Justad and local artist Sandi Snead.



**Sandi Snead**

Sandi came to the Moab area from Florida, where she studied at the Art Institute of Fort Lauderdale. Her artist style ranges from hauntingly surrealistic with complex emotional and spiritual feelings, to a graceful beauty that comes from her background of modern dance.

Sandi first came to the canyon country in 1987 and fell in love with the area. For a while, when Sandi was busy building her house and studio in La Sal, she did not

paint much. Now a wave of creativity and inspiration drives Sandi to produce series after series of the most interesting pieces that overwhelm you with an explosion of creative force and emotions.

During our years of representing Sandi we showed her series of very emotional surrealistic paintings, very funny “Goblin Valley Portraits”, “Faces in Unusual Places” and “Vibrant Landscapes” full of movement, energy and color. Now we have her new painting “The Essence of Me Turning into a Bird”.

**Joe Justad**

Joe Justad has lived in the American West his entire life. He studied art and photography at the University of Washington and has a degree in filmmaking from Evergreen State College. He has worked in the field of visual communications most of his adult life as a film editor in Hollywood, and graphics and video teacher in Seattle, then later as an educational filmmaker.

He began shooting landscapes in 2005 when he spent a year on the Navajo Mountain.

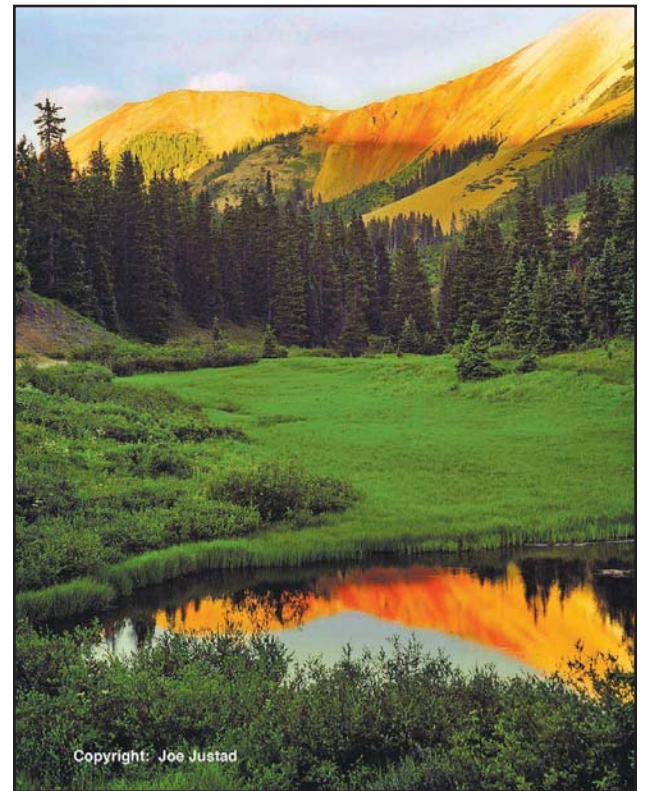
He shot with digital cameras initially, but later he came to believe that large film negatives create a more detailed and a lyrical image.

“I’ve spent thousands of hours editing images from some of the world’s best cinematographers, and thousands more observing the visual arts for enlightenment and fun, but my approach to creating photographs is still quite simple; if I like what I see, I photograph it.”

Art, whether we’re making it, buying it, or merely appreciating it, is an act of faith. Not religious faith, but faith that our senses, our minds, and especially our hearts are telling us the truth. Technical issues, (film? digital?) and formal artistic considerations such as composition and art history are, finally, just servants of the intangible.

I find shooting photographs in the American Southwest to be a humbling experience, exhausting, and highly satisfying. On a planet populated with 6 billion people, I consider it a rare blessing to explore and photograph the “empty spaces” of this region and consider myself to be in the truth and beauty business. I’m a beauty hunter!

A Latin term that sums up how I feel about my photographs: “Res ipsa loquitur.” Which means: “The Thing Speaks For Itself; or better yet, “The Thing Itself



Copyright: Joe Justad

Speaks”. “Hope you like what you see! - Joe Justad “

As long as you are here in the gallery, check out the new and unique jewelry by Olga Martinova. Olga works at her jeweler’s bench and greets her customers, who appreciate the opportunity to meet the artist and watch her work. She makes many custom beaded earrings and necklaces upon request; you can watch her make your piece while you wait. She also spins wool and silk. Often you can see her spinning when you walk into the gallery. She will often give demonstrations to customers who has never seen this ancient art practiced in real life.

If you’re passing through Moab, we’d like to invite you to take a few moments to stop in and enjoy the refreshing experience of original art!....

We are located in the Eddie McStiff’s Plaza, “when you see the big yellow cat above its rocky lair, you know you’re in the right place!”

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# SHOPPING GUIDE



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435-259-6007  
www.canyonvoyages.com

Visit our retail store and find everything for the outdoors: Guide books, Riverwear, Footwear, Repair Materials, Rafts and Kayaks, Spraydecks, Paddles, Helmets, Dry Bags, PFDs, First Aid Supplies, Sportswear and more! We offer River Trips, 4x4 Tours, RockArt Tours, Boat Rentals, Kayak School, Boat Sales - whew! Stop by or visit us at www.canyonvoyages.com!



Mile 14, Hwy 128  
435-259-3332

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



29 East Center Street (435) 259-2474

At Circle K Old Time Photos you can create a lasting memory of your trip to Moab. We put **you** back into the old west, as an infamous outlaw, a beautiful saloon girl, or a heroic lawman. Costumes fit over most street clothes. Photos are ready before you leave.

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"Get 'SHOT' in Moab"



29 East Center Street  
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Art gallery & unique gift shop featuring local, regional & international artists. You will find unique pottery, metal & wood work, paintings, sculptures, fused & blown glass jewelry, beads, hand spun wool & silk. We also have a special treat for jeep fans - silver jewelry "Dana 44".



4th East & Millcreek Dr. 259-6999

Dave's Corner Market has the largest selection of whole-bean coffee in Southeast Utah. We carry over 70 varieties of coffee. Whether you are hiking, biking or jeeping, stop by Dave's to stock up! We carry cold beverages, snacks, fruit, cigarettes, beer, ice, bread, ice cream, bottled water and more! Dave's friendly, old fashioned, neighborhood market is your last stop before the Slickrock Bike Trail!



90 East Center Street Square  
(Located behind Moab Information Center)  
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A luxurious oasis of rich colors and fibers for knitters, crocheters, spinners, weavers and felters. Featuring local farm-raised spinning fibers and yarns, accessories for every project, inspirational patterns and books, friendly atmosphere, helpful staff and a great selection of locally handmade gifts. Join us Wednesday evenings from 7-9pm for a stitching social and enjoy getting to know other fiber artists. Hours: Mon-Sat 10 am - 6 pm. Visit us online at www.desertthread.com

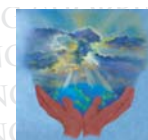


*Floral  
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26 West Center St. 435-259-7088

Visit our new location with an expanded inventory. Now in Moab - Scrapbooking supplies, candy store and a Christian bookstore all in one place. Karen and her staff still create floral arrangements for all occasions, including weddings and funerals. This full service floral shop has FTD services and beautiful gift baskets - ready made or made to order. Full line of themed party supplies.



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40 West Center St. 435-259-0739

Come join the Four Corners Annual Shop Hop! September 23-26. Our annual hop will have you visiting Colorado, Utah, and New Mexico. Our shop is filled with fabrics that call to you, inspire and reward you. Come in and check out our great selection of fabrics to suit your style. Patterns, books, notions, gifts and classes to suit beginners and beyond. Chairs for husbands! Open Tues - Fri 10 - 6 Sat 10 - 4

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375 So. Main Street in front of City Market.  
259-8431

The Moab Mailing Center is an authorized shipping outlet for UPS and FedEx. Mailbox rentals - private & secure with mail forwarding service available. Shipping supplies, boxes, packaging materials, bubble wrap, & tape. Color copies, high volume copying, large selection of paper and card stock available. WE NOW OFFER FEDEX GROUND! 24 HOUR DROP BOX FOR FEDEX AND UPS ENVELOPES. Stop by Moab Mailing Center and we can help you out! Open Mon-Fri 8 am to 6pm, Sat 9am to 5pm **NEW:** Notary on staff. Call for hours.



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# SHOPPING GUIDE



**Rave'N Image**  
59 South Main, #5  
**LOCATED IN**  
McStiff's Plaza  
259-4968

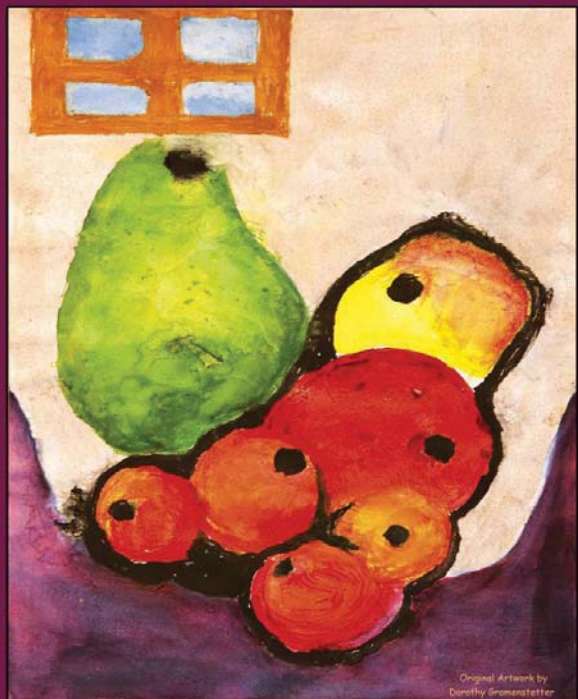
The Rave'N Image is a family-run clothing boutique with a whole lot of style and variety. In addition to our trendy (yet affordable) clothing, we also carry a wide selection of accessories including: embroidered bags, belts & buckles, leather cuffs & wallets, candles, bath & body products, flip flops, sunglasses, bathing suits, cards & journals, make-up, political stickers & T shirts, art prints & other gift items, the largest collection of Body Jewelry in Moab and a GORGEOUS ARRAY OF STERLING SILVER, GEMSTONE & FASHION JEWELRY!! We carry unique & conscientious lines like RISE UP, PACIFICA, PAPAAYA, NEVES, ORIGIN, IDYLL & THE OUTFIT, as well as locally made artwork & jewelry AND Kama Sutra & Nag Champa products. Don't miss our 50% OFF CLEARANCE & USED racks when you come by the McStiffs Plaza to see what people are "Rave'N" about!!! Open daily at 10 am.



**Sgt Peppers**  
**Music & Video**  
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Sgt Peppers Music & Video is your full-service, one-stop music and movie entertainment store offering a complete line of CDs featuring today's top artists and yesterday's greats. If we don't have what you are looking for, our new digital music kiosks will download your favorite songs or albums to a CD or your iPod or MP3 player while you wait! Looking for a movie tonight? Check out the absolute best selection of movies for rent or purchase at the lowest prices in town! Check out the accessories department where you will find iPods, MP3 players, DVD players, film camera memory cards, music books, CD carrying cases, and more. We can also download your photo memory cards to a disk usually within minutes while you wait; freeing up valuable memory for more pictures! Sgt Peppers — Moab's entertainment superstore!

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**WabiSabi Thriftique**  
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WabiSabi, a luxury thrift store in Moab, is not your typical thrift store. We feature only the best in used quality clothing, collectibles, sportswear, books & camping equip. WE HAVE WHAT YOU FORGOT TO PACK. WabiSabi supports local nonprofits & produces workshops that have a positive impact on our community. Open from 10am to 7pm. Visit our warehouse (across from the Gonzo Inn) for reduced price clothing, furniture, construction materials and housewares. Open 7 days a week 9 am - 6 pm



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# SHOPPING GUIDE

## SHOPPING GUIDE MAP

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**200 NORTH**

**100 NORTH**

**100 SOUTH**

**200 SOUTH**

**300 SOUTH**

**GRAND**

**URANIUM AVE.**

**CEDAR**

**MAIN STREET**

**400 EAST**

**Millcreek Drive**

**KANE CREEK**

**191**

**To Salt Lake City**

**Old Mission Store at Canyonlands by Night** ★

**Canyon Voyages** ★

**Moab Barkery** ★

**Moab Sewing** ★

**Earth Spirit** ★

**Circle H Old Time Photos** ★

**Star Shine Gifts** ★

**Pinyon Tree** ★

**Desert Thread** ★

**WabiSabi Warehouse** ★

**Walker Drug** ★

**WabiSabi Thriftique** ★

**Dave's Corner Market** ★

**Canyonlands Copy Center** ★

**Moab Mailing Center** ★

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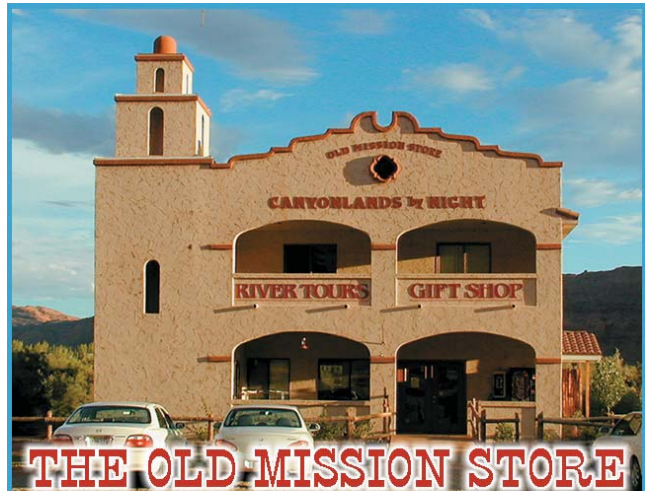
## Old Mission Store

Not your typical souvenir shop.

The Old Mission store, located at Canyonlands By Night on the North side of the Colorado River Bridge is a unique shopping experience in the Moab area. Although the Old Mission Store has souvenirs for tourists and motorists passing by, many locals enjoy the unique treasures that can be found within. The Old Mission Store features a variety of skirts and distinctive shirts, as well as sweatshirts and jackets for casual wear and outdoor use. The Store also features a wide variety of Native American pottery and jewelry, great to give as gifts to those folks back home. We also have DVDs and books about Moab and the unique wonders that the State of Utah holds in store for our many visitors. We have children's section featuring items to keep your little ones occupied on your journey. The Old Mission Store is open from 7a.m. to 8p.m. seven days a week.

The Old Mission Store also has the Colorado River Ice Cream Shoppe. The Ice Cream Shoppe offers delicious candied nuts, drinks and a variety of ice cream flavors. The Ice Cream Shoppe is open from 4p.m. until 10p.m. in August for your convenience.

Stop by Canyonlands By Night for an ice cream and take a look at some of the wonderful things the gift shop has to offer. Call 435-259-5261 for more information. Don't forget to mention you read about it in the Moab Happenings.



## THE OLD MISSION STORE

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Moab's Lowest Prices!  
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Located North of the Colorado River Bridge at

CANYONLANDS  
by NIGHT



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check out our daily copy specials!

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5¢

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# ENERGY HAPPENINGS

## WHAT'S ALL THE FUSS ABOUT 2012 ANYWAY?? (Shift Happens!!)

By Marie Hawkins

Depending on who you talk to, there will either be a major upheaval, a spiritual transformation, or the apocalypse at the end of the current 5125 year cycle.

The movie 2012 is due out on Friday the 13th of November this year. Judging from the trailer and its official website "whowillsurvive.com", it looks to be another big budget Hollywood disaster orgy, designed to incite and instill fear and dread into the mass audience. When people are distracted and misled, they are unable to focus their personal and collective intention for the good that the Universe has actually intended this marvelous time to be for us. Among other things, the Mayan calendar is said to

be ending on December 21, 2012 when the winter solstice sun aligns with the black hole at the Galactic Center. The I-Ching and the Native American prophecies also relate to this time.

That's why we at StarShine Gifts have been trying to get ahead of the cosmic slander by bringing in books that explain the deeper meanings of the momentous event. Best known as "the Great Shift", this time has been foretold in cultures and religions across the globe. Yes, it is the end of THIS world, but not the end of OUR world. They say it is the end of linear time as we know it, and the beginning of a quantum time that will enable humans to demonstrate abilities that we now think of as impossible; i.e., telepathy, teleportation, bi-location, materialization etc.-a real life Star Trek!

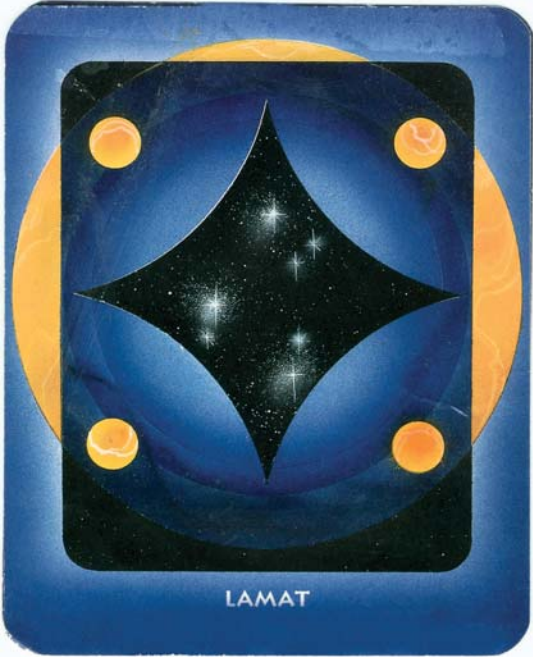
We are becoming galactic humans, who will operate with the blended energies and perception of all the traditional dualities: spiritual and material; male and female; east and west. The old energies that supported these splits that created the third dimension as we know it will have to transform, as the energies from the Central Spiritual Sun pour in through our physical sun. Since our Creator endowed this as a Free-will Universe, individually and collectively we have a choice of how this will play out-ascension or catastrophe.

To go to the fifth dimension (aka the Golden Age or Heaven on Earth or Utopia) which lies on the other side of the veil, we will have to have enough energy to break the bonds of lower earth, just like a rocket ship needs enough thrust to escape gravity. Everybody can go... but changing a 3D form into a higher vibrational one has been a long slow process...earth and humanity are doing it together. Mother Earth has been going through natural disasters and upheaval, and we are purifying through physical symptoms which

manifest as discomfort because the body struggles to catch up to the higher spiritual energies. This fiery energy has been particularly strong lately, making many of us feeling



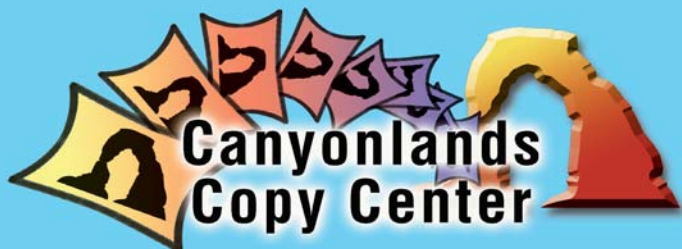
Marie (Moonbeam) has been intermittently involved in metaphysical retail for 23 years and opened StarShine Gifts on Center Street in 2007 to share her weird passion with the world. lol



LAMAT. (Star) The Mayan star. This is the symbol for learning to love yourself and becoming tolerant and compassionate for yourself and others and earth and all beings. This is the key to true wisdom. Meditating with this symbol will help you remember and hold the vibration for unconditional love. (from "The Mayan Oracle Deck")

stressed, overwhelmed, and exhausted. Since the Creator made this a Free-will Universe, it's up to humankind to choose love over fear, peace over war, health over disease, caring for Earth over mindless exploitation, compassion over indifference. Otherwise, the polluted energy of the collective unconsciousness may turn against a humanity that has not chosen peace, health, and inner spirituality.

There is much more numerical and technical detail available for those that are interested. Our corporate masters, for obvious reasons, will not put any positive news regarding 2012 into the main stream media and will ramp up the negativity as the date grows closer. No matter what happens, we are still immortal beings who are held within Divine Love and Light.



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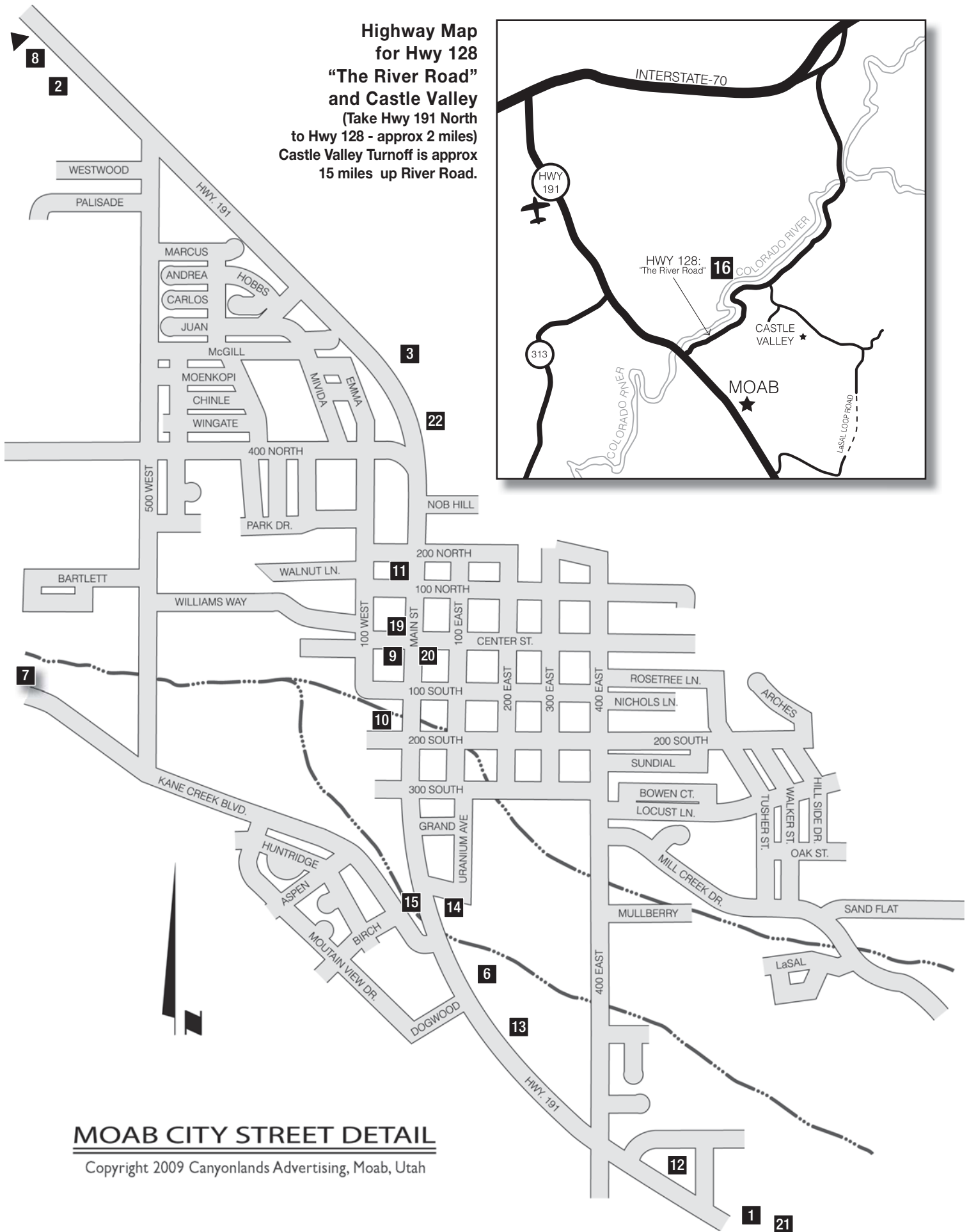


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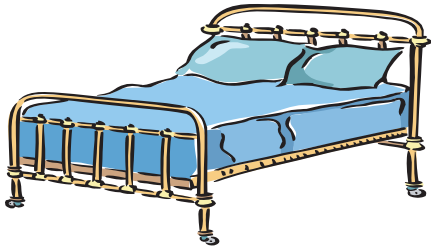
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# MUSIC HAPPENINGS

## Moab Music Festival Presents A Whirlwind Tour

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Cuban Jazz, exciting chamber music including quintets, a sextet and an octet, and Scandinavian traditional melodies echo off the canyon walls in sunset concerts along the Colorado River; intimate Musical Walks on some of the country's best hiking trails reward hikers with stunning concerts performed by world class musicians — this is truly music in concert with the landscape and all a part of the 17th annual Moab Music Festival, September 3 through September 14, 2009. The 17th Festival is topped off by an exciting trip for the adventuresome music lover: a four day raft trip downriver to Lake Powell, enjoying concerts and scenic hikes along the way.

According to co-founder and Music Director Michael Barrett, "We have shortened the Festival this year and it will be a jam packed musical experience

that rivals the splendor of our surroundings. Everyone who loves music of any kind will find something to savor at our 17th Festival." Barrett also noted that, "In recognition of the difficult economic times, we are offering several discount packages to patrons this year." (Please see our web site for details, [www.moabmusicfest.org](http://www.moabmusicfest.org))

### Grotto Concerts

Imagine taking a 40-minute boat trip down the winding Colorado River, a slight breeze in the air and stunning views of canyon walls embracing the river. You step off the boat, traverse a short path, and emerge into the middle of a cavernous red rock grotto. Hailed by the New York Times as "nature's own concert hall," this sonically perfect and visually breathtaking space is home to the Moab Music Festival's signature event, the Grotto Concert.

Three benefit Grotto Concerts offer unique musical programs. On Thursday, September 3, settle into one of the Festival's camp chairs or perch on the red rocks to hear Dvorák's Op. 77 String Quintet, and Schubert's lively and delightful Trout Quintet, particularly appropriate for a River concert. On Thursday, September 10, selections include chamber music by Mozart and Luigi Boccherini along with some astounding solo piano virtuosity. The third Grotto concert, on Monday, September 14, is also the first stop on the Festival's four day Musical Raft Trip through Cataract Canyon and features Bach's glorious Brandenburg Concerto # 6 as well as other chamber music and, a first at these concerts, some traditional music. At these concerts, Michael Barrett and violist and Festival Artistic Director Leslie Tomkins will be joined by musicians who will be staying in Moab for the entire Festival: violinists LP How, Ayano Ninomiya and Arnaud Sussman (winner of the 2009 Avery Fisher Career Grant), cellist Tanya Tomkins and pianist Jorge-Luis Prats.

### Week One: French Hors D' Oeuvres Before a Cuban Feast

#### September 3 through September 7

The Festival Opening Night on Friday, September 4 is an exuberant "Vive La France!"—an evening of French chamber music, at historic Star Hall. The program includes music by Francis Poulenc, Camille Saint-Saëns,



Neal Herbert photo

James Sellars and Ernest Chausson. Music Director Michael Barrett strikes a contemporary note at the piano performing Eric Satie's Sports et divertissements, the French master's brilliant thumbnail sketches — verbal and musical — of various outdoor sports and amusements. The performance will be enlivened by the choreography of Boulder performance artist Michelle Ellsworth, who dances with actor and narrator, Steven Goldstein.

Labor Day Weekend takes the Festival to Red Cliffs Adventure Lodge for a two-night Fiesta Cubana in the Festival Tent on the banks of the Colorado River beside the vineyards of Castle Creek Winery. Two concerts explore the colorful and sophisticated traditions of Cuban jazz and classical music through the prodigious fingers of two unique virtuosos of the Cuban piano: the third-generation keyboard jazz master Chuchito Valdés and the breathtaking Jorge-Luis Prats.

On Saturday, September 5, Chuchito and his Quartet — which includes his brother, drummer Emilio — bring their unique style to the Festival Tent at Red Cliffs Lodge, reinvigorating age-old Cuban musical forms, transforming cha-cha-cha and mambo standards into the most sophisticated, high-energy jazz improvisations.

Jorge-Luis Prats, a titan of Cuban classical music, appears at Red Cliffs on Sunday, September 6, as well as throughout the two week Festival. Once called an "Old Fashioned Romantic," Prats has built an acclaimed career performing throughout the world, though rarely in the United States. His performance at Red Cliffs will offer a distinctive presentation of Cuban classical piano compositions. He also joins Festival musicians in Spanish composer Joaquin Turina's Piano Quartet.

Wrap up Labor Day weekend at the Festival's Free Family Picnic Concert at Old City Park. To accompany your picnic and a relaxed time on the lawn, Michael Barrett has programmed selections ranging from a "smoking" piano solo from Jorge-Luis Prats to traditional selections performed by Festival favorites: fiddler Paul Woodiel, guitarist Steve Gibb, and flutist and bagpiper Christopher Layer, to excerpts from two Romantic chamber music pieces: Schubert's beloved Trout Quintet and Dvorak's String Quintet, Op. 77.

### Week Two: Major Strings and Traditional Things

#### September 9 through September 14

The second week of the 17th Festival kicks off on Wednesday, September 9 with a Ranch Concert. Take a leisurely drive up Utah Scenic Byway Highway 128 to a private ranch nestled at the confluence of the Colorado and Dolores Rivers. After hors d'oeuvres and a glass of wine, concert-goers will watch the sun set from the Festival Tent as Paul Woodiel, Steve Gibb, and Christopher Layer perform a lively program of their soon to be released CD. The concert is a benefit for the Festival's Artist-in-Residence and School Assembly programs.

On Friday, September 11 the Festival moves to the Pavilion at Sorrel River Ranch Resort and Spa to celebrate the 200th birthday of one of classical music's most celebrated composers, Felix Mendelssohn. Here the Zivian-Tomkins Duo (pianist Eric Zivian and cellist

Tanya Tomkins) offers one of Mendelssohn's delightful cello sonatas, and the Pavilion roof will rise when all of the Festival's string players join together to perform his monumental String Octet. In addition, Jorge-Luis Prats will collaborate with Festival musicians in Mikhail Glinka's rarely heard Grand Sextet for Piano and Strings — often called a mini piano concerto.

The Festival's traditional music component is once again in the hands of the deliciously witty Paul Woodiel who brings the glistening, austere landscapes of wintry Scandinavia to the crisp, fall evenings of Sorrel River Ranch, as he presents the toasty warm and rich traditions of Scandinavian instrumental music on Saturday, September 12. Woodiel's silvery Norwegian Hardanger fiddle and Sandra Wong's haunting Swedish nyckelharpa are joined by Christopher Layer and Steve Gibb for an evening of music you can't "a fjord" to miss.

### Intimate Benefit Events

In addition to the Grotto Concerts, the Moab Music Festival presents several intimate Benefit Events to support our School Assembly and Community Artist-in-Residence Programs. Among these, the House Benefit Event on Sunday, September 13 at an elegant private home outside of Moab offers an evening of fine food, good wine and friendly company and features pieces by Beethoven and York Bowen, including Bowen's Op 41 Fantasia for 4 violas, performed by Michael Barrett and Festival strings performers, as well as Eric Zivian, piano.

Be sure to buy your tickets early for the Festival's two Musical Walk Benefit Events. For the past two years these hugely popular concerts have sold out, and this year will be no exception. On Sunday, September 6 and Sunday, September 13, patrons will be shuttled to secret locations where after a short hike they will arrive in a natural concert hall.

Sunday, September 6 will feature the extraordinarily talented Festival violinists performing Mozart's Duo for violin and viola K. 423, Bartok's Duets for Two Violins and one of Charles de Beriot's Op. 57 Duo Concertantes. On September 13, the Musical Walk will take a traditional turn as Paul Woodiel and Christopher Layer perform after a very special walk through the red rock scenery.

### Musical Raft Trip through Cataract Canyon

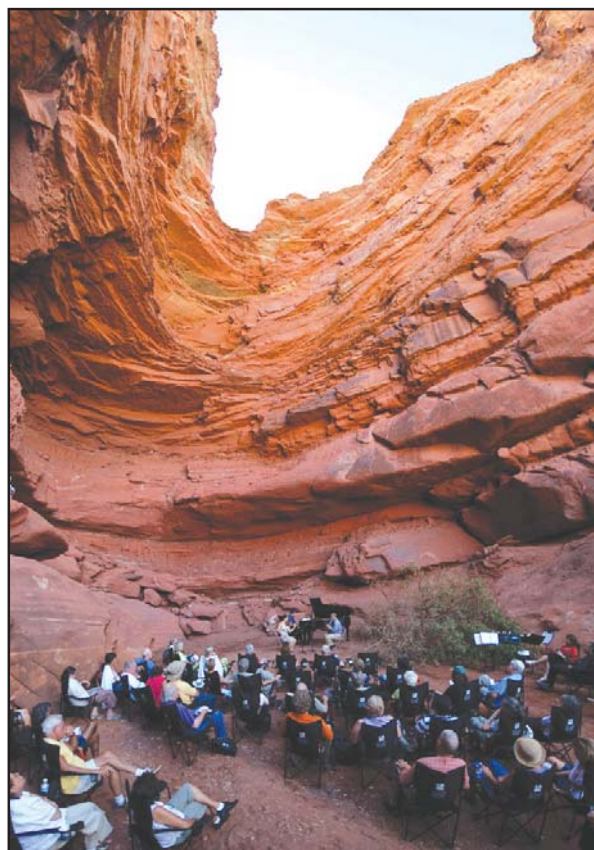
Leave your cell phone, laptop and Facebook status behind to embark on the 2009 Festival Musical Raft Trip, a 4 day, 3-night custom Colorado River adventure featuring intimate concerts performed by world class musicians in unforgettable river settings. Extend the experience of music in concert with the landscape beginning with the launch of the Musical Raft Trip on September 14, which includes that afternoon's exhilarating Grotto Concert.

The raft trip continues down the Colorado River through pristine and ethereal canyons under the late summer blue sky. Paul Woodiel and Christopher Layer, as well as a classical player or two, all join this trip and help to create the stirring soundtrack for this memorable experience by performing two additional concerts during the trip. A local naturalist also joins the expedition to lead a series of short, scenic hikes, as well as to provide insight into the history and spectacular geology of Canyon Country. A thrilling run through the whitewater

rapids of Cataract Canyon and a once-in-a-lifetime scenic flight back to Moab from Hite Marina on Lake Powell conclude the 2009 Musical Raft Trip.

This trip, as well as the Musical Walks, are suitable for most people in general good health with a minimum level of fitness and agility. No outdoor experience is necessary.

For more information about the Festival or to purchase tickets for the 17th Moab Music Festival, please visit [www.moabmusicfest.org](http://www.moabmusicfest.org) or telephone the Box Office at (435) 259-7003. You may also visit the Festival Office at 58 East 300 South, Moab, UT 84532.



# MORE MUSIC HAPPENINGS

## Traditional Music Takes Center Stage at Moab Music Festival

Paul Woodiel and Christopher Layer return to the Moab Music Festival in Three (and one-third) delightful concerts.

They're back! The irrepressible fiddler Paul Woodiel and bagpiper/flutist Christopher Layer are returning to the Moab Music Festival to delight patrons with multiple samplings of traditional music. Their Music Walk concert is already sold out, but you can still see them perform in three deliciously entertaining concerts. Paul and Christopher will join with guitarist Steve Gibb, nyckelharpist Sandra Wong and improvisational cellist Greg Heffernan in programs that range from an exploration of songs about sleep to a traditional musical journey through Scandinavian instrumental music.

### Sandstone Slumber Party – Sleep at the Ranch

Trade your boots for bunny slippers at a private ranch outside of Moab for our September 9 Ranch Concert – a sandstone slumber party. Paul and his merry troupe of instrumentalists transcend landscape and enter into dreamscape with traditional music, tales and poetry exploring humanity's most essential natural state: Sleep. The concert, entitled The Lyre of Morpheus, embraces the luminous quality of sleep in a glorious setting, lush with shadows falling across canyon walls, the background sounds of the rolling Colorado River, and made complete with hors d'oeuvres, wine and bedtime stories.

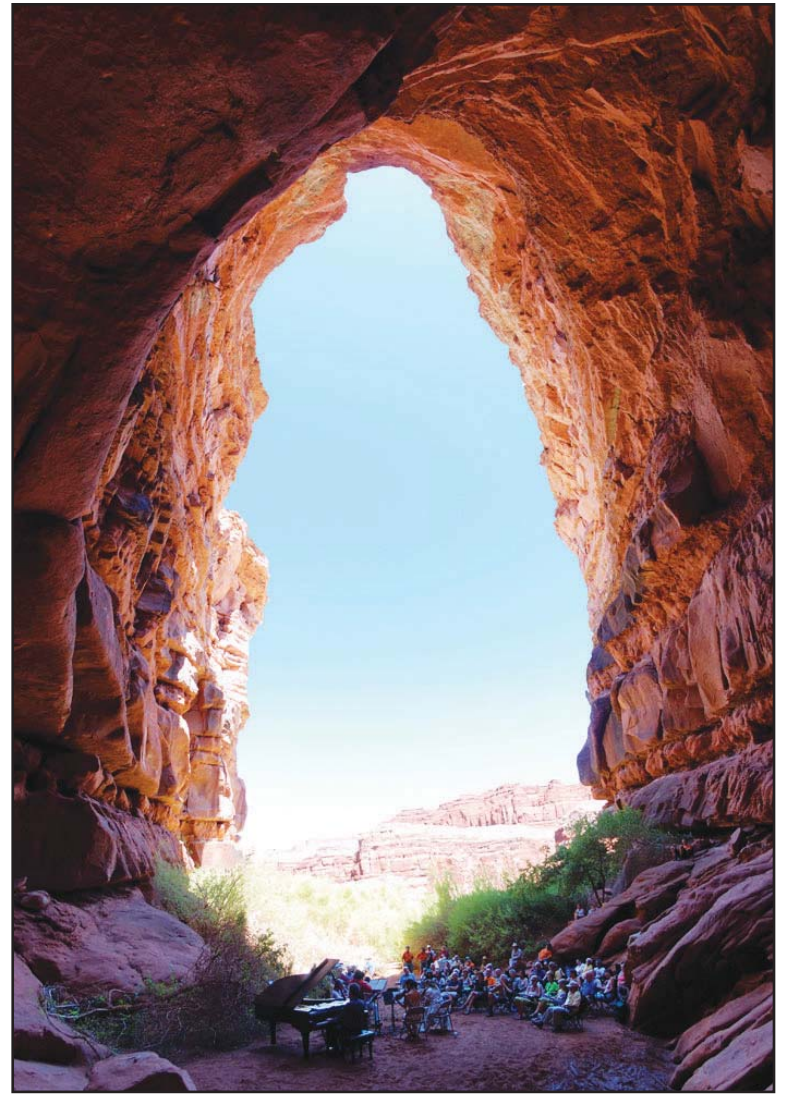
### Norse by Norse (West)

Not the plot of your typical Hitchcock film, Norse by Norse(West) showcases the deliciously witty musical expeditions of regional traditional sounds made famous by Woodiel, Layer and Gibb at previous Moab Music Festival performances. Norse by Norse(West) on Saturday, September 12, weaves the glistening, austere landscapes of wintry Scandinavia with the thread of a crisp, fall evening at Sorrell River Ranch, beside the Colorado River. Woodiel's Norwegian Hardanger fiddle joins with Sandra Wong's haunting Swedish nyckelharpa to present an evening of Scandinavian and Norse music. Together with guitarist Steve Gibb and cellist Greg Heffernan they are hoping to awaken Näcken, the Scandinavian water spirit who lives in rivers and streams to rise up from the Colorado to join them with her fiddle.

### Traditional Music in the Grotto

Finally, on Monday, September 14, Chris Layer will bring his pipes to "nature's perfect concert hall", the beautiful grotto where the Moab Music Festival will be hosting its final benefit event. Much of the afternoon's performance will be devoted to Bach, including his rich mellifluous Brandenburg Concerto No.6. But Layer and Sandra Wong will intend give Bach "a run for his notes" with several specially chosen traditional pieces that will fit with the incredible setting.

For more information about the Festival or to purchase tickets for all concerts during the 17th Moab Music Festival, please visit [www.moabmusicfest.org](http://www.moabmusicfest.org) or telephone the Box Office at (435) 259-7003. You may also visit the Festival Office at 58 East 300 South, Moab, UT 84532.



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|  |   |  |
|--|---|--|
| <p><b>3</b><br/>Grotto Concert<br/>Colorado River<br/>12:00 Noon</p>   | <p><b>4</b><br/>Opening Night<br/>Star Hall<br/>7:00 pm</p>   | <p><b>5</b><br/>Open Rehearsal<br/>Conversation<br/>Star Hall<br/>11:00 am</p> <p><b>Fiesta Cubana:<br/>Jazz</b><br/>Red Cliffs<br/>6:00 pm</p>              |
| <p><b>6</b><br/>Classical<br/>Musical Walk<br/>9:30 am</p> <p><b>Fiesta Cubana:<br/>Classical</b><br/>Red Cliffs<br/>6:00 pm</p> | <p><b>7</b><br/>Rocky Mountain<br/>Power Family<br/>Picnic Concert<br/>Old City Park<br/>2:00 pm</p>  | <p><b>8</b></p>  |
| <p><b>9</b><br/>Ranch Concert<br/>Private Ranch<br/>5:30 pm</p>  | <p><b>10</b><br/>Grotto Concert<br/>Colorado River<br/>12:00 Noon</p>   | <p><b>11</b><br/>Open Rehearsal<br/>Conversation<br/>Star Hall<br/>11:00 am</p> <p><b>Mendelssohn's<br/>200th</b><br/>Sorrel River<br/>Ranch<br/>6:00 pm</p> |
| <p><b>13</b><br/>Traditional<br/>Musical Walk<br/>9:30 am</p> <p><b>House Concert</b><br/>Private Home<br/>5:00 pm</p>           | <p><b>14</b><br/>Grotto Concert<br/>Colorado River<br/>12:00 Noon</p> <p><b>Musical Raft<br/>Trip</b><br/>Colorado River<br/>Sept 14 - 17</p> | <p><b>12</b><br/>Norse by<br/>Norse(West)<br/>Sorrel River<br/>Ranch<br/>6:00 pm</p>   |

*in concert with the landscape*

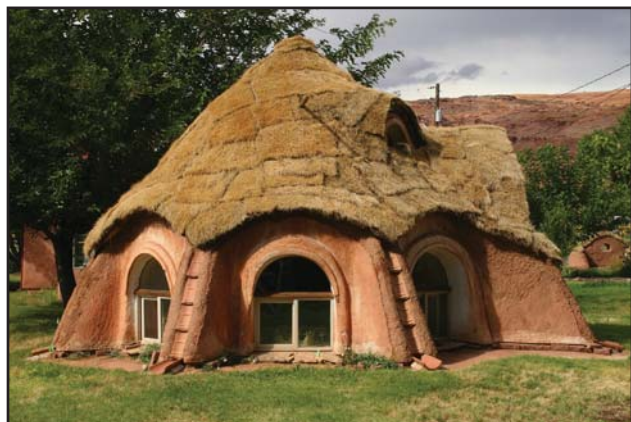
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# FESTIVAL HAPPENINGS

## The First Annual Moab Sustainability Festival: A Celebration of Community Resilience

The First Annual Moab Sustainability Festival will be held October 9-11 at the Grand Center and the Grand County High School Auditorium. The event, which is being hosted by Grand Canyon Trust and the University of Utah, is a community co-creation drawing on the diverse talents in Grand County citizens and the many groups, organizations, businesses and government entities already working for a sustainable Moab. The purpose of this event is to educate and inspire local people, visitors and our extended regional community to make sustainable lifestyle choices and to provide the resources and support to bring great ideas into form.

Speakers, exhibitors and vendors will provide tools and information about renewable energy, natural building, local food production, organic agriculture, land/water revitalization, holistic healing, primitive skills and environmental/ social responsibility. There will be a panel discussion on distributed power generation, a community vision jam, a tour to the University of Utah's Entrada Ranch Field Station and a natural building home tour. See demonstrations on solar oven cooking, bee keeping, hands-on natural building and flint-knapping. Children can enjoy inspiring educational activities provided by Canyonlands Field Institute, yoga classes and sustainable art projects. There will be food, music, art exhibitions, very interesting people and lots of opportunity for spontaneous joy.




The City of Moab passed a resolution for a sustainable Moab in December 2008 and has created a Sustainable Moab Plan to foster community awareness and encourage water conservation, water re-use, energy efficiency, sustainable construction and retrofitting for sustainability. The City has pledged to "work with businesses, residents and non-profit groups to create a community-wide commitment to the ethos and practice of sustainability."

*1<sup>st</sup> Annual*  
**MOAB SUSTAINABILITY FESTIVAL**  
 For Community Resilience  
 October 9, 10, 11, 2009

- Renewable Energy / Distributed Power Generation
- Natural Building
- Land / Water Revitalization
- Local Food Production / Organic Agriculture
- Environmental / Social Responsibility
- Primitive Skills
- Holistic Healing
- Beyond Sustainability/ Indigenous Perspectives
- Kids Stuff
- Music, Art, Food, Fun

Speakers      Demonstrations  
 Exhibitors      Tours

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[www.grandcanyontrust.org](http://www.grandcanyontrust.org)

Among the many local people working in green building construction, Kaki Hunter and Doni Kiffmeyer stand out as artists and innovators. They co-authored the book "Earthbag Building", the first comprehensive guide to all the tools, tricks and techniques for building with bags filled with earth. The couple has been in the construction industry for twenty years, specializing in affordable, low tech, low impact building methods and together they developed the "Flexible Form Rammed Earth Technique" of building. Last year they joined Builders Without Borders

to construct a strawbale eco-house on the terrace of the U.S. Botanic Gardens across from the Capitol building in Washington, D.C. for the exhibit "One Earth-Ours." To view a film about that process visit [www.youtube.com/watch?v=eQRMAzW0M6g](http://www.youtube.com/watch?v=eQRMAzW0M6g). Kaki and Doni will present their work at this year's festival.



Two of our inspiring and informative keynote speakers are Michael Kinsley, senior community sustainability consultant with the Rocky Mountain Institute and Anna Edey, author of "Soliviva"; her sustainable Solar Dynamic Bio Benign design principals reduce cost of living and improve quality of life in rural and urban settings.

Leah Hoffman from Cebolla, New Mexico has taught yoga to people from 18 months to 100 years of age and will join us to teach yoga for kids. She has been a certified instructor and teacher of children for eight years and a massage therapist for 30 years. Her emphasis on yoga as a therapeutic modality makes a very safe environment for children. Visit [www.yogakids.com](http://www.yogakids.com) to see material Leah uses with kids.

Stay tuned for more details, information and event schedules, visit [www.grandcanyontrust.org](http://www.grandcanyontrust.org) or call 435-259-8702.



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- ◆ Jimmy LaFave ◆ Brooks Williams
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- ◆ Blame Sally ◆ Corinne West
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[www.MoabFolkFestival.com](http://www.MoabFolkFestival.com)

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# SCENIC ROAD HAPPENINGS

## Sand Flats Road

The Sand Flats Road is most commonly known as the access point for the world-famous Slickrock Bike trail, but the route continues for another 17 miles on a well-maintained dirt road through a landscape that is nearly National Park quality in terms of scenic splendor. Sandstone fins, deep canyons, vast sweeping panoramas—there is much here to delight the eyes, and on many days you will have it all to yourself.

Originally, the Sand Flats Road was the main route between Moab and Castle Valley prior to the construction of the River Road, which is today's Utah Highway 128. The mesa that the road crosses is named Wilson Mesa, but the early road was so often covered with deep windblown sand that Wilson Mesa became commonly known as Sand Flats. A rider on horseback could ride the distance in several hours, but a loaded wagon would bog down in the sand and could take two or three days to make the arduous trip. Today, regular road maintenance has made deep sand a thing of the past, and this road is generally passable to passenger cars in dry weather. Please note that the road does have some short sections of minor washboard, so watch your speed. Too much speed on a corner rippled with washboards can result in your vehicle's trunk trying to pass your hood!

To begin this scenic drive, drive to the intersection of Main and Center Streets in downtown Moab, and reset your tripmeter to zero.



Mile 10.6 A view from the Castle Valley Overlook. The Porcupine Rim stretches away into distance on the left side of the photo.

**Mile 0** You are at the intersection of Main and Center Streets, adjacent the Moab Information Center. Proceed south on Main Street

**Mile .3** Turn left on 300 South

**Mile .75** Turn right on 400 East

**Mile .8** Turn left on Millcreek Drive. There is a small convenience store at this intersection.

**Mile 1.3** Stop sign, and a three way intersection. You are to continue east and proceed up the hill. This is the beginning of the Sand Flats Road.

**Mile 2.1** The Moab Landfill is on the right. Several years ago, the landfill was designated "America's Most Scenic Dump".

**Mile 2.9** You are at the entrance station for the Sand Flats Recreation Area, and a small fee is required to enter. Cars and trucks must pay a \$5 fee, while bicycles and motorcycles are charged \$2. The fee is good for 3 days of access.

There are many splendid campsites to choose from in the Sand Flats Recreation Area. The nightly camping fee is \$10 per vehicle.

**Mile 3.1** RESET YOUR TRIPMETER. You are adjacent to the trailhead for the world-famous Slickrock Bike Trail.

**Mile .4** The paved road transitions to dirt at the entrance to campsite cluster D.

**Mile 1.9** The road enters a very scenic area of sandstone fins and superb campsites.



Mile 1.9 Several of the many fine campsites nestled amongst the sandstone fins and bluffs.

**Mile 2.4** The road narrows as it climbs between two sandstone fins. There is only room for one vehicle at a time, so watch your speed and proceed with caution.

**Mile 5.6** Juniper Campground

**Mile 6.3** This is the trailhead for the Porcupine Rim Trail. There are pit toilets and water here. Negro Bill Canyon is to the right of the Sand Flats Road, and Rill Canyon drops away on the right side. The Porcupine Rim Trail is widely considered one of America's best mountain biking trails.

This is excellent habitat for porcupines, and the presence of the prickly varmints is the reason behind the name.

Over the next two miles, the road hugs the edge of Rill Canyon.

**Mile 8.3** You have climbed up and out of Rill Canyon.

**Mile 10** Some very nice views of the La Sal Mountains to the south. The density of Piñon Pine and Utah Juniper has increased dramatically. This type of forest is called a 'pygmy forest'. The density of trees rivals that found in more 'traditional' forests, but few trees stand over 20 feet tall.



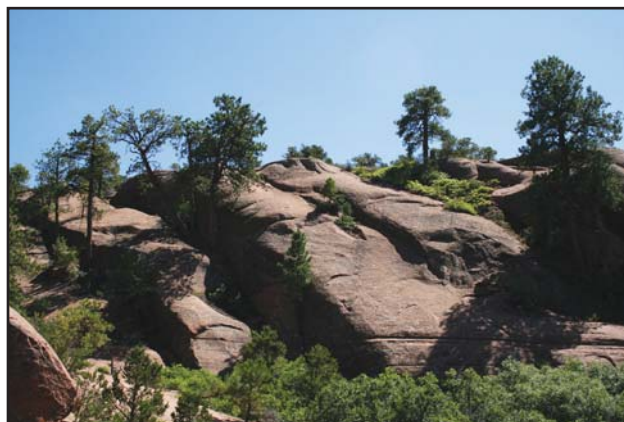
Mile 9 The route passes a spire known as "The Olympic Torch".

**Mile 10.3** The cattle guard marks the boundary of National Forest land.

**Mile 10.6** A road to the right leads to the Castle Valley overlook, and is a truly stunning, classically western panorama. The access road is .6 miles long one-way and is suitable for light duty 4x4 vehicles, such as the Toyota RAV4 and all-wheel drive Subarus for .5 miles. The final .1 mile may require a vehicle with slightly more ground clearance. If you decide to drive the overlook road, note your mileage and adjust the mileages given in this road log accordingly.

There is a pit toilet a short distance up this road.

**Mile 11.7** The road passes a short section studded with sandstone bluffs, Quaking Aspens and Ponderosa Pines. Several of the larger Ponderosa pines are growing improbably out of narrow fissures in the sandstone.



Mile 11.7 Ponderosa Pine trees grow drunkenly out of narrow sandstone fissures.

**Mile 12.8** A large boulder sits on the right side of the road with an interesting 'tunnel' arch.

Just beyond this point, the road tops out and passes through more of the Piñon-Juniper forest and several houses. Over the next few miles the road can have sections of mild washboard surface.

**Mile 17.0** The Sand Flats Road ends at the intersection with the La Sal Loop Road. For more information on this scenic paved road, please refer to the August 2009 issue of the Moab Happenings.

Turning left at this point will take you to Castle Valley, and a turn to the right will take you back to Moab by the fastest way possible.

The Moab Happenings hopes you have enjoyed your scenic drive, and we remind you that this is only one of dozens of enjoyable scenic drives in the area. Please look for an additional road log to be detailed in each monthly issue of the Moab Happenings!



Article and Photos by Rob Cassingham



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# TRAIL HAPPENINGS

## Saddle Up for Gold Basin

### TRAIL OF THE MONTH:

**Equestrian Outing in the Mountains:** During the summer and early fall months, horses do enjoy the high meadows and trails in the La Sal Mountains. We have ridden over many trails in the local mountains and find the following trail to be easy and short enough for beginning and intermediate riders, yet providing great views of the La Sal Mountains and an unsurpassed variety for horse and rider.



Gold Basin is named after gold discoveries were made in the late 1800s. The trail ride begins at 8600 ft. and ends in the basin at 9700ft.

**Getting There:** From Moab: Drive 7.9 miles south on U.S. 191 from the intersection of Main and Center streets to the La Sal Mountain Loop Road. Take a left onto the Loop Road and make a right at the 'T' in half a mile. At mile 20 from Moab, take a right onto Geyser Pass Road and you can find good parking for your rig on the side of the road. You may also elect to continue another 3 miles to the Squaw Spring (Trans La Sal) Trailhead and park your rig there. From this point the mileage to Gold Basin is about 10.0 miles out and back. You can add more mileage by combining your ride with Moonlight Meadows or go to the top of Geyser Pass.

**Route Description:** The route starts on the gravel road



then drops from a parking area on a tight and steep single track into the basin.

From the intersection with Squaw Spring (Trans La Sal) Trailhead, go about 2.5 miles up Geyser Pass road (gravel). Turn right onto the Gold Basin Road #141. The road ends at a log fence. To the left of the fence is a small single track that leads down the hill. The trail crosses a small clearing and a small stream. Before reaching the second larger stream, go left on a single track. You may continue on that single track as far as you like. Be aware, the further you continue, the fainter the single track becomes. There you will encounter more and more talus and logs, so turn around if the going gets too difficult for your horse. Follow the same trail back to your horse trailer.

**Difficulty:** The footing is generally good on the dirt road sections. The single track portion has some logs, shale and some sand. Your total elevation gain is 2450 ft. Plan about 4 hours for the approximate 10 mile round trip ride. Extend your time if you want to explore more routes in the Basin.

**Concerns:** This route is also used by mountain bikers, hikers and motorists. You'll want to make sure your horse is comfortable when encountering mountain bikers, 4 wheelers and perhaps cattle.

For further information on this trail or other outings contact: Christoph Schork at the Global Endurance Training Center [info@globalendurance.com](mailto:info@globalendurance.com). 435- 719-4033.

### JOIN THE EQUESTRIAN GROUP IN MOAB:

**Group Mission:** South Eastern Utah Chapter (SEUBCH) of the Back Country Horsemen of America and Utah's (BCHU) mission is: "to work to insure that public lands remain open to recreational and saddle stock use, to assist the agencies responsible for the management of public lands, and to educate, encourage and solicit active participation in wise and sustaining use of



back country resources by horsemen and the general public commensurate with our heritage."

**Service Projects:** Corrals at Onion Creek (built with the BLM), Pack Creek Park cleanup, establishing the Red Rock Trail to Ken's Lake, and helping with maintenance at the Old Spanish Trail Arena (trail head of our monthly rides).

**Monthly Trail Rides:** All are welcome to join in our monthly trail ride the last Saturday of each

month. SEUBCH newsletter and calendar of events are at [www.BCHU](http://www.BCHU) and link to South Eastern Utah Chapter or call 435-259-7239.

**UPCOMING EQUESTRIAN EVENT:** Moab Canyons Endurance Ride Oct. 29-31. Contact Sheri Griffith at 435-259-6162 [sherigriffith@frontiernet.net](mailto:sherigriffith@frontiernet.net). Website is [www.moabendurance.com](http://www.moabendurance.com).

### "TRAIL MIX" AND EQUESTRIANS:

The Trail Mix Committee: (The Grand County Non Motorized Trails advisory group) includes an equestrian representative on their executive board as a key element of the "mix" of non motorized trail users. Trail Mix works with equestrians and land managers to develop, build and sign trails for use by horse and rider. To get involved in this effort, contact Sandy Freethey at 259-0253. Trail Mix meets the second Tues. of every month at the Grand Center, Noon-2:00.



## Skydive Moab Hosting 6th Annual Skydiving Festival!

Clint MacBeth opened Skydive Moab's doors in November of 2003. Clint, with over 15 years skydiving experience and 6000+ skydives, has always wanted to own his own skydiving center. BASE-jumping brought Clint to Moab a few winters past and the wheels started turning, the next thing you know, Skydive Moab was born.

Right now, they are a small skydiving center, catering mostly to tandem jumpers and the occasional experienced skydiver passing through Moab. Despite the size of the dropzone (or maybe because of) both first-time and veteran jumpers alike, leave with an experience to remember! Skydive Moab offers a welcoming atmosphere and some of the most unique scenery in the country for jumpers to enjoy! The landscape offers one of kind opportunities for adventure that "we think will take the sport to the next level."

Now, after 5 very successful years of holding the 'Mother Of All Boogies' (M.O.A.B.) skydiving event, Skydive Moab is again teaming up with Skydive Arizona, (one of the busiest skydiving centers in the world) to hold the 6th Annual Skydiving event on Thursday, September 24 - 27, 2009. "In addition to being a fun acronym, we really want this boogie to live up to its name!" Skydive Arizona will bring their 2 massive planes with them. The 23 passenger Skyvan and Twin Otter (both turbine, multi engines) and some additional event staff for organizing and manifesting.

Tandem skydives will be discounted to only \$229 for the weekend with locals receiving an additional 15% off! After enjoying a 20-minute scenic flight, first time jumpers will exit the aircraft at 13,000 feet above the ground and free-fall for almost a minute before the instructor deploys their parachute! During the free-fall they will reach speeds of up to 120 mph and will be falling at 174 feet per second. That's almost 6 seconds every thousand feet! After the instructor pulls the ripcord at 5000 feet, the parachute opens and student and instructor float gently back to earth. During the 5-7 minute canopy ride the pair will again experience the beauty of the Colorado River, Dead Horse Point, Castleton Tower, Arches and Canyonlands National Parks and so much more! If you haven't seen Moab from a birds-eye-view, you haven't really seen Moab!

During the four-day festival, jumping will take place at the Moab Airport, located just 15 minutes north of the Colorado River. So, whether you want to make your first skydive or just want to enjoy lunch under a sky full of brightly colored canopies, come out and share in the excitement!

Sept 24 - 27, 2009. 8 AM to Sunset  
Hope to see you there!

For more information go to [www.skydivemoab.com](http://www.skydivemoab.com) or call 435-259-JUMP



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# HISTORIC HAPPENINGS

## PROGRESSING FROM THE RADIOACTIVE PAST

by Vicki Barker

While work progresses on removing a 16-million-ton radioactive dump out of the Moab Valley, community developments that the defunct uranium plant once enabled as the biggest taxpayer in Grand County are also being removed or upgraded.

The Uranium Reduction Company mill -- more commonly remembered as the Atlas Minerals plant -- declared Moab "Uraniumland" 52 years ago this month in a booklet distributed at the dedication of the largest processing plant of its type in Utah. The plant was built on 50 acres adjacent to the Colorado River at the northern gateway to Moab.

National focus on how the company's penniless petroleum engineer Charlie Steen became a multi-millionaire after discovering a huge deposit of uranium ore near Moab fed fantasies of others across the country to strike it rich and created a frenzy remembered as the Uranium Boom.

The Steen story and government demand for uranium to develop an atomic arsenal drew thousands of prospectors and their families to rural Moab, at the time a village of some 300 people. Life was rough and times were tough for many in the Atomic Era that followed the rush of 1952. Some profited, others failed.

By the time the mill was completed and formally dedicated in September 1957, URECO proudly pointed to progress that had come with the industry: Besides employing 220 people, the \$9 million plant contributed substantially to the local and state economy, including development of a new hospital, courthouse, swimming pool, and two elementary schools in Moab.

Today, plans are underway for building new school facilities, several new pools, and a new hospital; the county courthouse was expanded in the 1990s and seeks to further expand; and the mill tailings plant -- dismantled and removed after shutting down in 1984 -- is now site of a federal Uranium Mill Tailings Remedial Action (UMTRA) project that ultimately could cost \$1 billion.

In April, the U.S. Department of Energy began hauling the processed uranium tailings by train to a desert repository site north of Crescent Junction. Officials targeted 2019 for complete removal of the pile, but it may take until

2025. The American Recovery and Re-investment Act (the economic stimulus bill) designated \$108 million to the project to help speed up the work and hire more people. Currently, the project employs some 200 people.

More recently, citizens of Moab and Grand County were recognized in a Southern University Rural Honors Award for more than a decade of efforts to ensure the government removed the toxic waste pile, which had slowly been leeching contaminants into the nearby river. While the former Nuclear Regulatory Commission had favored "capping" the tailings in place, locals prevailed in a campaign that resounded in Washington, D.C. to have the contaminants removed.

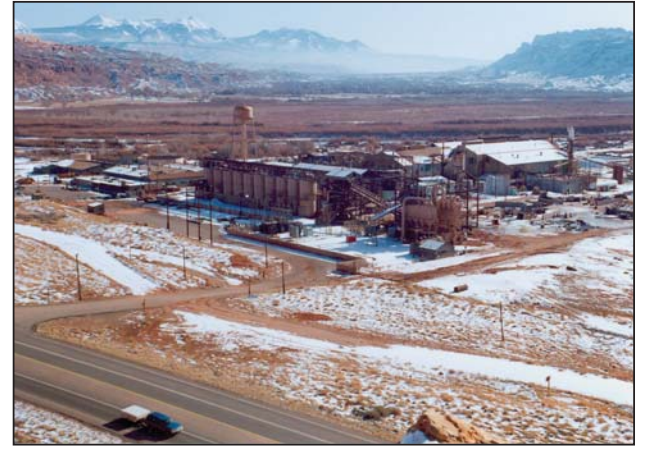
In August, the stimulus funds boosted the pace of the removal project to begin hauling the processed ore in two daily train runs utilizing 22 cars. The load is to increase to 34 cars daily by November, according to DOE officials.

As for the other developments that uranium brought to Moab, the city tore out the old swimming pool in August, following conclusion of years of negotiations between Moab and the Grand County Recreation Special Service District. The agreement will result in a \$6.8 million recreation and aquatic center with three new pools (one offering year-round swimming indoors) by the fall of 2010.

In late August, a groundbreaking ceremony on 12 acres heralded construction of a new hospital on the corner of Williams Way and 500 West. Fate of the old Allen Memorial Hospital on 400 North is still up in the air, although demolition is likely because of the exorbitant cost of bringing the building up to code for any other use.

The new \$29 million facility will include a 17-bed state-of-the-art hospital run by Moab Valley Health Care, and a 32-bed long-term care unit operated by the Canyonlands Health Care Special Service District. Opening is expected in late 2010 or early 2011.

Construction of two new school buildings is underway. The public approved a \$31 million bond issue, with \$7 million designated for a vocational center next to Grand County High School, scheduled to open in August 2010. A new two-story school to accommodate 800-900 students of all ages will tower over the old Helen M. Knight elementary school. The old HMK,



Winter scene of the Uranium Reduction Company Mill (Atlas Minerals plant) north of Moab in 1988, prior to its dismantling. Photo by Vicki Barker

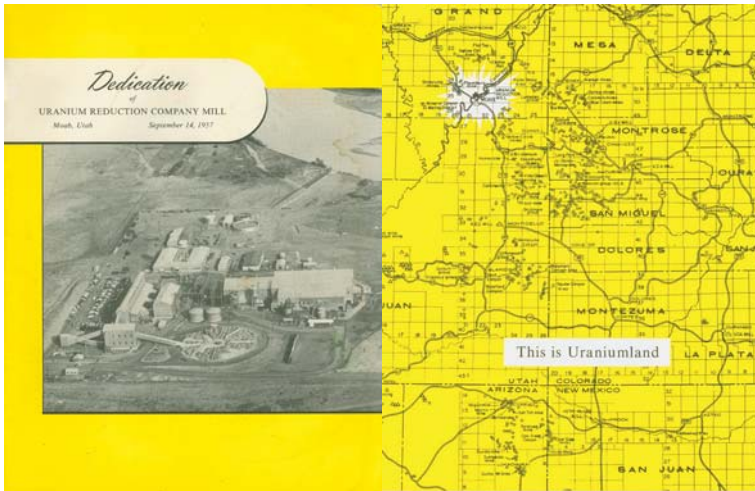
built in 1955, will be demolished, but the new school will retain the name of the school district's first superintendent, who wrung her hands over schools bulging with all the new students arriving with prospector parents. Enrollment had risen from 300 to 2,000 students in only five years, according to the book, "Grand Memories" (Daughters of Utah Pioneers).

A wing of a second elementary school, between Mill Creek Drive and Locust Lane, was built the same year as URECO formally opened the uranium processing plant. A bond issue passed in 1961 to provide for the second school and a shop at the junior high school (Eventually, the shop was demolished to make way for the new county library.). The new Southeast Elementary School -- eventually renamed Red Rock Elementary -- opened with double sessions to accommodate all the children. Some went to school in early morning, and others started school in the afternoon.

Upon completion of the new school behind HMK, Red Rock could serve as a middle school but is also being considered as a secondary campus site for the College of Eastern Utah and Utah State University.

The historic courthouse built during the Uranium Boom suffered extensive smoke damage in a fire that started in the jail area in the early '90s. In 1991-92, the county rebuilt the jail section, expanded the courts portion, added the county council chambers, and remodeled the original structure to accommodate clerk and administrative offices.

More than a half-century after the Atlas plant was built and referred to as a "symbol of...growth and stability" in Moab, what remains of the fruit of the uranium harvest will mostly be rubble, but it has given rise to new development in a town holding stable at 4,800 people.



Dedication program booklet image courtesy of URECO and private collection of D. Barker.

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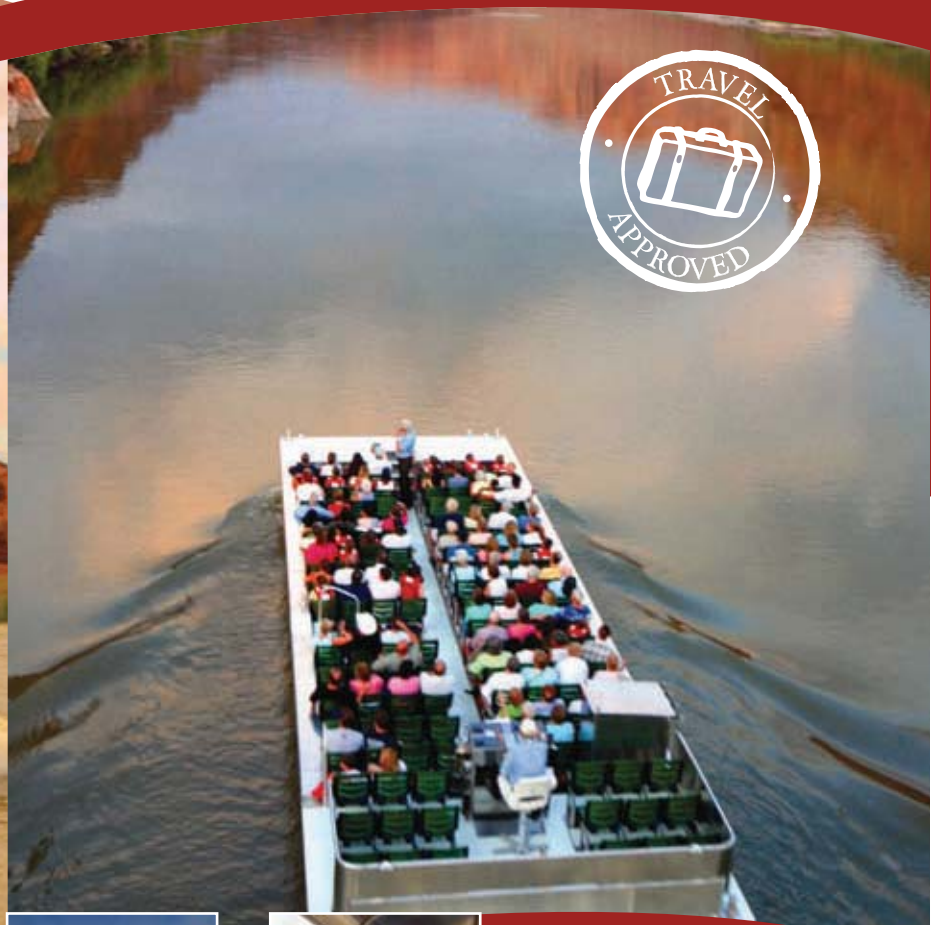
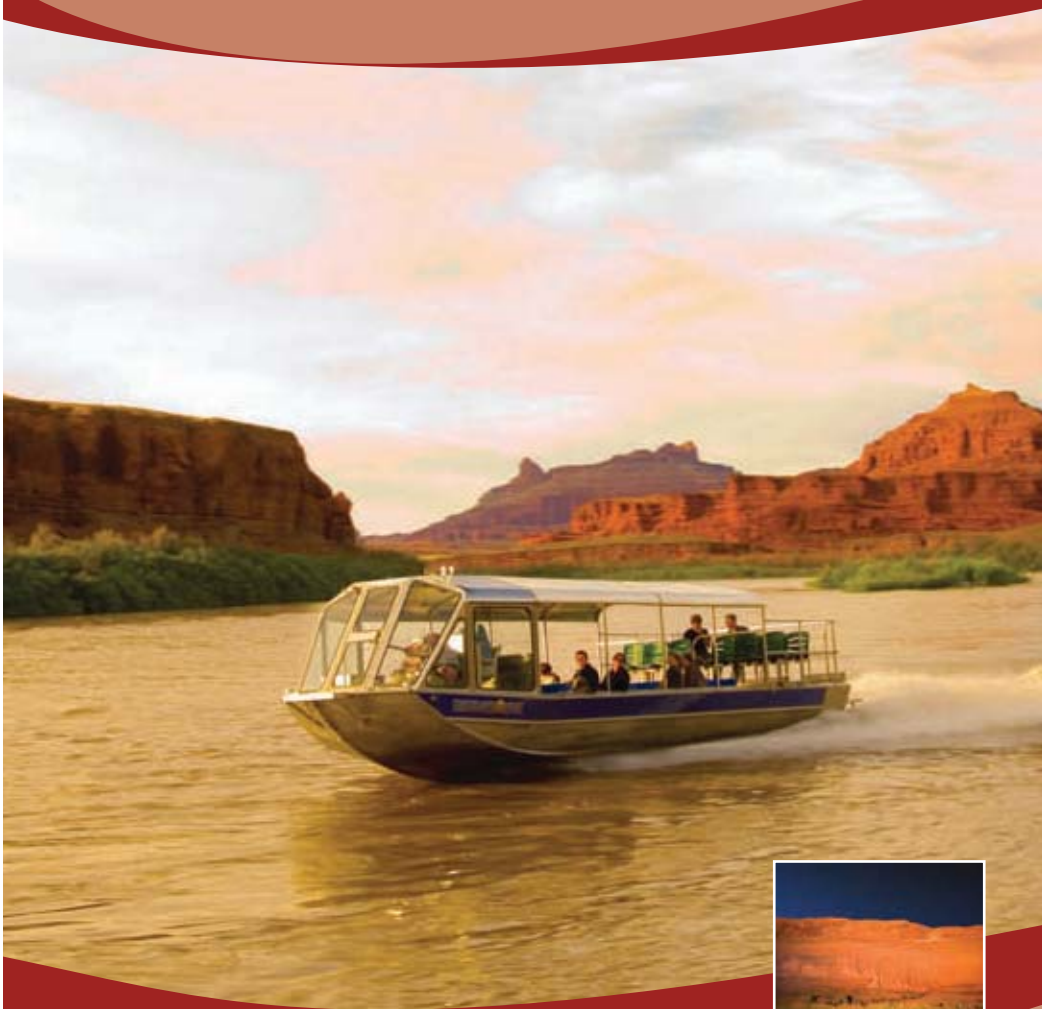


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