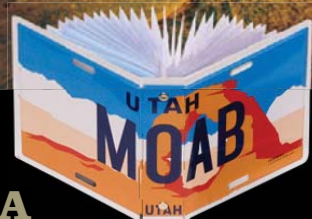
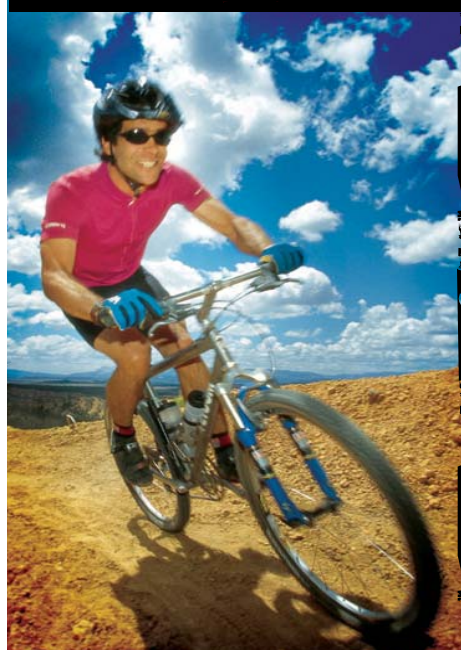


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# MOAB HAPPENINGS

Volume 22 Number 7

OCTOBER 2010

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# MOAB HAPPENINGS

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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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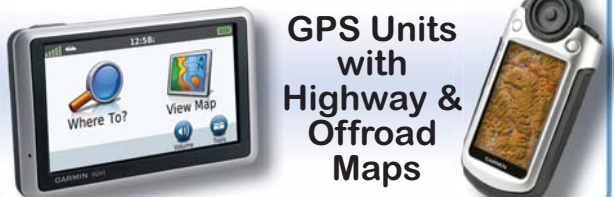
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Race amenities for all participants include a long sleeve technical race shirt, a unique finisher medal, lots of yummy food, and fresh beer from the Moab Brewery.

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

The race is limited to 2500 participants. Some notable participants include male master record holder Bernie Boettcher (1:15:00 set in 2006); and female master record holder Lisa Goldsmith (1:26:06 set in 2007). The 2009 women's champion Cherell Jordin of Sandy, Utah will also be back to defend her title.

For more information visit [www.moabhalfmarathon.org](http://www.moabhalfmarathon.org) or phone 435.259.4525.



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# MOAB AREA EVENTS CALENDAR

## October 2010

Sept 30 - Oct 3 Moab Outerbike Demo Event moabouterbike.com. See info on page 12A.

1-9 Moab Plein Air Festival - see ad on page 6A and article on 14B.

Oct. 7 - **Artists Quick Draw.** Downtown Moab from 4-7:15pm.

Artists will be painting the town!

Oct. 9 - **Silent Auction** at City Center, 10am-8pm. Bid on artwork created at the festival. 5:30-6:30pm **Live Auction** of PleinAir Moab's top winners in each category. This is your chance of winning the best of PleinAir Moab.

1-30 **The Nature of Water Art Exhibit** will hang in the large meeting room at the Grand County Public Library, 257 E Center Street.

2 **Moab Farmers' Market** sponsored by the Youth Garden Project at Swanny City Park - 100 West and Park Drive, 8 AM to Noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. For more information - www.youthgardenproject.org. See article on page 3B.

2 **Taiko Drummers at the Farmers' Market** 10am, Swanny City Park, 100 West 400 North.

2 **What's In Your Attic?** Decoding the Past Through Cultural Artifacts and Preserving Family History – three hour workshop with Randy Silverman and Eileen Hallet Stone. 9:00 am–12 Noon Free! Funded by Utah Humanities Council Public Square Program. Edge of the Cedars State Park Museum, 660 West 400 North, Blanding, Utah. 435-678-2238.

2-3 **Southwest Traders Rendezvous Rug Auction.** Hosted by Cortez Cultural Center 970-565-1151 www.cortezculturalcenter.org

3 **Join Red Rock Astronomers @8:00pm** for an evening of stargazing and telescope viewing. Meet in the southwest corner of Old City Park. See Sky Happenings on page 10B or call 259-4743 or 259-3313 for more information. Sponsored by WabiSabi.

6 **Free slideshow about the art and culture of Iran,** and her novel "Anahita's Woven Riddle" will be presented by visiting author/tapestry weaver, Meghan Nuttall Sayres at 7:00 p.m. at the Grand County Public Library. For more info call the library at 435-259-1111.

7 **Moab Information Center Lecture Series** 7 pm FREE to the public. Center and Main – Josh Trammell "Roots, Tubers, and Fire: Exploring the Use of Traditional Burning as a Land and Resource Management Tool"

8-10 **Rock Gem and Mineral Show,** Spanish Trail Arena, 10am-7pm Fri and Sat. 10am-4pm Sun. See ad and article on page 11A.

9 **Moab Farmers' Market** sponsored by the Youth Garden Project at Swanny City Park – 100 West and Park Drive, 8 AM to Noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. For more information – www.youthgardenproject.org

9 **Moab Art Walk** see article and ad on page 6A.

9-10 **24 Hours of Moab** In Sixteen years this race has become one of the single greatest mountain bike races in the history of the sport. For one short weekend, a mountain bike city grows up out of the desert graze-lands as Granny Gear Productions hosts more than 4,000 racers, support crews, and spectators in a stunningly beautiful, completely remote venue.

11 **Columbus Day**

11 **The Annual Candidates Forum,** sponsored by the League of Women Voters will be held at 7:00pm at the MARC. Questions will be asked of candidates for three County Council positions, for County Sheriff, County Assessor, County Attorney, Utah House of Representative candidates for Districts 55 & 69, and two school board districts. There will be a social afterwards so people can meet and greet the candidates individually.

14 **Moab Information Center Lecture Series** 7 pm FREE to the public. Center and Main – Wright Robinson "The Grand County Tamarisk Beetle Project – Six Years In: Is It Working?"

14 **Moab Garden Club** will be meeting at 7 pm to discuss composting and getting the garden ready for winter at a members home and garden. Bring any extra seeds or plants you would like to share. For directions and more info call Tricia Scott at 259-6342

13 and 14 **Moab Reads Book Discussions** will be held at the Grand County Public Library. at 6:00 p.m. on Oct 13 and on Oct14 at 2:00 p.m. and 6:00 p.m. The 2010 Moab Reads selection is The Secret Knowledge of Water by Craig Childs. Copies are available for checkout at the Library. Moab Reads is a community wide book club and receives funding from the Utah Humanities Council and the Moab Arts Council. www.moablibrary.org

15 **Moab Reads book discussion at the Castle Valley Library Branch** located in the Castle Valley Community Center at 6:00 p.m

15 and 16 **Movie Screenings of "Spirit of the Marathon"** at Grand County High School at 7:00pm. The first ever feature-length film to capture the essence, drama and unique spectacle of the famed 26.2-mile race, the production features five runners - three amateurs and two elites - as they train for and ultimately run the Chicago Marathon. Admission \$5 for adults: \$4 for students. All funds raised benefit the Grand County High School Cross Country team.

For more info on events see www.moabhappenings.com



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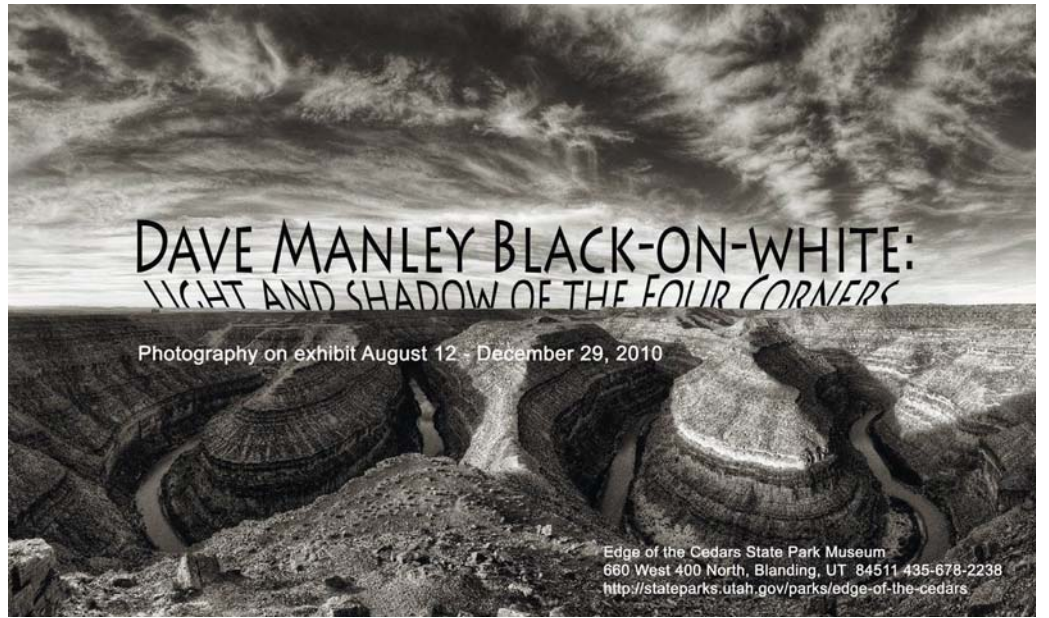
**Call (435) 259-8431 or fax us at (435) 259-2418**

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# MORE MOAB AREA EVENTS

## October 2010 events continued

- 15 Moab's Got Talent** presented by Seekhaven. 7:00pm at the MARC. Call soon to show off your talent. 435-259-2229
- 16 Oldtime Bluegrass String Band Music at Star Hall** 8pm Sweet Sunny South, an award winning Colorado group celebrating their 10th year together. sweetsunnysouth.com or call 970-260-6493.
- 16 Moab Farmers' Market** sponsored by the Youth Garden Project at Swanny City Park – 100 West and Park Drive, 8 AM to Noon. Fresh local fruit and produce, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. Grand County Public Library presents story time at 10:30AM.
- 16 Monthly Paper Recycling Drive** - An opportunity to recycle paper items not accepted at the recycling center. From 9am-1pm in front of the Moab Post Office. Bring us your phone books, magazines, catalogs, cereal boxes, egg cartons, books and other paper and we'll see that they get turned into insulation for homes and offices!
- 16 10<sup>th</sup> Annual Castle Valley Gourd Festival** 10AM-3PM at the Castle Valley Community Pavilion. Cultivate your Inner Gourd! See ad on page 11B and article on page 1B.
- 17 The Other Half Marathon** - see article on page 3A
- 20 Moab Information Center Lecture Series** 7 pm FREE to the public. Center and Main – Bill Lipe "Before Lake Powell: Memories of Glen Canyon Archeology"
- 21-24 Confluence: Celebration of Reading & Writing** - see article on 7B ad on page 15A.
- 21 Cedar Mesa Archaeological Project** – the First 43 Years with Dr. Bill Lipe, 6:30 pm Free! Edge of the Cedars State Park Museum, 660 West 400 North, Blanding UT. 435-678-2238.
- 21 The Secret Knowledge of Water: An Evening with Craig Childs** at the Grand County Public Library at 7:00 p.m. Join the Library and the Confluence Literary Festival in welcoming the 2010 Moab Reads author, Craig Childs, to Moab. Mr. Childs will present a slideshow accompanied by stories that will forever change the way you see water. This event is FREE! For more information please call the library at 435-259-1111.
- 23 Field Trip at Abajo Haven Ranch with Bill Haven**, Easy hike to several Ancestral Puebloan sites. 10:00 am-12 Noon Free! Limit 10 people - please call Museum to register. Edge of the Cedars State Park Museum, 660 West 400 North, Blanding, Utah. 435-678-2238.
- 23 Last Moab Farmers' Market of the year** sponsored by the Youth Garden Project at Swanny City Park – 100 West and Park Drive, 8 AM to Noon. Fresh local food, arts and crafts, baked goods, community information, local musicians, hot coffee at the sponsor booth. For more information – www.youthgardenproject.org
- 27 Seekhaven Book Club at the Library.** *The Bean Trees* by Barbara Kingsolver is October's book selection. All are welcome - 6:00 p.m. in the Library's Large Meeting Room. Books provided by the Utah Humanities Council are available for checkout at the Library.
- 28 Thursday Night Movie Night at the Library.** "Babies" the documentary will be shown at 7:00 p.m. This event is FREE. Popcorn for this event is donated by the Moab Chevron. For more info visit the Grand County Public Library at 257 E. Center St. or call 435-259-1111.
- 29-31 Annual Moab Ho-Down Bike Festival** - See article on page 14A.
- 29 Traditional American Music Concert.** Andy Pita will sing Aaron Copeland's "Early American Music", Steven Foster, American oriented opera and showtunes. Guest artist Brian Coultor sings country and bluegrass. 7:00 at Grand County High School. Concert is presented as part of the Smithsonian's New Harmony Exhibit, on display at Museum of Moab.
- 30 Annual Pumpkin Chuckin' Festival** - see article below and ad on page 14A.
- 31 Halloween**



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## Pumpkins Sprout Wings at Moab Pumpkin Chuckin' Festival!

The art of making inanimate objects soar with trebuchets, air cannons, catapults and slingshots will be back this fall as the Youth Garden Project presents the fifth annual Moab Pumpkin Chuckin' Festival the day before Halloween in Moab, Utah. In 2009, the Guinness World Record was set at the Moab Pumpkin Chuckin' Festival when an air cannon team launched a pumpkin 4,632 feet, a distance more than 15 football fields!



This fall harvest festival includes contests for people of all ages, live music and entertainment, vendor booths, and a wide range of characters roaming the festival grounds. The festival's main event, the Pumpkin Chuckin' Contest, is open to anyone craving a challenging experience that requires creativity, ingenuity, and a love of launching stuff. Entrants compete in one of four divisions: catapults, trebuchets, air cannons, and sling shots with a special youth category in each division.

No knowledge of physics or math is required to watch the launching competition or to enjoy live bluegrass music. In the spirit of an old time fair, the event features pumpkin pie eating and seed spitting contests, costumed Wiener dog races, a straw-bale maze for kids and other games and activities for children. A variety of talented local and regional artists will have their work available for sale.

The event brings together community organizations, local farmers, artisans, and musicians with members of the community to celebrate the harvest – and is a perfect way to enjoy the crisp Utah fall weather amidst the towering LaSal Mountains and red rock mesas. Proceeds from the event support the Youth Garden Project, a non-profit in Moab that grows food, kids and community.

The festival takes place on October 30, 2010 from 10 a.m. to 4 p.m. at the Old Airport Runway just south of Moab, Utah. Discount tickets will be sold at WabiSabi and Arches Book Company. Tickets at the door are Adults \$10 and Children \$5. For more information on the Pumpkin Chuckin' Festival, visit the Youth Garden Project's web site at [www.youthgardenproject.org](http://www.youthgardenproject.org) or call 435-259-2326.



# NATURE HAPPENINGS

## A Month for Pumpkins

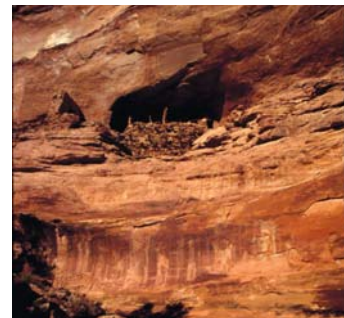


The name “pumpkin” originates from the Greek “pepon,” meaning, “cooked by the sun,” as in ripe. The fruit’s orangish color reflects this condition, and pumpkins have become the poster child for the last day of October – Halloween.

Although pumpkins are native to the eastern United States, there is one relative of the “cucurbits” that grows in the Four Corners Region. Going by the names coyote gourd, buffalo gourd, Missouri gourd or stinking pumpkins, this viney relative does not win any jack-o’-lantern contests.

The scientific name *Cucurbita foetidissima* refers to the plant’s aromatic nature: “foetidissima” means “the most smelly.” Botanists use the common name “coyote” as a modifier for wild plants with domestic relatives like coyote tobacco.

Coyote gourds bear rough-textured, triangular-shaped leaves that may reach 12 inches long. The leaves arise from long, prostrate vines draped across the ground. Borne near the tips are curled climbing tendrils, and the large funnel-shaped flowers with five lobes arise from the leaf axils. Gourd bees pollinate the solitary yellow flowers, diving into a blossom to obtain the pollen rewards.



The gourd’s rounded fruits are roughly 4 inches across and a pale lemon-yellow color when mature. Younger gourds bear greenish stripes that fade with age. Though the above

ground foliage is noticeable, the extensive underground root system may weigh several hundred pounds.

### NATIVE AMERICAN USES

Found from southern California to Missouri, plants here in the Four Corners tend to grow in disturbed sandy sites along dry washes or in ancient gardens in close proximity to archaeological sites. Archaeologists have recovered parts of these plants in Ancestral Puebloan sites, indicating the plant’s use by native peoples.

The early Native Americans consumed the seeds and flowers of these gourds. Mature gourds were not eaten, but collected for their “soapy” properties. Containing saponin glycosides, the



natives mashed the bitter tasting shells of the gourds to make a natural detergent. Today, the coyotes and raccoons avoid the fruit’s bitter pulpy mass.

The natives also passed on the leaves and roots, which contain rank-smelling chemicals, called cucurbitacins. Bitter and unpleasant, the crushed leaves made an insect repellent or a poultice for sores or wounds.

### ALL HALLOWS EVE

During the time when the Ancestral Puebloans were living in the southwest, the Romans were staking claims throughout Europe. One aspect of the Roman’s culture, which pertains to the month of October, was the transition of the pagan holiday Samhain (pronounced “sah-win”) to the Christian’s observance of All Hollows Day or All Saints Day, which eventually became All Hallows Eve and then Halloween.

During the time of the Celts and Druids, the festival of Samhain marked the transition from summer to winter season. People believed that during this time a thin veil separated the worlds of the living and the dead. Perhaps to honor their dead or to ward off wandering spirits (history is a bit hazy here), the ancient Celts lit bonfires, donned animal skin costumes and declared prophecies for the coming year. It wasn’t until European immigrants coming to the New World in the 19th century did the modern-day concept of Halloween begin to emerge.

So maybe it is a stretch to tie together coyote gourds with Halloween, but these fruits are the closest native relatives to the domesticated pumpkin here in Canyon Country. I don’t think you’ll find any of the locals camped out in a stinking pumpkin patch wearing animal skins on Halloween while awaiting a visit from the Great Pumpkin. But then again, stranger things have been observed here during this pumpkin-crazed month.

by Damian Fagan



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GALLERY

MOAB  
ARTS & RECREATION  
CENTER

# RESTAURANT GUIDE



**MOAB BREWERY**  
UTAH  
HAND CRAFTED ALES AND GREAT FOOD

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

State Liquor Licensee  
Orders To Go  
Beer To Go  
PATIO SEATING  
KIDS MENU  
GELATO

STEAKS • BURGERS • BBQ • SALADS • SEAFOOD

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

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

Recent changes to Utah Liquor Laws have made it less confusing and easier to get an alcoholic drink. Private Clubs are a thing of the past. You can now go to a restaurant or a tavern (and without ordering food or buying a club membership) and order a drink.

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

Moab has two local wineries and two microbreweries.

Eddie McStiff's Restaurant & Brew Pub, is Moab's Oldest and Original Brewery. They have 12 beers on tap and a hassle free bar where you can get a glass of wine or a cocktail or beer without ordering food or joining a club.

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

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

If you enjoy any of these locally produced products, be sure to ask for a list of locations where you may purchase them when you return home.

Also new this year, two lounges have emerged. Vista Lounge at Buck's Grill and the Ghost Bar at Jeffrey's Steakhouse. Both locations have an upscale casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

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

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

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




**Rio Sports Bar & Grill**

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

Nightly Entertainment

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

1 Block West of Main on Center Street  
259-6666 • www.theriomoab.com  
Sunday Brunch 11 am  
**OPEN EVERYDAY at 3PM**  
Must be 21 years or older



**hogi yogi**

- Taste It •
- Love It •
- Crave It •

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

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

396 So. Main • Open Everyday • 259-2656  
One Coupon per Customer per day

**Teriyaki Stix™**  
Japanese Grill



Espresso  
Coffee  
Gelato

Smoothies  
Cold Drinks  
Chocolate

**Coffee Roasters**

Offering Fresh Coffee Roasted In-House and Locally Made Gelato

open 7 days a week 7:30am - 10:00pm  
90 N. Main St., Moab, UT  
259-2728



**Singha**

Authentic Thai Cuisine

Lunch: Monday - Saturday 11:00 - 3:00 p.m.  
Dinner: Monday - Sunday 5:00 - 9:30 p.m.

Now Serving Beer, Wine & Saki

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



**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

Moab's Breakfast Place

Now Serving Espresso!  
Open 7 am to 12 Noon

"Good Enough for a Last Meal"



Authentic Mexican Food

**FIESTA MEXICANA**

Tony and His Staff Welcome You

Patio Seating  
Large Parties Welcome

Childrens Menu Available  
Nice Atmosphere

Lunch Specials - All \$6.25  
All Served with Rice & Beans except Tostada Deluxe  
Monday: Burritos ~ Beef or Chicken  
Tuesday: Enchiladas ~ Beef or Chicken  
Wednesday: Chimichanga ~ Beef or Chicken  
Thursday: Tostada Deluxe  
Friday: Taco Enchilada ~ Beef or Chicken

"Fiesta Margarita" Best Margaritas - Made from Scratch with Fresh Squeezed Limes and 100% Blue Agave Tequila

Best Mexican Food in Town

202 So. Main St. Moab, Utah 259-4366



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

# RESTAURANT GUIDE



# RESTAURANT

**Celebrating 29 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

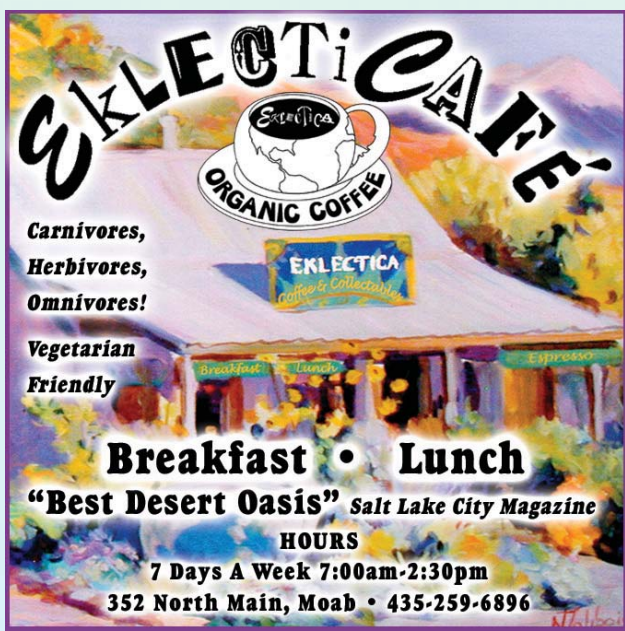


**COWBOY GRILL**  
MOAB, UT

- BUFFET BREAKFAST
- BUFFET BBQ LUNCH
- FULL MENU PATIO DINNER

**RIVERFRONT PATIO DINING**

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



**EklectiCafe**  
ORGANIC COFFEE

Carnivores,  
Herbivores,  
Omnivores!  
Vegetarian  
Friendly

**Breakfast • Lunch**

**"Best Desert Oasis"** Salt Lake City Magazine

HOURS  
7 Days A Week 7:00am-2:30pm  
352 North Main, Moab • 435-259-6896



**PARADOX PIZZA**  
MOAB UTAH

EAST COAST STYLE, STRAIGHT FROM MOAB  
**WE DELIVER**

EAST COAST STYLE PIZZA FRESHLY MADE TO ORDER  
**SLICES!** HOMEMADE SOUPS, BREADS & DESSERTS

702 SOUTH MAIN ST. 435-259-9999  
TRY OUR ONLINE ORDERING AT WWW.PARADOXPIZZA.COM

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

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

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

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

**Cassano's Italian Restaurant**  
11 East 100 North 259-6018  
Open daily 3:00 p.m. - close  
Come in and join us for home made sauces and hand tossed pizzas and paninis. Moab's new traditional Italian restaurant is located in the old Poplar Place. Patio seating available so you can dine alfresco and bask in splendid red rock views. Great choice for take out and catering. State Liquor License

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

**Cowboy Grill at Red Cliffs Resort**  
16 Miles up Highway 128 259-2002  
Lunch • Dinner  
Breakfast Buffet 6:30 - 9:30 Sat & Sun only  
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

**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.

**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. Hassle free cocktails, wine & beer. Pool Tables. Patio Dining. Discount for Seniors 62 and older. FREE WIRELESS INTERNET! Delivery to Main Street Hotels.

**EklectiCafe**  
352 North Main Street 259-6896  
Breakfast • Lunch  
Open 7 days a week 7:00 a.m. - 2:30 p.m.  
Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! Winner "BEST DESERT OASIS" Salt Lake Mag. August 2002!

**Fiesta Mexicana**  
202 South Main Street 259-4366  
Sun - Thur 11am - 10pm, Fri & Sat 11 am - 11pm  
Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Large groups are welcome. Children's menu. Patio Seating. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$5.95. Full bar.

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

**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. Now Serving Espresso!

**Jeffrey's Steakhouse**  
218 North 100 West 435-259-3588  
Open at 5:00pm  
Sunday Brunch 10am  
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 License. Patio Dining. www.jeffreyssteakhouse.com

**La Hacienda**  
574 North Main 259-6319  
Lunch • Dinner - Open daily 11:00 a.m.  
CELEBRATING 29 YEARS! Superior Mexican specialties with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor Licensee.

**Leger's Sandwiches**  
817 So Main (inside the Moab Chevron) 259-2212  
Deli Open 6 a.m. - 8 p.m.  
Leger's Sandwiches, a favorite since 1977, is 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 every day from 7 a.m. - 2 p.m.  
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.

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

**Mi Ranchito Mexicano**  
812 South Main Street, Suite B 259-0550  
Breakfast • Lunch • Dinner fax 259-5533  
Mon to Fri 8am - 11pm  
Sat 10am - 11pm Sun 10am - 9pm  
October Early Dinner Specials. Come join our family owned restaurant for great authentic Mexican food. We use our own recipes to make fresh salsa, tamales, and chorizo, just like my mother's cooking at home. Our full breakfast selection includes burritos, huevos rancheros, and omelettes. We also have menu items from a quick lunch to a full dinner. Call ahead for quick lunch or dinner pick-up. Free delivery



**Desert Bistro**



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

1266 N Hwy 191 • 259-0756  
STATE LIQUOR LICENSEE

Open Everyday 7am-5pm 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

For more information about these restaurants pick up a "Moab





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

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

**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 Coffee Roasters**  
 90 N. Main St. 259-2728  
 7 days a week 7:30am - 10:00pm  
 On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian sodas, and locally made gelato. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference!

**Moab's Daily Grind**  
 1146 South Hwy 191 #B 259-1115  
 Mon-Sun: 6 a.m. - 2 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  
 Open daily 11 a.m. - 10:00 p.m.

At Paradox Pizza, everything is made in house, from our pizza dough to the New York Cheesecake. Join us for a slice and a beer after your day in the desert, or have dinner delivered to you. Voted Best Moab Pizza by Salt Lake City Weekly. Dine in, take-out or delivery. Family friendly. Order online at www.paradoxpizza.com.

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

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

**Red Rock Bakery & Net Cafe**  
 74 S. Main Street 259-5941  
 Breakfast • Lunch  
 Open 7am-5pm Mon-Sat and 7am-3pm Sunday. Serving freshly baked bagels, muffins, scones and cinnamon rolls. Fresh Moab Coffee (FMC). Best Sandwich in Moab. Moab's original high speed Internet Access. OPEN EVERY DAY.

**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. Live music on weekends. 21 years and older. Sunday brunch at 11:00 am OPEN EVERY DAY AT 3:00PM

**Singha: Authentic Thai Cuisine**  
 92 East Center 259-0039  
 Lunch • Dinner  
 Lunch: Mon-Sat 11a.m.-3 p.m.  
 Dinner: Mon-Sun 5 p.m.-9:30 p.m.  
 For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Singha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

**Slickrock Cafe**  
 5 North Main 259-8004  
 Lunch • Dinner  
 Open daily 11:00 a.m. - close  
 Steaks, New & Improved Lunch & Dinner Menu, Atrium Seating, Appetizers, Gourmet Burgers, Sandwiches, Salads and Freshly Grilled Entrees. Ice cold beer. 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, Prime Rib. Fresh ingredients brought in daily. Children welcome. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. Open 5:00 daily. CLOSED SUNDAYS. State Liquor Licensee.

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

**Teriyaki Stix**  
 396 South Main, Next to Hogi-Yogi 259-2656  
 Lunch • Dinner  
 Wide selection of rice or noodle bowls with grilled teriyaki chicken, hot & spicy chicken, beef, kalua pork, fresh steamed veggies, pot stickers & more. Drive thru, take-out & call in orders welcome. Open 7 days a week. Located across from City Market. 640 South Main 259-8800

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

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

**Zax**  
 96 South Main Street 259-6555  
 Breakfast • Lunch • Dinner • Family Dining  
 We have it all, from our all new sunrise breakfast, served every day 6:30 am to 11:30 am, to our hand cut steaks. We offer an extensive menu that includes the best burgers in Moab, deli sandwiches, pastas, salads, seafood and our all U can eat pizza buffet and salad bar. Dine inside or out on our all-weather patio and covered porch. For those 21 and over, visit Zax Dining Club. Watch your favorite sporting event on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Featuring a full liquor license. Open 6:30 am to close 7 days a week. Locally owned and operated.

**EDDIE McSTIFF'S RESTAURANT, BREW PUB & BAR**

Early Bird & Daily Specials

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

Center & Main  
 435-259-BEER (2337)

OPEN EVERYDAY  
 Lunch starting at 11:30 am  
 Dinner starting at 4:30 pm  
 Delivery to Main Street Hotels

Hassle Free Cocktails

WiFi

**SLICKROCK CAFE**

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

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

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

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

**BUCK'S GRILL HOUSE**  
 MOAB, UTAH

1393 North Highway 191  
 435-259-5201

**VISTA LOUNGE**

www.bucksgrillhouse.com

**ZAX**

Family Dining  
 Locally Owned  
 and Operated

OPEN EVERY DAY

Breakfast 6:30 - 11:30am  
 Lunch and Dinner 11:30am - close

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

**Jeffrey's STEAKHOUSE**  
 CASUALLY UPSCALE  
 CLASSIC STEAKHOUSE FARE

218 NORTH 100 WEST  
 259-3588  
 JUST SLIGHTLY OFF MAIN

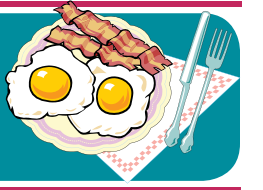
COME SEE OUR NEW PATIO DINING  
 SUNDAY BRUNCH SERVING AT 10:00 AM

OPEN AT 5:00PM  
 CALL FOR RESERVATIONS  
 WWW.JEFFREYSSTEAKHOUSE.COM  
 State Liquor Licensee

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



# RESTAURANT GUIDE



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



Open 7:00 - 2:00 Daily  
139 n. main street  
435.259.6833 [lovemuffinCafe.com](http://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 License  
**MOAB'S FINEST FAMILY DINING**  
COMPLETE CATERING SERVICES AVAILABLE.



**October EARLY DINNER SPECIAL**  
Choice of Chicken or Beef  
Includes Rice, Beans and Med. Drink \$6.95  
3pm - 5pm M-F

**Por Ejemplo:**

- Super Burrito
- Chimichanga
- 2-Enchiladas

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

Big Orders Welcome	• Breakfast all day • Lunch • Dinner	Free Delivery anywhere in town
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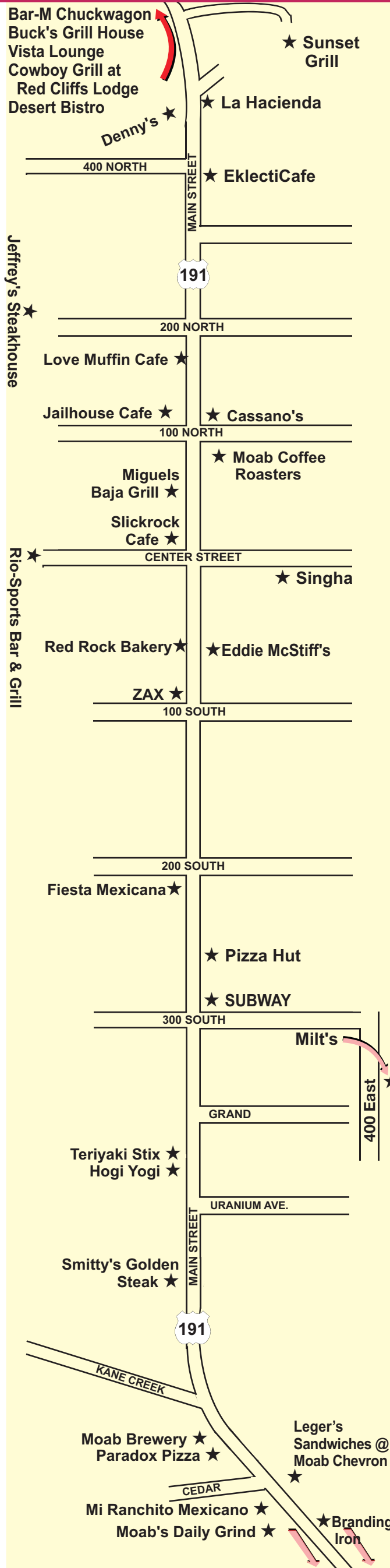
812 South Main St., Suite B  
259-0550  
Mon to Fri 8 am to 11pm  
Sat 10 am to 11pm Sun 10 am to 9 pm



eat fresh.  
Located inside Walker's Convenience Store

**Buy one Breakfast Sandwich and a 32 oz. Drink and get a second sandwich of equal value free.**

Expires November 15, 2010  
Coupon valid at your Moab Subway  
299 South Main • 259-SUBS




**"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

Great Choice for Take Out and Catering

16" large cheese pizza 9.99 all day every day!

**Traditional Italian Food**

- Bruschetta
- Crab Stuffed Mushrooms
- Antipasto
- Lasagna
- Chicken Penne Gorgonzola
- Chicken Parmesan

Patio Seating - Red Rock Views

**Cassano's**  
Italian Restaurant  
11 East 100 North  
259-6018

Open daily 3:00 pm - close State Liquor License

Established 1954



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

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

OPEN DAILY 11AM - 8PM

WWW.MILTSTOPANDEAT.COM  
STOP AND EAT OR CALL FOR PICK-UP: 435-259-7424

www.moabsandwiches.com

**NOW OPEN!**



**SANDWICHES**  
Made to order • Call in Orders  
6 a.m. - 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](http://www.moabsandwiches.com/coupon.html)



# RESTAURANT GUIDE

# ROCK HAPPENINGS

## 51<sup>st</sup> Annual Rock & Mineral Show

Truckloads of agates. Bushels of fossils. Tables full of crystals, gemstones and beautifully crafted lapidary items will be on display at the 51<sup>st</sup> Annual Rock and Mineral Show sponsored by the Moab Points and Pebbles Club.

This year's show runs from Friday, October 8 through Sunday, October 10, and is being held at the Spanish Trail Arena, (5 miles south of Moab on Hwy 191). Show hours are Friday and Saturday, 10am to 7pm, and Sunday, 10am to 4pm. Admission is free!

The show will feature about 30 lapidary, rock and gem dealers, displaying and selling



Saturday: Cisco "Agate Hill" (agate, barite, selenite & more!)

Sunday: Yellow Cat (Yellow Cat red wood and more!!)

The day long trips will leave the Spanish Trail Arena at 9 am sharp, so make sure to be there by 8:50 am. Field trips require high clearance vehicles. Bring lunch, water and wear sturdy shoes. (Please keep in mind that field trips destinations may be changed or trips cancelled if weather or road conditions aren't favorable).



an incredible array of natural wonders, including cabochons, slabs, rough, jewelry, polished stones, gemstones, crystals, fossils, shells and exotic minerals, along with hand tools, lapidary tools and books.

Be sure to check out the display cases of rock, mineral and fossil specimens assembled by club members and other rock hounds, including local Yellow Cat red wood, agate, crystals, fossils and petrified wood. There will also be door prizes donated by show vendors and local businesses. And a perennial favorite with junior rock hounds is the Spin Wheel - every spin is a win!

The club's guided rock-hounding field trips are always a special treat. This year's field trips will be going to:

So, come have a rock hounding good time at the Moab Points and Pebbles Rock and Mineral Show!

For more information, email: [moabrockclub@live.com](mailto:moabrockclub@live.com)



**Moab Points and Pebbles Rock Club**

**51<sup>st</sup> Annual Rock & Mineral Show**

**Friday    Saturday    Sunday**  
**October 8, 9, 10**

**Old Spanish Trail Arena**  
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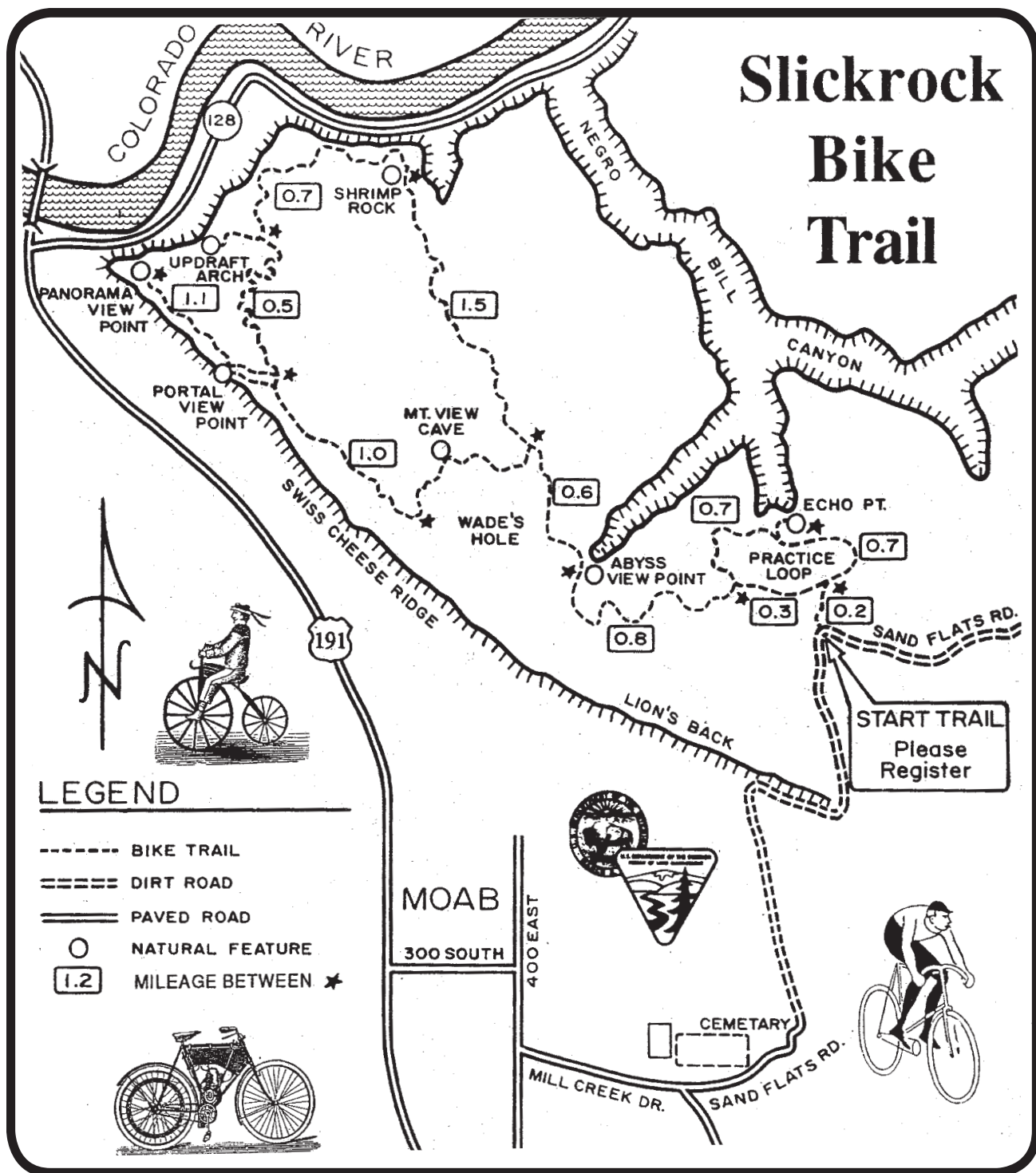
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# MOUNTAIN BIKING



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

## Mountain Biking Mecca

• **OUTERBIKE September 30 – October 3, 2010** - Outerbike is a consumer demo event for both road and mountain bikes. Exhibitors include: Cannondale, Fox, Ibis, Kona, Marin, Maverick, Pivot, Rocky Mountain, Santa Cruz, Specialized, Trek, Turner, and Yeti. There will be three different trailheads to give participants a chance to ride short and medium loops of all types. It is an opportunity to ride your dream bike on a world famous trail. Participants will receive demos for all four days of the event, lunch at the trailheads, and discounted tickets to evening parties and films. The Registration fee for the four day event is \$150. Proceeds will go to both IMBA and the Moab Trails Alliance. Sign up at [outerbike.com](http://outerbike.com).

• **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!

• **MOAB HO-DOWN Mountain Bike Festival - October 28, 29, 30, 31** Presented by Chile Pepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit [www.moabhodown.com](http://www.moabhodown.com) for more information.

• **SKINNY TIRE FESTIVAL March 11-14, 2011** - Three rides of the Skinny Tire Festival highlight Moab's different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient puebloans petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through this grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit [www.SkinnyTireEvents.com](http://www.SkinnyTireEvents.com).

• **2<sup>ND</sup> ANNUAL GRAN FONDO MOAB May 7, 2011** - The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates. 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 CENTURY TOUR September 16-18, 2011** - This annual event is a weekend packed with road cycling benefiting the Moab Cancer Treatment and Resource Center and other cancer survivorship Programs. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. Rolling and Climbing Routes ranging from 42 to 100 miles on this fully supported road cycling tour. Visit [www.skinnytireevents.com](http://www.skinnytireevents.com) or 435.259.2698.

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# TRAIL HAPPENINGS

## Moab's Bike Trails - New Additions and Old Favorites *by Tracy Reed*

October brings the beautiful colors of fall, cooler days, and crisp desert nights. Fall is by far my most favorite time year. Moab is the destination for mountain bikers who come to conquer the Slick Rock Bike Trail and the infamous Porcupine Rim Trail, and with many new trails there are now even more reasons to make the trip to this desert oasis. If you haven't taken the time to visit Moab in the fall then maybe this is the year for you to do so.

Over the past few years, cooperation among local land agencies and local trail groups such as the Grand County Trail Mix Committee, Moab Trails Alliance, and Ride With Respect have produced some exciting developments on the ground and on the horizon.

### READY TO RIDE

- **The Intrepid Trails** at Dead Horse Point State Park include nine miles of mountain bike singletrack trails that are fast and flowy, and with some techy sections, have views to die for (please don't!). Admission to the park is \$10 per vehicle and is money well spent.
- **The Sovereign Trail System** has had extensive work done by the local group Ride With Respect. With the addition of additional loops and connectors, one can spend 4 or more hours exploring the area by mountain bike. One of the future options coming to the Sovereign Trail network is a singletrack connector trail to Klondike Bluffs Road via the Garden Mesa loop.
- **Amasa Back, Pothole Arch, Rock Stacker, and the Jackson Trails** offer the advanced level rider some of the most amazing views in the Moab area as well as sections of trail that will challenge any expert rider.
- **The Whole Enchilada trail network** has fast become one of the best trails in the United States. Cyclists from all over the U.S. and the world come to Moab to experience 7000 feet of descent across 28 miles of trail through 4 distinct ecosystems. If you are a rider who seeks the epic ride, then this is the one for you. This trail starts high in the La Sal Mountains and finishes with descent on the Porcupine Rim Trail.
- **Jedi Trail**, adjacent to Bartlett Slickrock Trail, offers riders an additional slickrock playground area.
- Road Bikers, and everyone rejoice! The old highway, **Moab Canyon Trail** (paralleling Hwy 191), has been paved from the Pedestrian Bridge to Hwy. 313!



### UNDER CONSTRUCTION

- **The Pipe Dream Trail**, on the west side of Moab above the power lines, is currently under construction although some segments are ready for riding. From the north, access is at Aspen St. off of Doc Allen Drive and access the middle portion via Jackson Street with 4th East going up the hill. Let's call the route "fun & technical" for bikers, "great for hikers". It will eventually conclude at the Hidden Valley Trailhead south of Moab.
- **Moab Brands Trails** (Bar M, Circle O, Rockin A, Bar B)– Permission has been received to expand this trail network to include 3 more loops, and 2 more connectors (12 miles of singletrack). Construction has started and the new "Lazy" segment of the Lazy EZ Trail is ready to ride, although the soils need to settle in over the winter.

### PROPOSED TRAILS

- **Magnificent 7 (Mag 7)**, is a trail system proposal to the BLM by Trail Mix which includes many miles of singletrack located near Gemini Bridges road and the Gold Bar Rim Trail. The potential approval and implementation of this trail network is ongoing, so stay tuned – I am keeping my fingers crossed on this one.
- An expansion within the **Klondike Bluffs Mountain Bike Focus Area** has been proposed by Trail Mix to the Bureau of Land Management for an additional 10 miles of new singletrack. These proposed trails would greatly expand the options within the Klondike Bluffs System adjacent to the Baby Steps Trail.

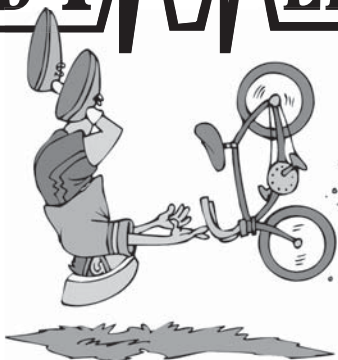
Moab offers a rider a unique experience unlike most places in the world. Come see for yourself what this red rock desert has to offer.

About the Author: Tracy Reed – is co-owner of Chile Pepper Bike Shop with her husband Ryon Reed. Tracy has been a member of the Moab cycling community for the past 11 years, is a founder of the Moab Ho-Down MTB Festival and is involved in local trail advocacy, including membership in Trail Mix.

Trail Mix This committee represents non motorized trail users including: bikers, hikers, equestrians, and skiers. Many government agencies and private citizens comprise the "mix" that makes this group work so well. We meet the 2nd Tues. of each month from 12-2 at the Grand Center (500W. 182 N.). Everyone is welcome. Contact Sandy Freethey 259-0253 or find us online: [www.grandcountyutah.net/trailmix/](http://www.grandcountyutah.net/trailmix/) or [moabtrailmixinfo@gmail.com](mailto:moabtrailmixinfo@gmail.com).



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# MORE BIKE HAPPENINGS

## 5<sup>th</sup> Annual Moab Ho-Down Mountain Bike Festival and Moab Mountain Bike Film Festival October 28-31

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



Thursday night, October 28<sup>th</sup> is the first night for films at Star Hall. We will have a meet and greet at the bike shop from 6:00pm to 7:30pm and then make our way to Star Hall to check out the film submissions. Friday night, October 29<sup>th</sup> is the Townie Tour and the second night of films at Star Hall. Meet at the shop on 2 wheels at 6pm. We will make our way to various stops before heading to Star Hall at 9pm for more film action. After the film,

participants can join us at the World Headquarters of Fresh Moab Coffee for more libations.

We will have group shuttle pick up at the shop on Friday and Saturday. Check out the amazing views while riding Amasaback trail on Friday – shuttle on Friday is at 11am. Saturday morning, you can shuttle to Porcupine Rim and LPS trail, one of the locals' favorites – shuttles will start at 8am. On Saturday afternoon after your ride, make sure to check out the Pumpkin' Chuckin' Festival out at the old airport south of town. This festival is from 10am to 4pm on Saturday. At 4:30pm, we will have our dirt jump competition at the dirt jumps on 500 West (for directions to the dirt jumps stop by the shop or call). Can you go BIG? If so, bring your dirt jump worthy bike or your 26" wheeled bike and show our judges what ya' got.

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

Sunday afternoon, get ready to race the Super D and DH race. The Super D race begins at 1pm and the DH race

starts at 3pm. The awards ceremony will be held at Chile Pepper Bike Shop following the races.

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

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

To register for the festival or to register to race please visit: [www.moabdown.com](http://www.moabdown.com)

Or call Chile Pepper Bike Shop at 435-259-4688 and be sure to mention you read about it in Moab Happenings.



### Schedule for the Moab Ho-Down:

#### Thursday October 28<sup>th</sup>

- 8am-6pm Festival/Race Registration @ Chile Pepper Bike Shop
- 6-7:30pm Film Makers Meet n Greet @ Chile Pepper Bike Shop
- 8pm Movie Time! @ Star Hall - doors 7:45pm

#### Friday October 29<sup>th</sup>

- 8am-6pm Festival/Race Registration @ Chile Pepper Bike Shop
- 11am Amasa Back to Pot Hole Arch Group Ride convoy departs from Chile Pepper
- 1-3pm DH practice @ Porcupine Rim Trailhead
- 6pm Townie Tour departs from Chile Pepper Bike Shop
- 9pm Movie Time part II! @ Star Hall doors 8:45pm
- After-Party at FMC (Fresh Moab Coffee world headquarters)

#### Saturday October 30<sup>th</sup>

- 8am-6pm Festival/Race Registration @ Chile Pepper Bike Shop
- 8am, 9am, & 10am Porcupine Rim Group Ride Shuttle Departures from Chile Pepper
- 10am-4pm Youth Garden Project Pumpkin Chuckin' Festival
- 1-3pm DH practice shuttles from Porcupine Rim Trailhead
- 3-4pm Dirt Jump Competition/Exhibition @ Pumpkin Chuckin'
- 8pm-1am Ridiculous Costume Party w/ DJ New Departure @Elks Lodge
- 11pm Hot Pepper Eating Contest
- 12am Costume Contest Winner Awarded!

#### Sunday October 31<sup>st</sup>

- 8am-10am Race Registration @ Chile Pepper Bike Shop
- 11am DH Practice Shuttle @ Porcupine Rim Trailhead
- 1pm Super D Race Start
- 3pm DH Race Start
- Awards immediately following race finish @ Chile Pepper

Events list subject to change without notice or cause.



Contact Chile Pepper Bike Shop for more info at 888-677-4688 or e-mail us at [info@chilebikes.com](mailto:info@chilebikes.com). The 2010 festival will be bigger and more fun than ever, so don't miss it. See you at The Chile Pepper and the Moab Ho-Down Bike Festival!

# 5<sup>TH</sup> ANNUAL PUMPKIN CHUCKIN' FESTIVAL

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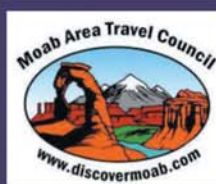
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- Giant Sandbox
- Storyteller
- Arts and Crafts
- Food and ...Flying Pumpkins!

# ASTROLOGY HAPPENINGS

## Your Monthly Horoscope - October 2010

By Rob Wells

Sep. 23 - Oct. 23



**Libra:** Happy Birthday Libra. Saturn has returned to your sign for the next two years to bring you into focus with your life and show you a better, more solid way to achieve your dreams. Venus brings interesting developments to your financial situation but may require patience to achieve at first, but you'll love the results in two months. After the 24<sup>th</sup> the joins Venus in your financial house and brings good luck in that area, especially on the 20<sup>th</sup>, 24<sup>th</sup>, and 28<sup>th</sup>.

Oct. 24 - Nov. 22



**Scorpio:** On the one hand, you need down time, and on the other, you want to go, go go. Balance is the key this month. You'll attract romance and love all month long, so be prepared at all times to be swept off your feet, or you doing it to someone else.

A creative project really pays off this month. Watch the fireworks in this regard on the 20<sup>th</sup>, 24<sup>th</sup> and 28<sup>th</sup>. After the 24<sup>th</sup> the Sun sends you tons of energy to keep you going for the month ahead. Take the 24<sup>th</sup> and the 28<sup>th</sup> to get something done you've been waiting on. It will go so smoothly it will amaze you.

Nov. 23 - Dec. 21



**Sagittarius:** With the Sun in your house of Dreams and Wishes, this is the month to plan for the future. Dream and wish big to avoid disappointment when the goodies come your way. A new place of residence is in the offing come next March. Mark the 20<sup>th</sup> and the 24<sup>th</sup> and possibly the 28<sup>th</sup> as days to start laying down the groundwork for this event. After the 24<sup>th</sup> the Sun slips into you house of downtime and you will require additional rest for the coming month.

Dec. 22 - Jan. 20



**Capricorn:** Your career is center stage this month, and for the next two years. This is your just reward time and it only comes around every twenty-eight years, so make good use of it as you have probably worked very hard to have it. Your friends pass along valuable information to you on the 20<sup>th</sup>, 24<sup>th</sup>

and 28<sup>th</sup> so mark those days in advance. After the 24<sup>th</sup> the Sun moves into your Wishing house for a month long stay to help you decide your path for the coming year. Lay down your happy plan for abundance and satisfaction especially on the 28<sup>th</sup>.

Jan. 21 - Feb. 18



**Aquarius:** Church or civic duties could bring you extra delight and cash this month. A well-planned project is both fun and profitable. You gain some notoriety in the process. Sharing and caring for others is the key to your success as your generosity is returned ten fold this month. After the 24<sup>th</sup> the accolades continue in the career department. Make special note of the 20<sup>th</sup>, 24<sup>th</sup> and the 28<sup>th</sup> as the days to put your best foot forward and make a good showing to the public.

Feb. 19 - Mar. 20



**Pisces:** Time to balance the books and set the checking account in good order. When all is done and said, you'll feel more secure and happy with your financial situation, something that has been lacking for some time. After the 24<sup>th</sup> the Sun moves into your house of church, college and long distance travel stirring activity there. Take your pick, as any choice in these areas is favored, especially on the 20<sup>th</sup>, 24<sup>th</sup> and 28<sup>th</sup>.

After the 24<sup>th</sup> these two orbs move into you house of joint holdings and favor the two of you with the possibility of an increase in this area. Look for the 20<sup>th</sup>, 24<sup>th</sup> and the 28<sup>th</sup> as the days for this grand possibility.

Mar. 21 - Apr. 20



**Aries:** Your partnerships shine this month. If you are single, any long term relationships started now will be happy and enduring. If you have that special someone, expect to have those fires fanned by the warmth of the Sun and the passing of Venus through your Marriage House.

After the 24<sup>th</sup> the Sun shines on your partnership for the next month and makes them shine, especially on the 20<sup>th</sup>, 24<sup>th</sup> and 28<sup>th</sup>.

Apr. 21 - May 21



**Taurus:** Your work place this month will be so much fun you may tend to arrive early just to get the show going. You may be planning a company Halloween party. Possibly some décor changes will brighten the office and moral. Anything you try works out well for everyone. After the 24<sup>th</sup>

the Sun shines on your partnership for the next month and makes them shine, especially on the 20<sup>th</sup>, 24<sup>th</sup> and 28<sup>th</sup>.

May 22 - June 21



**Gemini:** Romance is everywhere you turn this month as you attract the admiration of those you come in contact with. Your charming, chatty style beguiles the hearts and minds of would be suitors. Try to look your best and put that best foot forward at

all times, as you just can't tell who's watching. After the 24<sup>th</sup> the Sun and Venus shine a bright and warm light in your workspace and on the people you come in contact with during your workday. Be especially mindful around the office on the 20<sup>th</sup>, 24<sup>th</sup> and 28<sup>th</sup>.

June 22 - July 22



**Cancer:** Resolution of matters in your home require your attention and lead to happy outcomes during this first three weeks of October. If you're selling a property, you could get the price you're asking and that will certainly make you pleased. After the 24<sup>th</sup> the Sun will brighten your love life. Any creative projects are also highlighted and if concluded, they will finish with excellent results. Mark the 20<sup>th</sup>, 24<sup>th</sup> and 28<sup>th</sup> as red-letter days in this regard.

July 23 - Aug. 24



**Leo:** Good and happy news seems to follow you everywhere this month. You also have it to share with others. If you're planning on speaking in public, you could really score a coup. Watch all communications coming and going, as they will be fast and furious this month to avoid any confusion. After the 24<sup>th</sup>, the Sun shines in your home and you may find some very fun home project that brings a new brightness to your living space. Days for this are the 20<sup>th</sup>, 24<sup>th</sup>, and the 28<sup>th</sup>.

Aug. 24 - Sept. 22



**Virgo:** You're focused on money matters this month. You may also find yourself reassessing your value system in some ways, trying to determine between your wants and your needs. How much is enough and how much is excess. Your wealth can be measured

by how little you carry on your back, some say. After the 24<sup>th</sup>, the Sun brightens your communications house and all forms of it are highlighted for the following thirty days. Good news can arrive on the 20<sup>th</sup>, 24<sup>th</sup> and the 28<sup>th</sup>, so be ready for some fun.



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

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-Craig Childs

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		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00			<b>KZMU OVERNIGHT</b>		Art of the Song		<b>KZMU OVERNIGHT</b>		7:00	
8:00	Native Spirit	<b>DEMOCRACY NOW</b>						Desert Diva	8:00	
9:00		<b>MOAB Morning Blend</b>						Shine Time (Children)	9:00	
10:00	Jah Morning Reggae	Moab Mamas (everything)	Classical Collusion	Tilted Park (Americana Classic Rock)	OddBins	Blue Plate Special (blues/rock)		Trailer Park Companion	10:00	
11:00						The Trading Post (call-in Buy/Sell)			11:00	
Noon	Grass is Greener (Bluegrass)	It's My Party/ On the Rocks	radio mmm... (Classic Indie)	Horizon Line	Random Toonage			Ain't Life Grand? (live recordings)	Noon	
1:00						1-2-3 (funky world soul)			1:00	
2:00	Plateau Pastime/ Canyon Wren Express	Radio Mundial Radio MOONDial	Planet Picante (latin)	Mondo Beyondo	Red Rock 'n Blues			Belagaana Review (fruit and nuts)	2:00	
3:00			<b>WORLD MUSIC</b>			Fire on the Mountain		Tween Time (pre-teen fun)	3:00	
4:00		Ritmo Latino	The Observatory/ SoundThing	Gaelic Circle/ Drive Time	MOAB Drive Time				4:00	
5:00	West of Broadway/ Concert in the Park	This Week in Moab (Interviews / Calendar)				Free Speech Friday Public Access		Big River / Ranch Exit (twang)	5:00	
6:00		<b>DEMOCRACY NOW</b>							6:00	
7:00									7:00	
8:00	Kokopelli Coffeehouse	Big Swing Face (big band jazz)	Moab City Council/ Atomic Lounge	Thin Edge (jazz)	Rock Garden (rock)	The Rainbow Room		The Real Teenage Wasteland	8:00	
9:00									9:00	
10:00	New Dimensions	The Sound Lair (Experimental Dance)	<b>MOAB</b> Conscious Party	<b>After</b> Suburban Urge	<b>Hours</b> Pandora's Box	Altered State		Radio Free Moab (college rock)	10:00	
11:00	KZMU Overnight								11:00	
12:00		<b>KZMU OVERNIGHT</b>				the eleventh hour	Seti Transmissions	KZMU Overnight	12:00	

<b>KEY:</b>	<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:white;"></span> Talk Shows	<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:yellow;"></span> Easy Mix - Jazz	<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:lightgreen;"></span> Blue Grass - Country - Folk
	<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:orange;"></span> Eclectic/World	<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:lightblue;"></span> Rock - Blues	<span style="display:inline-block; width:15px; height:15px; border:1px solid black; background-color:purple;"></span> Heavy - Hard





SHOPPING  
DINING

# MOAB HAPPENINGS

ENTERTAINMENT  
NIGHT LIFE

Volume 22 Number 7

Section B

October 2010

The air is crisp, the sky an October yahoo blue, and cottonwood leaves are glowing golden in their last fling of the season. Time for the Castle Valley Gourd Festival!

I pause at the Festival entry, aware that this vestibule will lead me into... the gourd zone. Dancing gourd figures beckon me further and now I see them: the gourds are everywhere! Tables are covered with gourds transformed into animals, masks, rattles, and drums. Folks are roaming around wearing gourd hats, drinking from gourd cups. Bushels of raw gourds spill onto the ground, their seductive shapes inviting my touch.

This year marks the tenth anniversary of the Castle Valley Gourd Festival. Ten years of growing, curing, decorating, and celebrating gourds.

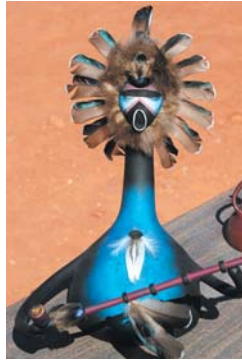
I can't stop smiling at the wild directions taken by the human imagination. Gourds have this effect on us. They tease our mind to go elsewhere, even as their earthy forms anchor our hands. You cannot look at a gourd without wanting to fondle it.

I pass clusters of folks discussing weather, paint, and the advantages of various tools with the artists. Some are captivated by the expressive whimsy of gourds, others marvel at the skill and playfulness revealed in their intricate work. It's gourd appreciation day!

In 2001 a group of friends, inspired by the Bluff Gourd Festival, put their gourds together for the first Castle Valley Gourd Festival. Featured were demonstrations of gourd crafting, a Gourd Gallery, and a Silent Auction with extraordinary work donated by local gourd artists. 2002's stormy weather threatened the Festival, but did these intrepid folks give up? Not a chance. There was a quick venue change to the home of Cris "Gourdmother" Coffey, and the show went on, splendidly. In 2003 the first Gourdess appeared, presiding over the newly launched Tractor Parade and pot-luck luncheon. In 2004 Big

## Joy, Laughter, Creativity, and Wackiness in Abundance Saturday, October 16 at the Castle Valley Gourd Festival

by Alice Drogin



Photos by Yrma van der Steenstraeten

Gourdy, a nine-foot-tall walking gourd puppet joined the festivities. 2004, 2005 and 2006 found Gourd Puppet Theatre, along with Face Painting and the Kids' Tent rounding out the fun. In 2007 we welcomed members of the Moab Community Dance Band who graciously invited us to jam with them on homemade gourd instruments. 2008

saw the beginning of Gourds of Wisdom, and Gourd Fortunes.

Each year this Festival gets a little more lively, as the gourd-besotted from far-flung regions gather to compare techniques, visit with fellow cognoscenti, and have fun.

One of the high points of the day is the arrival of the Gourdess, riding high and leading the parade. The Gourdess takes great pride in her outfit, always a masterpiece of gourd apparel. If you're lucky, she'll sprinkle you with gourd seeds.

Gourds have been with us down through the ages. They've been used for their practical shapes as vessels to hold water, grain, and sometimes buttons. They've been blown, beaten or plucked as musical resonators, and prized in ceremonial service. Dipper gourds have a special significance: stories tell of runaway slaves heading north on the Underground Railroad, looking to the "drinking gourd" (Big Dipper) in the night sky for direction. Dipper gourds are among the most satisfying to grow, their long handles straight as a stick if they hang from an arbor, or sensuously curved if allowed to recline in the garden.

Visiting with friends, laughing at the antics of wandering gourd jesters, shopping the vendors' tables for the perfect gift, I have a revelation: gourds are a distillation of our year. We plant them in spring, watch them soak up the summer sunshine, celebrate them in autumn, and spend the winter working them, dreaming of seasons to come.

If I hustle, I think I have just enough time to bid on that handsome 2010 Commemorative Gourd engraved by Bob in the Silent Auction.

See you at the Gourd Fest!

- Alice Drogin grows bodacious, curvaceous gourds and other delights in her garden in Castle Valley, UT.

### 10th Annual Castle Valley Gourd Festival Schedule of Events

- 8:00am – 10:00am Setup for exhibitors and vendors
- 10:00am – 3:00pm Let the Gourd Festival begin!
- 12:00 noon Tractor Parade
- 12:30pm Pot Luck Luncheon; do bring a dish to share
- 2:30pm Awards, reading of Gourds of Wisdom, Silent Auction winners
- 3:00pm Take down and Clean up

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# HIKING HAPPENINGS

## Upper Porcupine Rim – Panoramic Views of Castle Valley *by Marcy Hafner*

Emerging from beneath the slopes of the La Sal Mountains, the Porcupine Rim extends approximately twelve miles in a northwesterly direction before ending dramatically at the Colorado River. Most of its uplifted 2,000-foot backbone abuts the west side of Castle Valley - a sheer cliff wall of Kayenta Sandstone with a long distance drop to a steep slope of gigantic boulders and rubble that stretches to the edge of the valley floor. From a razor edged overlook on the Porcupine Rim Trail, the observation of Castle Valley and beyond is stunning.

The difficult challenge of these old jeep roads and trails have since been adopted and made popular by mountain bikers, but don't let that reputation fool you. It's a great place for hikers, too. Adjacent to a wilderness study

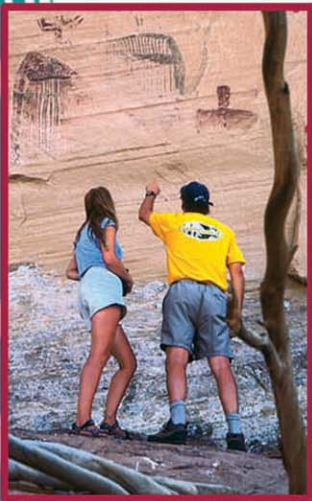
The pinyon pines and juniper trees thrive at this elevation. The singleleaf ash happens to be a common species, too, but because of its diminutive small size, it is usually overlooked. These deciduous native trees, which only grow up to thirteen feet, are unique within the ash family because their smooth, oval-shaped leaves are single instead of compound. The contrasting colors of Indian paintbrush and goldenrod grab my attention because they are among the very last bloomers of the summer. The small yellow flowers of the broom snakeweed, which is arranged in a flat-topped broom-like cluster, are also a strong reminder that fall is on the way. It fascinates me that this perennial shrub was actually used as a broom by southwestern Indians and Mexicans.



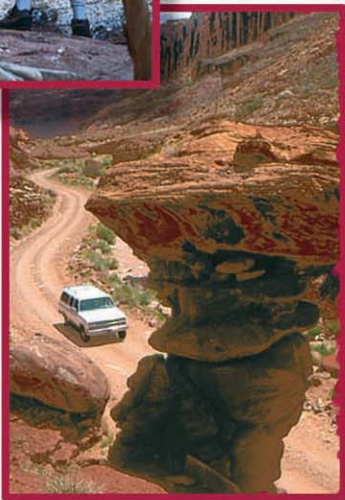
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area, the first 11.2 miles are open to motorized vehicles. After that it departs from the dirt road to become a single track suitable only for mountain biking and hiking. The uphill portion of the trail is a 900-foot ascent to the Castle Valley viewpoint. After that it is a 2800-foot descent to the Colorado River near the mouth of Negro Bill Canyon. The total distance of the trail is 14.4-miles and is most heavily used from March through late October. Due to the rim's higher elevation (6800-feet), snow, rain and cold temperatures may occur during early spring and late fall and through the winter snow accumulates on its upper regions.

On the mesa leading up to the rim, early settlers observed an abundance of porcupines, hence the odd name for this spectacular landmark – a fact that surprised me immensely. Attracted by the pinyon pines, these slow moving quilled rodents gnawed off the outer bark to access the edible inner bark. If they girdled the trunk, the tree died.

To get to the Upper Porcupine Rim trailhead, turn east off Main Street at the Moab Information Center on to Center Street. At the stop sign on 400-east, take a right. Then drive a few blocks and turn left at Dave's Corner Market on to Mill Creek Drive. At the three way stop – go straight on the Sand Flats Road, which will take you to the entrance station of the Sand Flats Recreation Area. From there it's seven more miles to the trailhead, which is situated across from several cattle watering troughs. When the limited parking area is full, park along the north side of the main road.

On a tempestuous partly cloudy, windy day at the very end of August, I start the three-mile ascent to the Castle Valley overlook. Despite the deceiving appearance of the various spurs that take off from the main trail, many are dead-ends. The main route, however, is well marked and easy to follow. This well-used segment of the trail, often visible for a long distance, is an obvious highway of buckled slickrock - a challenging obstacle course for bikers and jeeps. The ledges, however, present no difficulty for hikers. Negro Bill Canyon runs a parallel course directly below the trail and on this overly warm day, the cool looking cottonwoods and other water loving vegetation are so alluring.

After awhile the steady climb up on a 90-degree afternoon wears me out. The rim looks so tantalizingly close; yet feels so elusively far away and I wish I could fly as effortlessly as that turkey vulture circling above me! Eventually a glimpse of the high country convinces me I must be getting close. The road keeps swinging and swinging towards the rim until finally I am there!! Now I am more than ready for a long break to appreciate this fantastic view. At the valley's upper end a few homes remain in Castleton, which had been an old mining camp and supply town for Miners Basin. In 1895 its population exceeded Moab and at that time it had been considered for the county seat of Grand County. The gray volcanic plug called Round Mountain protrudes sharply from the valley floor. Situated directly below me is Porcupine Ranch and looking further south I am observing the heart of picturesque Castle Valley with its homes, ranches and farms, which is bordered on the northeastern end by Parriott Mesa; named for Tom Parriott, the mail carrier for Castle Valley around the turn of the twentieth century.

The striking rock formations of the Priest and Nuns and Castle Rock (also known as Castleton Towers) stand out in sharp relief above the valley floor while in the far background the indentation of the Colorado River corridor can be seen as it wanders through the Richardson Amphitheater. Glancing southeast are the prominent peaks of the northern range of the La Sal Mountains and the La Sal Loop Road below.

When I finally tear myself around in a westward direction, I am gazing down upon a portion of Moab and the rugged outline of Behind The Rocks. Beyond that is the broad vistas of a canyonlands wilderness, which stretches out for miles and miles clear to the faint silhouette of the Henry Mountains on the far distant horizon.

The longer I stay, the windier it gets. This spot has turned into a hang on to your hat and everything else viewpoint. The dark angry thunderheads highlight the many red rock spires. The flickering of lightning sends off an ominous signal. I quickly get the lightning rod message that I shouldn't dally any longer. Hastily I load up my pack and hot foot it down to a less exposed location. As I try to out run the rain, I keep thinking – what a sensational view I had just witnessed – that unique opportunity to be perched so high above Castle Valley.

# HEALTHY HAPPENINGS

## The Moab Farmers' Market is for Everyone!

The 2010 MOAB FARMERS' MARKET brings more fresh food to the community than ever before! The market is becoming a one-stop shop including locally produced fruit, vegetables, herbs, cheese and yogurt, locally butchered meats, Moab fisherman caught salmon, Navajo fry bread, fresh baked breads, tortillas, empanadas and other bakery treats, local honey, jams, garlic, fresh cut flowers, potted plants, cupcakes, farm fresh eggs, pumpkins, compost, on occasion wood fired pizza and ice cream! Moab Coffee Roasters supplies fresh roasted and hot coffee for the Market.

If you haven't visited the Farmers' Market this year you have 4 more Saturdays in beautiful October weather to venture out to Swanny City Park located at 100 West and 400 North, from 8:00AM to Noon. Bring your shopping bags! The market includes a huge variety of local Arts and Crafts vendors making and selling many indispensable hand-crafted items and offering special services: wood products, rocks, gems and jewelry, photography, paintings and greeting cards, hand-knit hats, candles and soaps, tie-dye and hand-dyed clothing, herbal medicinals, all blades and knife-sharpening service, straw hats and bags,

ceramics, leatherworks, wood furniture, glass objects, hand-made wallets and hula-hoops.

Community Non-profit organizations, political candidates, and government agencies are finding the Farmers' Market a thriving place to give information freely. Local musicians play their fare and children's story time presented by the Grand County Public Library is on October 16th at 10:30 AM.

Thank you to our 2010 Sponsors for helping make the Moab Farmers' Market Fresh, Local and Lively! Youth Garden Project, Sarah Beth Coyote Foundation, Arches Book Company, Ye Ol' Geezer Meat Shop, Moonflower Market, Red Rock Bakery and Net Café, Moab Happenings, Canyon Color Graphics, KZMU and the Times Independent.

For info call Gayle at 259-0242. Registration forms and Guidelines can be found at [www.youthgardenproject.org](http://www.youthgardenproject.org).

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October is a time to celebrate a consumers' right to choose non-genetically modified foods and to raise awareness about genetically modified organisms(GMO)s\*.

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Moonflower Market and Youth Garden Project will also be sponsoring a film screening of **FOOD, INC** a documentary that reveals the 'shocking' truth about what we eat.

On 10.10.10 at 7pm at the MARC



\*genetically modified organism - Biotechnologically created organisms with combinations of plant, animal, bacterial, or viral genes that do not occur in nature. A growing body of research links GMO farming and consumption with decreased fertility, allergies, abnormalities in organs, unforeseen environmental effects and more.

\*\*Non-GMO Project Verified-the first third party verification process in the US and Canada to test products for GMO content. The seal gives the public an opportunity to make informed choices when it comes to GMOs.

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Starshine is Moab's new age and 2012 information center and can make your experience of Moab even more magical. Starshine offers an extensive selection of incense and candles, healing stones, unique jewelry, books, music and art.

**Desert Thread**  
Beautiful Yarns and Fibers!  
Visit our new location  
29 East Center Street  
Moab, UT 84532  
435-259-8404  
Open Mon - Sat 10 - 5:30  
Visit us online at [www.desertthread.com](http://www.desertthread.com)  
Fall Classes Sign Up Now



**WabiSabi Thriftique**  
**A Luxury Thrift Shop**

411 East Locust Lane  
259-9114 • [www.wabisabimoab.org](http://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 equipment. WE HAVE WHAT YOU FORGOT TO PACK. WabiSabi supports local nonprofits & produces workshops that have a positive impact on our community. Open from everyday 10am to 7pm. Visit our warehouse (at our new location -1030 Bowling Alley Lane) for reduced price clothing, furniture, construction materials and housewares. Open everyday 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.

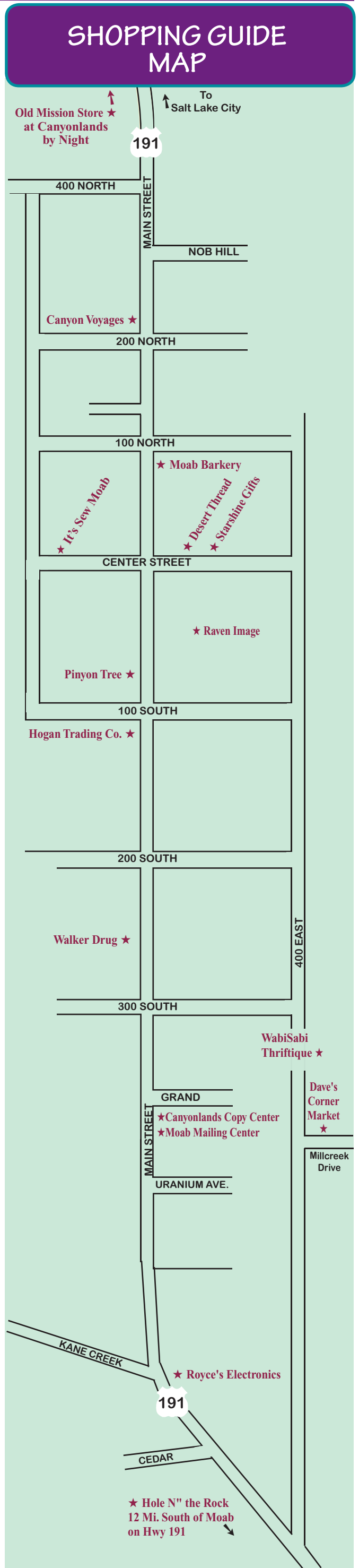


*We shape the places where we live in crucial ways every day. Each time we purchase goods or services from a particular shop or office, we are making choices about our community. For every dollar they*

*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.*

**DAVE'S CORNER MARKET**  
4th East & Millcreek Drive  
259-6999  
**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 p.m. Sunday



# ART WALK HAPPENINGS

Moab Art Walk, Saturday October 9<sup>th</sup> from 6pm to 9pm

**Overlook Gallery  
Daniel Loge**

Invited to Moab to judge the PleinAir Moab painting competition, award winning Colorado artist Daniel Logé will be displaying his newest wildlife and landscape paintings this month at The Overlook.



83 E Center 435-259-3861

**The Western Image  
Page Holland**

A special display of small plein air paintings by Page Holland will be featured at the Western Image. The jewel-like paintings were painted on site in oil and acrylic. They will hang throughout the fall months.



39 N Main 435-259-3006

**Moab City Center  
PleinAir Moab**

The MARC and Moab City are hosting PleinAir Moab outdoor painting festival/competition. The festival runs October 1-9. An awards ceremony and art auction takes place at Moab City Hall on October 8<sup>th</sup>. The exhibit and sale continues through Artwalk on the 9<sup>th</sup>.



217 E Center 435-259-3861 www.pleinairmoab.com

**Framed Image Fine Art  
Joanne Savoie**

Framed Image presents new work in ceramic sculpture by Joanne Savoie. Geologic patterns, colors, textures and surprises combine with artifacts of man in the river canyons inspire her designs.



59 E Center 435-259-4446

**Moonflower Market  
Bobby Cooper**

Bobby works exclusively with black paper and colored pencil, though he will be



showing some older work with different media as well. He enjoys drawing light into black paper and allowing the black paper to represent shadow.

39 E 100 N 435-259-5712

**Moab Coffee Roasters  
Jacci Weller**

Jacci will be showing recent paintings of desert flora bathed in seasonal colors and light which reflect her attachment to and respect for Moab's beautiful backyard and beyond. She will also have her popular notecards for sale.



90 N. Main 435-259-2725  
www.lostriverimports.com

**Tom Till Gallery**

Tom Till Gallery is featuring more images than ever in luminous, spectacular metal prints in all sizes. Our response to this kind of print has been overwhelming, so come in and see the beautiful metal prints for yourself.

61 N Main 435-259-9808



**Back of Beyond Books/Arches Book Company  
Ted Crawford**

Ted grew up in Southern Utah travelling with his grandfather on lengthy photographic expeditions in the 1950's and 60's. Although very accomplished, the images never quite captured the wide, expansive landscapes. Inspired by these memories, Ted uses more recent technologies and can capture the 180 degree vistas that eluded his grandfather many years ago.

83/89 N Main 435-259-0782  
www.backofbeyondbooks.com



**Love Muffin Cafe  
Pete Apicella**

Pete's art incorporates super-saturated color bursts, undulating wiggled and spiral line trails, resilient plant and animal vitality, future-primitive spiritualism, and raw energy. "I don't consider the work traditional landscapes. They are more like prismatic Funscaapes."



139 N Main 259-6833 lovemuffincafe.com

**Off The Wall Gallery  
Group Show**

Off The Wall will be featuring work from two of our artists, Linda Pampinella – abstract photography and Jay Johnson – contemporary stained glass mirrors.

225 South 400 East

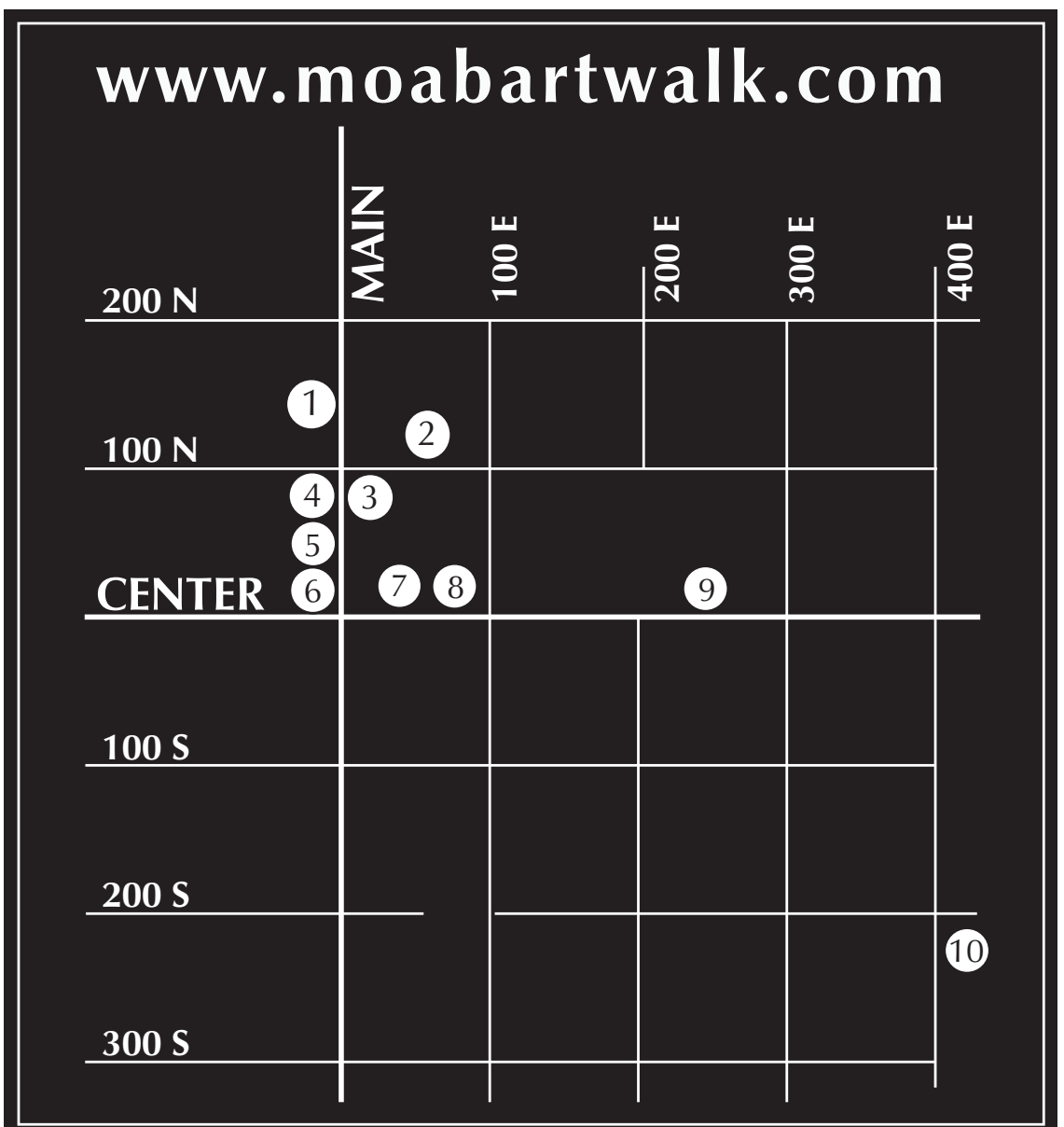


435-259-6656

www.offthewallartmoab.com



- 1 LOVE MUFFIN CAFE  
139 N MAIN ST
- 2 MOON FLOWER MARKET  
39 E 100 N
- 3 MOAB COFFEE ROASTERS  
90 N MAIN ST
- 4 ARCHES BOOK COMPANY &  
BACK OF BEYOND BOOKSTORE  
83-89 N MAIN ST
- 5 TOM TILL GALLERY  
61 N MAIN ST
- 6 THE WESTERN IMAGE  
39 N MAIN ST
- 7 FRAMED IMAGE  
FINE ART GALLERY  
59 E CENTER ST
- 8 OVERLOOK GALLERY  
83 E CENTER ST
- 9 MOAB CITY CENTER  
217 E Center
- 10 OFF THE WALL GALLERY  
225 S 400 E





# MOAB AREA LODGING GUIDE



**3**

488 N. Main Moab, UT

- 79 Rooms
- Free high speed internet
- Cloud 9 beds
- Outdoor pool/hot tub
- Guest laundry
- Continental breakfast
- Fitness center
- Free secure bike storage
- Meeting room
- Studio suites

1-800-HAMPTON (435) 259-3030  
 fax (435) 259-3035 www.hampton.com



1515 N. Highway 191 • Moab, UT 84532  
 Phone: 435-259-1150 • Fax: 435-259-1160  
 HolidayInnXMoab@yahoo.com  
 www.HIExpress.com/moabut

79 Beautiful Rooms with Pillow Top Mattresses  
 Free High-Speed & Wireless Internet Access  
 Indoor Heated Pool & Hot Tub  
 Express Start Breakfast • Guest Laundry  
 Safety Deposit Boxes Available  
 Free Bike Storage • Room for Bus & Truck/Trailer Parking

**2**



*The Lazy Lizard*  
**International**  
 (not just for youth)  
**Hostel**  
 per person  
**\$9**  
 CHEAP  
 (dorm style)

**1** Log Cabins: \$28 and up  
 Private Rooms: \$23 and up

**HOT TUB • TV - VCR - MOVIES  
 SHOWERS (\$3.00 for non-guest)  
 Coin-op Laundry**

1213 S. Hwy 191 - One mile South of Town  
 Behind A-1 Storage • 435-259-6057  
 www.lazylizardhostel.com  
 email: reservations@lazylizardhostel.com

We also feature

### GROUP LODGING HOUSES

Houses for Large Groups

School and Church Groups  
 Family Reunions  
 Sports Teams  
 Clubs



**Contact The Lazy Lizard for more info and reservations.**

**BRAND NEW ROOMS!**



**Reservations:**  
 435.259.8700  
 1.800.753.3757

## LAQUINTA

INNS & SUITES

815 South Main Street • www.laquintamoab.com

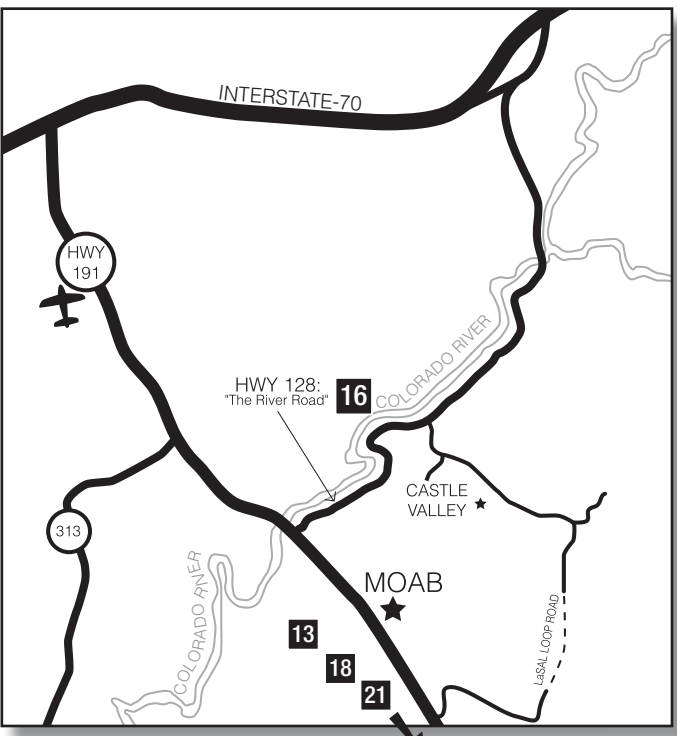
**Present or mention this ad to receive a 10% discount!**  
 Expires 10/31/10. Based on space availability.  
 Not valid with any other offer.

AAA Approved  
 Pets Welcome • Free WIFI • Guest Laundry  
 Fitness Center • Business Center  
 Best Deluxe Continental Breakfast

**4**

### Highway Map for Hwy 128 "The River Road" and Castle Valley

(Take Hwy 191 North to Hwy 128 - approx 2 miles)  
 Castle Valley Turnoff is approx 15 miles up River Road.

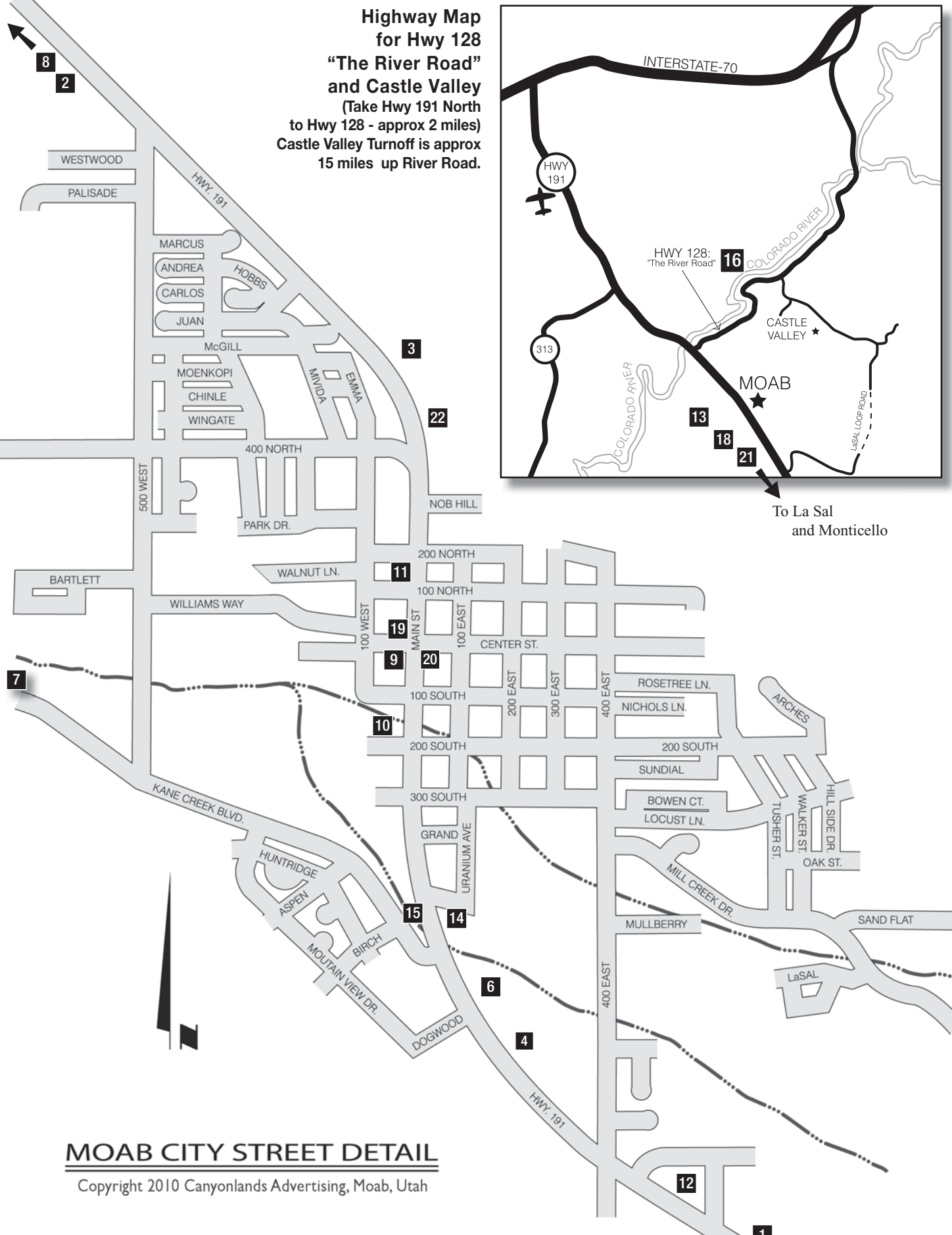


To La Sal and Monticello

### MOAB CITY STREET DETAIL

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**Come Stay With Us**  
 1.800.831.6622


- 126 Rooms to Choose From
- Over 5000 Square Feet of Conference Rooms
- Only Indoor Outdoor Pool in Moab
- Continental Breakfast
- Wireless Internet
- Fitness Center

**6**

MOAB VALLEY INN  
 711 South Main Moab, UT 84532  
 www.moabvalleyinn.com

*Adobe Abode*  
 Bed & Breakfast

Adobe Abode is your home away from home. Your innkeeper Keith will show you hospitality, relaxation & comfort that you only get at Adobe Abode



778 W. Kane Creek Blvd  
 Phone 435-259-7716 Cell 435-260-2932  
 email: info@adobeabodemoab.com  
 www.adobeabodemoab.com

**7**



**Aarchway Inn**

AarchwayInn.com  
 Kids Playground / Fire Pit  
 Gas Grills / Volleyball Court

**Where Luxury Meets Adventure**

Custom Adventure Packages  
 Double & Triple Queen Rooms

435.259.2599 800.341.9359  
 1551 N. Highway 191, Moab UT 84532

**8**



*Best Western*  
 Canyonlands Inn

16 South Main Street  
 Moab, Utah 84532

**AWARD WINNING HOTEL**  
 435-259-2300

COMPLIMENTARY FULL HOT BREAKFAST  
 HIGH SPEED INTERNET ACCESS  
 YEAR ROUND POOL & JACUZZI  
 SECURED BICYCLE STORAGE

10% off with this ad\*

\*AD NOT VALID WITH ANY OTHER OFFER  
 Each Best Western is independently owned and operated

**9**



**THE GONZO INN**  
 YEAR ROUND FUN!

A little off Main  
 100 W. 200 S.  
 Moab, UT 84532  
 1-800-791-4044  
 435-259-2515  
 www.gonzoinn.com

- Centrally Located in downtown Moab
- Outdoor Heated Pool & Hot Tub
- Continental Breakfast
- 100% Non-Smoking • Pet Friendly
- 43 Oversized Rooms • Suites

**10**



**BOWEN MOTEL** Moab, Utah

AAA APPROVED

Direct Reservations  
 800-874-5439

Book Online  
 www.bowenmotel.com

1800 sq. ft. Guest House  
 3 bed, 2 bath, full kitchen,  
 W/D, private patio w/BBQ

169 N. Main • Moab, Utah



**SLEEP INN**

BY CHOICE HOTELS

- 61 Rooms
- Heated outdoor pool
- Indoor Hot Tub
- Complimentary Continental Breakfast
- Bike Storage
- Guest Laundry

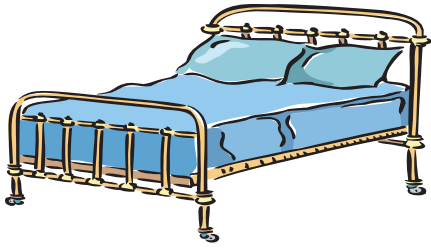
1051 South Main Street  
 Moab, Utah 84532

435.259.4655 • Fax 435.259.5838  
 800.4CHOICE • choicehotels.com

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# MOAB AREA LODGING GUIDE



## Moab Area Condo Rentals

**Days Inn**  
 426 N. Main St.  
 Moab, Utah 84532  
 435-259-4468  
 FAX 435-259-4018

**The Best Value Under the Sun.**

- Hot Tub/Outdoor Swimming Pool
- Continental Daybreak Breakfast with hot waffles and much more
- 24 hr. Front Desk Help
- Free Local Calls • Free WiFi
- Full Amenities
- Good Parking Facilities
- All Rooms are Non-smoking

**22**

**RODEWAY INN & SUITES**  
 649 N. Main St.  
 Monticello, Utah 84535  
 435-587-2489  
 www.rodewayinn.com

By Choice Hotels

- Free Continental Breakfast with hot waffles
- Pets Allowed
- Indoor Heated Pool
- Free local phone calls • HBO
- Free computer use for guests • Wi-Fi
- All rooms have a refrigerator, hair dryer and microwave
- Smoking rooms available
- Suite rooms available
- Truck/Trailer parking available
- 24 hr. front desk help

**21**

**Moab Lodging**  
 1-800-505-5343  
 HOTELS • CONDOS • COTTAGES  
 Booking Most Moab Area Lodging Accommodations  
 "One Call Does It All"  
 www.moabutahlodging.com  
 50 East Center Street  
 Moab, Utah 84532

**20**

**Accommodations Unlimited**  
 Vacation Rentals  
 1.866.YES.MOAB  
 435.259.6575  
 9 N. MAIN ST.  
 MOAB, UT 84532

WHERE VALUE AND LUXURY MEET!

Take a break from cramped hotel rooms!  
 Enjoy the Luxury of a Vacation Rental  
 ... SAVE MONEY ...

Vacation Rentals can work out cheaper  
 LODGING FOR ALL TASTES & BUDGETS

Condos • Townhomes • Custom Homes  
 Garden Apartments • Cottages • Vintage Homes

**19**

[WWW.MOABCONDORENTALS.COM](http://WWW.MOABCONDORENTALS.COM)

## Key to Lodging Guide

1.	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
2.	Holiday Inn Express	435-259-1150	www.HIExpress.com/moabut
3.	Hampton Inn	435-259-3030	www.hampton.com
4.	La Quinta	435-259-8700	www.laquintamoab.com
5.	YOUR BUSINESS HERE		
6.	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
7.	Adobe Abode	435-259-7716	www.adobeabodemoab.com
8.	Aarchway Inn	435-259-2599	www.aarchwayinn.com
9.	Canyonlands Best Western	435-259-2300	www.canyonlandsinn.com
10.	Gonzo Inn	435-259-2515	www.gonzoinn.com
11.	Bowen Motel	435-259-7132	www.bowenmotel.com
12.	Sleep Inn	435-259-4655	www.moab-utah/sleepinn
13.	The Monticello Inn	435-587-2274	www.themonticelloinn.org
14.	Red Stone Inn	435-259-3500	www.moabredstone.com
15.	Big Horn Lodge	435-259-6171	www.moabbighorn.com
16.	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
17.	Moab Rustic Inn	435-259-6177	www.moabrusticinn.com
18.	Hidden Oaks Lodge	435-459-9444	www.hiddenoakslodge.com
19.	Accommodations Unlimited	435-259-6575	www.moabcondorentals.com
20.	Moab Lodging	435-259-5125	www.moabutahlodging.com
21.	Rodeway Inn & Suites	435-587-2489	www.rodewayinn.com
22.	Days Inn	435-259-4468	www.daysinn.com

**18**

*Moab's best kept secret for Groups & Families*

**HIDDEN OAKS LODGE**

The perfect location for Large Groups, Family Reunions, & Corporate Retreats

To reserve the lodge for your family or group call **435-459-9444**

or visit [HiddenOaksLodge.com](http://HiddenOaksLodge.com)  
 NOW BOOKING 2011

**17**

- Close to Downtown
- Kitchenettes
- BBQ area
- Pool
- Laundry
- Internet
- Bikes ok in room
- Recently remodeled
- Adjacent to bike path

Quiet off Main location

**MOAB RUSTIC INN**

435-259-6177  
 120 E. 100 S. South  
 Moab, Utah 84532

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

**16**

**RED CLIFFS LODGE**  
 Moab's Adventure Headquarters

110 RIVERFRONT CABINS & SUITES  
 RESTAURANT & BAR  
 HORSEBACK RIDING  
 POOL & EXERCISE ROOM  
 MOVIE HISTORY MUSEUM

Home of **Castle Creek WINERY**  
 Local Production  
 Free Tasting

TRAVELER STAY LIST  
 BEST WEEKEND GETAWAY  
 OFFICIAL BEST OF UTAH 2009  
 WINNER BEST OF STATE UTAH 2009

BRING IN THIS AD AND RECEIVE  
**\$50 RESORT CREDIT**  
 WITH TWO NIGHTS STAY

[www.redcliffslodge.com](http://www.redcliffslodge.com)  
 16 Miles east of Moab on Hwy 128  
 435-259-2002 • 866-812-2002

**Link to your website with an ad in Moab Happenings!**

**Call Aaron at 259-8431**

(435) 587-2274 ♦ [www.themonticelloinn.org](http://www.themonticelloinn.org)

**The Monticello Inn**  
 High Speed Internet • HBO • Microwave / Fridge

164 E Center (East of Street Light)  
 Monticello, UT 84535

Monticello: The Entrance to  
 Needles District Of Canyonlands

Only 45 min. from Moab  
 26 Spacious, very clean rooms ♦ Queen/Full Size Beds  
 Coffee pots in rooms

**13**

Locally owned and operated

**14**

**REDSTONE INN**

BIKES ALLOWED IN ROOM  
 Kitchenettes ♦ Pets OK  
 Barbeque Patio Area  
 Mid town location

AAA APPROVED

535 S. MAIN • MOAB, UT 84532  
 435-259-3500  
[www.moabredstone.com](http://www.moabredstone.com)

**15**

**BIG HORN LODGE**

"SOUTHWEST LODGE AT A MOTEL PRICE"

- New Lodge Style Rooms
- Lodge Pole Pine Furniture
- Oversize TV's, HBO, ESPN
- Refrigerators, Coffee Pots
- Bikes Allowed in Rooms
- Heated Pool
- Restaurant On-site

AAA APPROVED

550 South Main • 435-259-6171  
[www.moabbighorn.com](http://www.moabbighorn.com)

# SKY HAPPENINGS

## The Sky for October 2010

By Faylene Roth

### OCTOBER SUNRISE AND SUNSET TIMES

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

DATE	SUNRISE	SUNSET
1	7:14am	7:01pm
2	7:15am	6:59pm
3	7:16am	7:58pm
4	7:17am	6:56pm
5	7:18am	6:55pm
6	7:19am	6:53pm
7	7:20am	6:52pm
8	7:21am	6:50pm
9	7:22am	6:49pm
10	7:23am	6:47pm
11	7:23am	6:46pm
12	7:24am	6:44pm
13	7:25am	6:43pm
14	7:26am	6:41pm
15	7:27am	6:40pm
16	7:28am	6:39pm
17	7:29am	6:37pm
18	7:30am	6:36pm
19	7:31am	6:34pm
20	7:32am	6:33pm
21	7:33am	6:32pm
22	7:34am	6:30pm
23	7:35am	6:29pm
24	7:36am	6:28pm
25	7:38am	6:26pm
26	7:39am	6:25pm
27	7:40am	6:24pm
28	7:41am	6:23pm
29	7:42am	6:22pm
30	7:43am	6:20pm
31	7:44am	6:19pm

Ursa Major (aka Big Dipper, Plow, Wagon, Big Bear) dips so low in the northern sky this month that it can be difficult to see without a clear view of the horizon.

### MAJOR CONSTELLATIONS OF OCTOBER

#### Overhead

- Aquila
- Andromeda
- Cygnus
- Delphinus
- Lyra
- Pegasus

#### Northward

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

#### Eastward

- Aries
- Auriga
- Cetus
- Perseus
- Pisces
- Taurus
- Triangulum

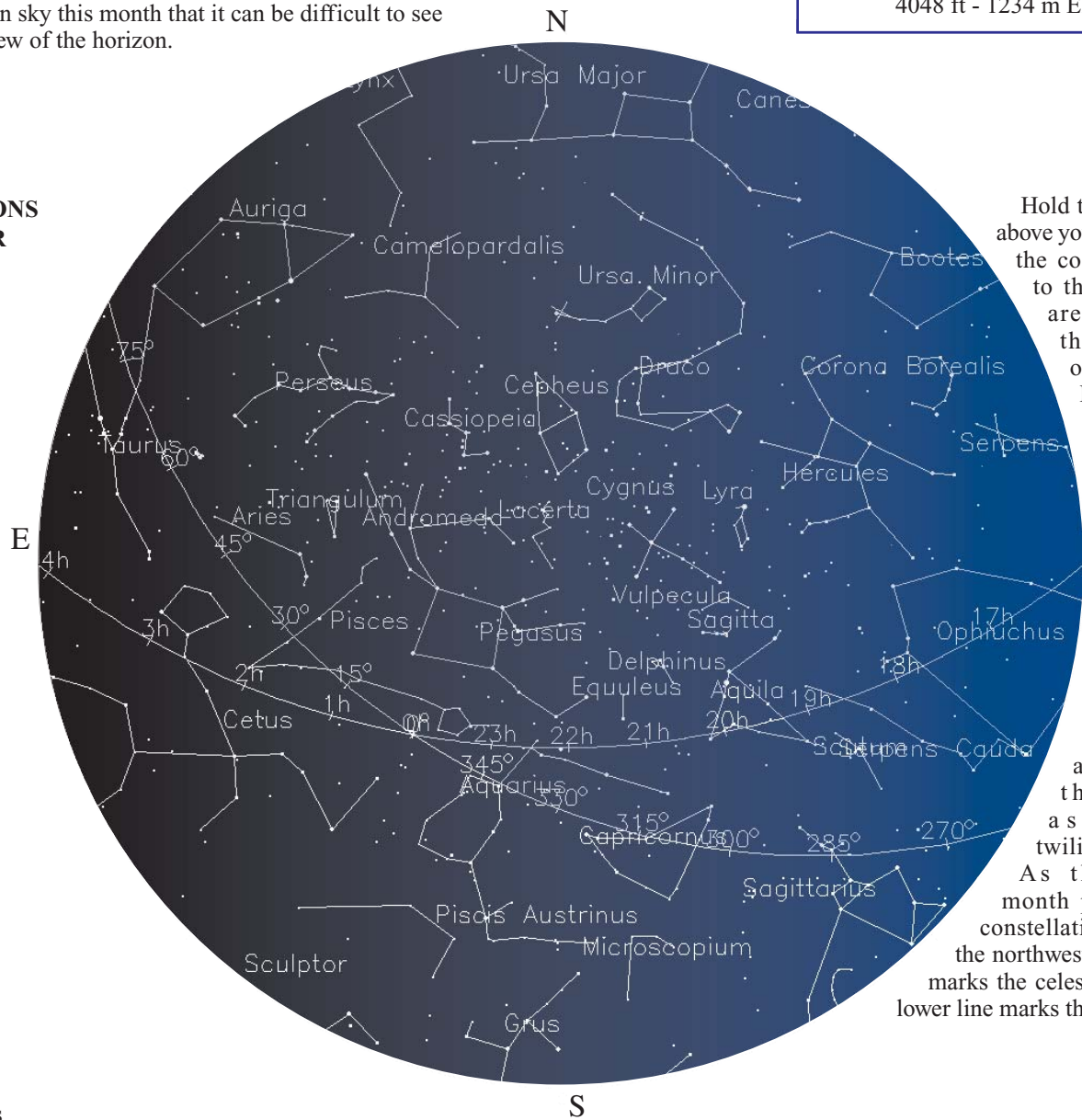
#### Southward

- Aquarius
- Capricornus
- Sagittarius

#### Westward

- Bootes
- Corona Borealis
- Hercules
- Ophiucus

**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 month progresses, the constellations shift toward the northwest. The center line marks the celestial equator. The lower line marks the ecliptic.

### LOCAL STAR COUNT

Join Red Rock Astronomers at Old City Park on Sunday, October 3, at 8:00pm for a tour of the night sky and telescope viewing. Meet at the southwest corner of the park below the bandstand and the duck pond. Bring a chair or blanket for easy viewing. Sponsored by WabiSabi. All ages are welcome. For information call 259-4743 or 259-3313.

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

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

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

### VISIBLE PLANETS

**Jupiter** - Brilliant Jupiter continues to shine at peak magnitude for Earth viewers. It recently passed its point of opposition (Jupiter and the sun are on opposite sides of Earth). It rises with Aquarius in the southeastern sky before sunset and reaches its zenith by midnight. Jupiter remains visible throughout the night for most of the month, setting on the western horizon before sunrise. Look for a waxing gibbous moon directly above Jupiter on the evening of October 19. (Magnitude -2.9)

**Mars** - It is difficult to see the red planet as its orbit sweeps it out of view and towards the back side of the sun. If Venus is visible on the western horizon on October 1, then look for Mars above and to its left. In the early evening twilight of October 9 look for Mars to the upper right of a thin waxing crescent moon with Venus at the moon's lower right. Binoculars may be needed. During the last week of September Mars moved from Virgo to Libra. It enters the domain of Scorpius by the end of October, appearing to the right of the scorpion's head. (Magnitude +1.5)

**Saturn** - The ringed planet is in conjunction with the sun this month. By month's end, it rounds the back side of the sun and reappears in the morning sky.

**Uranus** - Don't miss Uranus! It is usually difficult to pick out from the background stars, but this month it moves across the sky with Jupiter, both in Aquarius. Uranus shines with a blue-green light at the limit of detection with the unaided eye in a dark sky. With binoculars it can be seen above and to the left, within two degrees, of Jupiter. (Magnitude +5.8)

**Venus** - Catch Venus low on the western horizon soon after sunset during the first two weeks of the month. A telescope reveals the planet in its crescent phase as it nears conjunction with the sun. On October 9 a waxing crescent moon returns to the night sky with Venus at its lower right and Mars above. Venus sets on October 19 as the sun sets and disappears from view for the rest of the month. (Magnitude -4.3)

*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.*

### MOON HAPPENINGS

- October 7 - New Moon occurs at 12:44pm
- October 14 - First Quarter Moon sets after midnight
- October 22 - Full Moon rises at 6:03pm
- October 30 - Last Quarter Moon sets at 2:20pm

(The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

### METEOR ACTIVITY

The Piscid Meteor Showers produce slow-moving meteors with long trains throughout the month. Peak activity is expected the night of October 7 which coincides with the new moon, so viewing will be optimum. The radiant for this shower is on the border between Pisces and Aries (below Great Square of Pegasus). At the same time watch the circumpolar region around Draco for the Draconid Meteor Showers. They peak October 7-10. A crescent moon sets well before midnight. The Epsilon-Geminid Meteor Showers span the first three weeks of the month. Best viewing of these fast-moving meteors is the morning of October 14/15. The major meteor shower of October competes with a waxing gibbous moon that dominates the sky from dusk until dawn. The Orionid Meteor Showers are active October 17-25. Peak activity occurs the night of October 21/22, one day before the full moon, with major activity October 20-24. Best time for viewing meteor activity is when the radiant constellation is overhead—usually between midnight and 4:00am.

### COMET VIEWING

Comet Hartley 2 makes its closest approach to Earth this month. Track it with binoculars or telescope as it moves through Cassiopeia and into Perseus during the first week of October. By October 18 it is bright enough at +5 magnitude to be seen with the unaided eye east of Capella in Auriga. At its closest approach, the comet is visible throughout the night, but best viewing is around 2:30am when it is overhead. Look for a long tail pointing southwest. Its brightness then fades as it moves on towards Gemini and across the southern celestial hemisphere.

**You can pick up  
Moab Happenings  
in Salt Lake City!**  
**Utah Travel Council**  
**Salt Lake City Visitor Center**  
**AAA**  
**REI**  
**Coffee Garden**  
**Tower Theatre**  
**Whole Foods**  
**Taylor Bike Shop**

# HISTORIC HAPPENINGS

## Moab is Great for Growing Tomatoes

That's about it in a nutshell, if you want a sure thing, or fantasize about becoming a rich farmer here. Under prevailing conditions, that is. Which means climate and culture.

Under ideal circumstances, Moab would never have an early onset of spring that fools fruit trees into blossoming, only to be zapped by the icy finger of a late freeze that kills or seriously diminishes that year's crop. Every other year it seems the same thing happens.

Ideally, people would stampede local fruit and vegetable stands and farmers markets, casting aside concerns about cost, taking comfort instead in supporting local growers and enjoying the fruits of their labors -- such as huge, juicy, tasty tomatoes, home-grown, picked fresh; as opposed to the "cardboard-tasting" variety available at chainstore markets.

Unfortunately, and even more so as time advances, it seems, the weather is fickle and lower prices of shipped-in goods has always prevailed. The cost of local production, especially labor, and the unpredictability of the weather have tended to be prohibitive of Moab growing growers. But there are encouraging signs in the fields -- and pastures, for that matter.

Over the past few years, more local growers have been organizing to provide home-grown produce, at least one rancher has made a stab at selling locally-grown beef, another resident has serious plans to start a dairy and produce Moab milk, and another grower is looking at the prospect of starting a chicken ranch.

Ironically, the growing presence of "Doomsday" gloom is adding some zeal to local farming efforts. Imagine what would happen if suddenly the trucks didn't deliver? What if there was a national disaster that stopped all transportation?

"The day is going to come -- we're too dependent on trucking," said Brian Ballard, who works a 20-acre field in east Moab to grow tomatoes, watermelons, cantaloupe, peppers, apples, nectarines and peaches. Ballard is familiar with the robust agricultural activity of Moab's past, dating at least back to 1896, and he points out that Moab produce used to be shipped all over the country.

According to The History of Grand County (Firmage, 1996) Moab even sent railcar loads of apples and pears to England. In its heyday, the Moab market boasted 14-ounce

peaches and 25-ounce apples from local orchards and gardens, according to historical accounts penned by Faun McConkie Tanner.

"I'm interested in picking this back up, and let's start doing this ourselves," Ballard said. No one likes to think about "Doomsday," he said, "But we need to be ready. We should think about that, but also think "healthy" as well."

Moab agriculture is a tough market, says Ballard and Michael Johnson, Grand County's extension agent with Utah State University. Still, it seems more and more people are becoming willing to tough it out.

"Labor is the big issue," Johnson said. Maintaining a sizeable orchard like Ballard's 1,600 trees is labor-intensive, and profits -- if there are any -- are "very slim," Johnson said. Unless you are a grape-grower with license to make wine. The state so far has allowed only two wine-producers in Grand County -- the Spanish Valley and Castle Creek wineries.

"We could be having a huge industry here if the state legislature supported it (wine-making)," Johnson said vineyards in the Grand Junction area have developed into a \$1 million-per-month industry. "Whether you agree or not with drinking wine, the profit per acre is high. It's the kind of a shame we haven't been able to do that."

In the meantime, several organic farm and orchard businesses are still hard at work, such as Manzana Springs and Castle Valley Farms, while others have more recently entered agri-business: Sol Food Farms, Ballard's Mill Creek Estates, and Creekside Organics.

"I respect all the work they're putting out but the fact is, a lot of people don't want to farm. There's no get-up-and-go, and desire to farm. People aren't stepping forward as you'd think they would," Johnson said.

The extension agent tracks all issues related to agri-business in this end of the state, with an office supported

by the land-grant college in Logan and county funding. He said Moab has some of the best soils or combination of soil and water, along with the kind of heat that a lot of crops need, which suggests the community has an opportunity that other areas like Carbon and Emery counties don't, to replenish and sustain the food supply.

Besides tomatoes, peaches, nectarines, apples, pears and melons, this area is good for growing squash, cucumbers, eggplant, beans, herbs, ocre, carrots, potatoes, corn, cabbage, Swiss chard, strawberries and cherries.

Agriculture, irrigation, local food production, renewable energy, and ecologically responsible land use questions were among other issues put to the public in an electronic "verification" poll conducted by the county in July to determine if a "vision" for updating the 2004 General Master Plan coincided with people's views of the future here. More than half the respondents liked a future in which "local food and renewable energy productin make us more self-sufficient," and where "open space is integrated into development, adding recreational amenities while preserving scenery and agricultural/irrigated land."

With that poll in hand, a 15-member "working group" of volunteers has begun meeting to help draft changes to the master plan in response to changing demographics, the economy, and land-use needs. Their suggestions will be presented to the public for additional input in November, and their task will probably be completed in December, said Planning and Zoning Administrator Mary Hofhine. From that point, people will have further opportunity to share their visions of our local future at hearings of the Planning & Zoning Commission, and ultimately the County Commission.

Emily Niehaus, of the nonprofit Community Rebuilds organization, is a member of the working group. She emphasizes the "intrinsic value" of agriculture in this rural area, and said, "I think that, not just economically today but in the future, we're going to be valuing the land that will need to feed 7,000."

Niehaus favors keeping agricultural zones intact, and being careful in planning for land use to encourage farming, in case the economy worsens and Moab needs to grow its own food.



Old barn shed where apples were sold gave way to condos.



Peach blossoms, old tractor and barn cat before condo development.

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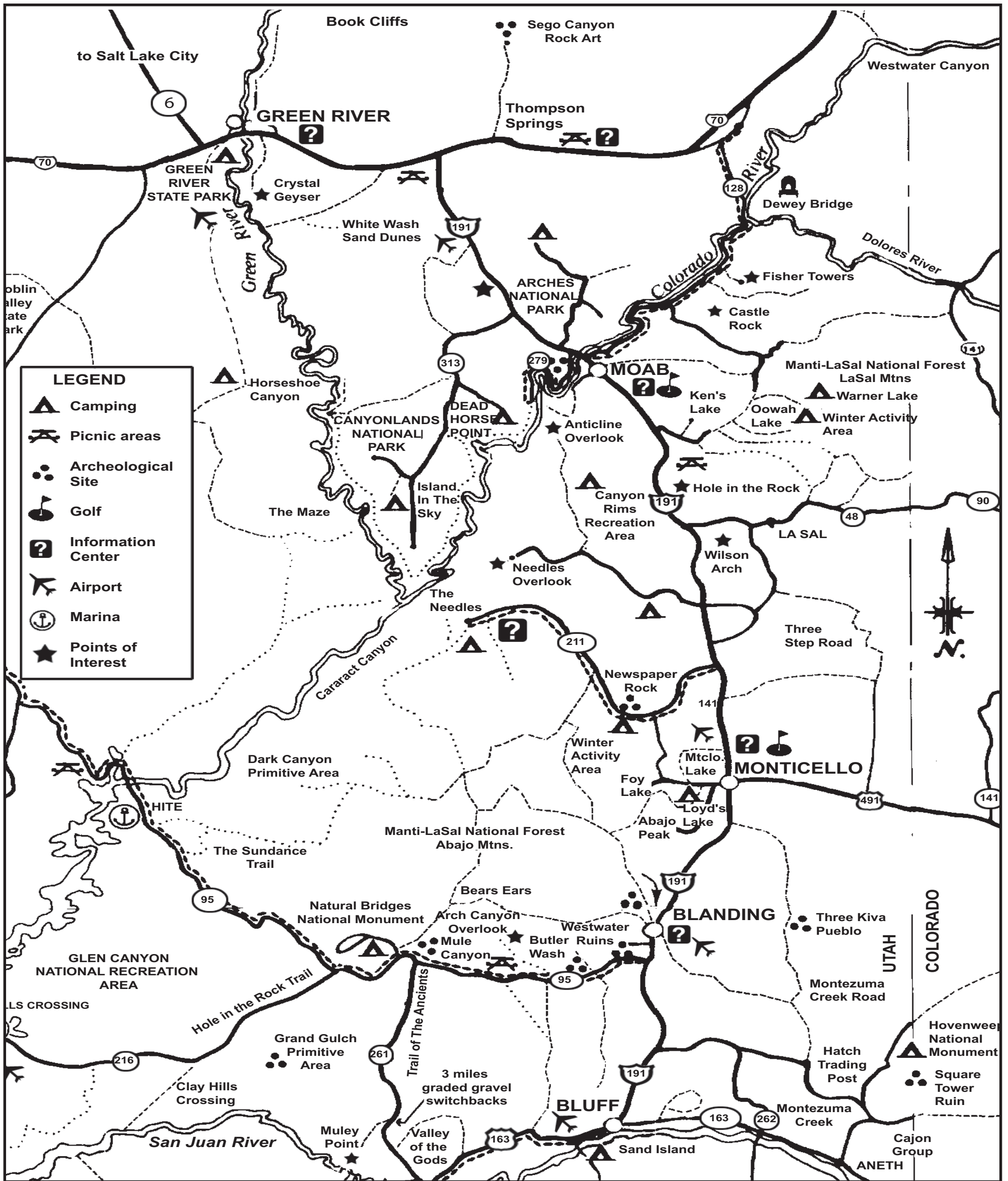
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# ARTIST OF THE MONTH

## Pete Apicella Showing Artwork at the Love Muffin Cafe

Local artist and friendly Moabite, Pete Apicella will be doing an independent one month display of original works at the Love Muffin Cafe starting on October 9th, Art Walk Day.



"It's been a very productive year creating artworks and I feel happy and blessed to put on a show for the Moab Community. In my younger years I spent a ton of time out here backpacking and hitchhiking falling in love with the beauty, vastness, and refuge possibilities that the redrock wonderlands represented. I wasn't doing much art back then, it was more about a scrambling and rambling physical freedom. With time, I've grown more connected to internal freedom and exploration. Hence the art. The artistic journey is fully infinite. It's not a world Google-Mapped from space. Each art mission is a true voyage of discovery. One is always the first, birthing into being things that have never existed before."

Pete's art incorporates super-saturated color bursts, undulating wiggled and spiral line trails, resilient plant and animal vitality, future-primitive spiritualism, and raw energy. His artscapes often have modern westerners living inside: hikers, climbers, jeepers, relaxers—21<sup>st</sup> century explorer forms. "I like conveying humans in nature and as nature. Also birds in flight. Clouds as birds. Shafts of light heavenward. Something about being both in it and getting above and beyond it all. I don't consider the work traditional landscapes. They are more like prismatic Funsclapes."

"Before starting, I get barefoot and recite an "Artist's Prayer" (from artist great Alex Grey) which helps get me in "The Zone." When engaged artistically mind presentness is rich and worries fade. Back in June, I approached each work with few preconceptions of how "IT" should be. Over time, there's more focus, fitting a piece inside a frame's shape or imposing limits of detail or time. I often attempt new styles on the fly, experimenting my art edge, trusting and learning as I go. Sometimes I get a good result too, sometimes not, but I just keep rolling along. If I create something interesting and beautiful for this world, I've done a good job. If people have an "Ah-Ha Moment" then I've done the public end of the artist job well. That feeling gets sweeter when they bring art home into their living habitat."

"I've been structuring my time to make art 4 official days per month. Without this framework I'd make say only 4 pieces a year. Focused productivity helps advance technique and subject matter. It's like being in a do-it-yourself art school. I feel making art is an homage to

the epicness and spirit of this land. I have almost 1000 ideas for every one completed, but yes, the art has manifested. I'm certainly learning about the commercial side too."

"I also create visuals trailside in places where I can interact with the public. I meet global travellers and help them have a deeper, multi-lensed experience of canyon country. If guests speak Chinese or Italian, they still dig the art and its relationship to the Earth. The awesome redrock does most of the inspiring really, I just add a bit extra. Because I sit for hours in one place, natural stimulus is absorbed in a certain saturated way, emanating out positively. I can help visitors observe detail and slow down. We talk about light and shadow, shape and color. We share. Also, travelers enjoy meeting a local Moabite. Our interactions support authenticity in their trip, that they are connecting to Moab too, not just the rock. People like working artists. We feed a sense of hope, spirit, and wonder into the soul."

"My work is accessible not just in subject matter and price point, but in the simplicity of materials. I use heavyweight papers, colored pencils, magic markers, and UV black light reactive highlighters. I buy supplies at the local small businesses. Nobody needs special training or expensive equipment to have fun making art. Portability and cleanliness all contribute to this essential idea that 'Yes, you can be creative. Just go out and do it and see what happens.' I am reminded of when a school kid clan surrounded me in a elbow-nudging swarm. They were blown away that I was making cool art with the same stuff they had in their bookbags. Go figure. Adults approach me saying 'Oh...so you're THE artist.' I reply, 'Well...I'm A artist, and you are too, if you let yourself.' I think people have their inner artist repressed or redirected over their years."

"Folks say they like the Art, but I feel I'm just standing on the shoulders of Art Giants. Anyone at the local Moab galleries is super epic. Maybe one day I draw with the hyper-realistic precision of sci-fi or fantasy painters but my technique and approach at this point is in a different sphere. I make what I make, and some of it can appear more simply fun and whimsical which is really cool too. The colorful illustrations live with some visionary and natural psychedelic tendencies, rainbow-laden realms in a way."

"Ultimately the art itself is a few steps ahead of anything I say about it. Once I'm able to describe what I'm doing too much, it's old news, and I yearn for something



different. The images stand on their own in multiplicities of meanings—take it all in and enjoy the ride. I thank everybody who has been an influence and a supporter."

In addition to the Love Muffin Show, affordable prints are also available directly through Pete's website at AquaFireArts.com.

### 2010 Community Artist in the Parks

Pete Apicella has also been working as the 2010 Community Artist in the Parks. The program formed in 2009 to highlight a local artist's connection to public lands within Arches, Canyonlands, Hovenweep, and Natural Bridges. Participating artists demonstrate their craft live, as well as share one's personal expression and relationship to Utah landscapes. Park visitors can witness this creative process while visiting these inspiring natural places. The volunteer position rotates annually. Canyonlands Natural History Association sells Pete's prints at the Arches and Island in the Sky Visitor Centers.

Pete will be available at these times and places in the National Parks. Times and places are subject to change—check with Pete or the Visitor Center beforehand

**October 4th** - 4:30 p.m. to sunset - Courthouse Towers parking lot, Arches National Park

**October 12th** - 9:00 a.m. - North Window, Arches National Park  
12:30 to 1:30 p.m. Arches Visitor Center

**October 18th** - 4:00 p.m. to sunset - Gooseberry Canyon Overlook, Canyonlands National Park

**October 19th** - 9:00 a.m. to noon - Aztec Butte, Canyonlands National Park  
12:30 to 1:30 p.m. - Island in the Sky Visitor Center, Canyonlands National Park

## GALLERY HAPPENINGS

### Off The Wall Art Gallery

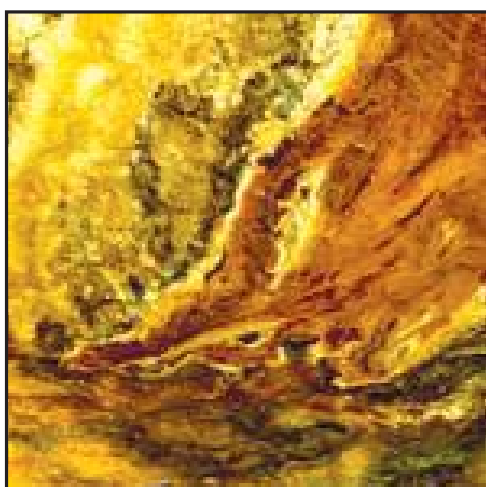


Off The Wall Art Gallery is Moab's newest art gallery. We offer a wide array of mediums from metal, clay, and glass to water color, pastels, and oils. This month we are featuring new works by two of our artists, and a gourd making workshop.

**Linda Pampinella** is a photographer from Durango, Colorado. She has always had an interest in photography, but with her early retirement in 2005

she's been able to focus on improving her skills. Linda says that 'going digital' was a turning point for her in terms of becoming an artist as well as a photographer. "Patterns and color have always attracted me, so making abstract photographs seemed like a natural progression for my work. I enjoy seeking out "works of art" in unconventional places and am most often inspired by the natural colors and shapes in nature. I closely scrutinize objects to find interesting designs hidden within. Then that small portion of the original object becomes a complete work of art in and of itself."

**Jay Johnson** is a stained glass artist that specializes in more contemporary, abstract designs. He received his bachelors



Jim sold their ranch and traveled for 5 years, taking art classes along the way. She discovered gourds in the form of a drum, fell in love with the sound and surface and began taking drum making classes soon thereafter. Janice will be doing a 2 day workshop on gourd making here at the gallery on October 14th and 15th from 6-9 p.m.

Thursdays class will be all about bowls, and Friday's class will be on making dolls with gourds. If you are interested in one or both days you can come by the gallery or call to sign up. For details about supplies, cost etc., you can also check out the schedule of events on our web site, [offthewallartmoab.com](http://offthewallartmoab.com), or e-mail Collette at, [offthewallartmoab@gmail.com](mailto:offthewallartmoab@gmail.com)

degree in 1976, but had been running his own various art businesses since he was 12. He opened a large pottery business with a friend in 1974 and developed a wholesale line of products with accounts that included Knotts Berry Farm and Magic Mountain. He had a second career in the casino industry for 8 years but continued making and selling his artwork. Jay made the switch to glass in 1999 and has slowly created a successful wholesale business. He is currently working on a new line of fused glass and jewelry that he will be introducing in the spring. Jay lives in Mancos, Colorado with his wife Laura.

**Janice Reich**, a gourd artist, is also from Mancos, Colorado. In 2003 after 25 years of breeding and training Arabian Horses, Janice and her husband



# NON-PROFIT HAPPENINGS

## Pleinair Festival October 1-9

En plein air - a French term meaning 'in the open air' a painting done outside rather than in a studio.

The MARC, Overlook Gallery, and many local artists introduce Moab's first PleinAir Festival, October 1-9. You may not be an art aficionado, but your interest will be piqued watching a painter interpret an image that stands before him. It might be a red rock arch, a cottonwood beginning to change color, or even a group of people enjoying breakfast at a local café. Throughout the 8-day festival, artists set up shop within 50 miles of Moab, showcasing their work, demonstrating and, most importantly, doing what they do best: creating art. One of the most fun aspects of a Plein Air Festival is spying artists amidst creeks, ledges, and downtown locations- wherever they choose to work. Most artists are happy to meet new people and talk about their techniques.

Over an 8-day period, artists paint picturesque scenes throughout the area and select their best works to be judged in the PleinAir Moab competition. At the end of the week,



Oct. 7<sup>th</sup> 4-7 pm, and the Auction, Saturday, Oct. 9<sup>th</sup>, 10am-8 pm. Everything about a

Quick Draw is fast. Lots of artists, professionals, amateurs and the simply adventurous compete and have fun. These

artists take their projects to Moab City Center to be displayed and hopefully sold.

Make sure you catch the true treats of any Plein Air festival- the Quick Draw event, Thursday,



artists have only downtown and three hours to complete their works. During this short time, all registered Quick Draw participants will set up their supplies and paint or draw in downtown Moab. Together, artists and spectators are immersed in the creative process. See the scenes and how the artists interpret them. Smell the wet paint and get caught up in the excitement of watching a painting come to life before your eyes.

The Auction is your chance to purchase a work of art created on site during the festival. A silent auction continues all day and through Art Walk, October 9th; however, the top prize winners will be auctioned live from 5:30-6:30 Saturday night only. This is your only opportunity to view the entire PleinAir Moab show and take home some original art. Stop by Moab's City Offices for this auction and rare treat of art-lined hallways. Meet the artists themselves.

Artists must register to be a part of the event. Prizes range from \$500-\$1350.

Watching is always free. See [www.pleinairmoab.com](http://www.pleinairmoab.com) for details or call the Overlook Gallery at 435-259-3861.

## The 2<sup>nd</sup> Annual Moab River Rendezvous November 11-14, 2010

The Moab-based non-profit conservation organization, Plateau Restoration is once again hosting their annual Moab River Rendezvous. Participants of last year's events raved about the quality and scope of presentations and enjoyed a spectacularly beautiful early winter float on the Colorado River. This year's event, November 11-14, 2010, will be held in the field and in town using both the Moab Arts and Recreation Center (MARC) and historic Star Hall. The event features presentations by expert speakers on conservation, river-running history, geology, and water issues in addition to an opportunity to view a series of wooden boats from Grand Canyon and Oregon that are replicas of those used by historic river runners. The schedule has been expanded from last year to incorporate more activities, presentations and a riparian restoration service project. During the 4-day event there is a balance of indoor presentations along with field trips and abundant opportunity to socialize. This is a celebration of rivers and the community.

Presenters this year include keynote speaker and renowned author, Wayne Ranney, discussing his book, "Carving Grand Canyon", and well-known river historians and authors from northern Arizona, Brad Dimock, Richard Quartaroli and Tom Martin. Adventurer, Jonathan Waterman will be recounting his 1450-mile journey down

the Colorado River, as outlined in his book "Running Dry" and environmental law scholar and University of Utah Law Professor, Robert Adler will also be discussing Colorado River water issues. Roy Webb, media archivist with University of Utah library will be returning with his popular historic films, most of which have never before been shown in Moab. Historic Star Hall is the venue for presentations, whereas author and sponsor tables, information displays and historic replica boats will be available for public viewing at the MARC, where registrants can informally interact with authors and boat-builders over an extended lunch break. Event registrants will also enjoy lunch every day, an exclusive winter float trip on the Colorado River and tour of Arches National Park with naturalist guides Tamsin McCormick, PhD and former Arches Ranger, Michael Smith of Plateau

Restoration. Registration is only \$120 for the whole event or \$40 per day, with discounts for early registration and supporters of our sponsors. Pre-registration is required for some activities.



Replica of the historic boat, "Gem", owned by presenter, Tom Martin Photo: Tom Martin

This annual fundraiser helps provide support for conservation projects on the Colorado Plateau that also engage students aiming to become the next generation of recreation and resource managers. Plateau Restorations' student and adult volunteer programs have contributed more than 60,000 hours of service to public lands in southeast Utah since 1995.

For more information about the speakers and event schedule, to view pictures from last year's event and for online registration, visit the event website [www.moabriverrendezvous.com](http://www.moabriverrendezvous.com).

For questions or to become a sponsor, please call Plateau Restoration at 435-259-7733 or 1-866-202-1847 toll-free or email [info@plateaurestoration.org](mailto:info@plateaurestoration.org).

## Smithsonian Exhibit at Museum of Moab

The Smithsonian is coming to Moab. The Museum of Moab will host "New Harmonies: Celebrating American Roots Music" September 18th through November 3rd. The New Harmonies exhibit and takes a look back at roots music and how it served as the foundation for many musical genres appreciated worldwide today. Throughout September, October and November the Museum of Moab will be presenting programs, lectures, workshops and performances highlighting both local and national Music history.

"New Harmonies" tells the American musical story through photographs, instruments, lyrics and artist profiles. Although "roots music" is a relatively new term that generally applies to forms of folk music, its influences run deep throughout American culture and can be heard in today's commercial country, gospel, pop and hip-hop genres.



The exhibition explores the work of well-known folk, gospel, country and blues artists who have inspired generations of musicians, like Ma Rainey, B.B. King, Jimmie Rodgers, the Carter Family, Mahalia Jackson, Woody Guthrie and Joan Baez, and captures the spirit of musical styles that are at the heart of local heritage in the United States—Tejano, zydeco, polka, Cajun, conjunto and klezmer. "New Harmonies" focuses on how roots music gives Americans a soundtrack and a voice for their stories.

"New Harmonies: Celebrating American Roots Music" has been made possible in Moab by the Utah Humanities Council. New Harmonies is part of Museum on Main Street, collaboration between the Smithsonian Institution and State Humanities Councils nationwide. Support for Museum on Main Street has been provided by the United States Congress.

Admission to the Museum will be free throughout the "New Harmonies" exhibit. For more information about the Museum of Moab and the New Harmonies exhibit please contact the Museum of Moab at 435-259-7985

## KZMU Celebrates 18 Years of Radio and Solar Power Oct 22-30

Change is in the air. The busy autumn season, you can hear what that sounds like on KZMU, Moab's own community radio station, now in its 18th year of hometown, grass roots, independent media broadcast. Every day, Moab Community Radio receives word from listeners all over the world via the webstream or the fm dial that the diversity, the constant change of tune is what makes the station unique.

While there are now many sound stations to choose from in Moab and on the web, it would be hard to find a station that offers broadcast training and air time opportunity for all ages and tastes and opinions such as solar powered, all volunteer air crew KZMU.

Our theme this fall is 'Be the Media', an idea brought to life on the air and on this season's limited edition t shirt created by 'Subvert' artist, Chad Niehaus.

There are many people to thank for their role in bringing independent media to Moab. If you are one of them, KZMU salutes you. The idea that one person's voice matters, and needs to be heard, has been reflected on the air since April of 1992. A non-commercial community radio station is a rare find in a town of under 10,000 people.

Semiannual fundraisers that garner donations from the community and business 'underwriting' account for 50% of the operating budget. The other 50% comes from a grant from CPB (Corporation for Public Broadcasting). KZMU is having their Fall fundraiser from October 22-30th. Donations are gratefully receive anytime at 435- 259-8824 or online at [kzmu.org](http://kzmu.org).

The 60 solar panels erected last year to make the building completely solar powered are going strong. KZMU is ever grateful to the support of the late Kent Alcorn for his initiation and work to make the vision of a truly green grass roots solar radio station come true. Since installation, the solar power generated has saved over 13,000 pounds of CO2 from going into the air. The alternative energy from the solar panels mirrors the alternative programming KZMU provides. Check out the program guide in the moab happenings for up to date scheduling information, or you can follow us on facebook too!

KZMU continues to provide air time for students and children of Grand County.

The award winning program founded by artist

Bruce Hucko and Sound Partners, the "Voices of Youth" is undergoing change due to the lack of leeway support at the polls this summer, yet KZMU and Grand County High school continue the training partnership. Talented students learn how to produce pieces on topics of their interest. These stories can be personal, historical, cultural, recreational, philosophic, political - whatever they want. KZMU airs those pieces, and provide many opportunities for youth to express their growing voices. 'Word of The Day', 'Shine Time' 'Tween Time' and on Saturday nights from 7-9pm, the 'Real Teenage Wasteland' are a few shows by kids 4 to 18 years of age.

In a world of TV, print and radio and online media that is overwhelmingly impersonal, over-commercialized, canned, controlled and censored, KZMU is a breath of fresh air. Local. Live. Personal. Diverse, and Free. And it wouldn't exist without the generosity of the people that donate to KZMU. That's what makes it 'your' radio station. Thanks in advance to everyone who will donate to KZMU in the upcoming fundraiser. October 22-30th. [www.kzmu.org](http://www.kzmu.org) or 90.1 and 106.7fm.

# PET HAPPENINGS

## Does Your Pet Have Allergies? – What You Need To Know and Do *by Kaye J. Davis of Moab BARKery*

Does your pet sneeze and cough, have swollen paws or inflamed ears or gastrointestinal upset on a consistent basis? It could be that allergies are wreaking havoc on their system. Just like in people, your healthy pet's immune system should react to bacteria and viruses by manufacturing antibodies that allow their body to mount an immune response against these unwanted pathogens.

Your pet's immune system also encounters hundreds of particles everyday that are not harmful, rather are just a part of their natural environment. Under normal circumstances, these substances (ragweed, grasses, pollens, molds, foods) should be recognized by the body but not be considered foreign invaders. In the case of pet allergies, however, an over-active immune system processes and interprets common substances as a toxic assault and when your pet's body mounts an immune response to common, normally harmless substances, or allergens, allergic symptoms appear.

There are two types of allergic responses that pets can experience: food and environmental. Your pet can be allergic to one type of tree or every outdoor allergen, allergic only to wheat or every starch. Some pets even inherit sensitivities to certain foods and environmental factors, and in these cases often demonstrate allergic symptoms early in life. For other pets, allergies are acquired over several years of continual exposure to the allergen.

What may your pet be allergic to?

The truth is that animals can react to anything in their environment. Collar and bedding material, cleaning products, household chemicals and dust mites are all relatively common household allergens that could cause your pet to have an allergic reaction – even water is a possibility if it is contaminated with impurities.

As you are trying to figure out what allergen is causing your pet a problem, keep in mind that some pets have both food and environmental allergies. If your pet itches during the spring, summer or fall, they are most likely reacting to something that they are exposed to at that time. If your pet continues to have allergic reactions after outdoor allergens have been buried under snow it indicates a non-seasonal or year-round source of allergy, such as food.

Talking to people about their pet's potential food allergies I will often be told that their pet could not be allergic to their food as they have been feeding them the same food their entire life. This is the problem. Food allergies have been shown to occur far more often in pets that are fed only one food source for a prolonged period of time. Your pet's immune system can be suppressed by the same allergens for so long that it begins to react negatively to the food source. The foods most commonly found to cause allergies in cats and dogs are corn, wheat, soy, chicken and beef. While this may seem surprising, it shouldn't! Dogs and cats were never meant to ingest such high amounts of carbohydrates (the average commercial dog food contains over 50% grains), and were certainly designed to consume more than protein source over a lifetime.

If you suspect that your pet has a food allergy, a food trial, or allergy elimination diet, can help you figure out which foods are causing the problems. Once your pet has developed an allergic reaction to a substance, those reactive antigens can circulate in their bloodstream for up to 6 weeks. What this means for you, as an owner of an allergic pet, is that an allergy elimination diet should last at least six weeks and sometimes longer.

During this time period your pet must not eat any foods or treats suspected of causing a reaction. A single bite of allergy causing food can cause a flare up that lasts several days, so complete elimination is essential for the

process to be successful. After your pet has had adequate time to clear the allergen from their body, new foods can be slowly added back in, as you watch their response after each food is added.

Interestingly, many of the foods that were previously considered allergenic can often be incorporated into the diet once your pet's body has had ample time to detoxify. It is thought that it's not the actual food protein that causes the immune system to react but the chemicals and preservatives included in the foods that cause the allergic reaction, this would explain why, after making the correct dietary changes, many pets can the consume foods that they were previously allergic to.

It is important to understand that allergy symptoms are very diverse, and extend beyond the typical sneezing or itching. Typical allergy symptoms include itchy body, hot spots, red eyes, nasal discharge, eye discharge, oozy skin, coughing and sneezing, inflamed and/or yeasty smelling ears, swollen paws and gastrointestinal disease (vomiting, diarrhea, gassiness, chronic hairballs, anal gland issues). These symptoms are produced from the inside out and so ointments, shampoos, sprays and dips can only provide temporary relief and although they are beneficial in relief during a flare up, long-term treatment must focus on balancing your pet's immune system.

Steroids (also known as prednisone, cortisone or generic "allergy shot") are the least optimal treatment choice as they work by suppressing the immune system. Steroids actually turn off the immune system, which improves the symptoms fast but does not address the root issue of why your pet's immune system is over-reacting in the first place. Not only can steroids have a negative effect on your pet's liver, adrenal glands and kidneys (or in my case make my cat a raging creature from the depths) but suppressing their immune system also allows for opportunistic yeast and bacteria to grow on your pet's skin, sometimes increasing the chance that antibiotics will have to be prescribed. Antibiotics increase the likelihood of yeast overgrowth which causes your pet to smell like a corn chip and become insanely itchy which sends you back to the vet for more steroids. And so continues the vicious cycle.

Improving your pet's nutrition is the optimal solution. Feeding your pet healing, non-allergenic foods allow their system to rest but will not eliminate the allergens. Rebalancing your pet's immune system by offering natural, biologically appropriate foods is necessary to eliminating allergies. Nutritional variety is not only the spice of life, it is critical for a balanced and healthy immune response and for keeping your pet allergy-free.



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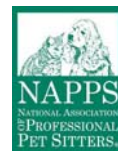
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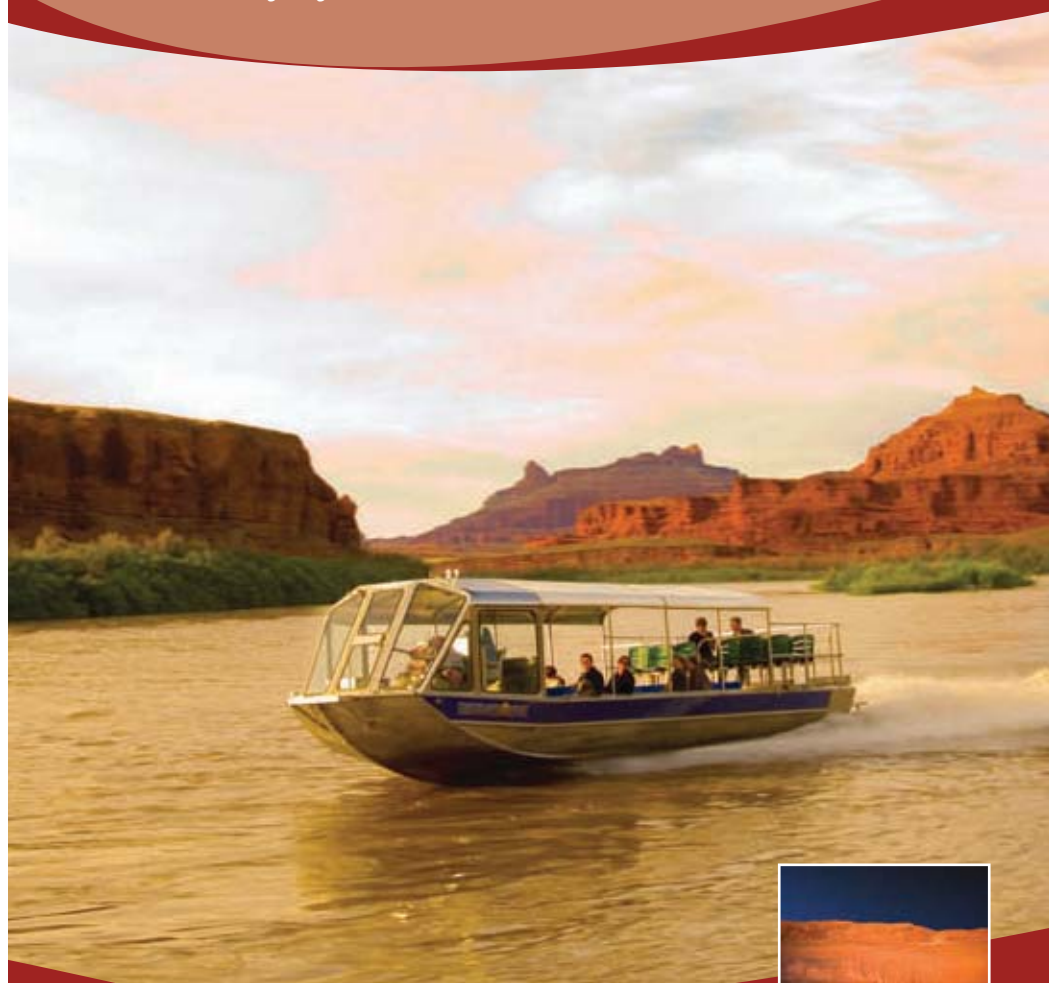


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