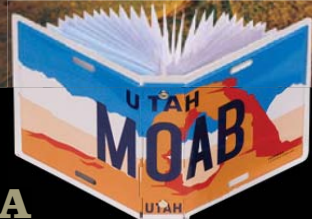
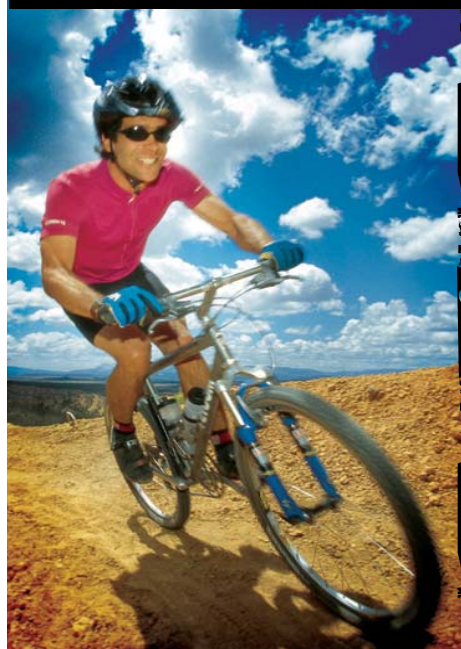


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MOAB HAPPENINGS

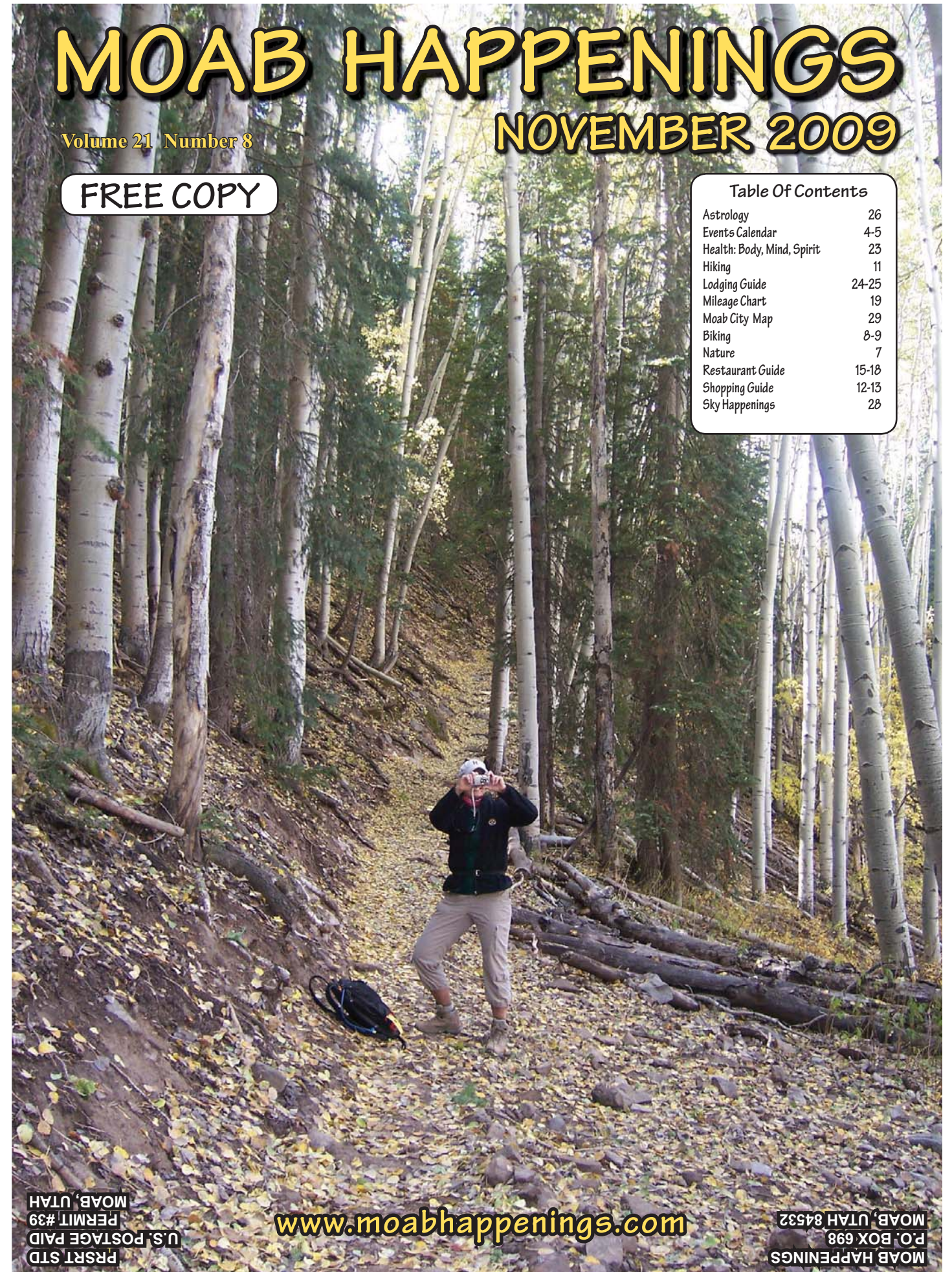
NOVEMBER 2009

Volume 21 Number 8

FREE COPY

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MOAB HAPPENINGS

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"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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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00	Native Spirit	DEMOCRACY NOW					Desert Diva	7:00	
8:00								8:00	
9:00	Jah Morning Reggae	MOAB Morning Blend					Shine Time (Children)	9:00	
10:00								10:00	
11:00								11:00	
Noon	Grass is Greener (Bluegrass)	It's My Party/ Merry Pranksters	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/ Red Rockn' Reggae	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	
7:00	Kokopelli Coffeehouse (folk)	This Week in Moab (Interviews / Calendar)	DEMOCRACY NOW					Big River / Ranch Exit (twang)	7:00
8:00			8:00						
9:00	Mel's Diner (Rainbow Room)	Big Swing Face (big band jazz) or The Dog Lady (jazz)	Moab City Council/ Atomic Lounge	Thin Edge (jazz)	Rock Garden (rock)	Heaven Lounge Invasive Species	Main Street Cruise	9:00	
10:00								10:00	
11:00	Seti Trancemissions/ Dissident Daughter	The Sound Lair (Experimental Dance)	MOAB After Hours			Altered State	Radio Free Moab (college rock)	11:00	
12:00			12:00						
			JIM HIGHTOWER NEWS - Everyday at Noon WORD OF THE DAY 8am - Noon - 6pm HUMANE SOCIETY - FRI. 10:00			Rhythm Quest (techno rhythm)	NED (classic rock)		

KEY: Talk Shows Easy Mix - Jazz Blue Grass - Country - Folk
 Eclectic/World Rock - Blues Heavy - Hard

MOAB WINERY HAPPENINGS

A Unique "Taste of Moab"!

Castle Creek Winery is nestled high on the banks of the Colorado River 15 miles north-east of Moab. Adding a decidedly civilized tone to the wild, wild West, in 2002 the Red Cliffs Lodge established its own winery, and now produces over 15,000 gallons of wine. It is Utah's first and largest commercial winery.

In the 1970's the Four Corners Regional Economic Development Commission along with the University of Arizona did some test plantings of wine grapes in the Moab area. The results were positive. Hot days, cool nights and sandy soil produced wine grapes of unique, exceptional quality. The late summer sun encourages good sugar content and high acid levels necessary to produce well-balanced high quality wine. The dry climate discourages problems with bunch rot and fungus that plague other wine growing regions. Southeastern Utah is in many ways similar to the Eastern Mediterranean where the wild grapes that became our classic European wine grape varieties originated.

Moab is the perfect climate for growing excellent grapes, suitable for producing Syrah, Merlot, Cabernet Sauvignon, Chenin Blanc and Chardonnay. Using such locally grown grapes, our winery has produced over 30 award-winning wines for your enjoyment and all of the wine is bottled and labeled by hand!

Castle Creek Winery has earned four awards from the first two competitions they've entered. At the Finger Lakes International Competition, in Rochester, New York, the winery earned a silver medal for its 2003 Outlaw Red, a bronze medal for its 2005 Chardonnay, and a bronze for its 2005 Cabernet Sauvignon. Then, at the Pacific Rim International Wine Competition in San Bernardino, California, Castle Creek's 2005 Merlot took a bronze medal.



Castle Creek Winery uses the latest state-of-the-art equipment. Elaborate stainless steel tanks set on sleek concrete floors, giant presses, pumps, and filtering equipment is what you will find inside the huge 8,000 sq ft winery facility. The building is rustic on the outside, but the inside is a very modern winery laboratory. The wine is monitored daily and the building is kept at a constant temperature to keep the wine stable. This may seem like an easy thing to do with high tech equipment, but with thousands of gallons of wine in production and Moab's extreme temperatures a winemaker is never at ease. Wine must be monitored and tested every day.

In addition to making wine, Castle Creek Winery planted a vineyard in the spring of 2006. With over 10,000 plants a vintner is always busy. By growing his own fruit a winemaker can assure that the plants are given the best opportunity to produce the finest quality fruit. While much care and attention is given to each plant there are always factors outside of the vintner's control that can affect each year's crops. It is no mistake when a fine quality wine is made. From the moment buds begin to unfold, to the time that wine is poured into a glass the wine is tended and encouraged with knowledge, dedication, hard work, and good timing.

Winemaking may sound like risky business but be assured that the payoffs are great. The satisfaction of a well rounded wine after

two years of hard work and devotion is an amazing accomplishment, and even better you get to drink the wine! And after one year's batch is bottled and on the shelf, the whole process begins again.

Wine is a complex product that takes dedication, good equipment, a clean facility, and most of all a diligent knowledgeable winemaker. Castle Creek Winery has all of these and therefore produces world class wines in the rugged desert of Moab, UT. Don't take our word for it, come out and visit us and see our wine in the making and discover the flavors at our wine tasting room.

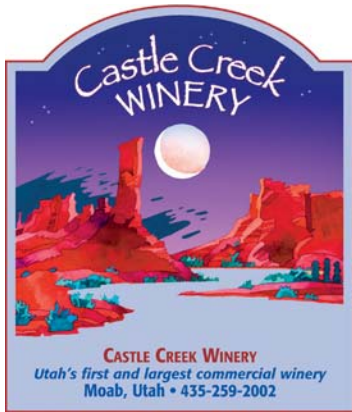
Castle Creek Winery sells wine and gifts from 10:00 am to 7:00 pm daily. We offer complimentary wine tasting from 12:00 am to 7:00 pm daily. The tasting room is located in the top of the winery building on the same grounds as Red Cliffs Lodge.



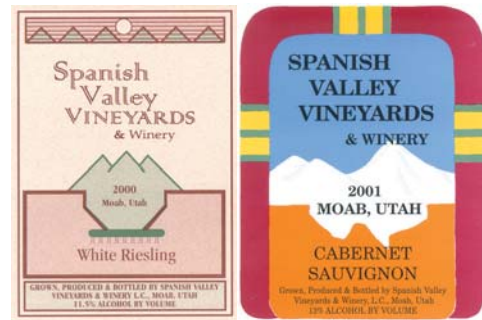
Spanish Valley Vineyards & Winery

Moab is also home to Spanish Valley Vineyards & Winery, where they are currently producing wines from locally grown grapes. They are located at 4710 Zimmerman Lane (6 miles South on Hwy 191 from stoplight near McDonald's; turn left on Stocks Drive - 2nd left past Spanish Trail Arena; drive two blocks, turn right onto Zimmerman Lane).

Open Monday-Saturday 12:00 noon to 7:00 pm (Closed Sundays and Holidays.) They can be reached at 435-259-8134 and spanishvalleyvineyards@yahoo.com.



In 2009 at the Finger Lakes International Competition, in Rochester, New York, Castle Creek took a silver medal for Chardonnay, Bronze for Cabernet and Bronze for Outlaw Red. Also in 2009 Castle Creek was honored with the "Best of State" award by the State of Utah which recognizes excellence in the field of production and manufacturing.



Spanish Valley Vineyards

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MOAB AREA EVENTS CALENDAR

November 2009



Behind McDonald's 259-4583
Moab, UT

- 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



HAPPY THANKSGIVING

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

Old Spanish Trail Arena

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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

1-6 **Moab Folk Camp**, Six days of hands-on workshops with nationally recognized instructors in a variety of courses ranging from songwriting and vocal performance to beginning and advanced guitar, blues guitar, bluegrass guitar, mandolin, harmonica and more. Moab Folk Camp offers a supportive environment in which students can experience the joy of making music and learning new skills in a beautiful setting, away from everyday distractions, with a caring group of musical friends. If you've been looking for somewhere to get started playing music or improve your musical skills, you've found the right place.
www.cosysheridan.com/mfcindex.html (see article on page 21)

3 **ELECTION DAY**
3 **43rd Annual Election Night Dinner**, St. Pius X Catholic Church, 5pm to 8pm. Tickets available at the door or from parish members. Adults \$10, Seniors (65+) \$ 8 Juniors \$ 8 (6-12) Kids under 6 are free. GO VOTE and then break bread with friends and neighbors before the elections results are in.

5 **Edge of the Cedars Museum, Blanding**. Free program "We Shall Remain: The Utah Voices, The Goshute", educator, author, tribal member Beverly Harrison speaking @ 6:30pm. 660 W. 400 North. More info 435-678-2238

6-8 **Moab Folk Festival**, an exciting gathering of accomplished artists from national, regional & local contemporary folk music community, brings to Moab some of the finest singer/songwriter musicians in the country. see article on page 21
www.moabfolkfestival.com or call 435-259-3198

7-8 **Bucklelew Motocross Training Camps**, Moab's Redrock Raceway. Limited spots to coach riders on proper technique for jumping, cornering, starts, whoops, body positioning, line selection & race strategies. Bucklelew is the AMA Pro Supercross winner and multi-time amateur national champion.
More info @ RedRockDirtRiders.com

7 **Moab Rotary Auction**, 11 am - 5 pm. Radio/TV live fundraiser. Watch Channel 6 TV & listen to KCYN radio for description of items to bid on. Held at Canyonlands Copy Center. Call 259-8431

7 **Aikido: Free public Demo @ the Moab Fitness Center**. Aerobics room @ 4:30pm, or come earlier & watch the last part of a special training session with Brad Manosevitz Sensei, visiting 3rd degree blackbelt from Aspen. Contact Ata for more info 435-260-2874

7 **"Sneak a Peek" Open House**, Edge of the Cedars Museum, Blanding. Find out what's behind the locked doors in the Museum repository & see how artifacts are cared for and curated. 2-4pm, tours on the half hour. Free with admission /special rate for San Juan residents. 660 W. 400 North. More info 435-678-2238

7-8 **Elks Charity Scramble Golf Tournament**, Moab Golf Course. (men & women) For entry info call 435-259-6488

11 **VETERANS DAY**
12 **"Perishable Artifacts of Chaco Canyon & Aztec Pueblo"**, Dr. Laurie Webster returns to share her latest research examining sandals, basketry samples & other perishable artifacts. Free @ 6:30pm. Edge of the Cedars Museum, Blanding. 660 W. 400 North. More info 435-678-2238

12 **"Miss Navajo"** award-winning film, Grand County Library Premiered at the Sundance Film Festival, screening at 7 pm followed by a discussion. see article on page 30.

12-15 **Photography Workshop**. Join local photographer Bret Edge & Todd Caudle on this 3-day nature photography workshop in Arches & Canyonlands National Parks. Participants will receive extensive field instruction on composition, photographic techniques, filter use, how to read & use histograms and more. Image critiques & portfolio reviews during the mid-day hours provide you with valuable feedback. www.bretedge.com or call 602-571-4170.

12-14 **3rd Annual Get Reel in Moab Film Festival**, Star Hall A chance for local filmmakers to show their work, gain experience and network. This year includes submissions from Colorado, Arizona, Utah and various other locations. Sponsored by the Moab to Monument Valley Film Commission, the longest running film commission in the world. (60 years) More info & schedule at www.moabcity.org/filmcommission. Tickets @ Sgt Peppers Music & Video. (see article on page 30.)

13-15 **5th Annual Bluff Art Festival** revolves around the San Juan River. The 2009 theme, "Take Me to the River", launches with a river ecology lecture, hike & presentation of the geology & hydrology of the San Juan. Friday evening author David Roberts presents "Everett Ruess - Final Desert Trail?" Workshops & artistic presentations are followed by the Arts Fair and two days of activities. This festival has evolved into a multi-faceted venue melding visual, literary, scientific and musical arts into one eclectic happening. Check out the schedule www.bluffutah.org/artsfest.html (see article on page 31.)

13-15 **Manifesting Desire**, Anusara Mixed Levels Yoga Workshop with Nova Sprick. Tap into the universal flow of energy and discover the secret to manifesting success, freedom, and joy in your yoga practice and life. Held at the MARC, in the Dance Room. Call Chrissy Sloan to register 259.0693; christinarosssloan@yahoo.com.



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November 1

DAYLIGHT SAVINGS TIME

Turn Back Your Clocks!

MOAB CITY'S 15TH ANNUAL TURKEY TROT



November 21
Swanny City Park

Register online www.moabcity.org or day of race.
Call (435) 259-2255 for more information

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

DEADLINE for December Events Calendar: NOVEMBER 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

MORE MOAB AREA EVENTS

November continued....

- 14 Toys for Kids 4-person Moabman Scramble Golf Tournament, Moab Golf Course. (men & women) For entry info call 435-259-6488
- 14 Stargazing @ SW corner of Old City Park @ 6:00pm. Join Red Rock Astronomers & Faylene Roth for a tour of the night sky & telescope viewing. See Sky Happenings in this issue for more info or call 259-4743 or 259-3313. Sponsored by WabiSabi. (see article on page 28)
- 14 Native American Club Fundraising Event, "The Blissins", Punk/Rock genre 6-9pm @ Moab Arts & Recreation Center. see article on page 30 and ad on page 4.
- 14 Moab Art Walk, 6 - 9 pm. Stroll Moab's galleries, shops, and cafés and view some of the region's finest locally created artwork. From traditional painting, pottery, and sculpture, to large format landscape photography, mixed media, bead and stonework, woven articles, and jewelry, the Moab Art Walk offers diverse, quality exhibits inspired by the region and its inhabitants. For more info visit moabartwalk.com. see article/ad on page 6.
- 14-15 1st Annual Moab River Rendezvous. Join in a celebration of the river, river runners, history and conservation at this new annual event. Outstanding speakers, music and historic films along with a winter float on the Colorado River highlight this new educational gathering. For more info or to register, call 435-259-7733 or 866-202-1847 or visit www.moabriverrendezvous.
- 14 Moab Ultimate XC: A trail running race on the Kane Creek Road & trails within the Kane Creek Corridor will be held 8am-6pm. Permitted through BLM & SITLA. All roads, trails & parking lots will be open, but expect congestion. If you prefer solitude, you may want to recreate in an alternative location. Thanks for your cooperation, understanding & support. Contact Moab Ultimate XC, 435-259-7844 with questions. For more info & registration at www.ultimatexc.com
- 16 Miss Navajo Shares Navajo Culture, Grand County Library 7 PM. see article on page 30.
- 19 Movie Night @ The Library, Film - "Up" Free event & everyone is invited. Popcorn donated by Moab Chevron. Info 435-259-1111
- 21 4th Annual MARC Quickdraw & Mystery Dinner Theatre, Held at the Grand Center. Seating is limited to 120 & expected to sell out. \$ 50 ticket includes admission to dinner theater, Quickdraw Art Show, dinner & dessert catered by Red Cliffs Lodge & art auction. Tickets: MARC 435-259-6272
- 21 Moab City's 15th Annual Turkey Trot, Swanny City Park The 5k run starts @ 9:00am. Pre-register for \$12 at www.moabcity.org or register for \$ 14 @ 8:00am the day of the race. Gift certificates & t-shirts for all. Turkeys for age group winners. All ages & abilities encouraged to run...you can even run with your pooch. Call 435-259-2255 for more information.

21 Contra Dance, Moab Arts & Rec. Center, 7:30 pm American, British Isles & European Folk Music performed by the Moab Community Dance Band. Guest caller Richard Meyer from Denver. The fun is contagious! Instruction 7:30, dance begins at 8:00pm. No experience or partner needed. FREE, but \$5 donation suggested to benefit a chosen charity.

20-21 Annual Bighorn Sheep Watch begins with a great program Friday night on bighorn sheep ecology & their life history @ 7pm at Moab Information Center, presented by Justin Shannon. The next morning offers a chance to view desert bighorn sheep in sunny southeast Utah as the Division of Wildlife Resources guides participants to locations where bighorn have recently been observed. The guides will be in radio contact with each other, so everyone can be advised as soon as sheep are spotted. For more information call 435-613-3707. See article on page 7.

26 THANKSGIVING DAY

26 Community Thanksgiving Dinner. Share a meal and a story with your neighbors at WabiSabi's FREE Community Thanksgiving Dinner at the Grand Center, 182 N. 500 West, from 2:00-5:00pm. A traditional feast will be served, along with a vegetarian option. Everyone is invited. More information, call 435-259-3313. See article on page 19.

27-28 USRA Thanksgiving Classic Motocross Race, Moab's Redrock Raceway. Hundreds of racers will be competing in the final points race of the year. Fantastic spectator sport too. Sponsored by Red Rock Dirt Riders. See article on page 8 in this issue of Moab Happenings. More information at RedRockDirtRiders.com

December Events

- 4 Christmas Tree Lighting at 5:30pm, County Courthouse Lawn at 125 E. Center
- 4-5 Grand Center Gift Fair, Grand Center @ 182 N. 500 West. December 4th from 4pm-8pm and Saturday, December 5th, from 9am-3pm.
- 5 Electric Light Parade down Main Street. The entire family will enjoy this amazing collection of lighted floats as they travel along Main Street in downtown Moab. Call Moab Chamber of Commerce at 435-259-7814 for more info.
- 5 27th Annual Winter Sun 10k Road race starts at the Moab Golf Course, wanders through neighborhoods of Moab and ends at GCHS track. www.moabhalfmarathon.org
- 5-6 Winter Sun Festival
- 5 Holiday Arts & Crafts Fair, Moab Arts & Rec Ctr Come & browse hundreds of unique arts & crafts made by local artists. 111 North 111 East 10am-5pm



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- Mexican food
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DINNER starting at 4:30 pm

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SUNDAY BRUNCH —
11:30 am–2:30 pm

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in McStiffs Plaza

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www.EddieMcStiffs.com

BREAKFAST — LUNCH — ICE CREAM — ESPRESSO



BREAKFAST MENU
7–11:30 am

- Burritos
- Waffles
- Granola
- Bagels
- Sweet Crepes
- Savory Crepes
- Croissants
- Muffins
- Cookies

Locally Roasted Coffee
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Too many flavors to list...

LUNCH MENU
11:30–3:00 pm

- Panini
- Sandwiches
- Chicken Gyros
- Pizza Slices
- Hot Dogs
- Authentic Tacos (carnitas, fish & chicken)

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435-259-2420
Call in orders welcome

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ART WALK HAPPENINGS

Moab Art Walk, Saturday November 14th from 6PM to 9PM

Moab Arts & Recreation Center

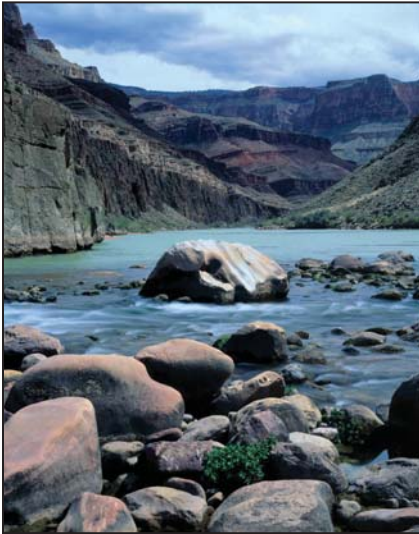
Students from Red Rock Elementary and Moab Charter School will be exhibiting selected works of art and teaching short art lessons to the public during November's Art Walk. The art is the result of Art Coach Bruce Hucko's work at both schools this past year.

111 E 100 N Moab, UT
435-259-6272
www.moabmarc.com
marcinfo@moabcity.org



The Western Image

Page Holland
Page Holland and Nichole Taylor are exhibiting at The Western Image. Page's recent focus is landscapes from recent sojourns in the canyons. Though small in size, these oil paintings portray convincing depth. Nichole's pastel paintings of wildlife and ranch scenes speak of her lifelong association with the ranch life and her eye for detail.
16 West 100 North Moab, UT
435-259-3006
www.nicholetaylor.net
nicholebtaylor@gmail.com



Cat's Lair Collection

Mike Coronella
Cat's Lair Collection invite you to come over and see photographs by Mike Coronella and participate in our fund raising event during art walk and the following week to help Mike Coronella with medical bills after his recent heart attack.

435-259-2458
www.catslaircollection.com
catslaircollection@gmail.com



Framed Image Fine Art Gallery

Jonathan Frank
Framed Image presents Moab favorite, Jonathan Frank. An award winning signature member of the National Watercolor Society, Frank will exhibit his "high definition" watercolor and ink landscapes.

59 E Center Street Moab, UT
435-259-4446
www.framedimagemoab.com
info@framedimagemoab.com

Overlook Gallery

Tim Morse
The Overlook Unframed Show, a multi-media, multi-artist showing of small unframed works including paintings, drawings and hand pulled prints will be displayed in the gallery during this month's Art Walk.

83 E. Center
435-259-3861
www.moabarts.com
overlookgallery@yahoo.com



Moonflower Market

Hayley Knouff
My name is Hayley Knouff and I have loved art for as long as I can remember. I am 17 years old and have had much support from my family and friends in the Voices of Youth program, a class which taught me the art of film photography, one which I have yet to master!
39 E 100 North Moab, UT
435-259-5712



1-MARC
111 E 100 N

2-CAT'S LAIR COLLECTION
59 S MAIN ST #3

3-OVERLOOK GALLERY
83 E CENTER ST

4-WESTERN IMAGE
16 W 100 N

5-FRAMED IMAGE FINE ART GALLERY
59 E CENTER ST STE B

6-MOONFLOWER MARKET
39 E 100 North

www.moabartwalk.com

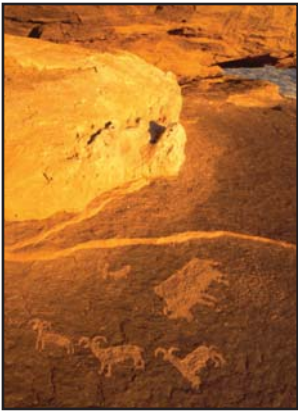
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NATURE HAPPENINGS

Desert Bighorn: November Head-Bangers

by Damian Fagan

Ancient petroglyphs created by Ancestral Puebloans that roamed southern Utah long ago often depict the wild sheep of the Canyon Country: the desert bighorn. Square-bodied animals with backward curving horns adorn many rock art panels and indicate the importance of this species to the Native Americans. Although these prehistoric people hunted mule deer and elk, you just don't see that many glyphs of these animals.



The male bighorn sheep's massive C-shaped horns provide the common name for these creatures. Both sexes have horns, although the female's horns are smaller and about the size of a yearling male's horns. At a distance, females may be difficult to distinguish from the young males.

Unlike antlers which are shed each year, the desert sheep's horns are permanent. A sheath of keratin, the same stuff that makes our fingernails, covers a bony core honey-combed with air chambers to reduce the overall weight of the horn. The horns put on a growth ring each season that temporarily halts during the rut or breeding season. Like a tree's growth ring, biologists count the number of growth rings on the horns to determine the sheep's age.



As the older rams establish their hierarchy, the importance of these massive horns comes into play. If body language and posturing don't settle the dominance question between two males, they engage in the classic activity of head banging to determine who is top dog.

Seeing two animals back up a few steps then charge each other is truly a spectacular sight. The males rise up then lower their heads just before contact. The collision sounds like a rifle shot and may be heard several miles away. Powerful necks and cushioning in the skull absorb much of the impact; still, it looks like that's gotta hurt. (Kids don't try this at home!) To the victor goes dominance over other males and the opportunity to mate with females in the group.



During the breeding season (November and December), the generally loner males congregate with groups of females, yearling males and lambs from the current year. A lot of posturing, lip curling, smelling, chasing, and body butting takes place at this time. Some groups may contain a bunch of animals and these provide a great opportunity to see different age classes at one time. And because the

individuals are intent on the time of year, they may be less likely to spook and run off like they do during other parts of the year.

The Utah Division of Wildlife Resources manages desert bighorn populations with periodic transplants from healthy herds. Back in the 1980's when I worked at Arches National Park, one such relocation occurred involving bighorns from Canyonlands National Park that were captured and moved



Sign near Arches National Park Visitor Center

to Arches. This group made up the initial reestablishment of sheep in Arches, since the population had crashed years before. Interestingly, some of the transplanted sheep took to foraging along the highway near the park entrance. Whether these are the same sheep today or they've taught their offspring, you might still see desert bighorns right from Highway 191 between the Colorado River Bridge and the Arches National Park entrance. Certainly not the norm for these rugged terrain-loving animals. But even if you miss the live ones, check out the rock art panels along the Potash Road or near the trailhead to Delicate Arch to get an idea about these November head-bangers.

To learn more about these magnificent creatures and their current population status, the Utah Division of Wildlife Resources will host the Desert Bighorn Festival in Moab, November 20-21, 2009. A presentation at the Moab Information Center at 7:00 p.m. on November 20 will cover the life history of these wild sheep. The next day will be a field trip to view desert bighorns in action. Remember to bring appropriate clothing, snacks, binoculars, spotting scopes, and cameras. Carpooling minimizes any disturbance, and details about the field trip will be discussed at the lecture. For more information visit the UDWR website at <http://wildlife.utah.gov/calendars>.



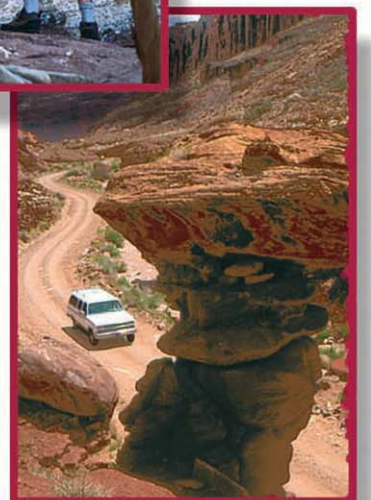
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2009 MOAB BIGHORN SHEEP WATCH

PRICE, UTAH—On November 20-21, 2009, the Division of Wildlife Resources (DWR) will sponsor its annual Moab Bighorn Sheep Watch. The event is free to the public. There is no pre-registration. Sheep watchers are encouraged to bring a pair of binoculars, spotting scope and camera.

The DWR will guide participants to locations where bighorns have recently been observed, and will have extra spotting scopes and binoculars for public use. The DWR will also provide a large passenger vehicle for those who wish to ride-share.

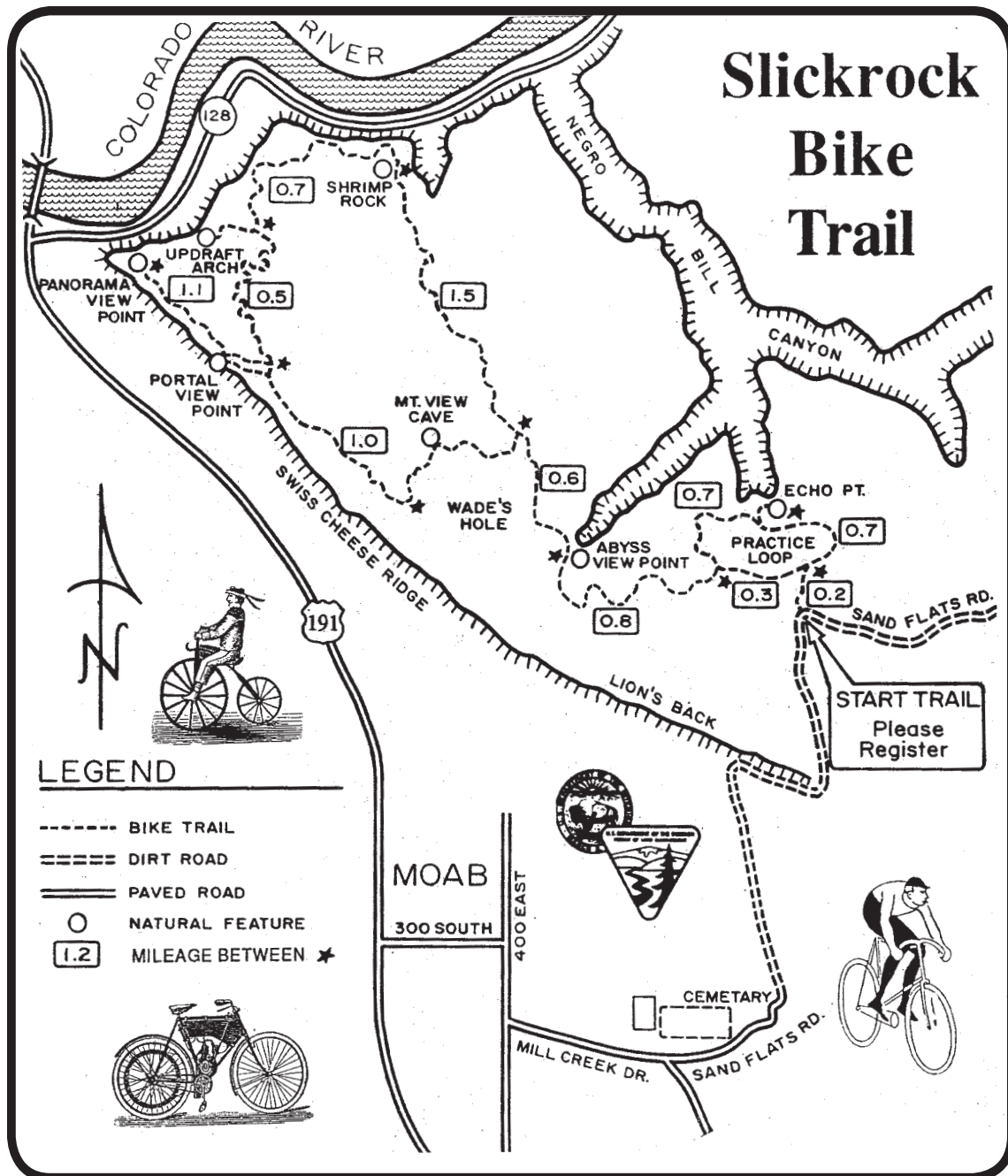
The event begins on Friday evening at 7 p.m. in the Moab Information Center, located at the corner of Center and Main. Justin Shannon, DWR regional wildlife program manager, will present a PowerPoint program on bighorn sheep ecology and life history. Mr. Shannon's graduate thesis was on this very subject. Bighorn skulls and horns will be displayed as part of his presentation.

The following morning, participants will meet at the Moab Information Center, where they will search for bighorn sheep in the Moab area. Bighorns are almost always seen from asphalt roads in Moab Canyon and along the Colorado River, so don't worry about your vehicle's off-road capability. For those who ride-share, the field trip generally finishes by noon or early afternoon.

Mid-November is the peak of the bighorn sheep rut, when bighorn rams compete for breeding rights with horn clashes and other threatening behaviors to intimidate rivals. Head-butting occurs only when competing rams are equally matched in horn and body size. Otherwise, more subtle harassment of inferior rams occurs.

Because bighorn sheep are wild and unpredictable, the DWR can't guarantee that sheep will be seen at close range or even at all. Participants need to be aware of that possibility at the outset. However, in the event that no bighorns are observed, participants can still enjoy the unmatched beauty of the Colorado River Scenic Byway. For more information, contact Brent Stettler at 435-613-3707 or brentstettler@utah.gov

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:

- **24 HOURS OF MOAB October 9 & 10, 2010** - 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 30-November 1, 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!!!

- **SKINNY TIRE FESTIVAL March 12-15, 2010** - Three rides of the Skinny Tire Festival highlight Moab's different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient puebloan petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through this grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit www.SkinnyTireEvents.com.

- **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.

Moab Hosts Championship Motocross Race

by Samantha Bonsack

Just like mountain bikers and road cyclists, motocross riders have fallen in love with Moab. In only two short years since inception, the nonprofit Red Rock Dirt Riders, (RRDR) have established a club, obtain property and a professional track, hosted events, and secured the coveted Utah Sportsman Racing Association's (USRA) opening and closing events. On November 27-28th, the USRA Thanksgiving Classic will be held at the Redrock Raceway with hundreds of racers competing in the final points race of the year.

"We were impressed by the quality of the track," says Bobby Kirk of the St. George Motocross Club who brokered the deal with the Red Rock Dirt Riders to bring the events to Moab. "Because these events are early and late in the riding season, we were looking for a location that would be in a warmer climate. When we experienced the Moab track, we knew we wanted to explore it further. We were very happy with the flexibility and efforts made by the Red Rock Dirt Riders to make our first event in Moab such a success."

"We were delighted when we were approached to host these events," says Mark Thayn of the RRDR. "Typically, it takes years and years to even be considered. It's unprecedented to secure both events in less than two years. We're extremely pleased to be able to bring riders and thousands of fans to Moab."

Outside of arguably being the 'prettiest track in the state', the track itself has several advantages. It has high, banked burms for excellent cornering, long straight-aways for speed, ample passing opportunities, table tops, doubles, triples, step-ups and a fun whoops section.

But it's not just a great track in a pretty location that brought motocross to Moab. It's a long, passionate history that lead to securing \$20,000 grant from Grand County Recreation to fund building a professional track by Dirt Wurx

USA who builds the ultimate Supercross tracks.

Kevin Clyde at Grand Rental Center, Chuck Henderson of Henderson Leasing Co., LLC, S & S Construction, Lawson Construction and Chris Carter donate costly heavy equipment with additional materials and manpower donated by Thayn Enterprises. Countless hours were donated through the passions of Arnie Alba, Josh Bisco, Jason and Jeremy Parriott, Jason and Justin Zimmerman, and Shane and Jerry Ward to mention a few. Brandon Jones also has donated time, putting together a women and kids practice time at the track.

"We're thrilled to have the support of so many people," shares Thayn. "We could not have achieved this level of success without their help. There is a tremendous amount of work that goes into maintaining a professional motocross track that can host professional race events, and we're so very appreciative of each and every supporter."

As a small nonprofit, the Red Rock Dirt Riders have managed to achieve big success. Being recognized as a professional level track in an ideal location brought Bucklelew Motocross Training Camps. On November 7-8th, Justin Bucklelew hosts a two day camp with limited spots to coach riders on proper technique for jumping, cornering, starts, whoops, body positioning, line selection and race strategies. Bucklelew is the AMA Pro Supercross winner and multi-time amateur national champion.

But for every event they secure, it means a heavy workload. Community support is greatly appreciated and donations are encouraged to continue the growth of this spectator friendly sport in Moab.

Riders wanting to experience the track can obtain information at Moab Powersports, where local riders can hang their pictures and obtain discounts on accessories and gear.

For event details and track information, visit RedRockDirtRiders.com



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TRAIL HAPPENINGS

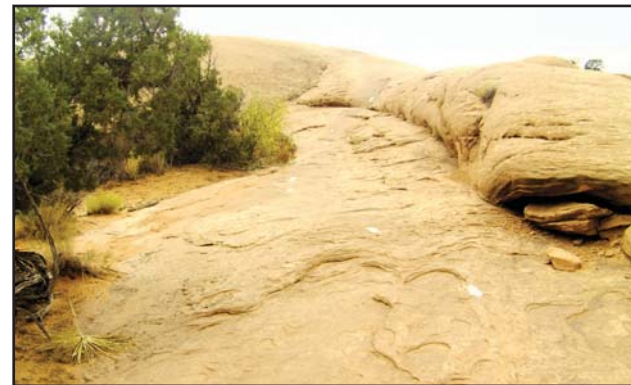
The Slick Rock Practice Loop (2.3) miles

by Tom Dillon

The Slick Rock Practice Loop is generally mentioned as “No less difficult than the Main Loop, just shorter”, or some other single sentence in a description of the tomes written about the Slick Rock Trail. Well, bucko, we’re here to say that the Practice Loop is, in and of itself, an excellent quickie ride, perfect for a lunchtime workout, a post-work decompression or an alternate to waiting until it’s dark enough to start the campfire. Riding the Practice Loop is like dating the Main Loop instead of getting married to it.



Right out of the parking lot you’ll look longingly at the great rolling mounds of sandstone in front of you. After climbing that first hill, the trail opens, beckoning you to continue down to the right through the luscious, curving trail ahead of you. The thrill of letting go and rolling ever faster, letting the trail do all the work is exhilarating, leaving you on one of many short, steep climbs, which, of course, opens up to yet another inviting descent. The trick in making these first few climbs less difficult is knowing how much you can let go when you go down and to realize that the traction, unlike your lung, legs and sanity, is almost infinite.



After a few climbs and a couple of turns you’ll head down to a spur to “The View”. If you haven’t been there, set your bike down and walk out and sit for a spell. You have time, even if you’re still scratching your head over how long a “spell” is.

A few more zigs, a cheek-tightening zag or two and you’ll come around a corner to the bottom of a short climb with a steep little transition in it. Just power through it, like the quiet guy going through the crowd at a party when he first sees the cocktail shrimp platter across the room. There’s not really any place to fall since it rises up on both sides, so go for it.

An almost u-turn through a dip is just enough to take away all your momentum that you’ve learned to keep just in time for a rather steep climb. Don’t worry though, this is a good place to get off and walk up since you’re kinda hidden, unless it’s crowded. Then comes everybody’s favorite, the sand pit. Descending into the sand is a challenge at best and a mouth full of sand at worst.



After a descent into a u-turn which leaves you with a momentumless climb comes one of the hardest short climbs on the Practice Loop. There’s a horizontal crack and a drop off on your right. Yee-haw, this is a fun power up, but be sure to step off to your left if you find yourself stopped midway up.

It gets pretty easy after this. There is, however, one place where you can ring your bell if you’re not careful. There’s a rock overhang right where it’s tempting to skirt a sandy, bumpy patch in the trail. If you look up at the wrong moment, you’ll smack your helmet on the rock. Check out the variety of helmet brand impressions on it.

A few more whoop-de-dooos and you’re at a crossroads of the Practice Loop and the Main Loop. You can head back to the parking lot or turn around and do the Practice

Loop backwards. I don’t mean backwards, like Cirque du Soleil, but clockwise. Riding it in reverse makes the trail completely different. You’ll wonder how you totally didn’t notice the La Sal mountains on the way out. It seems to me that the ride clockwise is easier, giving you steeper downs, but more gradual climbs. Plus you’ll meet interesting people like Alia.



Even when just dating the Slick Rock Trail, use your head. Test your skills, but don’t get seduced into trying something out of your league. Kissing the Slick Rock Trail on the first date might get you slapped harder than you expected. The Practice Loop is a veritable roller coaster, full of ups and downs, curves, bumps, climbs and fun. It’s fast. It’s beautiful. It’s sexy. So be careful and wear proper protection.

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TWO-WHEEL HAPPENINGS

The Sovereign Trail Less Traveled

by Clif Koontz

In the desert one may find there's more than meets the eye, and in more ways than one. Known for its redrock canyons, Moab's backdrop also includes relatively barren expanses, which are easily overlooked. Gray slopes and blackbrush dominate the north end of Sovereign Singletrack, just north of Dalton Well Road.



On USGS maps, this little mesa contains only a single named point, "Garden." So when constructing the singletrack, the north section became Garden Mesa to me and other volunteers for Ride with Respect (RwR). We were surprised by the badlands terrain. The natural features have been the subject of geologic study, and have since become integrated with the trail.

Granted, more classic slickrock can be found south of Dalton Well Road, which has drawn the majority of mountain bikers and motorcyclists. But for a change of scenery and a bit more solitude, Garden Mesa is worth exploring. Plus, RwR has been rerouting several steep sections to gentler side slopes. The proper grade also tends to be less rocky and more pedal friendly.

These improvements have been generously supported by Utah State Parks, Grand County Recreation, and Yamaha's OHV Access Initiative promoting safe, responsible riding and open, sustainable riding areas. To match these grants, RwR depends on individual riders to pitch in. Sovereign Trail is on sovereign state land, which has an even smaller budget than BLM or USFS to provide quality recreation opportunities. So please check out RideWithRespect.org.



Backcountry conditions change, so I suggest a thorough area-map such as Latitude 40's, or an even more detailed site-map such as RwR's. To reach Garden Mesa, drive roughly twelve miles north of Moab on US 191. Turn right at the small sign for Dalton Well Road, and park off to the side of cottonwood trees. Unload and pedal or throttle further east across Courthouse Wash, then make an immediate left at the sign "Please camp entirely within existing sites." A half-mile up this doubletrack, you'll find the Brushy Basin singletrack which winds up Garden Mesa.



This trail is named after the blueish, shaley member of the Morrison Formation, famous for dinosaur bones across the western US. Once on top, you can turn left or right onto Sovereign Singletrack. Going clockwise will offer more options on the return, so I recommend turning left. Roll north across a couple washes and then east up the mesa's primary drain. By foot you can hunt for petrified wood, indicating swampy conditions over one hundred million years ago. You may collect up to twenty five pounds of petrified wood. But leaving it on site

will allow others the same sense of discovery.

After crossing over a road, follow the sign right to catch Cedar Mountain Singletrack, named after the sandstone which caps Garden Mesa. The formation also hosts chert nodules which provided Native Americans with ideal tool-material for thousands of years. This trail skirts the mesa rim, where small fissures have formed between sandstone blocks that were undercut by weaker shale below. Enjoy the view from nearly 5,000 feet, which is over 500 feet from your start by the highway.



Further south, you'll reconnect to Sovereign Singletrack. Turn right for more singletrack back to Brushy Basin. Or turn left to drop down to the flat, and bear right a couple times to follow a doubletrack along the mesa's base. Around the southwest corner of Garden Mesa, keep your eyes peeled for a flattened top of the prominent ridge. This dinosaur quarry yielded two new species that have yet to be named. Only researchers have permits to excavate or collect at the quarry, but anyone is free to walk up there and observe.

Three primary goals of recreation management are visitor safety, satisfaction, and environmental conservation. But perhaps the highest calling of a trail is to highlight the value of its surroundings. The eight mile loop around Garden Mesa is no tourist icon. Yet I hope riders will come away with an appreciation for this inconspicuous pile of rock.

Clif Koontz is the program director for Ride with Respect, a 501c3 that conserves trails.



He Cycled The World, Then Moab

We've attracted some very interesting guests to Moab and Solfun Mountain Biking. We recently hosted Mark Beaumont who is biking from Northern Alaska to the south tip of South America; climbing the highest peak on each continent while he's at it. He had heard about our magical environment for years and we had an exciting time getting to know him while we rode some of Moab's finest. He loved it here.



Mark Beaumont in center with Heidi Rentz and Allan Poertner of Solfun Mountain Biking

Mark set the Guinness World Record for the Fast True Circumnavigation by Bicycle. He smashed the Guinness World Record by an astonishing 81 days. He traveled 18,297 miles solo and unsupported through some of the harshest conditions one man and his bicycle can tolerate, averaging 100 miles a day and suffering from constant ailments, hunger, and fatigue.

We asked Mark how he rode across the oceans....sure! He told us Guinness has rules that have to be followed where he travels a minimum mileage and through points opposite each other on the globe. Also he was required to cover different continents. He started in Paris and pedaled to Istanbul, then on to Calcutta through some very sketchy, dangerous experiences on treacherous roads in Iran, Iraq, Pakistan, India and Thailand. (This all happens traveling a "century tour" (100 miles or more) every day. Mark is a beast!

Mark rode through the middle of Australia from Perth to Brisbane in a month....that's a lot of kangaroos mate! He rode the North and South Islands of New Zealand and has some beautiful photos of this beautiful part of his tour. His trip across the U.S. had some of the scariest moments which is amazing. After flying to Lisbon and cycling to Paris he had made biking history!



Mark Beaumont wondering how to ride from here!

He is from the Scottish Highlands and his mother, Una, is his manager. We spoke with her as she took care of the many details involved in keeping Mark on track. Una mailed us a copy of Mark's book, "The Man Who Cycled the World", which is a fascinating story, written by Mark. The book is soon to be published in the US by Random House.

Our day with Mark was an early one, waking at the crack of dawn to witness a brilliant Arches NP sunrise, and a beautiful mountain bike ride on the new Dead Horse State Park Intrepid trail. Mark's first mountain bike ride was when he was a young boy.... home schooled by his mother and mountain biking around their farm. Intrepid is a new Solfun favorite.

Mark is in the process of working on his next adventure right now, rowing a boat around the world!

Mark has many sponsors and charities, which he helps through his adventures. The BBC is his primary sponsor and will have feature programs on Mark's current adventure. We think he will mention Moab. We have had guests who said they heard of Solfun while following Mark's web site.: www.bbc.co.uk/cyclingtheamericas. Click on his site and you can follow his progress there.



Mark about to depart Moab on his custom touring bike. Note the snazzy panniers.

Mark is only 26 years old. He is an amazing man with a fascinating background. Mark said he'll be back to Moab. He feels we are lucky to live and ride a bike here and we couldn't agree more! We hope Solfun will have the opportunity to show Mark more than he had time for during his brief taste of Moab.

Drop him a line of encouragement on his blog (above) and let him know Moab supports him as fellow biking devotees! While you're at it, check out Solfun: www.solfun.com

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HIKING HAPPENINGS

Neck Spring Trail – Making The Loop

by Marcy Hafner

Water is a scarce commodity in Canyonlands National Park, which has a measly annual precipitation of just seven to ten inches. Consequently any spring or seep is essential to the survival of wildlife, and that's what makes a walk on the Neck Spring Trail so special. Springs and seeps of water are what this trail is all about, and in the springtime it comes alive with wildflowers.

The Canyonlands National Park system encompasses



527 square miles of canyons, mesas, buttes, fins, arches and spires in the heart of the Colorado Plateau, which is segmented into three distinct areas – Island In the Sky (north), The Needles (south) and The Maze (west). The powerful waters within the Green and Colorado Rivers have carved out two large canyons that are major barriers between these three sections of the park.

Island In The Sky is aptly named: On a beautiful autumn day in early October, I can see for miles and miles over vast distances of wide-open, uninhabited land. This far-reaching landscape, with its oddly shaped rock formations, makes me feel like a visitor on a strange planet. Before park status, few except Native Americans, cowboys, river explorers and uranium prospectors entered this rugged and remote corner of southeast Utah. Even today the majority of the park is a wild, untamed territory where big horn sheep, coyote, deer, and kit fox have enough undisturbed space to freely roam. No other place on this earth boasts comparable scenery.

The Neck Spring Trail makes a 5.8-mile loop, which is a novelty in this district of the park. Most trails are either one-way or a shuttle from road to road. With good footing most of the way, it winds through a wide variety of desert habitat that offers panoramic views of the park and beyond clear over to the Henry and La Sal Mountains. Descending into the upper portions of Taylor Canyon, the trail ambles



by two important springs at the base of Navajo sandstone. Before this area became a national park in 1964, the life of the cowboy revolved around the availability of water at Neck and Cabin Springs, but don't expect large amounts of it. Cabin Spring usually has more water than Neck Spring; neither, however, produces more than a slow trickle.

To get to Island In The Sky, drive ten miles north out of Moab on Highway 191 and turn left on Highway 313. Then proceed another 25 miles to the park's entrance station. The trailhead for Neck Spring is at the first parking area on the left (the Shafer Canyon Overlook), not far beyond the entrance to the park.

The loop starts and finishes at "The Neck," a narrow plateau that the highway crosses over. This natural lay of the land allowed early ranchers to control the entire 43 square mile mesa with just one 40-foot fence. Of course, erosion is at work here with the possibility that some day Island In The Sky might really turn into a desert island.

By taking the trail counterclockwise I immediately cross the main road to proceed a short distance along

the upper rim of Taylor Canyon, which is actually an old ranchers road. Rock cairns show the way over slickrock, sand and dirt; it follows the mesa top a short distance before dropping down into Taylor Canyon, where The Neck guardrail comes into sight along with the canyon panoramas. For the next mile the undulating trail meanders along the base of Navajo sandstone until I arrive at Neck Spring and the large alcove that contains it. Water, then, is the key for the sudden change in vegetation from blackbrush, prickly pear cactus, yucca and Mormon tea to the thick growth of Gambel's oak, maidenhair fern and other water loving plants, which are a magnet for the birds, deer and other wildlife who frequent the area. You can walk ten feet off the trail to a downtrodden wooden watering trough that after years of abandonment still stands as a ranching legacy.

After Neck Spring the trail climbs slightly. The mammoth size of distant rock pillars constantly catches my attention as I traipse along the next two miles to Cabin Spring, the second major spring in the area. Again, it doesn't take much water to bring forth a green belt lush with the thickness of oaks, pinyons, junipers, and Fremont's mahonia. I am also witnessing

the ranching remnants of a broken fence, a pile of cut logs (possibly from an old cabin), a rock wall and a small iron tank 100 feet below the trail. Inside the metal containment of the dilapidated watering trough, enough dirt and moisture has collected to give life to grasses, moss and various other plants.

The sky is a heavenly blue on this feeling fallish day. As I walk around I love that crackly crunch of leaves under my feet, and checking out this Garden of Eden, I savor it all - the rabbitbrush flocked with golden yellow blooms, the oaks that show a passion for the scarlet flames of red and



the single leaf ash softly displaying its pale yellow leaves.

Inside this mini canyon that encases Cabin Spring I am protected from the sharp edges of a brisk breeze and I kick back, relishing the comforting warmth of the sun. In summer it would be a sure bet that I'd be heading for the deep cooling recesses underneath the alcove. The shaggy bark of the huge juniper log I'm resting against makes a wonderful cushion. I relax and listen to the background voices of a white-breasted nuthatch and a scrub jay. They are also attracted to this bountiful oasis that I am reluctant to leave.

After crossing the Cabin Spring drainage, the trail takes an abrupt right, and a twisty ascent begins as I wander by pinyons, junipers and other significant wet spots enriched with cottonwood trees. Then it's the sudden 300-foot scramble up the slickrock, which is definitely a scramble; the cairns mark the best route up the ledges until finally I top out on level ground. Now the walking is easy again as I head south across Gray's Pasture, a grassy bench once used for cattle grazing, and I find myself directly above Cabin and Neck Springs. I pass by yet another watering trough before crossing the main road to stroll the paralleling last half-mile old dirt road back to the parking area.

The Neck Spring Trail doesn't involve a huge commitment of time and can easily be done in half a day. Making the loop adds the extra bonus of discovering something new every step of the way on a trail with a character all its own. Precious pockets of water, a wide variety of habitat from the very dry to the very wet, together with the historical aura of the cowboy era, make it a distinctly different hiking experience.

Hogan Trading Co.

Utah's **largest** and **finest** Southwest Gallery

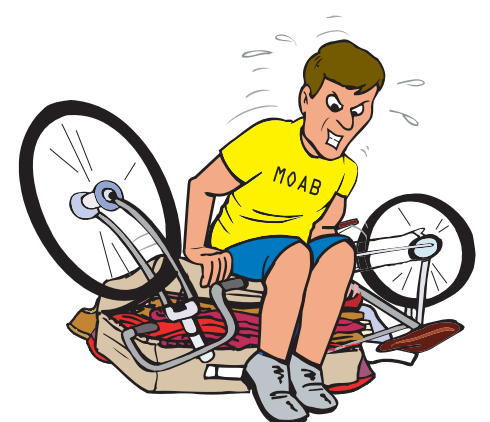
435-259-8118
100 South Main
Moab, Utah 84532
www.hogantrading.com

Have fun, be safe!

Safe Adventure Checklist:

Take plenty of water – at least one gallon per day.
Wear appropriate gear – Layer for hot days/cold nights
Tell someone your plan – Where are you going to be?
If you get lost–Stay put! – The best way to be found
Get more information – Moab Information Center on the corner of Center St. and Main St.

Too much stuff to carry home?



There's an easier way.

MOAB MAILING CENTER

IN OUR NEW LOCATION
375 SOUTH MAIN

On the corner of Main and Grand in front of City Market
Open Monday - Friday 8 a.m. to 6 p.m.

Saturday 9 a.m. to 5 p.m.

435-259-8432



SHOPPING GUIDE



Desert Thread

Yarns, Fibers, Hooks, Needles, Felting Tools, Buttons, Patterns, Books, Classes, Locally Handcrafted Gifts & More!

Open Mon - Sat 10 - 6

90 East Center Street Square
Moab, UT 84532
435-259-8404

Visit us online at www.desertthread.com

Castle Creek WINERY

Lodging...
Banquets...
Weddings...
Giftshop, tours and Wine Sales

Visit our NEW Tasting Room on the banks of the Colorado River. Complimentary Wine Tasting Daily.

Buy local FIRST UTAH

WINNER BEST OF STATE UTAH 2009

Chenin Blanc • Chardonnay
Uintah Blanc • Lily Rose White
Cabernet Sauvignon • Merlot
Kid Red • Outlaw Red

www.castlecreekwinery.com

Mile 14, Hwy 128 • Moab, UT 84532 • 435-259-3332

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Art Gallery and Unique Gift Shop
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Sculptures Metal Work Wood Work
Paintings Pottery Jewelry
Fused Glass Blown Glass
Hand Spun Wool / Silk and more!.....

At the McStiffs Plaza
59 South Main St. Moab, Utah
435-259-2458
www.catslaircollection.com
Open everyday except Wednesday

CANYON VOYAGES ADVENTURE CO.

211 North Main
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, Rock Art Tours, Boat Rentals, Kayak School, Boat Sales - whew! Stop by or visit us at www.canyonvoyages.com!

Castle Creek WINERY

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.

Cat's Lair Collection
"A rare gift for a rare person"

At McStiff's Plaza
59 South Main St.
259-2458

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".

DAVE'S CORNER MARKET

400 EAST & MILLCREEK DR. 259-6999

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!



- **Hole N" The Rock ranks high in America's uncommon roadside attractions!**
 - **5000 sq. ft., 14 Room home carved out of rock**
 - **OPEN ALL YEAR**
 - **10 min. Guided tours • Gift Shop**
 - **Daylight Hours • Trading Post**
- 435-686-2250**
12 miles south of Moab on Hwy 191

VISIT OUR PETTING ZOO!

Desert Thread

90 East Center Street Square
(Located behind Moab Information Center)
435-259-8404

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 Expressions and Gifts

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. **Business for sale. Training available.**

HOLE 'N THE ROCK

12 Miles South of Moab on Hwy 191
435-686-2250

Visit Hole 'N The Rock, a most unique home, carved out of a huge rock in Utah's Canyonlands Country. This historic 5,000 square foot home and unusual gift shop and trading post are open all year. Take a guided tour of the home, and appreciate the rich history within its walls.

IT'S SEW MOAB
Quilting Shop

40 West Center St. 435-259-0739

SALE - NOV 14. Start the day with 25% discount. As the day continues, the discount goes down. So, come early for best discount. 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

Royce's *Serving Moab Since 1957*

Electronics, Inc.

CB Radios & Accessories

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Cameras, Memory, Batteries, Printers, Cables, Ink, & Paper

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Large Selection of Inventory

611 South Main • Moab, Utah • 259-6630
Mon. ~ Sat. 8 am - 9 pm • Sun. 10 am - 7 pm

SHOPPING GUIDE

**MOAB MAILING CENTER
& CANYONLANDS COPY CENTER**
Fax Service & Copying
 UPS Authorized ShipCenter
 FedEx Authorized ShipCenter
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! **Next day service to anywhere in the US from Moab (UPS and FedEx).** Open Mon-Fri 8 am to 6pm, Sat 9am to 5pm **NEW:** Notary on staff. Call for hours.



Rave 'N Image
 59 South Main, #5
LOCATED IN
McStiffs 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, PAPAYA, 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.



37 East Center St 435-259-7778

Your 2012 Headquarters! Starshine Gifts has everything you need for your cosmic lifestyle -- Incense, stones, jewelry, cards, books, music and gifts from around the world. It's a relaxing oasis across from the Visitor Center. Look for the gold star. Open seven days a week.

"Best cup in town"

**Largest selection of gourmet coffee
In southeastern Utah**
OPEN 6 A.M. - 10 P.M. Monday-Saturday
7 A.M. - 10 PM Sunday

**DAVE'S
CORNER MARKET**
 4th East & Millcreek Drive
 259-6999

**on the way to
Slickrock Bike Trail**

WabiSabi

WabiSabi Thriftique A Luxury Thrift Shop

We have moved to a new location across the street from the old location.

New address is 411 East Locust Lane
259-9114 • www.wabisabimoab.org

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



Walker Drug & GENERAL STORE

290 South Main • 259-5959

Open everyday 7:30am

Walker Drug is not an ordinary pharmacy. With 17,000 sq. ft. of merchandise overflowing from the shelves, Walker Drug is more like a general store with personality. Bikers, runners, jeepers, campers, river rafters, photographers, young & old alike, will find an endless variety of merchandise. From bathing suits, hats, fishing tackle, knives, toys, housewares, shoes, spaghetti sauce to socks & underwear, Walker Drug has something for everyone.

Buy local FIRST UTAH

We shape the places where we live in crucial ways every day. Each time we purchase goods or services from a particular shop or office, we are making choices about our community. For every dollar

they bring in, locally owned, independent businesses give back a demonstrably higher public return to the community. They give back more in other ways as well--economically, culturally, aesthetically, socially, and environmentally--enriching these places we call home in the process. Hence our motto,

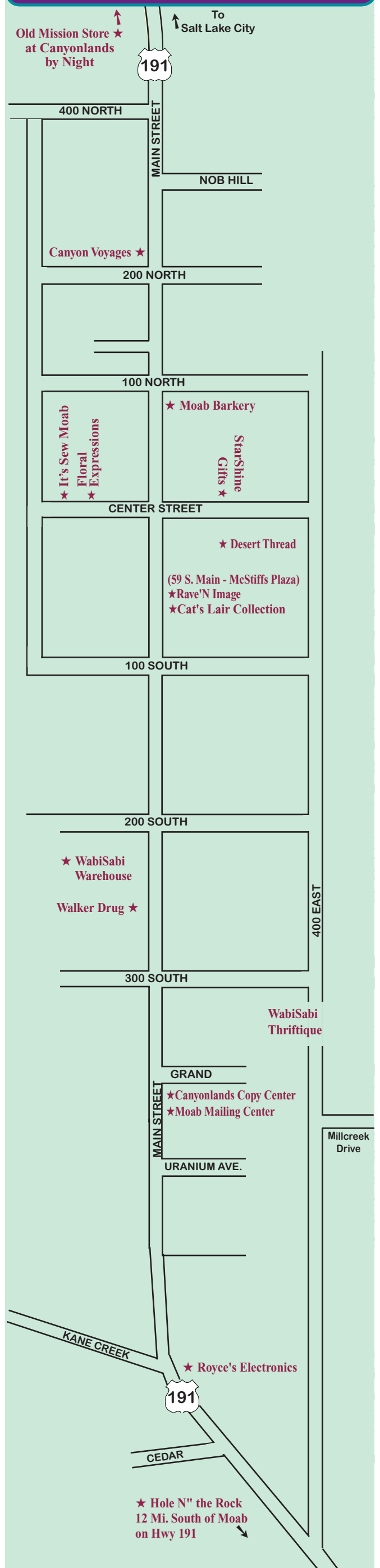
Buy close by, preserve community.



**Walker Drug
& GENERAL STORE**
DIGITAL • APS • 35MM
E-BOX • CAMERAS
BATTERIES

290 South Main • 259-5959
OPEN EVERYDAY at 7:30am

SHOPPING GUIDE MAP



GALLERY HAPPENINGS

“Enjoy the refreshing experience of original art”

We feature local, regional, and international artists. You will find here sculptures, beautiful pottery, glass, wood and metal works, most 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.

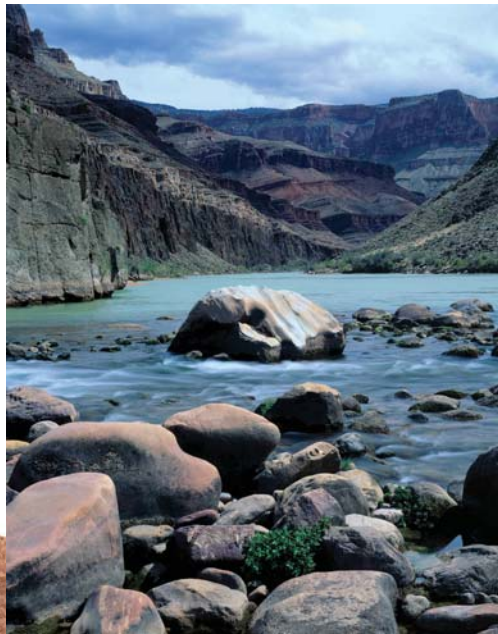
This month we would like to invite all of you to come in and participate in our 1 week only fundraising event for Mike Coronella, which will start on a day of Art Walk and continue until end of that week (November 14 - November 20). We are doing this fundraising in our gallery not just because we want to help our friend and a wonderful photographer but because he is also an active and important part of our community. Now he is in a difficult time because of his unexpected heart attack. We are gladly providing a place to sell his work. All of the proceeds from the sales of his work will go toward his huge medical bills.

He has helped many during his active years in Search and Rescue and now we have a

chance to help him a little in his struggle.

Mike Coronella moved to Utah from the Northeast in 1990 for a winter of skiing; the end of the season turned his eyes and camera lenses toward the southern deserts. The rest they say, is history--he never left Utah.

A photography major in college, Mike's passion for photography brought him first to Salt Lake Community College, where Mike was both manager of the photo facilities and labs, and a teacher. His photos have been included in magazines and solo gallery exhibits; he hasn't limited himself to any single format; from carrying large format equipment into the deepest



recesses of the desert to shooting hundreds of rolls of black and white infrared, Mike's images invoke the emotions that have left an impression on him--the grandeur and serenity, the peace of these amazing open spaces.

Mike's photography attempts to convey the wonder he has for the unique places that make up this vast and wonderful world, with the hope that people will appreciate our wild public lands for a value that cannot possibly be set with a dollar sign, and to inspire them to get out and see these wondrous places for themselves--and work toward protecting the remaining untrammelled parcels of our national portfolio.

His passion for the desert had Mike walking from

Arches NP to Zion NP--not just once, but three separate times and led to the creation of The Hayduke Trail, an 850-mile desert wilderness backpacking route that's been enjoyed by a mere handful of hardy backcountry travelers.

Mike has also taken his outdoor skills and utilized them to help those in need; he's been a member of Grand County Search and Rescue since moving to Moab in 2004; unfortunately, he's now in need himself due to a

surprise heart attack while hiking out of Horseshoe Canyon in the Maze district of Canyonlands which in turn has led to an unexpected and unplanned triple bypass operation that's left his family struggling to pay for the newly acquired mountain of medical bills.

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 appreciates 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!”

Cat's Lair Collection
59 South Main St.
Moab, UT 84532
(435) 259-2458
www.catslaircollection.com



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Open Monday - Friday 8 a.m. to 6 p.m. • Saturday 9 a.m. to 5 p.m.

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RESTAURANT GUIDE



Moab's ONLY ON-SITE Microbrewery & Restaurant
 State Liquor Licensee
 Orders To Go
 Beer To Go
 PATIO SEATING
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SEAFOOD • SANDWICHES • STEAKS • SALADS
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 (McDonald's is next to us)

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



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



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.



• Taste It •
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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



Japanese Grill

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 3) 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."



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
 NOW SERVING SUNDAY BRUNCH 11am

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



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
CLOSED TIL SPRING
 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"

Jeffrey's
STEAKHOUSE

CASUALLY UPSCALE
 CLASSIC STEAKHOUSE FARE

218 NORTH 100 WEST
 259-3588
 JUST SLIGHTLY OFF MAIN

OPEN FOR DINNER
 State Liquor Licensee



Singha
 Authentic Thai Cuisine

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

Now Serving Beer, Wine & Saki
 Closed Sundays

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



Eklecti Cafe

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. **Closed for season.**

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

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 12:00 p.m. - 8:00 p.m.
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 p.m. 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 are the chef/owners. Change is coming to the Center Cafe November 5. New Menu, NEW PRICES. Casual affordable, tasty.

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.**

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.

Jeffrey's Steakhouse
218 North 100 West 435-259-3588
Open at 5:30
Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American Kobe Beef. Tucked away upstairs is the Ghost Bar. State Liquor Licensee.

KaleidoScoops
331 North Main 259-3677

La Hacienda
574 North Main 259-6319
Lunch • Dinner - Open daily 11:00 a.m.
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 6 a.m. - 8 p.m.
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

RESERVE NOW!
Thanksgiving Buffet
and Christmas parties

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
Breakfast • Lunch • Dinner
Open daily 7:30 am-7:30pm.

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. 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: 6 a.m. - 6 p.m.
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.

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
11 a.m. - 9 p.m.
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
Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up or delivery when available. OPEN EVERY DAY

Red Rock Bakery & Net Cafe
74 S. Main Street 259-5941
Breakfast • Lunch
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. OPEN EVERY DAY.

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. Closed Sundays.

Slickrock Cafe
5 North Main 259-8004
Lunch • Dinner
Open daily 11:30 a.m. - 8 p.m.
Steaks, 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
Open 6am-9 pm 7 days a week
Next to Big Horn Lodge. Featuring steaks, prime rib, hamburgers, full breakfast menu. Prompt coffee shop service.

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

SUBWAY Sandwich Shop
299 South Main 259-SUBS
Breakfast • Lunch • Dinner
Open 8 a.m. 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, Next to Hogi-Yogi 259-2656
Lunch • Dinner
Wide selection of rice or noodle bowls with grilled teriyaki chicken, hot & spicy chicken, beef, kalua pork, fresh steamed veggies, pot stickers & more. Drive thru, take-out & call in orders welcome. Open 7 days a week. Located across from City Market.

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

Yo Mama's Pizza
812 South Main 259-0101

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 Saturday and Sunday 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 December 15, 2009

Coupon valid at your Moab Subway

299 South Main • 259-SUBS

SLICKROCK CAFE

Lunch & Dinner Menu
Open daily 11:30 am - 8:00 pm

Atrium Seating, Full Service Liquor License

Appetizers
Gourmet Burgers,
Sandwiches,
Salads, Steaks
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

Zax

Family Dining
Locally Owned and Operated

Winter Hours

Breakfast Saturday & Sunday 6:30 - 11am	Lunch Monday - Thursday 11:30 - 2pm	Dinner Monday - Thursday 4:30 - Close	Friday - Sunday 11:30am - Close
---	---	---	------------------------------------

- FULL BREAKFAST MENU •
- APPETIZERS •
- BURGERS & SANDWICHES •
- PASTA •
- ALL YOU CAN EAT PIZZA BUFFET, SOUP & SALAD BAR •
- HAND CUT 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

BUCKS GRILL HOUSE
MOAB, UTAH

1393 North Highway 191
435-259-5201

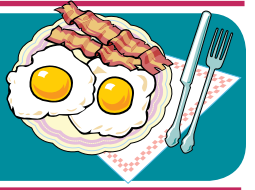
VISTA Lounge

www.bucksgrillhouse.com

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



RESTAURANT GUIDE



Try our new hand-pressed burgers

DENNY'S

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

989 North Hwy 191
OPEN 24 HOURS

Wondering if your favorite Moab restaurant is open for Thanksgiving?

Turn to page 19 to see what restaurants are open, and what specials are available.

Happy Thanksgiving!

PEACE TREE JUICE CAFE

www.peacetreecafe.com

Wraps
Paninis
Breakfast
Smoothies
Wheatgrass
Fresh Salads
Fresh Juices
Organic Espresso
Croissant Sandwiches

Moab
435-259-8503
20 South Main St.
Blanding
435-678-3969
164 North Hwy 19
Monticello
435-587-5063
516 North Main St.
Evening Appetizers, Beer, and Wine now available @ Monticello

EAST COAST STYLE PIZZA, FRESHLY MADE TO ORDER

NEW YORK-STYLE CHEESECAKE

HOMEMADE CANNOLIS & DESSERTS

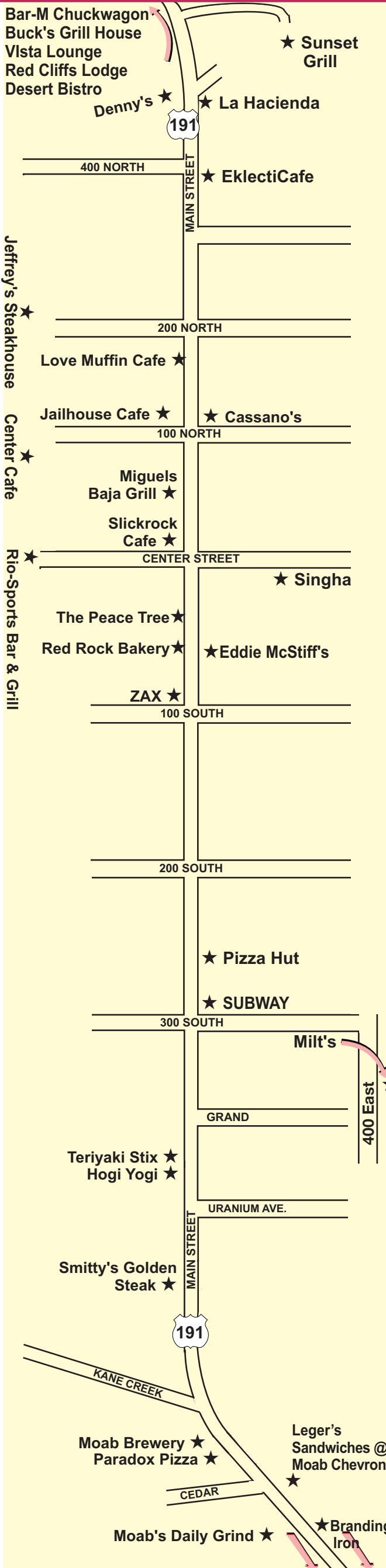
FRESH SOUPS, SALADS & BREADS

LOCALLY OWNED & LOCALLY SOURCED WHENEVER POSSIBLE

702 SOUTH MAIN ST. PARADOX PIZZA

435-259-9999

TRY OUR ONLINE ORDERING AT WWW.PARADOXPIZZA.COM



SUNSET GRILL

"Dining with a Million Dollar View"

Steaks · Pastas
Prime Rib
Fresh Seafood

259-7146

Patio · Catering
Family Dining

Open Nightly at 5:00 pm - Closed Sundays

Moab's New Italian Restaurant in the old Poplar Place

Cassano's ITALIAN RESTAURANT

Great Choice for Take Out and Catering

16" large cheese pizza 9.99 all day every day!

Traditional Italian Food

Bruschetta Lasagna
Crab Stuffed Mushrooms Chicken Penne Gorgonzola
Antipasto Chicken Parmesan

Patio Seating - Red Rock Views

Cassanos

Italian Restaurant

11 East 1 North
259-6018

Open daily 12:00 pm - 8:00 pm State Liquor License

Established 1954

Milt's Stop & Eat

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!

NOW OPEN FOR BREAKFAST

OPEN DAILY 7:30 AM - 7:30 PM

STOP AND EAT OR CALL FOR PICK-UP: 435-259-7424

www.moabsandwiches.com

NOW OPEN!

Leger's SANDWICHES

Made to order · Call in Orders
6 a.m. - 8 p.m.
259-2212

LOCATED INSIDE THE MOAB CHEVRON
817 South Main Street

Chevron

FOOD COURT & DELI

Coupon at www.moabsandwiches.com/coupon.html

RESTAURANT GUIDE

THANKSGIVING HAPPENINGS

Let's Talk Turkey: Where can you go for Thanksgiving Dinner?

With the changing season, it can be challenging to figure out which restaurants are open and what hours for dining out in Moab. But do not despair, most of Moab's restaurants stay open year-round, but they do adjust their hours to meet public demand. Each month "Moab Happenings" endeavors to call around and update the restaurant guide to reflect this seasonal metamorphosis. This month I called around and as a service to those who would like to treat themselves, friends & families to Thanksgiving Dinner without the fuss of cooking and cleaning up after, here's a run-down of who is serving on this special day. For more information, see the Restaurant Guide on pages 15-18.



Buck's Grill House

Traditional Thanksgiving menu with a gourmet flair! *Reservations highly recommended!* Buck's has been serving dinner on this special day for years and it's always packed. \$34 Adults, \$19 Children. Serving Thanksgiving Dinner 3:00pm to 7:30pm. (435) 259-5201

Denny's

Moab's only 24 hours a day restaurant will be serving a Thanksgiving Dinner along with their regular fare.

Desert Bistro

This is Desert Bistro's 8th year serving Thanksgiving Dinner in Moab. They are planning a special prix fixe menu. Serving from 4:30pm to 7:00pm. *By reservation only.* (435) 259-0756



Eddie McStiff's

Eddie McStiff's will be serving a traditional Turkey Dinner as well as prime rib, salmon and vegetarian/vegan entrees. Parties of 10 people or more please call for reservations. Open from 3:00pm to 9:00pm. Let Eddie do the cooking. 57 South Main Street- in McStiff's Plaza. (435) 259-2337

Leger's

Serving sandwiches, made to order from 6:00am to 8:00pm. Located inside the Moab Chevron, north of town. (435) 259-2212

Love Muffin

Bakery open from 7:30am to 12noon. Seasonal Thanksgiving treats in addition to breakfast, lunch, espresso, bakery made from local organic seasonal ingredients. (435) 259-6833

Moab Brewery

The Brewery features a traditional Thanksgiving Dinner menu as well as special appetizers, holiday desserts and wine specials. Families welcome. Serving from 1:00pm to 9:00pm. Tavern open from 11:30am to 9:00pm. Accepting reservations for 10 or more. (435) 259-6333

Red Cliffs Lodge & Restaurant

An All-You-Can Eat Thanksgiving Dinner Buffet featuring hand carved, slow roasted beef, slow cooked turkey and all the traditional side dishes, including homemade desserts. Seatings at 12:00 noon, 2:00pm, 4:00pm and 6:00pm. By reservations only. (435) 259-2002

Red Rock Bakery & Net Cafe

Open at 7:00am until noon. Serving fresh baked muffins, pastries and locally roasted Fresh Moab Coffee. (435) 259-5941

Singha

Authentic Thai cuisine, serving regular menu. Open for lunch 11:00am to 3:00pm. Dinner will be served from 5:00pm to 10:00pm. Call for reservations. (435) 259-0039

Sunset Grill

This will be the 16th year the Sunset Grill has been serving their traditional Thanksgiving Dinner featuring roast turkey or honey baked ham and all the fixings! Serving from 3:00 pm on Thanksgiving Day. Call for reservations. (435) 259-7146

Wake & Bake

For a non-traditional Thanksgiving, Wake & Bake will be open for breakfast, lunch and dinner. Grab a quick pizza, hamburger or a famous taco. Dessert & coffee served all day. Center & Main in McStiff's Plaza. (435) 259-2420

Community Thanksgiving Dinner

Share a meal and a story with your neighbors at WabiSabi's Community Thanksgiving Dinner. A traditional feast will be served along with vegetarian options. Everyone is invited to this free community meal located at the Grand Center, 182 North 500 West. Serving from 2:00pm to 5:00pm For more information call (435) 259-3313.

The management and staff of
Moab Happenings
wishes you a very
Happy Thanksgiving!



MILEAGES TO MOAB

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

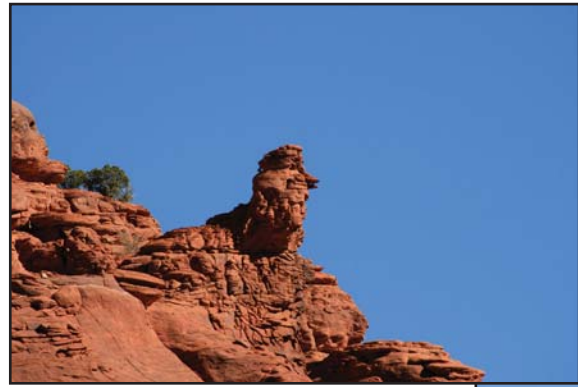
	Albuquerque, N.M.	Arches	Blanding, Utah	Bluff, Utah	Bryce Canyon N.P.	Canyonlands N.P.	Canyonlands Needles	Canyon Rims	Capitol Reef N.P.	Cortez, Colorado	Dead Horse Point	Denver, Colorado	Durango, Colorado	Gooseheads	Grand Canyon N. Rim	Grand Canyon S. Rim	Grand Junction, CO	Green River, Utah	Hovenweep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

SCENIC ROAD HAPPENINGS

Onion Creek

Article and Photos by Rob Cassingham

The Moab area offers dozens of spectacular drives, from highways to rough 4x4 routes passable to only the most rugged of off-road vehicles. While most of the drives offer sweeping vistas and breathtaking panoramas, trails that allow the visitor to get extremely up-close and intimate with the land are largely restricted to the four-wheeler crowd. This fact is what makes Onion Creek a rare treat: A well-maintained dirt road, normally passable to carefully driven highway vehicles, winds sinuously through a narrow brick-red canyon crowded with bizarre, fantastic and amazing rock formations. This route affords the casual visitor an experience and views seldom enjoyed by the majority of Moab's visitors.



The Poodle

Please be aware that this road may be impassable to highway vehicles during and after storms. In addition, oncoming traffic is a common occurrence—combined with blind corners and an oft-narrow road, visitors are advised to adjust their speed accordingly.

The road frequently crosses the shallow stream (less than 4" deep). This water contains much salt and arsenic, so wash your car's undercarriage as soon as possible.

To begin this road log, start your trip at the intersection of Main and Center Streets, at the Moab Information Center. Drive north on Main Street 2.4 miles to the intersection of US Highway 191 and Utah Highway 128 ("The River Road"). Turn right on the River Road (which is detailed as a scenic drive in the October 2009 issue of the Moab Happenings), and proceed 20.2 miles to the intersection of the River Road and the Onion Creek Road. Turn right onto the Onion Creek Road, and reset your odometer.

Mile 0.0 The route starts at the intersection with Utah Highway 128 and heads south. A splendid panorama is laid out before you. Fisher Towers is to the left, Fisher Mesa looms directly in front, and the spires of Castleton Tower and The Priest and Nuns is in the distance to the right.

Mile 0.6 There are several large group campsites to the left, and a parking area used by many as a staging area. This is a very popular route with a diverse group of recreationalists (mountain bikers, motorcycle riders, ATVers, horseback riders, hikers, Jeepers) so please drive courteously and watch your speed, especially on blind curves.

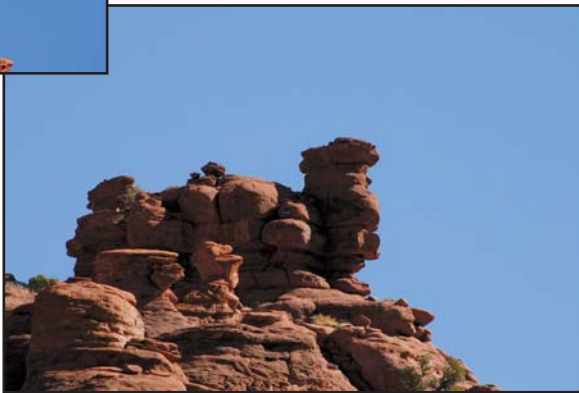
Just beyond this point, Onion Creek comes into view on the left for the first time.

Mile 1.0 The road crosses Onion Creek for the first time. Over the next 5.1 miles, you will be crossing it another 24 times!

Again, a reminder: This water is corrosive, so cross the stream slowly in order to minimize splashing, and treat your vehicle to an undercarriage wash when you return to Moab.

Mile 2.5 Onion Creek has cut through the Permian-era (approx. 280 million years ago) dark reddish-brown sandstones and mudstones of the Cutler formation. This stone weathers into many fantastic and unusual forms that will challenge your imagination. On the skyline above the road is rock weathered into a form resembling a poodle.

Mile 2.6 Above the road is a rock form known as The Camel.



The Camel

Mile 3.0 The Candlestick thrusts rampantly skyward.

Mile 3.2 Above the road to the right are two prominent rocky forms called by early settlers "Little Red Riding Hood and the Big Bad Wolf". Below them to the left are two smaller forms known as "The Chessmen".

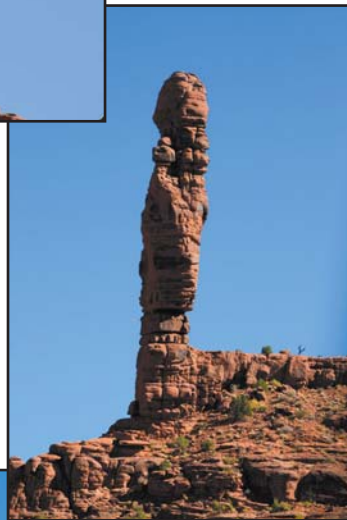
This is an excellent spot to begin a trek through the Narrows of Onion Creek. If desired, hikers can be dropped off here, and picked up another .9 mile up the road. The hike is cool and shady, very easy, isolated and the light within the narrow gorge is spectacular!

Mile 3.7 The road crosses over a narrow wooden bridge, high above the Narrows of Onion Creek. The cliffs are very impressive in this vicinity.

Mile 4.1 As the road crosses the creek yet again, this is the pick-up point for hikers dropped off earlier. The canyon now begins to open up into Fisher Valley. In the distance to the south, you can see the grayish-white deposits of the Pennsylvanian era (330 million years old) Paradox Formation. These deposits are being squeezed upwards, with the result being massive deformation of the geologic layers above.

The Paradox formation are primarily 90% salt, left behind after ancient seas evaporated. These salt beds are over 5,000 feet thick in places, and as the various geologic layers piled up above, the salt beds slowly flowed under pressure. Upon striking a large

faulted area in the bedrock, the Paradox Formation would bulge upwards, distorting and warping all above it. In rare instances, the Paradox formation actually breaks through the



The Candlestick

surface, as you can see in front of you.

Mile 5.1 You have reached the first exposure of the Paradox Formation. Across the road to the west, you may note that Fisher Mesa has had a large section break away and slump off downwards several hundred feet. This was caused by the subsurface movements of the Paradox beds. As the Paradox squeezes upwards, it occasionally

leaves a cavity behind, allowing the layers above to slump into the void as the section of Fisher Mesa demonstrates.

Over the next mile, the road passes through extensive deposits of the Paradox Formation. There is virtually no salt here, as the salt is water soluble and rainfall, as well as ground water, has carried most of the surface deposits of salt away (and this largely explains why Onion Creek's waters are so corrosive to your vehicle's undercarriage). What is left after the salt is stripped away are largely other sea water evaporates, primarily gypsum.

Mile 6.1 This is the end of this road log. The route continues for many miles beyond this point, becoming more rugged, but it is beyond the scope of this article.

There is a canyon to the left that provides a very pleasant hike. A short distance up this canyon is Stinking Spring, which provides the much of the sulfurous smell that gives Onion Creek its name. In times of drought, or late in the season, surface exposures of the spring's water may not be visible, but it continues to flow just inches below the surface, bearing its malodorous sulfurous stench that is responsible for Onion Creek being named thusly.

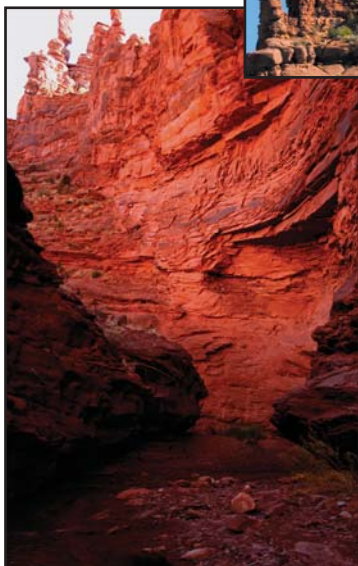


Cliffs tower high above the Onion Creek bridge.

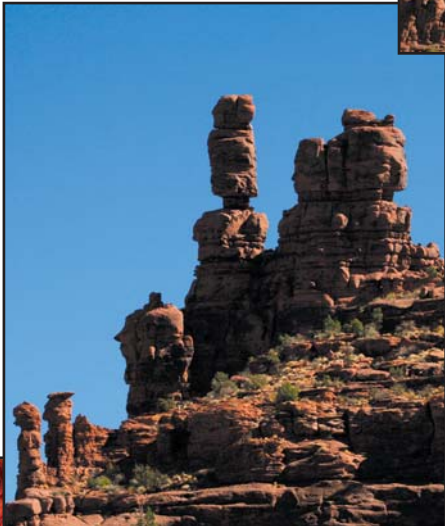
When you have explored the region to your satisfaction, please return to Utah Highway 128 via the same route just traveled.

This concludes your visit to Onion Creek, but you have only scratched the surface of scenic roads to be explored in the Moab area. Every month, the Moab Happenings will feature another route just begging to be explored by you. Recent roads detailed in the Moab Happenings include Utah Highway 128, the Sand Flats Road and the La Sal Loop Road. These articles can be found online at moabhappenings.com/Archives/000archiveindex.htm Please scroll down the page until you get to the category "Scenic Roads".

Thanks for visiting Moab. The Moab Happenings sincerely hopes you have enjoyed your trip, and that you will return often to see what you missed on your first or your fiftieth visit.



Hiking the narrows of Onion Creek



Right to Left: Big Bad Wolf, Little Red Riding Hood, The Chessmen

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FESTIVAL HAPPENINGS

Moab Folk Festival November 6-8, 2009

Legendary bluegrass musician Peter Rowan and his band headline southeastern Utah's 7th annual Moab Folk Festival November 6-8, with Ferron, (often called the female Dylan) scheduled for an encore performance this year as winner of the 2008 People's Choice Award. However, Cris Williamson will be replacing Ferron due to health reasons. Filling out the lineup will be some of the country's finest contemporary acoustic artists, including Eliza Gilkyson with Nina Gerber, Brooks Williams, The Burns Sisters, Jimmy LaFave, Harry Manx, Bearfoot, and Corinne West. as well as bluegrass/ "jamgrass" luminaries Darol Anger, Bill Nershi of String Cheese Incident, and Tao Rodriguez-Seeger of the Mammals.

punk, celtic-folk and modern acoustic artists and past performances by Bruce Cockburn, Eileen Ivers, Tony Furtado, Tish Hinojosa, Laura Love, Blackfire, Tim O'Brien, James Keeleghan, Chris Smithers and Christine Lavin have given the festival a reputation as one of the country's finest showcases.

From its beginning the Moab Folk Festival has been an event with a community-minded spirit, offering excellent education programs for kids of all ages, as well as a series of music workshops, free community concerts and numerous jam sessions free to the public. In addition, the city of Moab was designated the first EPA Green Power Community in the nation, and the festival is a "100% renewable energy"



Rowan, an innovative force in Americana music for the past 40 years, began his musical career while still in high school and in 1965 joined "the father of bluegrass" Bill Monroe's Bluegrass Boys before teaming with David Grisman to form the group Earth Opera, a frequent opening act for Jim Morrison and The Doors. Cris Williamson, one of the most influential writers and performers of women's music, has been an important influence on later musicians, and is renowned for her lyric power and imagery. Also on the bill, Red House recording artist Eliza Gilkyson makes her second appearance at the festival, this time backed by guitarist Nina Gerber, who for years performed with the late Kate Wolf.

Since its debut in 2003 the Moab Folk Festival has embraced a definition of "folk" music that reaches beyond traditional boundaries. The festival's eclectic mix has attracted Bluegrass, indie folk-rock, folk-fringe

festival, using wind energy supplied by Rocky Mountain Power's Blue Sky Program to offset its carbon footprint.

In 2008 the festival expanded to include the Moab Folk Camp, a five-day series of workshops under the direction of co-organizers Cosy Sheridan and TR Ritchie. This year the Camp runs November 1-6 and includes courses in songwriting, singing and harmony, beginning, intermediate and blues guitar, mandolin and harmonica, staffed by nationally recognized instructors, including Sloan Wainwright, Brooks Williams, Keith Little, Eric Jones, Sheridan and Ritchie.

For ticket and general festival information call the Moab Folk Festival office at 435-259-3198, email info@moabfolkfestival.com, or visit online at www.moabfolkfestival.com.

For more information about the Moab Folk Camp, visit www.cosysheridan.com/mfcindex.html/, or call 603-731-3240.

Moab Arts & Recreation Center

Quickdraw & Mystery Dinner

Tickets are now available! The 4th annual Moab Arts & Recreation Center Quickdraw & Mystery Dinner Theatre will be held Saturday, November 21st at the Grand Center on 500 West. This year the event will be held one night only and seating is limited to 120. We expect to sell out early and the seats located in the front will go quickly. Donna Metzler has written another fun, original play loaded with mystery and laughs! All proceeds go to the MARC, a local organization that strives to keep Moab's creative and spiritual side growing!

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HISTORIC HAPPENINGS

Remembering the Old Spanish Trail

by Vicki Barker

The modern-day “tea party” revolt is reminiscent of the Thirteen Colonies’ fight against England’s dominance of the Atlantic Coast in 1776, which is the same year the Spanish conquerors of Mexico sent a cavalcade armed with swords and Bibles into the American Southwest in a quest for land, commerce and Christian converts.

According to historical accounts, that caravan of Spaniards, led by Catholic priests Francisco Atanasio Dominguez, 34, and Silvestre Velez de Escalante, 24, is commonly credited with blazing a trail in 1776-77 that connected old Santa Fe with “Yuta country,” central Utah -- but they failed in their purported mission to reach Monterey, Calif.

Prior to the north-oriented Dominguez-Escalante expedition, the more commonly used route to California was an east-west journey between Los Angeles and Santa Fe through Arizona that avoided the Grand Canyon. Credited with forging that route in 1775 was another Spanish priest, Fray Francisco H. Garces, 30.

Exactly why Dominguez and Escalante insisted a year later on going north through Colorado and Utah to try and establish a path to Monterey is unknown (although some writers have suggested Escalante really wanted to search for the mysterious “Cibola” and the “seven cities of gold” that Spanish conquistador Vasquez de Coronado tried to find in the 1500s). Ultimately, mountain man Jedediah Smith is credited with making the first successful journey on horseback from Utah to California in 1826.

Nevertheless, the ventures of New Spain in consolidating various pack-and-trade paths that probably originated with Native Americans contributed to the inevitable development of permanent settlements in six states, including Moab, Green River, Provo, Nephi and Cedar City in Utah.

Local interest in the Spaniards’ northward probe in 1776 and others that preceded it and eventually succeeded in reaching California through Utah has taken on new life as planning proceeds on historic and interpretive aspects of rejuvenating the old Lions Park at the Colorado River Bridge.

Some historical accounts suggest travelers on the Old Spanish Trail crossed the river at Moab (known then as the Grand River) near The Portal south of the present bridge, or maybe a little farther upstream. The trail proceeded through the valley (thus the name Spanish Valley), paralleling the Pack Creek drainage, then over Blue Hill and southward, at one point passing an important landmark near the trail, Looking Glass Rock, a natural sandstone arch between Moab and LaSal junction.

There are two main branches of the Old Spanish Trail out of Santa Fe, both ending up in California. In addition, some shortcuts and other smaller branches or “variations” have been noted that break off from the main trail. Altogether, it is the West’s longest historic path, according to the Old Spanish Trail Association (OSTA).

“Plans of the nonprofit Moab Trails Alliance (MTA), Grand County Trail Mix Committee and National Park Service to memorialize the Spanish Trail crossing at the river will entail more than placement of an interpretive plaque at Lions Park,” said Kimberly Schappert of Moab, MTA executive director. Several historical events and sites will be recognized and designated as part of the park’s final design, but the Spanish Trail crossing “is one of the most important ones,” she said. A request for proposals for a consultant to prepare final drawings for design and construction of the river park will be forthcoming in

November.

The Bureau of Land Management is also discussing placement of trail markers along remaining segments that will help people identify, explore and appreciate the ancient path, which is included in the BLM’s National Trail System.

“It was an important trail for people of New Mexico to trade with people in California,” said Lloyd Pierson, retired archaeologist and a well-known historian of Moab. “It was started by mountain men and Spanish traders, trading blankets, furs, skins and slaves -- mostly Paiute, sometimes Utes or Navajos.”

Pierson marvels at “the fact that there was a tremendous amount of traffic through Moab in the good ol’ days.” He said Highway 191 basically follows the trail, which the Utes reportedly used in the 1850s during the Black Hawk War to race to the LaSal Mountains and hide. “Its heyday was before the Civil War in the 1860s. There wasn’t much reason to use the Old Spanish Trail by then,” Pierson said.

This year marks the 25th anniversary of the Old Spanish Trail Association, which succeeded in gaining designation of the centuries-old pack-and-trade route as a National Historic Trail in 2002. In November, the director of the Southern Utah Chapter of OSTA, Edward Leo Lyman, III, of Leeds, Utah, hopes to meet with the Grand County Historical

Preservation Commission and others interested in discussing the trail’s local significance and potential for a Moab OSTA chapter. Lyman said a group is also forming in Emery County and in the town of Fremont.

With growing interest and organized efforts throughout the region, Utah has a chance of hosting the OSTA national conference in two years, Lyman said, adding that he thinks Moab would be a good place for a national gathering to focus on the Old Spanish Trail, which is historical to the

Four Corners states, Nevada and California.

Also in November, the program director for experiential education at the Museum of Moab, Andrea Stoughton, plans to complete a game board she created as part of a program to teach fifth-graders about the Old Spanish Trail and what it meant to the early settlement of Moab.

“What stands out for me,” she said, “is these priests were on a trail that was pretty treacherous back then, and they had horses and supplies and the Indians probably didn’t like white men, so they were pretty brave guys.”

The Old Spanish Trail is “the reason we’re in Moab,” Stoughton said. “It was an expansion.”



The Old Spanish Trail passed near Looking Glass Rock, located south of Moab. Photo courtesy of ViviAnn Rose 2009.



Looking west at The Portal and Moab Valley (circa 1950s). Photo courtesy of Barker Family Collection.



Andrea Stoughton of the Museum of Moab. Photo courtesy of Andrea Stoughton.

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Jeffrey's Steakhouse and Ghost Bar is full of rich colors and artful touches, and is undeniably beautiful.

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HEALTHY HAPPENINGS

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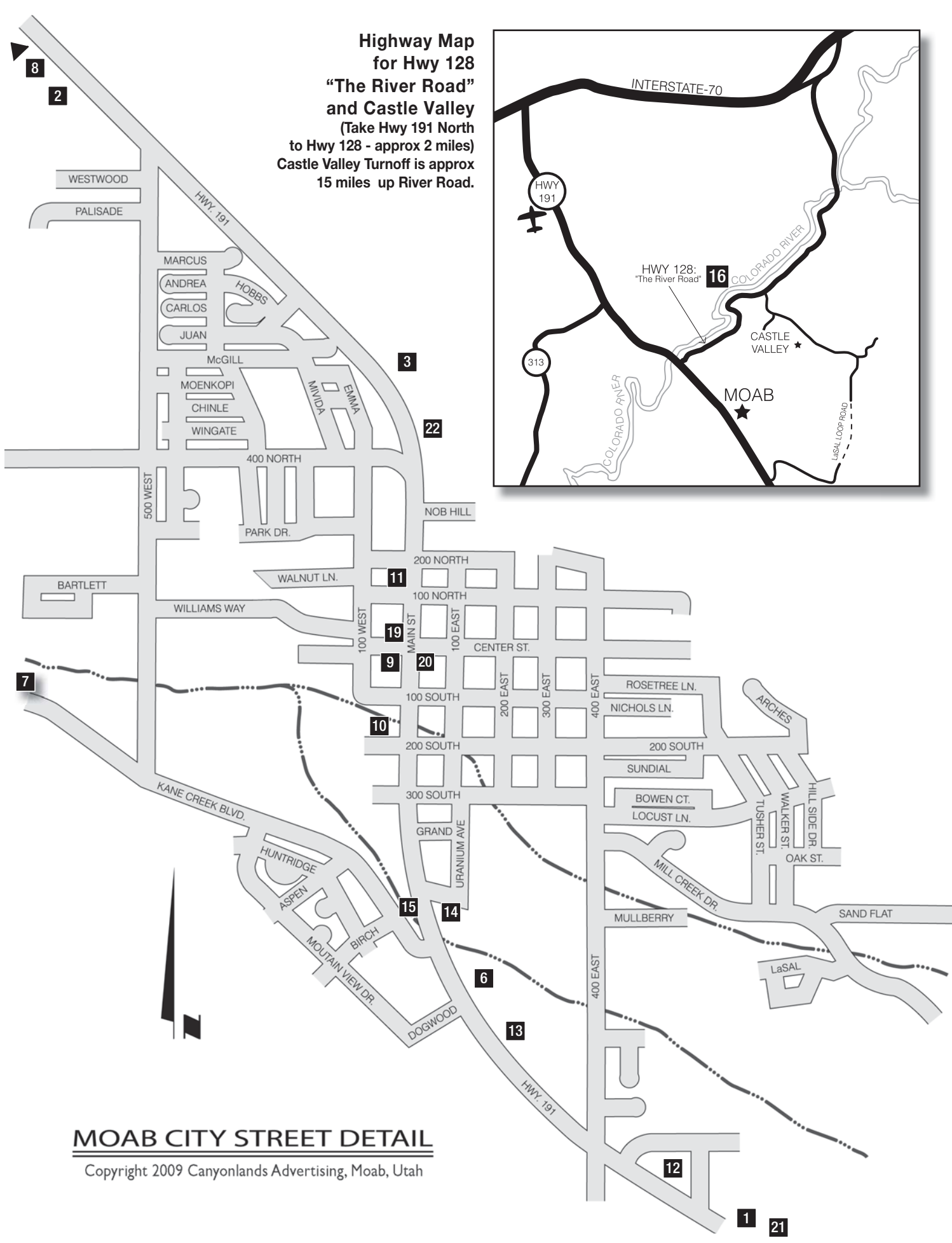
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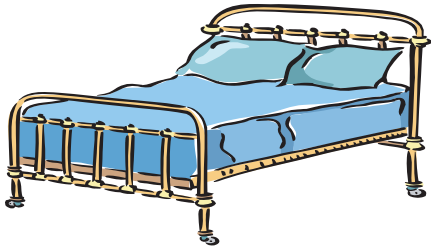
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ASTROLOGY HAPPENINGS

Your Monthly Horoscope - November 2009

By Rob Wells

Oct. 24 - Nov. 22



Scorpio: Happy Birthday Scorpio.

This is the biggest one you've had for some time and some time to come. This month you'll be learning about your function in all your relationships from the closest to the most casual. Mars starts to super energize your career sector and will be there until next April. He's really going to make you happy as well. After the 21st, you'll be focused on your cash and even that is all good news. Things could not look rosier. It's time. You've worked hard on your dream. It is at hand.

Nov. 23 - Dec. 21



Sagittarius: The Ole Task Master

Saturn has finally moved out of your career house after two and a half years and you may feel like a little bit of a breather this month. Mars has moved away from your joint money house and things will now start to mellow out for you. You have managed to maintain the stability you need to be free. The question this month becomes, "Do you have the things you want or not?" You start a period of time to ponder this. After the 21st, the light and heat of the Sun re-energize you and you're off and running again just in time for the Holiday Season to start. If you have the urge to start a new business make sure it all works on paper before you make any hard cash investments in that direction.

Dec. 22 - Jan. 20



Capricorn: Saturn your ruling planet moves into your house of career and public image to stay for the next two and a half years.

This period is sometimes called the Great Reaping. Everything you've done or said, good or bad, now becomes public knowledge and you reap as you have sown. Until next April, Mars stirs up excitement over your joint asset holdings. Be prepared to take control of the checkbook if you're married, or wind up as the new company CFO. After the 21st, the Sun heads into your house of seclusion and asks you to take every chance to slow down and rest. It's not a bad idea, as life is going to be very taxing until Christmas.

Jan. 21 - Feb. 18



Aquarius: With the Sun, Mercury and Venus in your house of career, this month is just going to be one party after another.

I would caution against going too far or over indulging even if you feel you've earned it. Mars makes enlivening aspects from your house of partnerships now until next April. It's up and down, so learn to work through those trying situations, but it's oh so worth it. Saturn makes sure you'll be handling all the business, family or company, for the next two years, or so, so get your head together and get to it. After the 21st, the Sun moves into your house of wishes and it will be time to get to work on your Christmas List. Giving and Receiving works the same both ways, so if you want big; give big. You want happy; give happy. If you're single, there's a chance for new romance on the job the last week of the month. Just a little heads up.

Feb. 19 - Mar. 20



Pisces: Saturn has finally left your house of partnerships.

I wonder what has changed and what you have learned over the last two and half years. This is never an easy time in anyone's life but it's one we all go through. Marriages are the biggest casualty during this time, sadly. Now Saturn teaches you to handle money. Oh, boy! Mars is stirring up excitement until next April in your house of job and health. This is a great time to get into shape and focus on your health and well being. After the 21st, the Sun will light up the career sector of your life and you'll love the energy this year. It'll be like a Coming out Party for you. Take advantage of every invitation you get. You won't regret it and the energy lasts until Thanksgiving. Ya-Hoo!!

Mar. 21 - Apr. 20



Aries: The Sun, Mercury, and Venus are all helping you to take care of business this month.

It's the time of joint accounting, whether in a marriage or a business. On the personal note, it's the time of year to plan financially for the coming Holiday Season. It's always wise to know your limits. And if you're single, Mars, that sexy dog, has found his way into your house of romance for a rare and extended stay until next April insuring that you will not get a moment's peace from matters of the heart. After the 21st, the Sun moves into your house of church and you start getting that same ole comfy feeling you get every year as you remember the true meaning of the Holiday Season. Your presence and attitude reminds us all what we are celebrating and why.

Apr. 21 - May 21



Taurus: You're a shining example of all the things a great partner should be this month with the Sun, Mercury and Venus in that sector of your life.

Saturn has released your romance sector and is now teaching you how to take care of yourself and display discipline of the job for the next two and a half years. And Mars has moved into your house of home and it will feel like you have a project a week until next April. It's going to be a fun month. After the 21st, the Sun moves into the joint finances sector and you'll find yourself setting up that holiday budget you do so well every year. Your job or career provides some help this year along those lines.

May 22 - June 21



Gemini: You're the picture of health and a ball of fire in the work place this month.

You'll set a quick tempo for your co-workers to follow. Saturn has moved into your romance and creativity house for a two year spell and will be teaching you how structure works in your behalf romantically and artistically. Fiery Mars is dominating your communications, both in content and quantity and you'll be learning not to speak too quickly lest you get into a scuffle here and there. After the 21st, the Sun moves into your partnership sector and fires your passions for sharing with those who matter the most. Just in time for Thanksgiving.

June 22 - July 22



Cancer: Romantic, shiny you with the Sun, Mercury and Venus lighting you up like a pin ball machine this month.

Don't sit at home alone this month. There's way too much happening for you. Saturn has moved into your home sector and provides a feeling of security for your most precious object for the next two and a half years. Mars has settled into your money sector and with the help of Jupiter and Saturn provides some most interesting moments, challenges and rewards until next April. After the 21st, the Sun moves into your health and employment sector filling you with vibrancy and style through the holiday season. Happy you!!

July 23 - Aug. 24



Leo: The Sun, Mercury and Venus light up your home sector this month and you are drawn home to the hearth and family.

More than any other time of the year you revel in the warmth and closeness of that glow. Saturn starts a new learning period for you for the next two and a half years with the intention of improving your communications skills. There is nothing like learning to say more with fewer words. Fiery Mars fills you with energy while he makes an extended rare stay in your house of self, and gives you the strength to do just about anything. After the 21st, the Sun energizes your money sector showing you how to earn more with less effort during this coming holiday season.

Aug. 24 - Sept. 22



Virgo: Talk, talk, talk. And there are so many places to go to get the shopping started for the holidays.

The Sun, Mercury and Venus provide the needed happy feelings to make it easy and fun. Saturn, The Great Task Master, has freed you into your new self as you have learned that freedom comes after responsibility in the world. Mars has found a secluded spot in your chart until next April to give you mounds of energy when you least expect to have it. After the 21st, the Sun moves into your home sector and lights up your home through the holiday season providing you with that happy glow you have become famous for this time of year.

Sept. 23 - Oct. 23




Libra: The Sun, Mercury and Venus focus your efforts on your money sector for the month.

Budgeting and planning for the holidays to cover those expenditures. It's good news, though and you'll be smiling. Saturn has moved into position for the Great Lesson of Self that you will be learning over the next two and a half years. Discipline and structure work for you, not against you. Mars makes a rare and extended stay in your house of hopes and dreams until next April allowing you a rare opportunity to expand your future beyond what you normally would allow yourself. It's a golden time. Use it well. After the 21st, the Sun moves into your house of communication and short trips making getting the holiday shopping really a breeze and way too much fun.

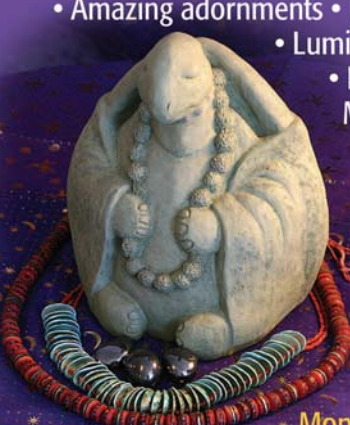


Rob has been an Astrologer for over 30 years. A student of Carol Green and the Ray of Light School in SLC, Rob is a member of the American Federation of Astrologers. "Astrology is a tool for living. It can be used in every aspect of life. Let me help you with your choices in life." Prices start at \$25.00. Call for an appointment, 259-7116.



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PET HAPPENINGS

Dog Food 102:

The most common question we get about dog food at the Moab BARKery is "What is the best dog food?" The answer is a laundry list of questions. There is no best dog food out there for all dogs, because there are many factors that influence what makes a food the best for your dog.

Most of the advice about dog food available in print and on the internet has been either influenced by the dog food manufacturers themselves or someone of special interest that is not entirely objective. We have found the two best references are the Whole Dog Journal and www.dogfoodanalysis.com. Neither of these sources have no ties to dog food companies.

Second there is little to no regulation by the USDA or FDA about what can be used in dog food or how they list the ingredients on the package. The only rule that is enforced regularly is that the ingredients have to be listed in order of their weight content in the food. Therefore many brands take advantage of the lack of regulation and use ingredients that are cheap; they also tend to split the ingredients that would normally make up the majority of what is in the bag so it looks like meat is listed first.

A specified meat should always be the first ingredient in dog food, and often it appears that way even in low quality brands. More often than not it's a trick. These companies get away with it because they split the fillers (corn, wheat, soy, brewers rice, etc.) into smaller components. Even though a food's first five

ingredients could read: Meat meal, corn gluten meal, whole wheat grain, corn meal, and chicken fat, which makes it appear that the majority ingredient is meat, but in fact grain is the majority and meat would come second.

It's also common to list the whole protein like chicken or beef, but whole meat proteins are often up to 70% water. Therefore they are much heavier when added first, but cooked down amount to less than 30% of their original weight. These companies are relying on the average consumer to pay attention to their commercials and not read or understand what is listed on the back of their bags.

So what makes the best food for your dog? Here are some of the main factors you need to consider when comparing dog foods, and what it will mean for your dog:

1. **How active is your dog?** If they are really active and spend some time each day either running or working, you need a food that is higher in protein and fat, something that is over 24% protein and over 12% in fat. They need the calories from protein and fat to provide energy. Make sure to give them the proper amount of food recommended so they are not shorted fuel. If your dog only gets a short walk daily or is more of a couch potato, you can opt for a food that is a little lower in protein, but most importantly lower in fat. Food that has 21-24% protein is good for less active dogs, and fat should be under 12%. Activity level is the biggest factor in choosing food.

2. **How old is your dog?** If your dog is reaching senior status (often around 10-12 years in smaller breeds and 7-9 years in larger breeds), they will need less protein and less fat. Often senior food has less fat and protein, but it usually includes glucosamine or some sort of joint support to help the dog maintain more quality of life. Consider senior foods for dogs that are overweight too! Often that joint support can help assist in the exercise

they need to slim down. If your dog is a puppy (under 1 year) it is recommended they get foods higher in fat (over 12%). Often high quality foods don't distinguish between puppy and adult food because they are formulated to be balanced between the two. As dogs get older they often don't need as much food, so consider giving a little less food if your older dog is starting to pack on the pounds. Same goes for your puppy. Keeping them on a puppy food too long can make them chubby too!

3. **What type of coat does your dog have?** If they have a long coat like Border Collies, Shih Tzu's and Golden Retrievers, often foods that have fish in them will provide the essential omega fatty acids that will help keep their coats in good shape. This can also be a good option for dogs that have dry skin (beware though dry skin can mean many things in a dog, and if they are itchy as well as dry see a vet).

Fish oils can also be added for a luxurious coat, and to soothe that dry skin but make sure it's made for dogs, and only give the recommended daily dose. It's rich in fats.

4. **Last but not least, does your dog have any food allergies?** Often hot spots, chronic itching, and dry skin can be caused by a food allergy. You will need to confirm this with your vet, and it's important you do, as seasonal allergies can affect dogs too. Many foods use an isolated meat protein so that those sensitive to chicken, beef or turkey can eat food without those proteins. Most

food allergies are grain based (corn, wheat, soy, etc.) and feeding a food without those products can change the overall health of a dog drastically. Try and find brands that cater to these issues for skin and coat like California Naturals and Royal Canine. These foods use a very short list of ingredient so there is less for your sensitive dog to react to.

Remember the best food for every dog doesn't exist, just like the best car for everyone doesn't exist. There are a few key questions you need to answer to get down to a few brands that will be the best option for your dog. Make sure to read the ingredients and check for quality ingredients in the first six items listed, and then it's down to taste and what your dog will eat. The Moab BARKery provides samples so you don't have to buy a whole bag to try. Remember when you switch foods to blend the foods for a few days to make the transition easier or use transitional enzymes to make it easy on your best friend's tummy.



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by Jessica Turquette of Moab BARKery

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Humane Society of Moab Valley November Events

November 7 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. 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.

November 14 Dog & Puppy Adoptions 11am-1pm 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

November 21 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.

November 28 Dog & Puppy Adoptions 11am-1am 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

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SKY HAPPENINGS

The Sky for November 2009

By Faylene Roth

NOVEMBER SUNRISE AND SUNSET TIMES

DATE	SUNRISE	SUNSET
1	6:45am	5:18pm
2	6:46am	5:17pm
3	6:47am	5:16pm
4	6:48am	5:15pm
5	6:50am	5:14pm
6	6:51am	5:13pm
7	6:52am	5:12pm
8	6:53am	5:11pm
9	6:54am	5:10pm
10	6:55am	5:09pm
11	6:56am	5:08pm
12	6:57am	5:07pm
13	6:58am	5:06pm
14	6:59am	5:06pm
15	7:00am	5:05pm
16	7:02am	5:04pm
17	7:03am	5:03pm
18	7:04am	5:03pm
19	7:05am	5:02pm
20	7:06am	5:02pm
21	7:07am	5:01pm
22	7:08am	5:01pm
23	7:09am	5:00pm
24	7:10am	5:00pm
25	7:11am	5:09pm
26	7:12am	5:09pm
27	7:13am	5:08pm
28	7:14am	5:08pm
29	7:15am	5:08pm
30	7:16am	5:08 pm

The Great Square of Pegasus appears overhead, marking the midpoint of Autumn. The Summer Triangle sinks into the western horizon as the Pleiades leads the winter constellations into the eastern sky—Taurus, Orion, Gemini, Canis Minor, Canis Major.

MAJOR CONSTELLATIONS OF NOVEMBER

Overhead

Andromeda
Aries
Pegasus
Pisces
Triangulum

Northward

Cassiopeia
Cepheus
Draco
Ursa Major
Ursa Minor

Eastward

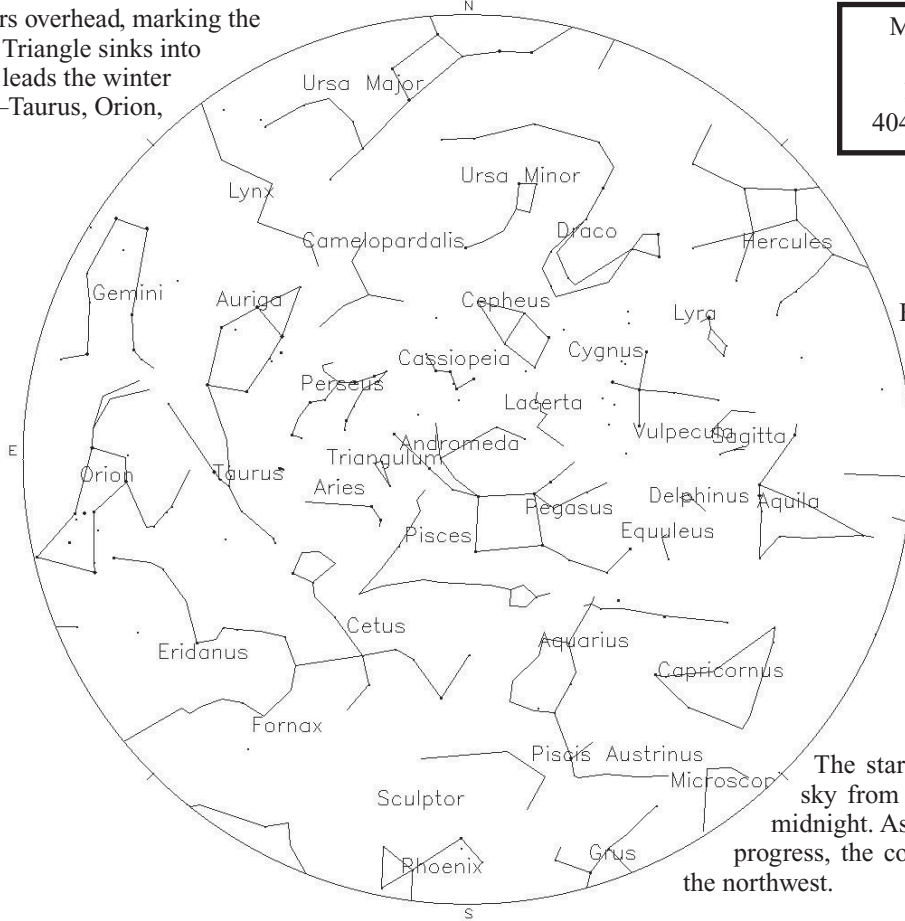
Canis Major
Canis Minor
Orion
Perseus
Taurus

Southward

Aquarius
Capricornus
Cetus

Westward

Aquila
Cygnus
Hercules
Lyra



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 - Find Jupiter high in the evening sky in the top left corner of Capricornus. It sets before midnight throughout November, dimming slightly as its orbit takes it farther from Earth. Four of its moons are easily seen with a small telescope. (Magnitude -2.2)

Mars - Look for Mars in the eastern sky about 30 minutes before Jupiter sets. It rises after 10:00pm in the central region of Cancer and appears a little farther east each day. Mars is overhead in the morning twilight. Look for its reddish orb with the stars Procyon, Sirius, Betelgeuse, and Rigel forming a haphazard square to the southwest. By month's end, Mars will be one of the five brightest objects in the night sky. (Magnitude +1.3)

Saturn - Early morning provides the best time to view Saturn. Spica (Virgo) appears to the east of Saturn and Mars is higher in the sky to the west. The tilt of its rings towards Earth increases during the month so it appears a little brighter by the end of the month. (Magnitude +1.3)

Venus - This month Venus is the last of the visible planets to appear in the morning sky. It may not crest the eastern rims until nautical twilight brightens to civil twilight, but it will be bright enough to see if high enough. (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

On November 1 clocks return to standard time which makes it easier to view the night sky. The period of daylight decreases from 10 hours 33 minutes on November 1 to 9 hours 41 minutes on November 30. Civil twilight extends the day by 30 minutes after sunset with adequate light for outdoor activities. During the next 30 minutes of nautical twilight, color of the sky and landscape fades away. In the final 30 minutes of astronomical twilight, the remaining light in the sky slowly withdraws below the horizon. The reverse progression applies to dawn. (Actual time of sunrise and sunset may vary depending upon the surrounding landscape.)

MOON HAPPENINGS

November begins with bright moonlit evening skies and a full moon on November 2, which rises at 4:58pm. On the evening of November 3 the moon passes through the Pleiades star cluster in the northeastern sky. By November 8 the moon does not rise until after midnight when it trails Mars into the eastern sky. The last quarter moon occurs November 9. Over the next few days it passes below Leo's brightest star Regulus. By November 12 the moon passes the celestial equator and rises with Saturn in the southeastern sky. On November 14 it is nearly twilight before a waning crescent moon appears in the morning sky. A new moon occurs November 16. After November 18 a thin crescent moon reappears in the southwest soon after sunset. On November 23 the moon is back in the evening sky and appears just above Jupiter in the southern sky. The first quarter moon appears overhead on November 24 as evening twilight fades, but by midnight it has set below the horizon. A week later the moon rejoins the Pleiades, and the evening skies are again bright with a moon waxing to fullness and lighting the skies throughout most of the night.

METEOR ACTIVITY

Taurus is the radiant for two meteor showers that peak during the first two weeks of November. The full moon will wash out most sightings during the first week, but fireballs (especially bright meteors) are common from the Taurids and would be easily seen. Expect seven meteors per hour.

Viewing improves during the second week as the moon wanes. By the time the Leonid Meteor Shower occurs November 13-20, the moon will be in new phase and will not cause any interference with viewing. Look for 10-40 meteors per hour radiating from the constellation Leo. Peak activity is the night of November 17/18. Best viewing is always after midnight when the radiant constellation is overhead.

LOCAL STAR GAZING


Join Red Rock Astronomers for a tour of the night sky and telescope viewing at 6:00pm on Saturday, November 14, at Old City Park. If you have a telescope to bring to the gathering, arrive by 5:30pm to allow time for setup. In case of inclement weather, we will reschedule for Sunday, November 15. Call 259-4743 (Faylene Roth) or 259-3313 (WabiSabi) for more information. Sponsored by WabiSabi. All ages are welcome and the event is free. Dress warmly, bring a chair or blanket, and a flashlight.

To find out when the Space Shuttle and International Space Station are visible from your location, go to the following website and click on Sighting Opportunities:
<http://spaceflight.nasa.gov/realdatasightings/index.html>

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.




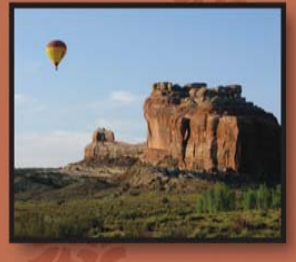
Primary Sources: USGS; U.S. Naval Observatory; Your Sky at <http://www.fourmilab.ch/yoursky/>



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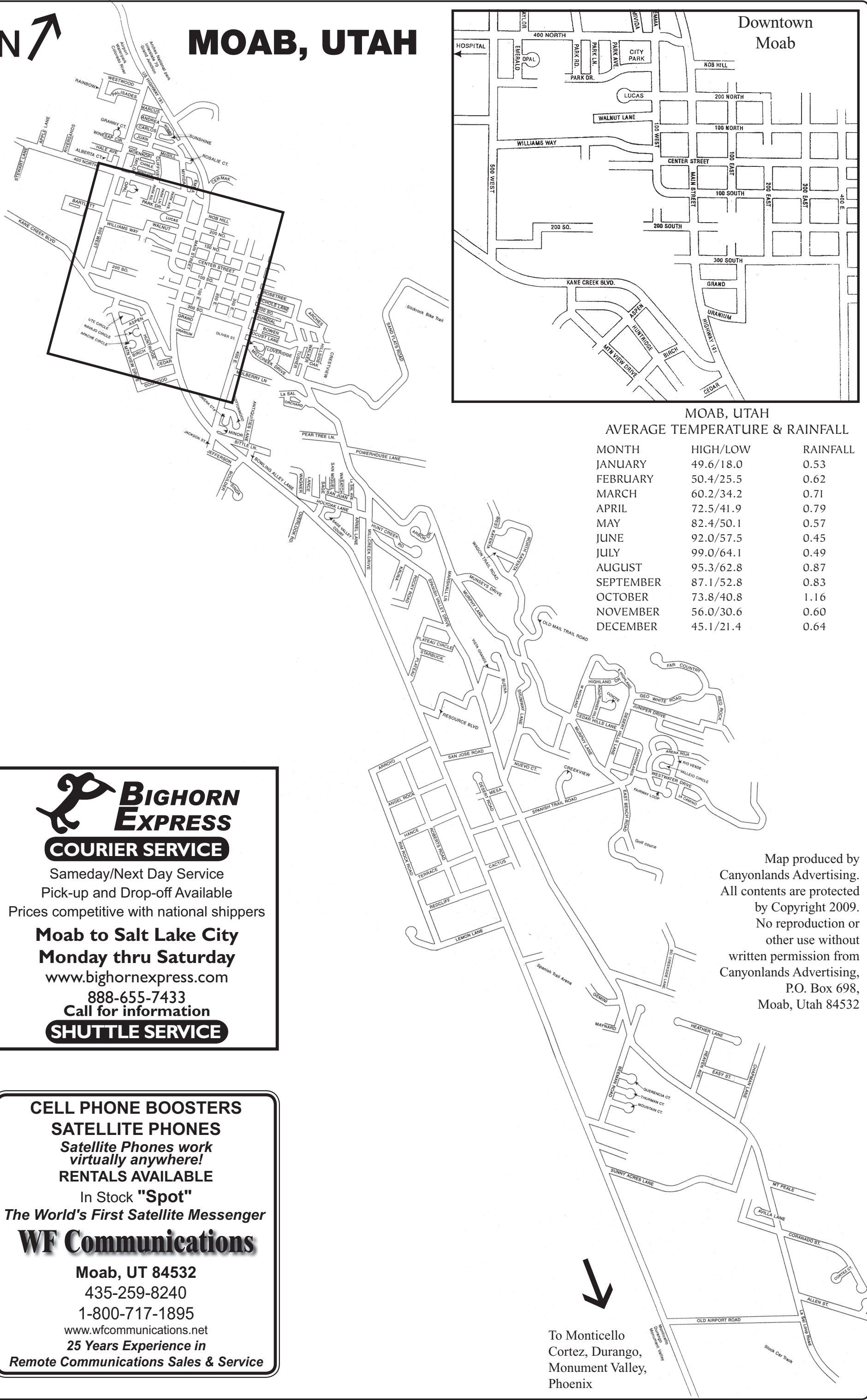




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MONTH	HIGH/LOW	RAINFALL
JANUARY	49.6/18.0	0.53
FEBRUARY	50.4/25.5	0.62
MARCH	60.2/34.2	0.71
APRIL	72.5/41.9	0.79
MAY	82.4/50.1	0.57
JUNE	92.0/57.5	0.45
JULY	99.0/64.1	0.49
AUGUST	95.3/62.8	0.87
SEPTEMBER	87.1/52.8	0.83
OCTOBER	73.8/40.8	1.16
NOVEMBER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

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↓
To Monticello
Cortez, Durango,
Monument Valley,
Phoenix

NON-PROFIT HAPPENINGS

Celebrating Navajo Culture

Three events will celebrate Navajo culture this November. Moab Valley Multicultural Center is collaborating with the Grand County Library and the Native American Club to bring a film, a concert, and Miss Navajo to Moab.

The award winning film *Miss Navajo*, that premiered at the Sundance Film Festival, will screen at the library November 12 at 7pm followed by a discussion. For most of us, pageants conjure up smiling beauty-queen hopefuls parading around in bathing suits or glittery gowns. But most of us have never witnessed the Miss Navajo Nation competition. This unique competition redefines "pageant" as an opportunity for young women to honor and strengthen Navajo culture.

The one hour film shares the experience of one contestant through the competition, juxtaposed with inspiring stories of earlier winners-some now elderly- who speak both of the hardships of being forcibly assimilated into mainstream American and the amazing resiliency of Navajo culture and their role in sustaining it. "A funny, moving... [an] inspiring film", comments director Michael Moore. Thanks to the Utah Humanities Council this event is free to the public.

Next, **The Blissens, a Native American punk rock band**, will perform November 14, 6-9pm at the MARC. Middle school and high school students from the Native American Club are organizing the event, with part sponsorship from the George and Dolores Eccles Foundation.

On November 16, **Tashina Nelson, the 2009-2010 Miss Navajo will come to Moab.** She will present a short history of the Navajo people, discuss what makes the Navajo culture unique and how it has influenced our broader culture. Then the audience will have an opportunity to ask questions in English or Navajo. She will speak at 7pm at the Grand County Library. The following day she will present in all five schools. Her trip to Moab is in part sponsored by the George S. and Dolores Doré Eccles Foundation



Moab Valley Multicultural Center presents

Nov 12 Award Winning Film *Miss Navajo*

Nov 14 The Blissens, Native American punk rock band (MARC)

Nov 16 Miss Navajo Shares Navajo Culture

Both events are 7pm at Grand County Library and are free and open to the public.

Thanks to Utah Humanities Council
George S. and Dolores Doré Eccles Foundation
Grand County Library

Get Reel in Moab

The third annual film festival, Get Reel in Moab, is going to be taking place November 12th, 13th, and 14 that Star Hall. Everybody is invited to come out and watch these films made by local filmmakers, as well as filmmakers from Colorado, Arizona, and various other locations. Tickets are available at Sgt. Peppers Music and Video.

This film festival was originally created and designed to showcase our local filmmakers, and give them an opportunity to show their work, gain experience, and network with other filmmakers. It has been successful in doing just that, and has now expanded to regions outside of Utah, bringing in wonderful talent from other areas.

This event is sponsored by the Moab to Monument Valley Film Commission, the longest running film commission in the world, celebrating 60 years.

The schedule of events is as follows:

Thursday Night

Nov 12

6:00 PM

Max Trinity's 250 Boycott

California Bloodlines

Light is Time

The Door That Eats People

Democracy Tax

Deal

7:15 PM

Mexico City Dogs of the Dump

Reciprocal Economics Philosophy

Friday Night

Nov 13

6:30 PM

Extremely Simple

Moab Teen Center

Moab Blooms

Skip Yowell

7:15 PM

Left Behind Without a Choice

Saturday Night

Nov 14

6:30 PM

Technology Trouble

Unlucky 13

Message From Mother Earth

It's a Family Affair

7:15 PM

Pigweed Philosopher: Kimball Johnson



MOAB CLUBS & ORGANIZATIONS

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

AARP, Chapter 1539	259-6396	Moab Country Club (Rob Jones).....	259-6488
Alcoholics Anonymous/Alanon	259-7556	Moab Duplicate Bridge Club (Gail Darcey)	259-1733
Alpha Rho Sorority (Bobbie Long).....	259-6758	Moab Friends For Wheelin' (Jeff Stevens)	259-6119
American Legion Post (Bill Smith).....	259-3470	Moab Half Marathon (Ranna Bieschke)	259-4525
Arches Adult Education (Trish Hedin)	259-2293	Moab Horse Racing Association (Chuck Henderson)	259-4111
Arches New Hope Pregnancy Center (Debbie Nelson)	259-LIFE (5433)	Moab Horse Show Association (Tosha Audenried).....	260-9252
BEACON (Stephanie Dahlstrom)	260-1143	Moab Lodging Association (Britnie Ellis).....	259-6171
Boy Scouts of America (Kent Dalton)	259-6521	Moab Music Festival (Andrew Yarosh).....	259-7003
Canyonlands Field Institute (Karla Vander Zanden)	259-7750	Moab Poets & Writers (Marcia Hafner)	259-6197
Canyonlands Film Society (Becky Thomas)	259-2286	Moab Points & Pebbles Club (Jerry Hansen).....	259-3393
Canyonlands Rodeo Club (Kent Green).....	259-7089	Moab Quarter Horse Assoc. (Kathy Wilson).....	259-8240
Canyonlands Wildlife Federation (Dave Bierschied)	259-8217	Moab Rod Benders (Jim Mattingly).....	259-5858
Center for Water Advocacy (Harold Shepherd).....	259-5640	Moab Ropers Club (Terry Lance).....	259-9972
Daughters of Utah Pioneers (Inalyn Meador).....	259-5225	Moab Sportsmen's Club (Frank Darcey).....	259-2222
Deadhorse Motorcycle Club (Terry Flynn).....	259-3878	Moab Taiko (Stephanie Dahlstrom)	259-2264
Delicate Stitchers Quilt Guild (Shauna Dickerson)	259-0906	Moab Teen Center-Club Red	259-9991
Elks Lodge #2021 (Dan Stott)	259-7334	Moab Trails Alliance (Kimberly Schappert)	260-8197
Fallen Arches Square Dancers (Bob & Flora Erickson).....	259-2724	Moab Valley Multicultural Center (Sarah Heffron or Leticia Bentley).....	259-5444
Friends of Indian Creek (Emma Medara)	259-3586	Mutual UFO Network (Elaine Douglass).....	259-5967
Friends Of the Grand County Library (Adrea Lund).....	259-1111	Order of the Eastern Star (Fran Townsend)	259-6469
Grand County Public Library.....	259-5421	Parent Teacher Association (Tiffany Saunders).....	259-5830
Girl Scouts of The U.S.A. (Cynthia Williams)	259-6683	Plateau Restoration/Conservation Adventures (Tamsin McCormick)	259-7733
Grand Area Mentoring (Dan McNeil)	260-9645	Red Rock Forests (Terry Shepherd)	259-5640
Grand County Democratic Party (Novella Maia).....	259-0869	Red Rock 4-Wheelers (Ber Knight)	259-7625
Grand County 4-H (Marion Holyoak).....	259-7558	Retired Senior Volunteer Program RSVP (Jody Ellis)	259-1302
Grand County Extension (Michael Johnson).....	259-7558	Rotary Club (Kyle Bailey).....	259-6879
Grand County Food Bank	259-6456	Seekhaven Crisis Center (Jaylyn Hawks).....	259-2229
Grand County Hospice (Tracey Harris).....	259-7191	Senior Center (Verleen Striblen)	259-6623
Grand County Prevent Child Abuse	260-1039	Sierra Club (Mike Stringham).....	259-8579
Humane Society of Moab Valley	Animal Services 259-4862 Administration 259-4089	Solutions - www.moab-solutions.org - (Sara Melnicoff).....	259-0910
Ladies Golf Club (Chris Corwin).....	259-5344	Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
League of Women Voters (Cynthia Smith)	259-5306	Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
Lion's Club (Tom Warren).....	259-7834	Southern Utah Wilderness Alliance (Liz Thomas).....	259-5440
Moab Aglow Lighthouse Fellowship (Murine Gray).....	259-5514	Toastmasters International (Al Boyd)	259-5767
Moab Arts Council (Bruce Hucko)	259-4176	Trail Mix Committee (Sandy Freethey).....	259-0253
Moab Arts Festival (Theresa King)	259-2742	Valley Voices (Marian Eason).....	259-6447
Moab Arts & Recreation Center (Bailey Rogers).....	259-6272	Veterans of Foreign Wars (Fred Every).....	259-5428
Moab Bird Club (Nick Eason)	259-6447	WabiSabi (Jeff Cohen)	www.wabisabimoab.org - 259-3313
Moab Chamber of Commerce	259-7814	Word Watchers (Nancy Kurtz).....	259-0734
Moab City Recreation (John Geiger)	259-2255	Youth Garden Project (Jen Sadoff)	259-BEAN (2326)
Moab Community Theater (Kaki Hunter).....	259-8378		

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

IN AND AROUND MOAB

Bluff Arts Festival

"Take Me to the River", a favorite song for the nostalgia-bound, is also the theme of the 2009 Bluff Arts Festival scheduled from November 13 - 15, 2009. Our 5th annual event has evolved into a multi-faceted venue melding visual, literary, scientific and musical arts into one eclectic happening.

Everything revolves around the San Juan River this year. We launch on Friday afternoon, November 13, with a river ecology lecture and hike with Stewart Aitchison and a presentation of the geology and hydrology of the San Juan River by geologist, Gene Stevenson. We follow with a most unusual art installation, the creation of "The River's Gift", a land art sculpture guided by artist, J.R. Lancaster, and created by all Bluff Arts Festival participants.

Friday evening will prove most eventful. Based on early reservations received, there is strong interest in our presentation of "Everett Ruess - Final Desert Trail?" with author David Roberts; local artist Denny Bellson; adventurer Vaughn Hadenfeldt and Navajo Nation Supervisory Archaeologist, Ron Maldonado. The most recent revelations about this young adventurer add another layer to his mysterious and many-layered story.

Workshops and artistic presentations on Saturday demonstrate the deep commitment the Bluff Community has to artists and the sharing of creative processes. The day is filled with writing workshops by David Roberts; writer and outdoor educator, Ann Weiler Walka; and writing coach, Sandra Dorr. Our featured artist, Stephanie DeGeorge, will lead a plein air painting and drawing workshop at the river.

After your mind is filled with expressive learning, unwind at our Arts Fair, featuring regional visual creations and our annual Trail of the Artists receptions which spotlight local talent on a walking/cycling tour across the Bluff community. To close the day's events, sit back and enjoy the foundation of our festival and a perennial favorite, our wonderful "Poetry, Prose and Potluck" evening.

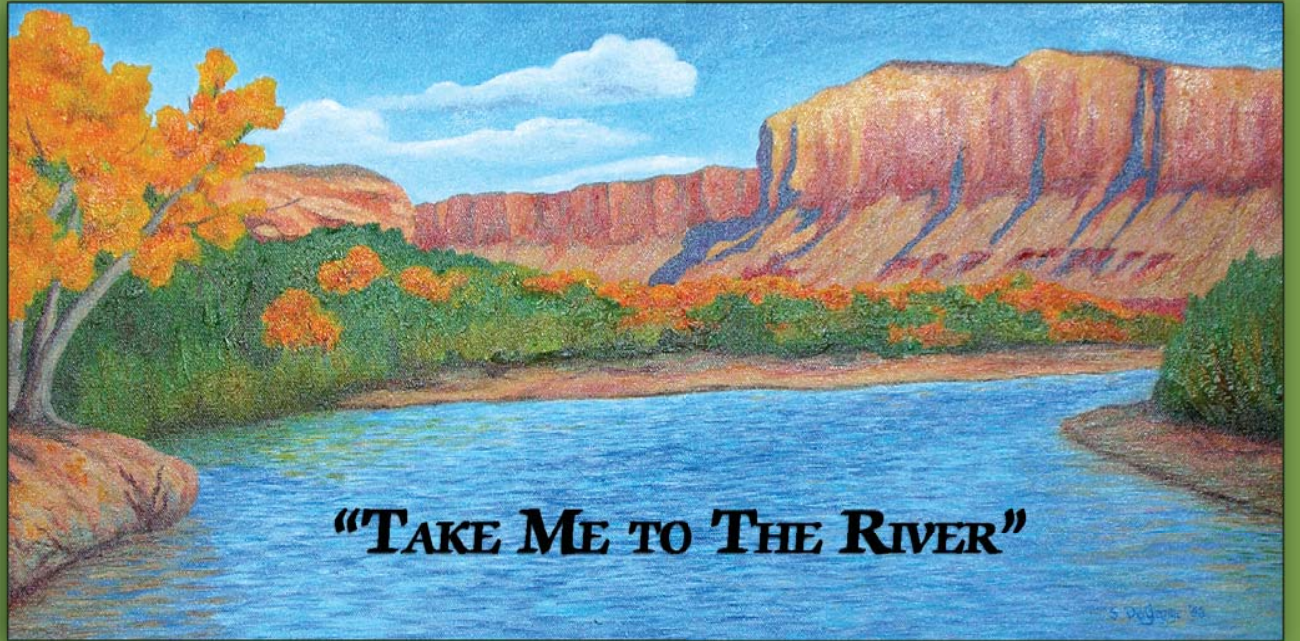
Sunday morning brings a beautiful close to a beautiful weekend. Join us at Sand Island for "The River's Reflection - Navajo and Anglo Remembrances of the River". Hot beverages and muffins will be served as we gather around a bonfire and listen to stories from locals who know the history of the river, a closing festivity which promises a lot of laughs and a few surprises.

Reservations are required for workshops and the Everett Ruess presentation. All events are free unless otherwise noted and will be held in Bluff, Utah, or Sand

Visit bluffutah.org • Email georgianasimpson@yahoo.com • Call 435-672-2360

BLUFF ARTS FESTIVAL

NOVEMBER 13-15, 2009 BLUFF, UTAH



"River Riparian Wonders" lecture and hike • "Geologic History of the Colorado Plateau" lecture and hike • "The River's Gift public land art sculpture" • "Everett Ruess - Final Desert Trail" panel discussion • "Poetry, Prose and Potluck" • Arts Fair • "Walking Trail of the Artists" • "The River's Reflection - Navajo and Anglo Remembrances of the River" • Writing and Art Workshops

Island Campground and Visitor Center located 3 miles west of Bluff, Utah, on U.S. Highway 191. For further information, visit bluffutah.org, contact Georgiana Kennedy Simpson at 435-672-2360 or georgianasimpson@yahoo.com.

Bluff is a great place to get away and offers many wonderful activities before, during and after the festival. Explore remote canyons and cliffs. Walk or bike the historic district. Visit the Bluff Great House and Bluff Fort. Run the river. Marvel at our star-filled sky. Encounter wildlife, human and otherwise. Discover ancient rock art and ruins. Relax. Unwind. Enjoy.

Bluff Arts Festival is funded by the Utah Arts Council, Utah Humanities Council, San Juan County Economic Development, Rocky Mountain Power, Business Owners of Bluff, and the Bluff Arts and Education Foundation.

LOOK FOR AN ISSUE OF THE MOAB HAPPENINGS IN THESE CONVENIENT LOCATIONS IN SALT LAKE!

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DENVER TO MOAB

Frequency	Departs	Arrives	Flight
Monday-Friday	10:35a	11:58a	5037
Saturday	4:00p	5:23p	5035
Sunday-Friday	7:25p	8:48p	5035



Schedule is effective December 1, 2009 and subject to change

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