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- COLORADO RIVER P.M. HALF-DAY**
Raft from Rocky Rapid to Takeout. Includes BBQ lunch along the river. 11:00am - 4:00pm (min age: 5) \$65 \$55
- WESTWATER CANYON FULL-DAY**
Enjoy exciting whitewater rapids & lunch in this unique Canyon. 7:30am - 6:00pm (min age: 10) \$169 \$169
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ADULTS
YOUTH (under 16)

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- GRAND SAFARI**
Further explore the backcountry in the world's most serious 4x4. Departure times vary by season. (4 hrs) \$169 \$122
- SUNSET SAFARI**
The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs) \$91 \$69

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- ARCHES FIERY FURNACE HIKE**
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Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs) \$71 \$48

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ADULTS
YOUTH

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- CANYONLANDS SCENIC FLIGHT**
See all 4 districts of Canyonlands NP in just one hour with a bird's eye view! Departs 9am \$165 \$165
- CASTLE VALLEY HORSEBACK RIDE**
2.5 hours plus instruction on horses, with a stunning red rock backdrop. Departs 8am & 4pm (min age: 8) \$80 \$70

JETBOAT TOURS & MORE

ADULTS
YOUTH (ages 4-15)

- CANYONLANDS JETBOAT**
Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (4 hrs) \$80 \$70
- SUNSET JETBOAT & DINNER**
1 hr Dutch-oven dinner plus 1.5 hr jetboat on the Colorado River near Canyonlands NP. \$70 \$60
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MOAB HAPPENINGS

Volume 24 Number 7

FREE COPY OCTOBER 2012



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October 25-28



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MOAB HAPPENINGS

MOAB HAPPENINGS®

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

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

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WESTERN HAPPENINGS

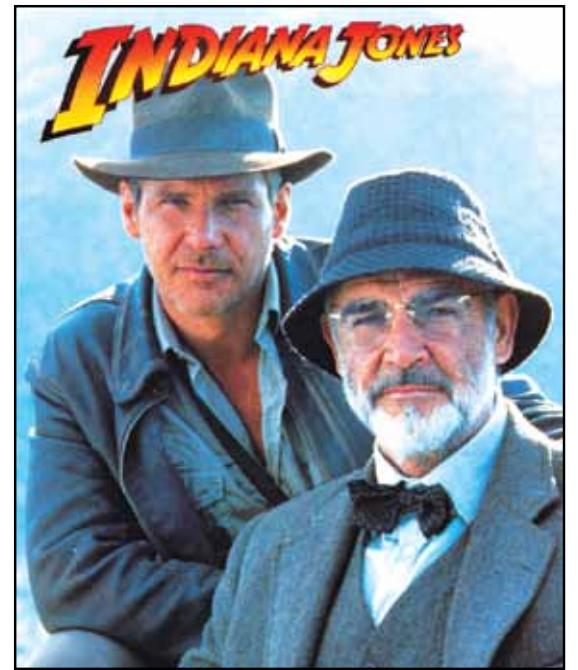
Movie & Western Memorabilia Museum at Red Cliffs Lodge

Red Cliffs Lodge, on the banks of the mighty Colorado River, is home to the Moab Museum of Film & Western Heritage. The lodge is built on the old George White Ranch, a key location for nine of the big westerns including *Rio Grande*, *Cheyenne Autumn*, *Ten Who Dared*, *The Comancheros*, and *Rio Conchos*.

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

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

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



A partial list of stars that have made movies in Moab

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



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MOAB AREA EVENTS CALENDAR



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660 West, 400 North, in Blanding, Utah.
For more information please call the Edge of the Cedars State Park Museum at (435) 678-2238

Day Visits: \$5 per person or \$20 a carload
Annual Passes are \$75
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Holiday Closures: Thanksgiving, Christmas Day, and New Years Day

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

Exercise, Crafts, Health Day, Cards,
Wii, Classes, Crafts, Movie Day
www.grandcountyutah.net

September

- 28-29 Second Annual Moab Pride Festival.** The 28th is a kick-off meet and greet Orange Party at Frankie D's. Saturday the 29th will be a visibility march starting at Swanny Park at 10am, and the festival will begin at noon up at Old City Park and will go till 6pm. The after party will be held on Saturday night at Woody's Tavern starting at 9pm. The orange party on Friday and the after party will have a cover at the door, but the visibility march and festival are free admission to all! www.moabpride.org
- 28-30 The Enchilada Enduro.** www.enchiladaenduro.com
- 29 National Public Lands Day.** Fee Free Day in the National Parks. Visit Arches or Canyonlands NP for free. Info: www.nps.gov
- 29 Moab Farmer's Market.** 8 a.m. until noon, Swanny City Park, 100 West 400 North. For more info visit youthgardenproject.org/farmersmarket/ or call 435-259-2326.
- 29 Harvest Moon Dinner and Campfire,** Friends of Canyonlands Field Institute event; Professor Valley Field Camp, near Castle Valley. Reserve a seat now. The last time we did this it sold out. Seating limited to 40. Tickets are \$30 (adults) \$10 (12 and under). Board member Jeff Cohen is arranging the entertainment. For more information, visit our website, www.cfimoab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.
- 30 Day of Declaration,** Women's Congress for Future Generations at Swanny City Park, live music, speakers, public invited.

October

- 2 Moab Garden Club** 6:00pm monthly meeting. Open to anyone who has an interest in flower or vegetable gardening. Contact Patty Larson, 259-7941 or email moabgardener@yahoo.com for meeting point and information
- 2 & 3 The Blue Pig live music:** The Fiddilin Fool 7-10pm
- 2-6 Land Rover National Rally** - This will be the 24th consecutive year of the event which has seen it held in many locations in Utah and Colorado. The Land Rover National Rally is a non-profit event organized by the Solihull Society. This event aims to bring together adventure loving people who share the common interest of Land Rovers and active four-wheeling. The event encourages safe and responsible operation of four-wheel-drive vehicles. The Land Rover National Rally utilizes public lands in a responsible manner as part of an effort to keep public land trails and roads available for multipurpose use. For more info visit LandRoverNationalRally.com.
- 3 Apocalyptic Planet: An Evening with Craig Childs** at Star Hall at 7:00 p.m.. Free tickets will be available starting September 3rd at the Grand County Public Library and Back of Beyond Books. For more information please call 435-259-1111.
- 3-7 Outerbike.** Test ride next year's bikes on Moab roads and trails. For 3 days the world's best bike manufacturers will be set up at the Outerbike Expo site. www.outerbike.com
- 5-13 PleinAir Moab.** See article on page 6A and ad on page 2B.
- 5 & 6 The Blue Pig live music:** Robby Overfield 7-10pm
- 6 2012 Take A Kid (Mountain) Biking Day** kicks off the Museum of Moab's celebration of Moab's Bike History. Maggie Wilson of Magpie Adventures has volunteered to be among the ride leaders and will provide a shuttle van to the Brands Trail at 9 AM. Bring your own Bike and Helmet and water. Parents welcomed with kid. Coyote Shuttle will transport bicyclists from the Museum to the Brand Trails at 8 AM and riders will have to ride back to Moab or may drop a vehicle at the Court House Wash parking lot. Seats are limited and reservation will be required. Leave a message at 435-259-5884 for reservations. Watch <https://www.facebook.com/moabmuseum> [https://www.facebook.com/moabmuseum] for details
- 6-7 24 Hours of Moab.** The 24 hours of Moab is a world-famous mountain bike team relay race that has been held for 17 years in an area known as Behind-the-Rocks. Annually thousands of mountain bikers from throughout the Rocky Mountain region, from around the country and around the world, make the pilgrimage to the Mecca of mountain biking for this annual gathering. For more info visit grannygear.com or call 304-259-5533. See page 4B.
- 6-7 Moab Senior Amateur Mens & Womens Golf Tournament.** Moab Golf Club
- 6-7 Range Creek Archeology Trip** with Canyonlands Field Institute. Join this rare opportunity to see prehistoric Fremont rock art and sites in-depth with plenty of time. Overnight trip with vehicle tour, hikes, and all meals. Small group, comfortable vehicle supported camp, longer trip allows quality time for exploring, hiking, discussion. Moderate hiking, up to 2 miles round trip. Start/end Green River or Moab. Small group, 5 min-9maximum participants. \$370/person - CFI member: \$350/person Nonrefundable Deposit: \$125 (Youth fee same as adult). There is a 5 person minimum to run the trip. CFI will refund payment if the minimum is not met one week before the trip. For more information, visit our website, www.cfimoab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.
- 8 COLUMBUS DAY**
- 8 The Banff Mountain Film and Book Festival** presents the wildly popular Radical Reels night – a presentation of the best high-adrenaline films entered into the Banff Mountain Film and Book Festival competition. Sponsored by Petzl and the Friends of the La Sal Avalanche Center. Ticket outlets at Back of Beyond Books, Poison Spider Bikes, Canyon Voyages Adventure Co., Pagan Mountaining. www.banffcentre.ca/mountainfestival/worldtour/radicalreels/

WEEKEND TOURS

Make Discovery Your Destination!

April to October
(CFI will be closed late July)

Arches NP Sunset Tour
Friday, Saturday & Sunday
4:00 pm to 8:00 pm
\$45/person
Tour time changes with the seasons.

Moab's Ancient Past
Friday, Saturday & Sunday
8:30 am to 1:00 pm
\$40/person

Both are van tours with short hikes led by CFI Naturalist Guides.



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

CFI is an outdoor education nonprofit organization.

Old Spanish Trail Arena



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The Grand Center
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All Square Dancers & Visitors Welcome

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

MOAB Senior Games 2012

November 7-11
Full schedule & details at
www.moabseniorgames.com
COMING SOON to the schedule: 5k Road Race!



GRAND CENTER GIFT FAIR VENDORS

2013 Gift Fair Applications are available Aug.1.

Talk to Jody at the Grand Center, 182N 500W, to reserve your booth space, Mon-Fri from 9am to noon.

The Gift Fair is a fundraiser for the RSVP Volunteer Program and Grand Center

DEADLINE for NOVEMBER Events Calendar: OCTOBER 20, 2012

Listings in the Moab Happenings Events Calendar are FREE!!

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

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

e-mail: info@moabhappenings.com

MORE MOAB AREA EVENTS

October continued

- 9 The Blue Pig live music:** The Fiddilin Fool, 7-10pm
- 10 The Blue Pig live music:** Bridgette Otto and Friends, 7-10pm
- 10-12 Cedar Mesa Exploration Trip** with Canyonlands Field Institute. Don't miss this unique opportunity to explore some lesser known locations. From our cozy base at Recapture Lodge in historic Bluff, UT, you will enjoy van tours and short hikes exploring rock formations, rock art and ruins, and historical sites of Cedar Mesa on this 2-day, 2-night guided tour. Adults/Youth: \$370 - CFI Member: \$350, Nonrefundable Deposit: \$125. For more information, visit our website, www.cfimoab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.
- 11 Moab Information Center (MIC) Free Lecture Series** at 7:00pm. Join Logan Hansen to hear about his amazing experiences as the 2012 Community Artist in the Parks. Logan Hansen became interested in fine art photography after moving to Moab, Utah, in 2009. He was immediately smitten with the never-ending landscapes, delicate desert ecology, and extreme conditions. He holds Bachelor's and Master's degrees in the Earth Sciences, which helped spark his love and appreciation of the physical beauty of the outdoors. Logan experiments with creative photo-stitching techniques to capture and share the beauty of his new home in innovative ways. He joined the Community Artist in the Parks program to share his experiences in producing art in the context of helping others learn about his craft and the unique flora, fauna, and landscapes in the canyonlands region.
- 12 Smoke Signals: Wayward Journeys Through the Old Heart of the New West.** M. John Fayhee editor of the Mountain Gazette reads from his book at 7:00 p.m. at the Grand County Public Library. This program is FREE. For more information please call 435-259-1111.
- 12 3rd annual Moab's Got Talent Showcase Showdown!** In honor of Domestic Violence Awareness Month! Seekhaven is proud to present the Show up and show off to help break the silence! 7:00pm at the Seekhaven Chapel. There is a suggested \$5.00 donation to watch and or participate in the event. There will be a candle light vigil immediately following the show on the front steps of the Seekhaven Chapel at 81 North 300 East. Please call 435-258-2229 to sign up or with any questions!
- 12 & 13 The Blue Pig live music:** Timothy Hay 7-10pm
- 13 Moab Art Walk** - Stroll Moab's galleries, shops, and cafes and view fine locally created Moab art. The Moab Art Walk includes featured artists and receptions. Most exhibits run for a month or more so feel free to stop in anytime at participating locations! For more info visit moabartwalk.com or call 435-259-3861. 6pm-9pm. see pg 14A
- 12-14 53rd Annual Rock, Gem and Mineral Show.** Fri. and Sat. 10-7, Sun 10-4 at the Old Spanish Trail Arena (5 miles south of Moab, UT on Hwy 191. Dealers, Displays, Spin Table, Demonstrations, Door Prizes, Field Trips and more! FREE ADMISSION! Presented by the Moab Rock Club. for info, moabrockclub@live.com
- 17 Poetry & Conversation: Robert Service.** The second of a monthly series co-sponsored by Moab Poets and Writers and the Grand County Public Library. This evening will focus on the life and works of the author. Read and listen to some of his favorites and, if you like bring examples of your own Service favorites to share. Discussion led by Marcy Hafner. Everyone is welcome. Library Meeting Room, 6:00 to 7:45.
- 17 Electro Dance Party at Frankie D's.** The best Halloween party in Moab! Join The Boom Boom Room at Frankie D's (44W 200N) for Electro, Breaks, Dub and House. Shadow dancing, projection screens, light show, fire spinning. From 9-1:30am. Come decked out and ready to dance until you can't.
- 17 The Blue Pig live music:** Bridgette Otto and Friends 7-10pm
- 18-20 Moab Jeep Jamboree** - The Moab Jeep Jamboree is a guided off-road event in one of the United States' premier off-road areas. Expert guides, 6 meals, the company of other Jeep enthusiasts and an unmatched scenic backdrop are in store for those attending the 14th annual Moab Jeep Jamboree. For more info visit jeepjamboreeusa.com or call 530-333-4777 x 12.
- 18 Free Movie Showing.** Grand County Public Library and Utah Film Circuit: Moab present "A Separation". In this Academy award-winning film a married couple are faced with a difficult decision - to improve the life of their child by moving to another country or to stay in Iran and look after a deteriorating parent who has Alzheimer's disease. (Subtitled) 7 pm at Star Hall 159 E. Center St. Call the library for more info 435-259-1111 or go to www.moablibrary.org
- 19 The Blue Pig live music:** Bob Greenspan 7-10pm
- 19 The Moab Regional Hospital Charity Golf Tournament** at 10:00 a.m. shotgun start at the Moab Golf Club in Moab, Utah. In honor of October as Breast Cancer awareness month, this year the tournament will support our state-of-the-art digital mammography program. Please consider supporting early detection for women by sponsoring the MRH Golf Tournament or registering as a player! This year we have an online registration form to give your company more opportunities to connect with potential customers. This is a great opportunity for your company to receive exposure and to support a worthy cause!
- 20 Castle Valley Gourd Festival.** Celebrate the beauty and versatility of hard shelled gourds and gourd art. Castle Valley Community Lot, Displays of gourd art and raw gourds, Kid's Booth, Hands-On booth, Demos, Maté, Silent Auction, Music, Gourd Gallery, Face Painting, Fortune Telling, Puppet show. 10:00 am - 3:00 pm.
12 noon—Parade with gourd Goddess and our Gourd Giant Gourdy
12:30 pm—Potluck Lunch (please, bring your favorite dish to share and your own plate and utensils) **2:30 pm**—Awards
- 20 The Blue Pig live music:** Bob Greenspan 7-10pm
- 21 The Other Half** - Stunning redrock and mountain views accompany you along the Colorado River at the 9th annual The Other Half in Moab. Fun aid stations and Taiko drummers are along the course and finisher medals, food and microbrews await you at the finish at Sorrel River Ranch Resort. For more info visit moabhalfmarathon.org or call 435-259-4525. See article on page 7B.
- 24 The Blue Pig live music:** Bridgette Otto and Friends 7-10pm
- 25-28 Moab Ho Down Mountain Bike Festival** and Film Fest - 7th Annual Mountain Bike Festival featuring Downhill and Super D racing, Dirt Jump Competition, Group Rides, Costume Party, Bike Film Festival and so much more. This is one of the best bike events of the year. Don't miss out on all of the fun! For more info visit moabhodown.com or call 435-259-4688. See article on page 3B.
- 25-27 Moab Canyons Endurance Ride** - Equine Endurance Ride nationally sanctioned by AERC. 3 days, 50 miles each day. The remote courses ride through beautiful canyons and across high sandstone rims. For more info visit moabendurance.com or call 435-259-6162.
- 26 The Day of the Dead OPEN MIC.** Bring your scary tales or someone else's to share. Come as yourself or costumed but be prepared for fun & frolic. Maybe even prizes. Bring friends and neighbors. Eddie McStiffs 7:00 pm to 9:30 pm
- 26 & 27 The Blue Pig live music:** Bob Greenspan 7-10pm
- 27 7th Annual Pumpkin Chuckin' Festival.** 10am - 4pm at the Old Airport Runway, south of Moab. There will be pie-eatin' & costume contests, food vendors, arts and craft vendors, Weiner dog races, game booths, kids activities, live Bluegrass music, - and of course!- slingshots, catapults, trebuchets & air cannons shooting pumpkins through the sky! This one day event attracts over 50 vendors and 2000 festival goers, with Chuckers from as close as Moab to as far away as Delaware! Activities for the whole family, and great local food to enjoy in the process! Best yet all proceeds go towards funding the youth programs at the Youth Garden Project. We hope to see you there! For info see article page 1B and ad on page 20B. www.youthgardenproject.org
- Oct 28 - Nov 2 Moab Folk Camp.** Join us for five days of hands-on workshops with nationally recognized instructors in a variety of courses ranging from songwriting and singing to beginning and advanced guitar, slide guitar, banjo, mandolin, harmony singing and more. Moab Folk Camp offers a supportive environment in which students can experience the joy of making music and learning new skills in a beautiful setting, away

2012 Moab Events

- Aug. 30-Sept. 10 Moab Music Festival
Sept. 1-2 Moab Studio Tour
Sept. 8..... MRAC Mini Triathlon
Sept. 8..... CNHA Navajo Rug Auction
Sept. 21-23..... Moab Century Tour
Sept. 22-23..... Moab Fall Qtr Horse Show
Sept. 26-30..... M.O.A.B Boogie
(Skydive Festival)
October 3-7..... Outerbike
October 6-7..... 24 Hours of Moab
October 5-13..... Plain Air Moab
October 12-14..... Moab Rock and Gem Show
October 20..... Castle Valley Gourd Festival
October 21..... The Other Half
Oct. 25-28..... Moab Ho-Down Bike Fest
October 27..... Pumpkin Chuckin' Festival
November 2-4..... Moab Folk Festival
November 3..... Moab Trail Marathon
National Championships
November 7-11..... Moab Senior Games
November 8-11..... Moab River Rendezvous

Food and Craft Vendors, don't miss this year's

Pumpkin Chuckin' Festival!

October 27, 2012; 10 a.m.-4 p.m.

Registration forms are now available at www.youthgardenproject.org/pumpkinchuckin or call Ariel at 435-259-2326. We also have available spots for non-profits and other organizations who want to get the word out about what they do. Spots fill up on a first come first served basis and **registration is due on October 12th.**

Volunteers!

Pumpkin Chuckin' needs some help during the festival on October 27th. Opportunities include working with kids booths, parking, recycling, ticket sales, chuckin' and more. Volunteers earn free admission, tasty snacks, and a chance to be a part of one of Moab's favorite fall traditions! More info: 435-259-BEAN or pcfvolunteer@youthgardenproject.org or www.youthgardenproject.org/pumpkinchuckin.

from everyday distractions, with a caring group of musical friends. For more info visit moabfolkcamp.com or call 603-731-3240.

NOVEMBER

- 2-4 Moab Folk Festival.** The Moab Folk Festival is a 3-day music event presenting 12 performances by regional, national and international folk music artists. Workshops, jam sessions and art vendors compliment the event. For more info visit moabfolkfestival.com or call 435-259-3198.
- 3 Moab Trail Marathon National Championship** (also 1/2 marathon and 5K) - Moab Trail Marathon, Half Marathon, and Adventure 5k. Amazing course featuring the beautiful canyons in the Moab area. This year's event will be the Trail Marathon National Championship. Event benefits the Project Athena Foundation. For more info visit moabtrailmarathon.com or call 970-389-4838.
- 8-11 4th Annual Moab River Rendezvous.** The River Rendezvous is an educational symposium wrapped in river history. Regional experts offer presentations on geology, ecology, resource management, wildlife and much more. A winter float on the Colorado River, field trips, a service project and a film festival are also featured. For more info visit moabriverrendezvous.com or call 435-259-7733/866-202-1847.
- 16 DESERT VOICE GALA.** A party celebrating contributors & sponsors. Poets and writers will read from the works published in the year's Desert Voice. Come and listen to and enjoy the works of our local writers. Bring family and friends. Everyone invited. Eddie McStiffs, 7:00 pm to 9:30 pm.

OUTDOOR FESTIVALS

Third Annual PleinAir Moab Painting Festival

Along with pleasant temperatures and fall colors, early October brings a large group of friendly visitors to the Moab area who come here because they love our incredible landscape so much that they want to paint it. They'll tread lightly, set up their easels in picturesque spots of their choice, and transform their experience into works of art.

From October 5-13, during the Third Annual PleinAir Moab Outdoor Painting Festival, literally hundreds of landscape and townscape paintings will be created by enthusiastic local artists and visiting artists from across the country. These freshly painted works of art will be displayed, awards will be presented, and the paintings put up for sale at the end of the week and at The Moab Arts and Recreation Center, 111 east, 100 north. The public is invited to attend the festivities and browse the display. (See the festival schedule of events on page... or visit pleinairmoab.com)

Savvy collectors as well as first time buyers will have the opportunity to invest in a one-of-a-kind treasure. Art buyers will be able to acquire genuine, original works of art while expressing their support and encouragement for the working artists and unpaid volunteers who make this event possible. It's a win, win, win – acquire an investment of true value that will be enjoyed for years to come, support the arts, and help to stimulate the economy.

If you are able to attend this year's PleinAir Moab art sale at The MARC, you'll probably notice a range of pricing that will fit most budgets. Prices are set by the artists and most artists are very motivated to sell the work and price it accordingly. Some artists have attained a reputation that calls for somewhat higher prices. A generous percentage

of sales are donated by the artists to cover the event's expenses. Any purchase made at this event is money well spent and is greatly appreciated.

Good sales will encourage artists to return next year and will help the event to grow.

You don't need to be an art expert before you make the leap to purchase. The first recommendation at artcollecting.com for beginning collectors is "Buy art because you like it, it moves you and it will enhance your life."

If you do make a purchase, you can be confident that you're acquiring an investment of lasting value. It won't wear out, become obsolete or out of fashion. For further insight on purchasing art, a presentation, "Learn The Art of Collecting" will be part of the festivities at The MARC on Friday, October 12, at 7pm. Donna L. Poulton, the curator of Art of Utah and The West at The University of Utah's Museum of Fine Arts will be the guest speaker.

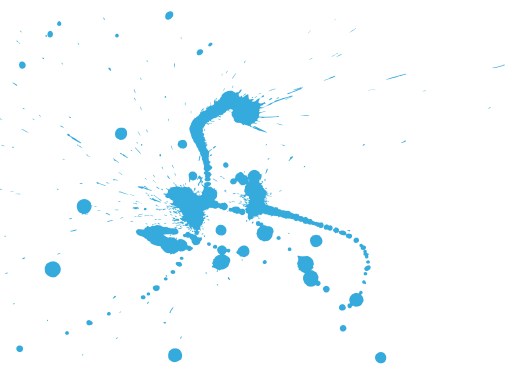
For most musicians, writers, painters and sculptors, their art is an expression of their appreciation for the world and their own surroundings. To quote one of the worlds most avid art collectors, Kerry Stokes, "Art forms part of that mix of expression that makes the whole package of life so enjoyable to be in." The best way for

the music lover, the reader, the art lover to express their appreciation for the artist's work and to keep the arts alive is to buy the artist's work.



The organizers of PleinAir Moab want to sincerely thank the generous patrons who have purchased pieces during the first two years of the festival and those who will make purchases this year. We'd especially like to thank local art collectors, Zions Bank Giving Committee, Andy Nettle of Back of Beyond Books, and Colin and Will Fryer of Castle Creek Winery who have all agreed to sponsor awards and to purchase paintings even before they're actually created.

For arts supporters, locals and visitors alike, who may be considering making a purchase, a special event has been introduced this year: the "First Peek Wine Reception" will take place on Friday, October 12 from 3-5pm. Enjoy a garden reception with hors d'oeuvres, wine and soft drinks, then stroll next door to the Arts Center for an exclusive first viewing, before the doors open for the general public, of the Painting Competition Art Sale. If you choose to purchase art, you can apply the \$50 First Peek ticket amount towards your purchase. To reserve tickets, call 435-259-6272 or stop by the offices at The MARC, 111 east, 100 north



Castle Valley Gourd Festival

Come Celebrate the Versatility of Hard Shelled Gourds! Yes, We're Back!

In a beautiful red rock setting lies the Town of Castle Valley.

Once a year the community, and many visitors from Moab to Canada and in between, gather at the Castle Valley town lot to enjoy gourds in all their aspects, the parade and share their dishes at a potluck lunch in the local fire house.

Gourd artists from here and out of town come to this festival to show and sell their gourd art or raw gourds. The gourd art is plentiful and it's always amazing to see all the different designs that artists come up with. The things you can do with hard shelled gourds seem endless. But no matter how good the gourds look, do not try to eat them...



It is a joyful day--happy smiling faces of people admiring each other's artistic gourd outbursts, like funny gourd hats. Folks wondering who is behind the mask of

the jolly jester and enjoying the company of the neighbors they haven't seen in a while.

Gourds have been used over the ages as utilitarian objects, like bowls, water containers, spoons or, musical instruments. These days people turn them into the most imaginative decorative pieces, sometimes it will still be utilitarian like bowls, vases, or even lamp shades and candle holders (careful with fire!)

All these different facets of gourds can be found at the Castle Valley Gourd Festival, taking place on Saturday, October 20th, from 10:00 am to 3:00 pm.

I am also happy to announce that the puppet show has returned. Our puppet master will be Tricia Ogilvy from CV. The parade will be bigger than ever and we hope for lots of participants decked out with gourds in all kinds of ways. If you feel like joining in, contact Faylene at 435-259-4743. As always, we will have our silent auction to fund future festivals. Consider donating a gourd to this auction, contact

Trish at 435-259-7013. The Gallery booth is an outdoor museum showcasing old, instrumental, extraordinary, rare, or simply beautiful gourd work. Do you have an item we can borrow for the day to show off for you? If so, contact Pam at 435-259-1182 or Laura at 435-259-8454.

Directions: Town of Castle Valley lot, 2 Castle Valley Drive, Castle Valley, Utah (N.E. of Moab). Follow the signs along Scenic Highway 128 (coming from either Moab or Grand Junction).

For more information call 435-259-0147 or email cvgf@frontier.com.

You can also check our blog, www.gourdfestival.blogspot.com, for info, up-dates, and photos of all the festival years. Become a follower!

I could go on and on, but why don't you just come and see for yourself?

We're looking forward to greeting you! Yrma van der Steenstraeten is coordinator of the Castle Valley Gourd Festival.

Schedule for Castle Valley Gourd Festival, October 20th:

10:00 am to 3:00 pm: Displays of gourd art and raw gourds – Kid's Booth – Hands On Booth – Demos – Maté – Silent Auction – Music – Gourd Gallery – Face Painting – Fortune Telling – Puppet Show



12:00 noon: Parade

12:30 pm: Potluck Lunch (please, do bring your favorite dish to share and your own plate and utensils – we're going green!)

2:30 pm: Awards (door prize, closing of silent auction)

3:00 pm: Time to say: "Come back next year!"



Photos by Yrma va der Steenstaeten

NATURE HAPPENINGS

The Migrations of Autumn

By Damian Fagan

October marks the passage between the seasonal bookends of summer and winter. Though the desert can still experience warm days – average highs hover around 75°F, but nighttime lows rarely dip below the freezing mark – October weather can suddenly go south with snow and rain. The weather is just one migration that defines October in the desert.

The big reason for this seasonal fluctuation is the position of the earth on its yearly migration around the sun. After the summer equinox on June 21, the sun's position changes in respect to where it rises and sets. In October, the sun sets or rises south of true east and west, respectively,

for each day until the winter equinox. Daylight duration also shifts with a trend towards shorter days; by the middle of the month the length of daylight is around 11 hours.

As the world turns, nature also responds to this seasonal shift. Birds, which are attuned to photoperiod changes, respond, in some cases, by moving south towards warmer climates or regions with appropriate prey bases. Warblers, vireos, orioles and flycatchers, birds dependent upon insects, head towards or over the US/Mexico border and into parts of Central America. Other birds like chickadees, nuthatches, jays and siskins migrate down slope, not necessarily southward,

but to lower elevations. The idea that the shorter daylight period reduces time spent foraging results in a lowered ability to sustain metabolic rates during the long, cold nights. So the birds move to where the gettin' is good.

Birds like the rough-legged hawk, an Arctic breeder, descend into the lower 48 and show up in western states where winter may lay heavy on the landscape. The cold



the summer equinox on June 21, the sun's position changes in respect to where it rises and sets. In October, the sun sets or rises south of true east and west, respectively,



desert is still a better deal than the frigid Arctic. Plants also reflect this seasonal migration. A mosaic of leaf colors erupts as chlorophyll pigments break down and unmask underlying pigments of yellow



and red. Fall creates a Crayola™ moment as leaves migrate through the color wheel.

Another vegetative migration is the rain of deciduous leaves from their tenuous holds on slender stems. Aspens, cottonwoods, oaks, roses, and other plants drop their leaves and move into a "leafless" state to pass the winter months.

Perhaps less noticeable, is the scarcity of lizards, snakes, butterflies and insects that blossomed during summer. Snakes can den up together, a temporary truce between species to survive the winter. Larger lizards like the collared lizard or leopard lizard, also go underground into



burrows or protective crevices, but not together, to avoid the cold. Many adult butterflies die, except for the mourning cloak which overwinters as an adult. Of course, there are larvae of butterflies and other insects that survive the winter.

Other indicators of this seasonal change bring us back to the human element. English is once again the dominant language heard in City Market, the European contingency having migrated home. Making a left turn off of Main Street once again becomes possible,

and trails seem devoid of traffic. October in the Canyon Country may be a period of "comings and goings," but for those that stay, there is the quiet and solitude of the trails and canyons that may postpone their migration.



The Spirit of Edward Abbey is alive at the Flagstaff Mountain Film Festival!

FLAGSTAFF, AZ - From October 10-14, Flagstaff becomes a spectacular cinematic destination to celebrate independent filmmaking during the ninth annual Flagstaff Mountain Film Festival (FMFF) at the Orpheum Theater in downtown Flagstaff.

An exciting addition to this years programming includes an exclusive "sneak peak" of select scenes from the upcoming documentary *Wrenched: The Legacy of The Monkey Wrench Gang*, being produced in the four-corners region. *Wrenched* captures the passing of the monkey wrench from the pioneers of eco-activism to a new generation who carry Edward Abbey's legacy into the 21st century.

Arizona filmmaker, ML Lincoln, is nearing completion on the feature that traces the origin of Edward Abbey's iconic novel and the path of radical environmentalism from the writing of the book, to the actions of Earth First! and into modern monkeywrenching strategies post-911. Through the lens of Abbey's anarchistic spirit, *Wrenched* champions those who have spent a lifetime defending the wilderness.

The preview will be followed by a panel of environmental legends, friends of Abbey's and the film's team, producer Kurt Engfehr (main editor and co-producer on two of Michael Moore's films, the Oscar-winning, *Bowling For Columbine* and *Fahrenheit 9/11*), director, ML Lincoln (director of *Drowning River*), and editor, Patrick Gambuti, Jr. (editor and co-director on *At the Edge of the World*, editor and co-writer, *Greedy Lying Bastards* and *Bill W.*). Introducing the session will be critically acclaimed author Craig Childs, who will be giving a spoken word performance.

Other Panelists include:

Ken Sleight: Inspired Edward Abbey to create *Seldom Seen Smith*. Sleight is a fervent environmental activist, a

legendary river runner and owns and operates Pack Creek Ranch in Moab, Utah where Abbey spent many hours writing. Often times you can find him standing in front of a bulldozer. Jack Loeffler: An aural historian, writer, radio producer and sound collage artist. He was a close friend of Abbey's for decades. Loeffler advocates grass roots activism and counts among his many published works *Adventures with Ed: A Portrait of Abbey*. Ken Sanders: A rare-book seller specializing in Western Americana. He is also the founder of Dream Garden Press. Sanders was friends with Edward Abbey and is responsible for commissioning R. Crumb to illustrate the tenth-anniversary edition of *The Monkey Wrench Gang*.

Kieran Suckling (Moderator): Director for the Center for Biological Diversity, a national nonprofit that advocates for endangered species and the wild places they live.

Craig Childs: He has published more than a dozen critically acclaimed books on nature, science, and adventure. He is a commentator for NPR's *Morning Edition*, and his work has appeared in *The New York Times*, *Men's Journal*, *Outside* and many others.

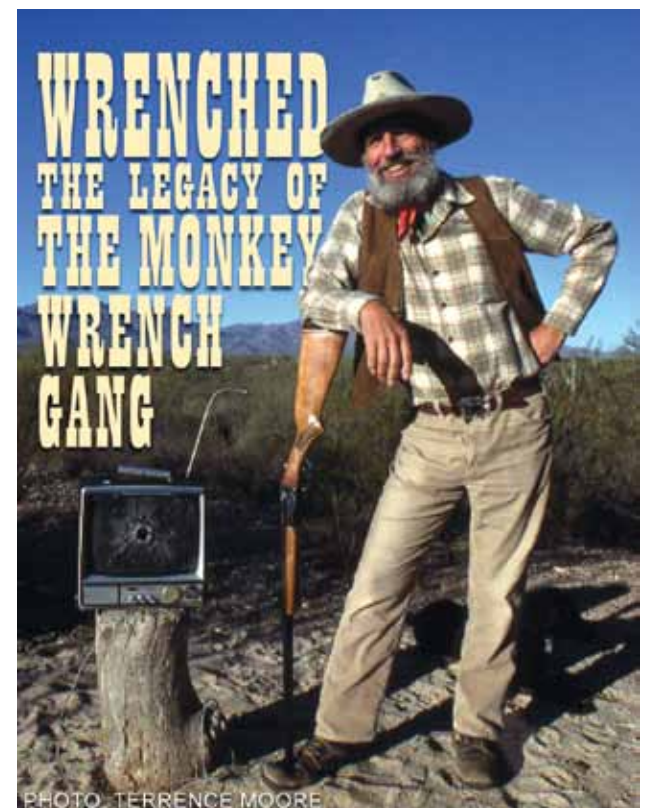
All ticket sales for this event is \$10/ \$5 for students and goes to support the Flagstaff Mountain Film Festival's Emerging Filmmaker Program, a free weekly filmmaking workshop for Flagstaff high school students, covering the basics of filmmaking.

The Flagstaff Mountain Film Festival continues to uphold its tradition of bringing new documentaries and fresh perspectives to the Colorado Plateau. Further information about the documentary *Wrenched* can be found at www.wrenched-themovie.com.

Details:

Dates: Event, Saturday, October 13; 6:00-8:00.

Place: The Orpheum Theater in Downtown Flagstaff, AZ
Session tickets, \$10 for the general public, \$5 for



students. To experience all of the films the festival has to offer and events throughout the four days, purchase a VIP pass for only \$65 through September (\$80 after). Student VIP passes are \$40 at all times but must be purchased at ticket center or door with student ID.

To purchase tickets and view the festival programming (to be posted soon), visit www.flagstaffmountainfilms.org.

INNOVATIVE HAPPENINGS

Eleanor Inskip

by Joan Gough

When I asked Eleanor why Moab, she looked at me like it should be obvious and said, "Because I wanted to be in the desert." Thirty-six years ago she, Dennis Spikerman (Spike), and their four-year-old son Orion moved from Salt Lake City where Eleanor had graduated from the University of Utah with a degree in economics. "I had a lot of extra credits. I was quite eclectic in my interests." Eclectic is, in fact, an excellent one word descriptor of Eleanor Inskip.

Between graduation and moving to Moab, Eleanor spent three months in Europe. She returned to Salt Lake City where there were few jobs, so she joined VISTA, the domestic Peace Corps. She was sent to train on the Ogallala Indian Reservation with eighteen Sioux and one other anglo volunteer. "I had never seen such poverty as I saw there, and I was an Air Force brat--had been in post war Japan and China. It was a whole nation of severely depressed people. "I knew things were much better on the Navajo Reservation, that they had made the system work for themselves. So the eighteen of us took two VISTA Suburbans and drove to northeast Arizona to spend the weekend on the Reservation. The difference between the two reservations was staggering; those young Ogallala Sioux saw it, and I like to think it made a difference."

That was a typical Eleanor response to a problem--creative and direct. Eleanor was laid off from VISTA when they found out she was pregnant. Back in Salt Lake, Eleanor birthed Orion, put together a food co-op, baked bread for Momma Eddie's Right-on Beanery, was the business manager/bookkeeper for Marmalade School, and a nanny.

Then it was 1976--time for the desert. Eleanor was hired for 20 hours a week by Canyonlands Natural History Association (CNHA). She was the first non park service employee. She also worked at the Poplar Place, which Spike had purchased, making the best pizza in town and waiting tables as

needed. After a particularly nasty run-in with an underage drinker and her defender, Eleanor quit working at the bar.

Although Eleanor wasn't exactly kicking around looking for something to do with a four-year-old and steadily increasing hours at CNHA, she enjoyed and helped create much of Moab's home-grown culture. She was the catcher for Real People Press softball team, the costumer for Moab Community Theater, and a founding board member of Canyonlands Field Institute. A member of the Chamber of Commerce, she was soon involved in a group called Moab Area Promotion for which she wrote the articles of incorporation.

This group was the point organization promoting tourism in Moab.

A number of agencies and government entities cooperated to published a slick, photo oriented booklet called The Magic of Moab the popularity of which demanded several printings. Eleanor was the production designer and editor.

Eleanor, now executive director of the growing CNHA, was invited to become a Rotarian. Rotary International was still banning women from membership. "When I made my first presentation to the Rotarians, I looked out and realized I was the only woman there. It took me back to college and being the only woman in most economics classes. Two Rotarians I especially respected were Don Knowles and Ed Klaus. They wanted to see this community heal."



The wound of poor economic times as a result of falling uranium prices drove a wedge between those citizens who saw salvation in attracting tourists and those hoping for an infusion of federal money for a high-level nuclear waste repository in Lavendar Canyon. There were, of course, other ideas, but those were the most viable in the mid-eighties.

When Eleanor heard that the Department of Energy (DOE) was considering the creation of a "religion" to warn people away from the high level nuclear repository for the 10,000 years it would be toxic, she knew her skills were needed to design the outfits for those Atomic Priests [the DOE's own name for them]. Thus, began her Atomic Priesthood Regalia which has grown from The All American Woman (her initial outfit) to eleven completed designs currently on display at Musseum of Moab.

Adrien Taylor, Publisher Emeritus of the Times-Independent, observed, "Eleanor Inskip has been here in Moab during at least one of its ups and downs. During the especially trying years of the early 1980's she joined hands and efforts with other community minded citizens in the planning and building of the Moab Information Center on the southwest corner of Main and Center Streets." It was a unique undertaking for a natural history association-serving the Bureau of Land Management and Forest Service as well as the National Park Service. Completed, it became not only an example of professional interpretive services, but also, the template for other multi-agency associations around the country.

After Eleanor left CNHA, she researched, wrote, and published The Colorado River Through Glen Canyon: Before Lake Powell, a powerful reminder of what was lost when the canyon was flooded. Then she moved to Washington, D.C. where she further immersed herself in research, largely on John Wesley Powell, and the USGS topographical map collection. She worked as a temp for National Geographic Magazine.

After returning to Moab in 2003 Eleanor served a term as the director/curator of the Museum of Moab, owned and operated a bed and breakfast, and, as Adrien Taylor observed with a mischievous chuckle, "Currently, she is also raising exotic chickens."

Pragmatist and idealist, administrator and artist, Eleanor Inskip is still helping us weave the fabric of community in Moab.



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

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

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

Moab Brewery, Moab's only on-site microbrewery, offers a variety of locally brewed beers in their bar, as well as their beer 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.



Also new is the addition of two upscale lounges in Moab. Vista Lounge located inside Buck's Grill House and

The Ghost Bar, upstairs at Jeffrey's Steakhouse. Both locations have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

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

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

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

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



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 16 Miles up Highway 128 259-2002
 Breakfast • Dinner
 River front TABLES inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make your reservations for weddings and private parties.

Crystal's Cakes & Cones
 26 West Center St. 259-9393

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

Desert Bistro
 36 South 100 West 259-0756
 Dinner
 Open Tue - Sun at 5:30 pm - 9:30 pm Closed Mon
 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. Covered and open outdoor patio dinning. Full liquor license. Reservation highly recommended

Eddie McStiff's Restaurant & Brew Pub
 57 South Main Street 435 259-BEER

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! "Wakame" recently featured in Sunset Magazine, April 2012.

Fiesta Mexicana
 202 South Main Street 259-4366
 Sun - Thur 11am - 10pm • Fri & Sat 11am - 11pm
 Experience the close-up magic of Rick Boretti
 Thursdays and Fridays 7-9pm

Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio with 4 TV's! Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.25 Full bar. FiestaMexicanaRestaurants.com

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

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

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

La Hacienda
 574 North Main 259-6319
 Lunch • Dinner
 Open 11:00 a.m.
 CELEBRATING 31 YEARS! Superior Mexican specialties with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor Licensee.

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

Love Muffin Café
 139 North Main 259-6833

McDonald's
 640 South Main 259-8800

Mi Ranchito y Mexicano
 812 South Main Street, Suite B 259-0550

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 - 8:30pm
 Moab's oldest restaurant, since 1954. Milt's is pleased to serve local grass-fed, hormone-free beef burgers. We also serve classic diner sandwiches, buffalo burgers, hand cut fries, and delicious salads. Enjoy our homemade ice cream, shakes and old fashioned malts using milk from the McClish family dairy in Moab. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. Daily Specials. See ya'all at Milt's! www.miltstopandeat.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. 259-2725
 Open Every Day from 6:30am - 9:00pm
 On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian sodas. Gelato made with all fresh ingredients, yummy scones, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference!

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

For more information about these restaurants pick up a "Moab

**Moab Grill**

540 South Main 435-259-4848
Breakfast • Lunch • Dinner
Open 6 am - 10 pm

Cajun Seafood every Friday. Enjoy our home style cooking ranging from our 'Cowboy Benedict' in the morning to steaks and seafood for dinner. Our fresh baked pastries, pies, cobblers and espresso are good any time of day. We have a full wine and beer menu featuring Castle Creek wines. Friday - Seafood Specials. Saturday - Steak Specials. Sunday - Prime Rib. Box lunches to go. Small private meeting room. Internet service, and catch upon the news on 2 flat screens.

Pancake Haus

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

Pantale's Desert Deli

98 East Center 259-0200
Open Mon-Fri 11:00am-5:30pm Sat 11:00am-3:30pm
Closed Sunday

Locals favorite. Greek style deli with old family recipes. Fresh made dressings and salads. Big sandwiches. Soup of the Day. Order box lunches to take with you on your adventure. Ask for early morning pick-up. Catering available.

Paradox Pizza

702 South Main St 259-9999
Sunday - Thursday 3-9pm
Friday & Saturday 3-10pm

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.

Pasta Jay's

4 South Main 259-2900

Peace Tree Juice Cafe

20 South Main 259-0101
Breakfast • Lunch • Dinner
7 am to Close Everyday

Welcome to the Peace Tree. We have full Breakfast and Lunch menus in addition to our newly expanded Dinner menu. Good pasta selection including gluten-free options. Beer, Wine, Cocktails, Fresh juice and wheatgrass.

Pizza Hut

265 South Main 259-6345
Lunch • Dinner
Sun-Thur 11am-10pm Fri-Sat 11am-11pm

Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up and dine-in available all day. Delivery available 4pm - 10pm. OPEN EVERY DAY

Portal Grill at Moab Regional Hospital

450 West Williams Way

Quesadilla Mobilla

83 S. Main 260-0289
by the Canyonlands Trading Post
Fri, Sat & Sun 11am to 4pm
Thur & Mon 11am to 8pm

Quesadilla Mobilla is Moab's first and only gourmet food truck serving up delicious gourmet quesadillas. Our menu is out of the ordinary but sure to get your mouth watering and we have seasonal specials throughout the year. Come check us out and see why we have quickly become a locals' favorite! Call in orders are welcome.

Red Rock Bakery & Net Cafe

74 S. Main Street 259-5941
Breakfast • Lunch
Open 7am-2pm Everyday. Serving freshly baked bagels, muffins, scones and cinnamon rolls. Fresh Moab Coffee (FMC). Best Sandwich in Moab. Moab's original high speed Internet Access. Open EVERY DAY.

Rio Sports Bar & Grill

1 block west of Main on Center 259-6666

Sabuku Sushi

90 East Center 259-4455

Singha: Authentic Thai Cuisine

92 East Center 259-0039
Lunch • Dinner
Lunch: Mon - Sat 11-3 Dinner: Mon - Sun 5-9:30

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 chillies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

Slickrock Cafe

5 North Main 259-8004
Lunch • Dinner

Come join us and experience a fun and casual atmosphere. Experience our fantastic, friendly service. Enjoy Steaks, Seafood, Appetizers, Gourmet Burgers, Wraps, Sandwiches, Awesome Salads and Freshly Grilled Entrees. Ice cold beer in frosted mugs. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License. Come hang out for Live music Fri, Sat & Sun.

Sorrel River Grill Restaurant

17 Miles Northeast on Scenic Hwy 128 259-4642
Breakfast • Lunch
Dinner

Enhanced Utah Dining Experience. Overlooking the Colorado River, enjoy delicious menu offerings from tender aged beef entrees, mouth watering seafood specials and garden fresh vegetable dishes direct from the ranch's organic garden. Full liquor license and extensive wine list. Casual dress. Dinner reservation suggested.

Subway Sandwich Shop

299 South Main 259-SUBS
Breakfast • Lunch • Dinner

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

Sunset Grill

900 North Highway 191 259-7146
Dinner

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

Susie's Branding Iron

2971 South Highway 191 259-6275
(3 miles south of Moab)

Lunch • Dinner
Open 11am - 10pm

Welcome to my ranch cookhouse. Come in, take off your hat, and sit a spell. Relax and enjoy a home cooked, hearty cowboy meal. Our signature Prime Rib is served every Wednesday, Friday and Saturday night after 5pm. To go orders are welcome.

Sweet Cravings

550 North Main 259-8983

Breakfast • Lunch
Tue-Sun: 7am - 3pm

A yummy, fun little restaurant, offering baked goods (cinnamon rolls, breads, cookies, pies, etc) with incredible breakfast burritos and build your own panini's for lunch. Stop for breakfast and grab lunch to go along with a treat for later!

Szechuan Restaurant

125 North Main 259-8984

Village Market

702 South Main 259-3111

Wake and Bake Cafe

59 S. Main #6, McStiff's Plaza 259-2420

Wendy's

260 North Main 259-2595

Wicked Brew Drive Thru

132 North Main 259-0021
Open at 6 am Daily

Wicked Brew is committed to providing you unbeatably fresh and full flavored coffees and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from only environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest and most enjoyable coffee experience in Moab.

Zax

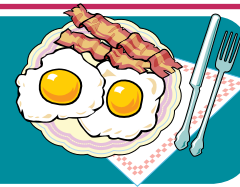
96 South Main Street 259-6555
Lunch • Dinner • Family Dining

We have it all! We offer an extensive menu that includes the best burgers in Moab, sandwiches, pastas, salads, seafood and our famous All-You-Can-Eat pizza buffet and salad bar. Dine inside or out on our all-weather covered patio. Watch your favorite sporting event on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Featuring a full liquor license. Open 7 days a week. Locally owned and operated.

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



RESTAURANT GUIDE



FREE WiFi

SLAM IT UP!

Lumberjack Slam®

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

989 North Hwy 191
OPEN 24 HOURS

Open Everyday 7am-2pm

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

Desert Bistro
Casual Fine Dining
Contemporary Southwestern Cuisine

Join us at our new location
in the heart of downtown
36 South 100 West

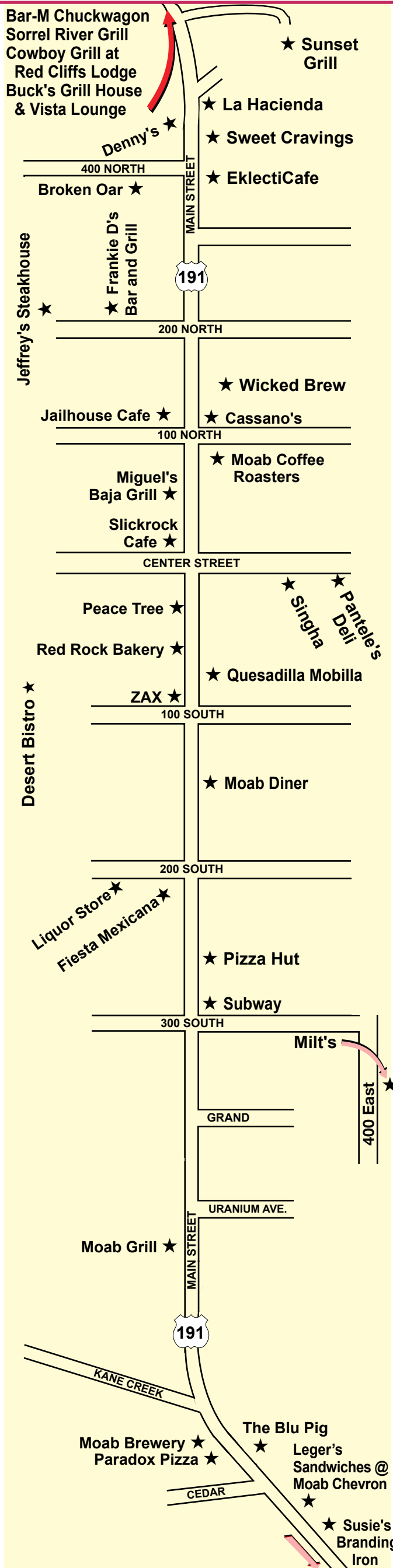
Open Tuesday - Sunday at 5:30 pm - 9:30 pm
Closed Monday
Reservations Highly Recommended
259-0756 FULL LIQUOR LICENSEE

SUBWAY
eat fresh.®

Located inside Walker's Convenience Store

Buy a 6 Inch Sandwich and a Medium Drink and get a 6 Inch Sandwich (of equal or lesser value) FREE.

Expires November 15, 2012
Coupon valid at your Moab Subway
299 South Main • 259-SUBS



"Dining with a Million Dollar View"

Steaks • Pastas
Prime Rib
Fresh Seafood

Patio • Catering
Family Dining

259-7146

Open Nightly at 5:00 pm - Closed Sundays

Espresso
Coffee
Gelato

90 N. Main St.
Moab, UT
259-2725

Pastries
Smoothies
WiFi

FRESH ESPRESSO AND COFFEE
BY THE CUP OR BY THE BAG, AND
18 FLAVORS OF FABULOUS GELATO

Open Every Day from 6:30am - 9:00pm

Established 1954

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

FEATURING
LOCAL GRASS-FED, HORMONE-FREE BEEF BURGERS
NATURAL BUFFALO BURGERS
HAND-CUT FRIES
CLASSIC DINER SANDWICHES
FRESH DELICIOUS SALADS
HOMEMADE SHAKES & OLD-FASHION MALTS

OPEN DAILY 11 AM - 8:30 PM

WWW.MILTSTOPANDEAT.COM
EAT IN OR TAKE OUT: 435-259-7424

Pick up a copy of the
2012 Moab Menu Guide
at many businesses around town. It can help
you choose a place to eat or order your meal for
take-out. The Moab Menu Guide is also online at
www.moabmenuguide.com



RESTAURANT GUIDE

RESTAURANT GUIDE

MOAB GRILL
Open Daily
6 am to 10:00pm
Breakfast, Lunch & Dinner

CAJUN SEAFOOD BOIL
FAMILY FUN
STYLE DINNER
EVERY FRIDAY
\$21.95

Sunday Prime Rib
Serving @ 3pm

Saturday Steak Night

Full Wine & Beer Menu

540 S. Main
(next to the Big Horn Lodge)
435-259-4848 www.themoabgrill.com
Bring in this ad for 10% OFF any meal.

SORREL RIVER RANCH
resort & spa

Farm-to-Plate

SORREL RIVER FARM

Scenic Highway 28, Mile 17 435-259-4642 www.sorrelriver.com

The River Grill

When The Food Matters

The Blu Pig
A BBQ and Blues Joint

- Take out
- Private Parties
- Catering Services
- State Liquor License
- Large Screen HD TV's
- Uinta Craft Brews on tap

"LET 'EM EAT BBQ!"

Live Music
Call for details

Open Everyday 3 to Close

Phone 435-259-3333
www.blupigbbq.com

811 South Main Street
Moab, Utah 84532

Brews, Blues, & BBQ
Between Moab Valley Inn and La Quinta

Sweet Cravings
Bakery + Bistro

Breakfast/Lunch
Coffee & Lattes
Sandwiches & Salads
Endless Homemade Pastries
Boxed Lunches • Catering

Tue-Sun 7am - 3pm
435-259-8983 • www.cravemoab.com
550 N. Main Street, Moab, UT 84532

Halloween Adventure Weekend at Sorrel River Ranch October 26-28

Pumpkin Contest – Vote on the SRR Team's Carved Pumpkins. Each Department will have its Pumpkin on Display – Main Lodge

Photo Contest – Submit your photos over the weekend to Photos@SorrelRiver.com

Prizes awarded for the following:

- 1) Most Photos Submitted
- 2) Best "Halloween" Experience at SRR
- 3) Best representation of people "Where Luxury Meets Adventure"

Costume Contest – at Movies (or all weekend long) – kids are encouraged to dress up and parade around in their costume. Judging Happens Each Night at Movie Night. Prizes Awarded.

Wicked Brew
DRIVE-THRU

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

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

www.moabsandwiches.com

Teasers

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

OPEN 24 HOURS

Friday, October 26th

4:00pm-5:00pm Halloween Bingo, Conference Center
5:00pm-6:00pm Hay Ride, Meet at Stable
7:00pm-10:00pm Outdoor Movies – "Monster House", Behind the Stable (Truffle & Classic Popcorn Served) – Children Encourage to Attend in Halloween Costume. Movie: Monster House
7:00pm-10:00pm Bonfire and S'mores, Lodge Fireplace
Fireside Autumn Bar
Hot Cider, Hot Chocolate, SRR S'mores Martini, Kiddy Halloween Brew

PM TURNDOWN Trick or Treat Turndown Service, Housekeeping

Saturday, October 27th

10:00am-11:00am "Cool Weather Crops Undercover" – Garden Tour, Jason Matz
12noon-2:00pm Interactive Cooking Demo, Wine Pairings & Lunch w/ Chef Richard
Take Home Recipe Cards, \$49++
3:00pm-4:00pm Class (TBD) – Plant Power & Herbal Awareness with Sister Root,
Homestead Garden (To be confirmed with Ali)

peace tree juice cafe
www.peacetreecafe.com

Beer Wine Cocktails

daily specials

fresh fruit Smoothies

fresh juice & coffee bar

good pasta selection including gluten-free options

7am - close everyday

Breakfast, Lunch, expanded Dinner menus
20 south main street, moab, utah 259-0101
Also in Monticello at 516 North Main

MOAB'S ONLY ONSITE MICROBREWERY & RESTAURANT

STEAKS • BURGERS
BBQ • SALADS
SEAFOOD

KIDS' MENU
GELATO
PATIO SEATING

MOAB BREWERY
HAND CRAFTED ALES AND GREAT FOOD

686 SOUTH MAIN STREET • MOAB, UTAH
(McDonald's is next to us)
(435) 259-6333

SERVING LUNCH AND DINNER
BEER TO GO • STATE LIQUOR LICENSEE
WWW.THEMOABBREWERY.COM

4:00pm-5:00pm Pumpkin Patch Picking & Painting, Greenhouse Garden & Stable
5:00pm-6:00pm Hay Ride, Meet at Stable
7:00pm-10:00pm Outdoor Movies – "Corpse's Bride", Behind the Stable (Truffle & Classic Popcorn Served) – Children Encourage to Attend in Halloween Costume. Movie: Corpse Bride
7:00pm-10:00pm Bonfire and S'mores, Lodge Fireplace
Fireside Autumn Bar
Hot Cider, Hot Chocolate, SRR S'mores Martini, Kiddy Halloween Brew

PM TURNDOWN Trick or Treat Turndown Service, Housekeeping

Sunday, October 28th

9:00am-11:00am Farmer's Market Farm Stand
SRR to Set up its own farmstand and offer produce, fermented items, Zucchini Breads, etc. Front of Main Lodge/Cabana Area

19th year

JAILHOUSE CAFE

101 NORTH MAIN STREET

Moab's Breakfast Place

"Good Enough for a Last Meal"

ART WALK HAPPENINGS

Moab Art Walk

Saturday, October 13, from 6-9pm

Downtown merchants, Moab Arts and Recreation Center and Museum of Moab will hold the first Artwalk for the fall season. The public is invited to stroll through the exhibits at their leisure to view a variety of fine art and handmade crafts, enjoy refreshments and mingle with local and visiting artists. Most exhibits will remain up throughout the month for those who are unable to attend the Saturday night walk.

Moab Arts and Recreation Center (The MARC)

111E 100N
435-259-6272
www.moabmarc.com

Plein Air Moab:

Plein Air Moab awards night! Come see who wins at 5pm and listen to the Judges Talk at 7pm to find out why. Plein air paintings of the Moab area from over 100 artists will be on display and for sale. Check out pleinairmoab.com for a schedule of all the events.



Savage Spirit!

87 N. Main St.
435-259-2278
www.facebook.com/savagespirit.moab
Jim Haas:

This month will feature the final works of the late Moab jewelry artist, James Haas (1958-2012). Jim's passion was the stones, which he cut and polished. He taught himself silversmithing and kept the settings clean and simple to show off Mother Nature's art. Please join us in a celebration of the beauty Jim created.



Back of Beyond Books

83 N. Main St.
435-259-0782
www.backofbeyondbooks.com

Peg Dougherty:

Peg has worked as an editorial illustrator for over 45 years and taught drawing and anatomy for 18 years at Columbus College of Art and Design in Ohio. She has lived in the Moab area for 12 years and now works primarily in graphite and watercolor.



Framed Image Fine Art

59 E. Center St.
435-259-4446
www.framedimagemoab.com

R. Lillian Seifer:

Mixed water media artist, R. Lillian Seifer brings in a new body of work that draws on the themes of water, sky, and stone. At times abstract, her textural nuances and structural forms reveal the mysteries of this landscape.



Moonflower Market

39E 100N
435-259-5712

Randy Childs:

Diversity, best describes Randy Child's artwork. Landscapes, battleships and lighthouses are a few of the quaint acrylic pieces you will find hanging in Moonflower Market's gallery.



The Edge Gallery

137 N. Main St.
435-259-5855

www.breledge.com

Bret Edge:

The Edge Gallery features fine art landscape photography by Bret Edge. Each photograph is presented as a breathtaking canvas wrap or archival plaque mount in an open, contemporary gallery space.



Overlook Gallery

83 E. Center St.
435-259-3861
www.moabarts.com

Lorenzo Chavez:

At The Overlook, local and visiting artists, art students and collectors will have a special opportunity to view pastel landscapes by nationally known artist, Lorenzo Chavez who has been invited to Moab to judge the Plein Air Moab painting competition.



Museum of Moab

118 E. Center St.
435-259-7985
www.moabmuseum.org

Elinore Inskip:

Each of these elaborate fabric and fiber pieces of regalia is produced to represent a hidden aspect of the wearer. Elinore has worked with the owner of each piece to produce a fantastic representation of the avatar within the wearer's emergence as members of the Atomic Priesthood.



1 MOAB ARTS AND RECREATION CENTER
111 E 100 N

2 MOON FLOWER MARKET
39 E 100 N

3 THE EDGE GALLERY
137 N Main St

4 SAVAGE SPIRIT!
87 N Main St

5 BACK OF BEYOND BOOKS
83 N Main St

6 FRAMED IMAGE FINE ART GALLERY
59 E Center St

7 OVERLOOK GALLERY
83 E Center St

8 Museum of Moab
118 E Center St

www.moabartwalk.com

	MAIN	100 E	200 E	300 E	400 E
200 N					
100 N	3	2	1		
CENTER	4 5	6 7			
100 S		8			
200 S					
300 S					

SKY HAPPENINGS

The Sky for October 2012

By Faylene Roth

SUNRISE AND SUNSET TIMES FOR OCTOBER

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

1	7:15am	7:00pm
2	7:15am	6:59pm
3	7:16am	6:57pm
4	7:17am	6:55pm
5	7:18am	6:54pm
6	7:19am	6:52pm
7	7:20am	6:51pm
8	7:21am	6:49pm
9	7:22am	6:48pm
10	7:23am	6:46pm
11	7:24am	6:45pm
12	7:25am	6:44pm
13	7:26am	6:42pm
14	7:27am	6:41pm
15	7:28am	6:39pm
16	7:29am	6:38pm
17	7:30am	6:36pm
18	7:31am	6:35pm
19	7:32am	6:34pm
20	7:33am	6:32pm
21	7:34am	6:31pm
22	7:35am	6:30pm
23	7:36am	6:28pm
24	7:37am	6:27pm
25	7:38am	6:26pm
26	7:39am	6:25pm
27	7:40am	6:23pm
28	7:41am	6:22pm
29	7:42am	6:21pm
30	7:43am	6:20pm
31	7:44am	6:19pm

MAJOR CONSTELLATIONS OF OCTOBER

Overhead

- Aquila
- Cygnus
- Delphinus
- Lyra
- Pegasus

Northward

- Cassiopeia
- Cepheus
- Draco
- Ursa Minor

Eastward

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

Southward

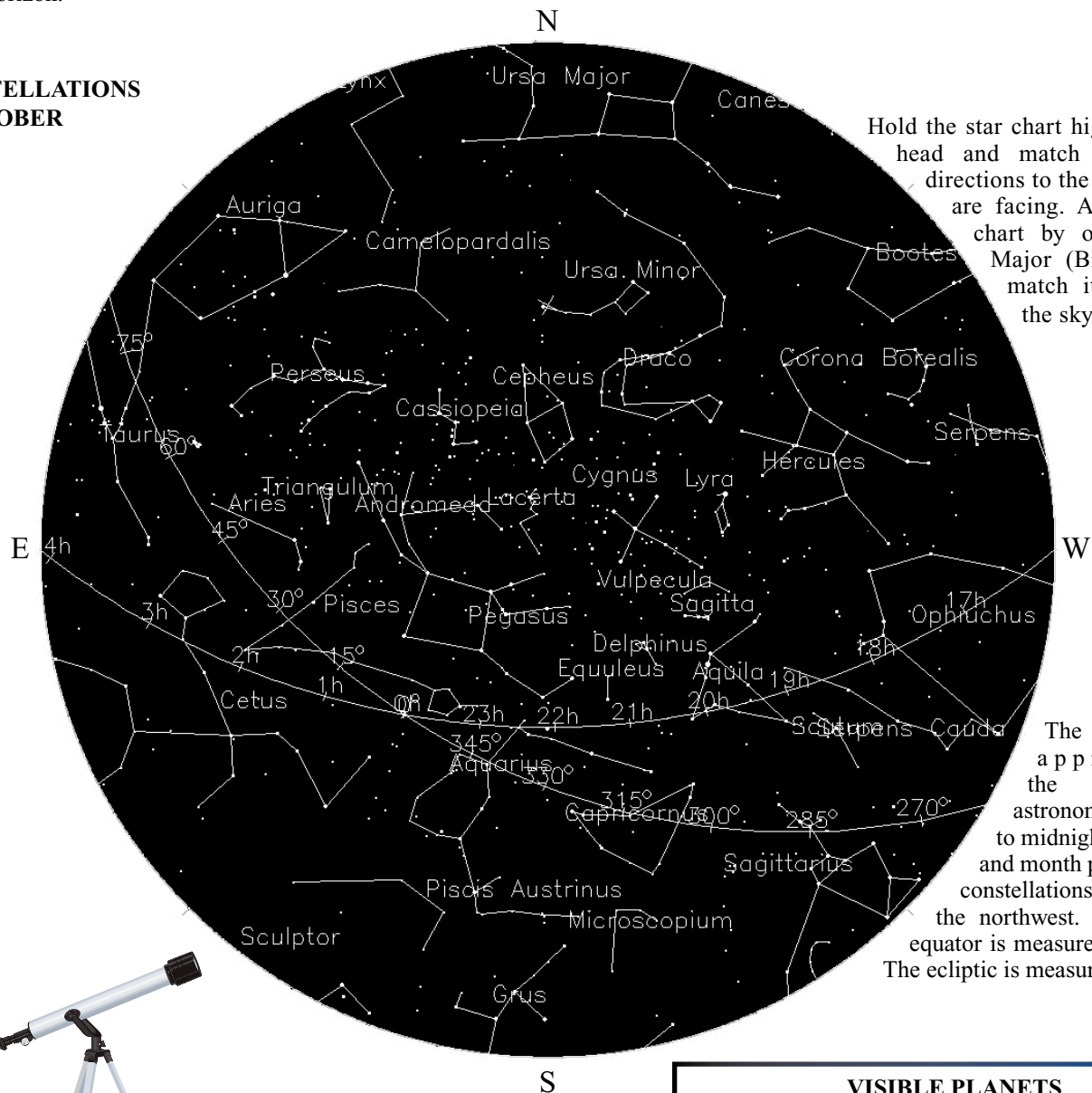
- Aquarius
- Capricornus
- Cetus
- Sagittarius
- Scorpius

Westward

- Corona Borealis
- Hercules
- Ophiuchus

Overhead the Summer Triangle relinquishes its position to the fall constellations centered around the Great Square of Pegasus. In the eastern skies the winter constellations of Taurus and Orion appear before midnight. Ursa Major (aka Big Dipper, Plow, Wagon, Big Bear) dips so low in the northern sky that it can be difficult to see without a clear view of the horizon.

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 celestial equator is measured in hours (h). The ecliptic is measured in degrees.



DAYLENGTH

The period of daylight decreases rapidly this month. We lose 72 minutes by month's end. Civil twilight begins after sunset and provides adequate light for most activities for an additional one-half hour. Nautical twilight continues another 30 minutes with colors and shapes fading from the landscape. Astronomical twilight darkens the horizon over the final half hour of twilight. The reverse progression applies to dawn.

MOON HAPPENINGS

Oct 9 – Last Quarter Moon rises in the early am hours.
 Oct 15 – New Moon occurs at 6:02pm.
 Oct 22 – First Quarter Moon sets in the early am hours.
 Oct 30 – Full Moon occurs at 1:49am and rises October 29 at 7:15pm.
 (The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

WINDOW TO THE UNIVERSE

Autumn skies direct our view, not towards the center of our galaxy as in summer, or the outer boundary of our galaxy as in winter but in a perpendicular direction out of our galaxy. The Milky Way Galaxy is only a few thousand light years thick at the point where our sun is located. The number of stars above and below our position does not rival the dense populous regions we see in winter and summer when looking through the plane of the galaxy. The direction of our view depends upon the season of the year and explains why autumn skies and spring skies are less populated with stars. What is visible, though, with large telescopes is out of this world. When large astronomical telescopes are directed through the Great Square of the constellation Pegasus, they provide a look beyond our galaxy and into the surrounding universe. Stargazers may view, with the naked eye, four to twelve stars that are within our galaxy. Binoculars reveal several hundred stars. In fact, hundreds of thousands of stars are visible in almost any direction with enough telescopic magnification. But, beyond the margins of our galaxy—at about 2000 light years—numerous neighboring

galaxies come into view. They range from tens of millions to hundreds of millions of light years from us. And, beyond them, quasars (perhaps representations of galaxies in their early phases of formation) lie billions of light years away.

METEOR EVENTS

Around October 7 look for slow-moving meteors with long trains from the Piscid Meteor Showers. Best viewing is around midnight when faint Pisces is overhead. The circumpolar Draconid Meteor Showers occur October 7-10. Look for these meteors emanating from the low northern horizon around 2am. On October 11 scan the area around Taurus once it moves into its overhead position after 2am. The early dawn hours of October 14/15 offer some of the fastest-moving meteors of the year as the Geminid Meteor Showers pass overhead in the pre-dawn hours. The most promising meteor shower of the month is the Orionids spanning October 20-24 with some meteors visible a few days before and after. Best viewing is after midnight when the waxing moon has set and into the early morning hours.

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 – Our largest planet rises before midnight about 23 degrees north of due east. Look for it between the extended horns of Taurus. By morning twilight it shines overhead. On October 4 Jupiter rises with a celestial cluster that includes the waning gibbous moon, the Pleiades star cluster, and aging red star Aldebaran (Taurus). The same cluster reoccurs October 31. (Magnitude -2.6)

Mars – The red planet sets early in the SW skies about 23 degrees south of due west.. It progresses towards the head of Scorpius, both of which set earlier each evening. A final treat soon after sunset on the evening of October 18 reveals red-lit Mars about four degrees north of aging red star—Antares (Scorpius)—with a waxing crescent moon to the east. Mars disappears into the sun's glare within a few days. (Magnitude +1.2)

Venus – Our most brilliant planet rises about three hours before the sun throughout October. Its companion this month is blue-tinged Regulus, a 1st magnitude star in Leo. They appear less than one degree apart on the morning of October 3. On October 12 Venus appears about six degrees north of a thin waning crescent moon. (Magnitude -4.1)

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.

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We encourage students new to yoga to try a few different classes and teachers when they are just getting started. All the teachers are great and have a lot to offer but it is likely you'll connect more with one teacher than another. Also, we have different class styles and times. We like to stay as consistent as possible but we also try to be sensitive to times that don't seem to be working and get creative by trying other times that might be a better fit for our community. Feel free to call or email us anytime to ask questions or make suggestions!

We will be offering a couple of different six week beginner yoga series starting the end of October. Also, we have two workshops in November. We have a visiting teacher the weekend of November 2nd-4th, Nova Loverro, and a Yamuna Body Rolling® workshop on November 16th. Please visit our website for information: www.moabyoga.com



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- 2.5 Hour Sessions
- \$35 per session
- \$120 for all Sessions, if registered by October 18th
- \$130 for all Sessions after October 18th
- Session Break-Down
- Friday 6-8:30pm: Forward Bends
- Saturday 9-11am: Twists
- Saturday 4-6:30pm: Restorative/Nidra
- Sunday 9-11:30am: Backbends/Inversions

Note: Each Session contains Lecture, Breathwork and Meditation

To Register contact Moab Yoga, 37 E Center St, 435.259.2455, moabyoga@yahoo.com.



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HEALTHY HAPPENINGS

October is Breast Cancer Awareness Month

Frequently Asked Questions about Early Detection.

In the last few years, changing guidelines for mammograms have left many women confused and uncertain about the best plan for early detection of breast cancer. We hope that this information can help you be informed so that when you sit down with your doctor, you can make the best decision for your health.

I've heard different recommendations about what age to begin getting mammograms and how often?

Most major medical organizations including the American Medical Association (AMA) and the American Cancer Society (ACS) recommend annual mammograms beginning at age 40. In 2009, the U.S. Preventive Services Task Force (USPSTF) changed its screening recommendations and said that women of average risk for breast cancer could wait until age 50 to start getting mammograms and then follow up only every two years, rather than annually. The current USPSTF recommendations, which do not apply to a small group of women with unusual risk factors for breast cancer, created a heated debate within the medical community. Moab Regional Hospital and nearly all major medical groups still recommend women begin getting routine screening mammograms at age 40 and do so every year. However, the bottom line is, different organizations advocate for different ages and frequency. If you are over 40, talk with your doctor about your risk for breast cancer, and decide on a plan that is best for you.

What is a mammogram?

A mammogram is an x-ray picture of the breast. Mammograms can be used to check for breast cancer in women who have no signs or symptoms of the disease. This type of mammogram is called a screening mammogram. Screening mammograms usually involve two x-ray pictures, or images, of each breast. The x-ray images make it possible to detect tumors that cannot be felt. Screening mammograms can also find tiny deposits of calcium that sometimes indicate the presence of breast cancer.

Mammograms can also be used to check for breast cancer after a lump or other sign or symptom of the disease has been found. This type of mammogram is called a diagnostic mammogram. Besides a lump, signs of breast cancer can include breast pain, thickening of the skin of the breast, nipple discharge, or a change in breast size or shape; however, these signs may also be signs of benign conditions.

Digital mammography units, like the one at Moab Regional Hospital, have become the new standard of care for breast cancer screening because of improved images. Digital mammograms are better for women who have dense breast tissue, are under the age of 50, or are pre-menopausal.

What is thermography and can it be used instead of mammography to detect breast cancer?

Unlike mammography, in which an X-ray of the breast is taken, thermography produces an infrared image that shows the patterns of heat and blood flow on or near the surface of the body. Some health care providers claim thermography is superior to mammography as a screening method for breast cancer because it does not require radiation exposure or breast compression. However the Society for Breast Imaging does not currently support the use of thermography imaging of the breast as either a screening tool in the detection of breast cancer or as an adjunctive diagnostic tool. According to the FDA, there is no valid scientific evidence showing that thermography, when used alone, is effective in screening for breast cancer. To date, the FDA has not approved a thermography device for use as a stand-alone to screen or diagnose breast cancer.

Is radiation exposure during a mammography an issue?

Mammograms require very small doses of radiation and digital mammograms require even less, and although occasionally additional digital images are needed, they still average 17% less radiation exposure than traditional film units. We are exposed to radiation from natural sources all the time. The average person in the U.S. receives an annual dose of about 3 mSv from naturally occurring radioactive materials and radiation

from outer space and people living in the plateaus of Colorado, Utah or New Mexico receive about 1.5 mSv more per year than those living near sea level. The exposure from a Mammogram is about 0.7 mSv which is comparable to natural background radiation for two to three months, depending where you live. The benefits of mammography, however, nearly always outweigh the potential harm from the radiation exposure, nevertheless, women should talk with their health care providers about the need for each x-ray. In addition, they should always let their health care provider and the x-ray technician know if there is any possibility that they are pregnant.

Tips from Cindy Hirschfeld, MRH Mammography Technician

- On the day of the exam, don't wear deodorant or antiperspirant. Some of these have substances that can show up on the x-ray as white spots. If you're not returning home, you may want to take your deodorant with you to put on after your exam.
- If you are going to a facility for the first time or your most recent mammogram was at another facility, bring a list of the places, and dates of mammograms, biopsies, or other breast treatments you have had before. The facility can request these for comparison to your new mammogram.
- You may find it easier to wear a skirt or pants, so that you'll only need to remove your top and bra for the mammogram.
- If you are still having a menstrual cycle, try to schedule your mammogram a week or two after your period, when your breasts are not tender or swollen to help reduce discomfort and get a good picture.



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October
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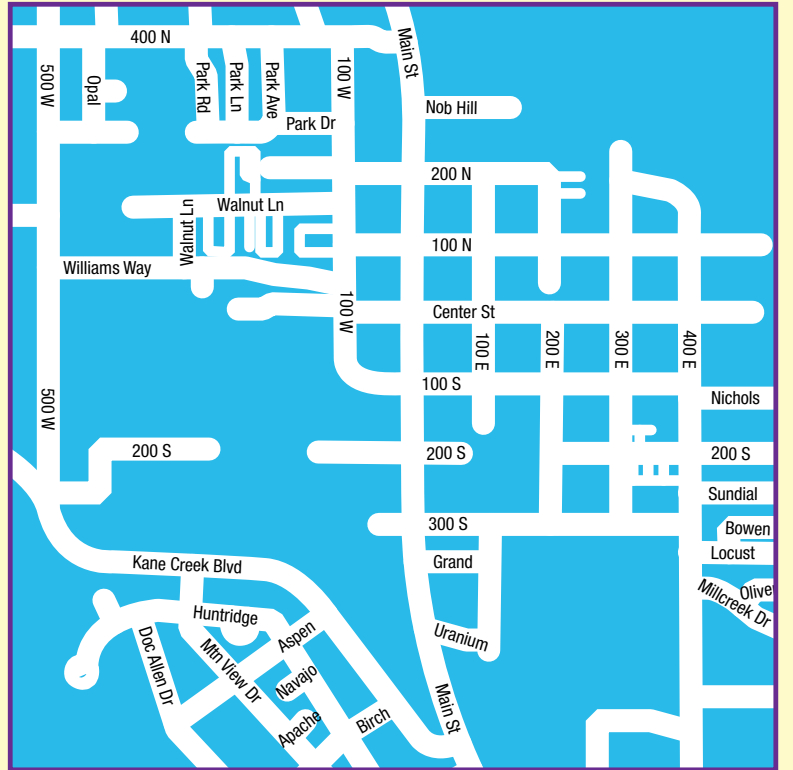
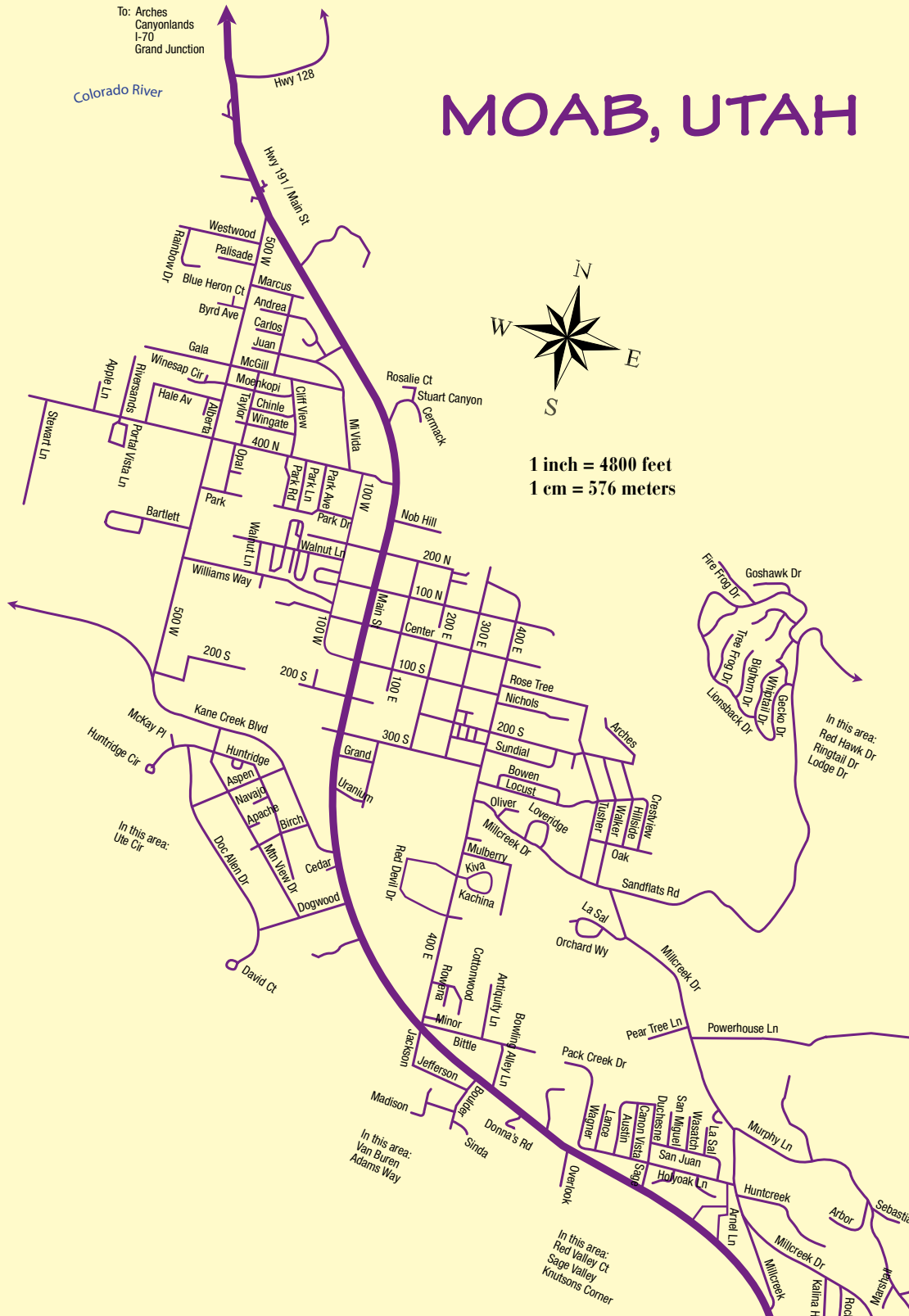
Attention mothers, sisters, daughters, wives and girlfriends
**Girls' Night Out Breast Cancer
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Thursday October 11th, 6:00-8:00pm
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- Learn about the latest screening guidelines
- Tour the Digital Mammography room
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Seating is limited. Call 435-719-3514 to reserve your seat today!

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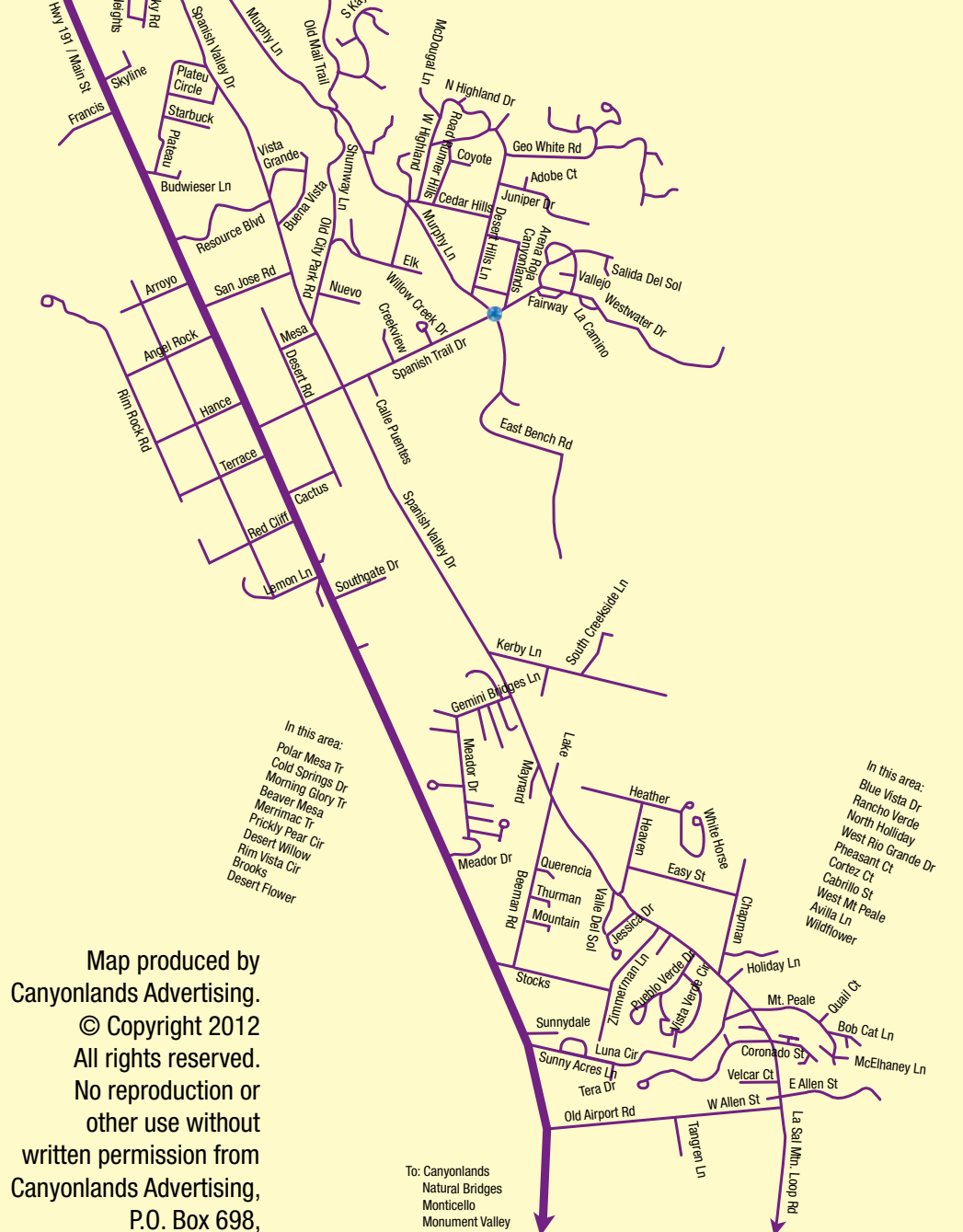
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ASTROLOGY HAPPENINGS

Your Horoscope for October 2012

By Robert Wells

October 3rd is a stellar day for money. If you buy anything, it will last forever. On the 5th the mind is sober and inspired in a practical way that is rare. This is the theme for the first week of the month. On the 8th be very careful with drugs and/or drink. It's not a good day and there could be serious problems as a result of carelessness. From the 9th to the 14th, its time to do business and further those financial aims and gains. On the 15th Mars and Uranus could hand the world a fun surprise and this sets the energy in motion until the 21st. Don't go over board on and buy something you don't need on the 16th. The sun moves into Scorpio on the 24th and the energy turns introspective. Start a new business venture on the 25th, but double-check all the details on the 29th. Start a new diet on the 30th for best results. Happy Halloween.

Sukkot: 1st to the 7th

Columbus Day: Monday the 8th

Eid ul Adha: Friday the 26th to the 28th

Halloween: Wednesday the 31st

Sep. 23 - Oct. 23 Libra: With four planets in your house of Self this is going to be one very Happy Birthday. Start early on the 1st by continuing last months plans so you can see them through on the 14th. You have a whole week of creative inspiration and romance from the 7th to 13th. After the 24th, business and romance can take a downturn. Matters further decline on the 28th and 29th but keep your heart open and it works out on the 31st.

Oct. 24 - Nov. 22 Scorpio: Give your activities from last month a motivational kick on the 1st and take two weeks to rest. You're tired. Relax at home alone during the week of the 7th to the 13th. Let quiet promptings lead your activities during that time. You could come up with something pretty amazing. After the 24th, you can get back to being your usual self. You're tested from the 25th to the 29th. Patience is a virtue. As a plus though, romance is everywhere you go during that time. This could be a Happy Halloween for a change.

Nov. 23 - Dec. 21 Sagittarius: Your heart dreams big dreams this month, as you get a sense of your future. Your friends make suggestions you should listen to. Give your plans a push on the 1st for completion by the 14th. Artistic additions to your home work out nicely from the 7th to the 13th. After the 24th efforts require double than normal as differences arise in romance and business. By the 31st it all works out well.

Dec. 22 - Jan. 20 Capricorn: The efforts you have been making in your career get a boost this month with five planets in that sector. Give last months plans regarding your home a boost on the 1st to see them through on the 14th. Cash rewards are possible from inventive ideas during the period from the 7th to the 13th. After the 24th, you could be spending more time with your friends having fun. Responsibilities and duties conflict with your romantic plans from the 26th to the 29th and finally levels out on the 31st.

Jan. 21 - Feb. 18



Aquarius: Consider outlets that require your mind and training this month. Writing about something you are familiar with could get the attention of a publisher. Last months plans regarding a communications project should get a boost from you on the 1st to see them through completion on the 14th. Be careful about daydreaming during the period from the 7th to the 13th. After the 24th, your career takes up your time for the next month. Confusion and conflicts flare from the 26th to the 29th. All's fine by the end of the month for Halloween to end the month on a happy note.

Feb. 19 - Mar. 20



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

Mar. 21 - Apr. 20



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

Apr. 21 - May 21



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

May 22 - June 21



Gemini: Romance and dating if you're single is just out of control this month. If you're married a child or a creative project is so favored and blessed starting on the 1st and coming to a big finish on the 13th. Use the 7th to the 13th as inspiration on all your endeavors. After the 24th, you are all about your health or your job. There could be problems concerning your abode from the 26th to the 29th that need your attention. Everything is resolved by the 31st to end the month on a happy footing.

June 22 - July 22



Cancer: Your home is buzzing with activity this month. Moves you make on the 1st find a happy outcome on the 14th. The time from the 7th to the 13th is a wonderful time for you to entertain at home. It will be very memorable and enjoyable. After the 24th, matters regarding children or creative projects have you attention. Avoid over spending



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."

from the 26th to the 29th, as it will be met with resistance. Everything works out well though, and happy times return by the end of the month.

Leo: You may be spending time and attention on brothers July 23 - Aug. 24 and sisters this month. Phone calls, emails and letters. You may spend some time visiting then if they are local. A possible project with them starts on the 1st and completes on the 14th with great results. The time from the 7th to the 13th is great when it comes to your partners. Have some fun. After the 24th, you may want to spend more time at home. Disputes from the 26th to the 29th a favorably resolve to end the month of a happy note.

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

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Volume 24 Number 7

Section B

October 2012

Pumpkin' Chuckin' Festival

Who can shoot a pumpkin the furthest? Who can eat a pie the fastest? Which Weiner dog is the quickest? All of these questions will be answered at the 7th Annual Pumpkin Chuckin' Festival! Mark your calendars now for Saturday, October 27th. The Festival is held at the Old Airport Runway, 8 miles south of Moab, and is a fundraiser for the Youth Garden Project.

Teams are working hard to assemble machines—slingshots, catapults, trebuchets, and air cannons—to compete in the Pumpkin Chuckin' competition. Chuckers are judged on distance, accuracy, team theatrics, and team sportsmanship with cash prizes going to the winner in each machine category.

This year the World Championship Pumpkin Chuckin' Big 10 inch team from Pennsylvania will be coming out to participate again. The team set the Guinness Book of World Records Record at the Moab Pumpkin Chuckin' Festival in 2009. They came back to be a part of the Festival in 2010 and will be back again this year!



In addition to the Big 10 inch air cannon, event organizers are expecting 5-7 other teams to be participating in this year's launching competition.

The Chuckin' is definitely one of the main attractions of the Festival, but



there is so much else going on too. Food, Art, and Activity vendors line the runway. Live Bluegrass plays from the Main Stage, there's endless entertainment for kids with craft booths, straw bales to climb, a giant sand box, and a "chuck your own" area. Pumpkin Pie Eating, Seed Spitting and Costume contests

happen throughout the day for both adults and youth.

"It's everything you think of when you think of a fall festival and really has something for people of all ages to enjoy," said Delite Primus, Executive Director of the Youth Garden Project.

Tickets for the event are \$10 for adults, \$5 for youth (ages 3-14), and children 2 and under are free. All proceeds from the event go to support the Youth Garden Project. The Youth Garden Project is a non-profit organization in Moab that provides educational programs for youth and community members in their 1 1/2 acre garden.

The Pumpkin Chuckin' Festival is a major fundraiser for the Youth Garden Project. "A lot of people don't realize that the cost of their



admission ticket gets them a full day of entertainment plus helps provide essential youth and community programs year round for the Moab community," Primus pointed out. "That's a pretty big bang for your buck!"

For more information on the Pumpkin Chuckin' Festival visit: www.youthgardenproject.org/pumpkinchuckin.



KZMU - Moab Community Radio 90.1 & 106.7 FM

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00		KZMU OVERNIGHT		Art of the Song		KZMU OVERNIGHT		7:00	
8:00	Native Spirit	DEMOCRACY NOW						Desert Diva	8:00
9:00		MOAB Morning Blend						Shine Time (Children)	9:00
10:00	Jah Morning Reggae	Moab Mamas (everything)	Amarillo Highway	Tilted Park (Americana Classic Rock)	OddBins	Blue Plate Special (blues/rock)	Trailer Park Companion / Wayward Wind	10:00	
11:00						The Trading Post (call-in Buy/Sell)	Ain't Live Grand? (live recordings)	11:00	
Noon		It's My Party/ The Skye's the Limit (rock-blues-unreleased)	radio mmm... (Classic Indie)	Horizon Line	Random Toonage		Belagaana Review (fruit and nuts)	Noon	
1:00	Grass is Greener (Bluegrass)		Planet Picante (latin)	Bait and Switch	Red Rock 'n Blues	1-2-3 (funky world soul)	Tween Time (pre-teen fun)	1:00	
2:00		Radio Mundial Radio MOONdial	WORLD MUSIC				Fire on the Mountain	2:00	
3:00	Red Rock Potluck/ Crawfish Fiesta		Pirates & Poets	Gaelic Circle / MOAB Drive Time	MOAB Drive Time	Free Speech Friday Public Access	Big River / Ranch Exit (twang)	3:00	
4:00		Alternative Radio	DEMOCRACY NOW					4:00	
5:00	West of Broadway/ Concert in the Park	This Week in Moab (Interviews / Calendar)						5:00	
6:00		Big Swing Face (big band jazz)	Moab City Council Atomic Lounge	Thin Edge (jazz)	Rock Garden (rock)	The Rainbow Room /Funky Soul Jam	Main Street Cruise!	6:00	
7:00	Kokopelli Coffeehouse							7:00	
8:00								8:00	
9:00								9:00	
10:00	Media X	Fashionably Late	Conscious Party	Suburban Urge	Pandora's Box	Altered State	Radio Free Moab (rock 'n roll & punk)	10:00	
11:00								11:00	
12:00	KZMU OVERNIGHT					Seti TranceMissions	the eleventh hour	12:00	

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

HIKING HAPPENINGS

Mill Creek Canyon - Let Your Feet Get Wet

by Marcy Hafner

In a dry thirsty land a year round stream is a precious resource – a constant heartbeat of water that should never be taken for granted. We are blessed, even in the drought years, to be supplied by Mill Creek’s endless flow of water, which irrigates our fields and gardens, and recharges our aquifers. We depend on its cool waters to refill Ken’s Lake – a popular recreational area that provides swimming, fishing and non-motorized boating, as well as irrigation for upper Spanish Valley. The tree-shaded lifeline of water in Mill Creek – an important refuge for wildlife and birds - also provides a delightful escape from the baking summer heat.

From its birthplace at Burro Pass high in the La Sal Mountains above Warner Lake, the headwaters of the right fork of Mill Creek tumble down a twisting alpine passage, until those rushing waters abruptly take the plunge - a crash course race through the depths of Mill Creek Canyon. Then after exiting the canyon, it cruises into town on a route that parallels the Mill Creek Parkway, a three mile non-motorized pathway through the heart of Moab, before proceeding along on its final leg within the Matheson Preserve, where it merges with the Colorado River.

On this very warm day in early September, I am about to begin a riparian walk down to the cool refreshing waters of Mill Creek at an entrance that is directly above the Moab Golf Course. From this vantage point, I can look across the expanse of Spanish Valley to the distinctive jagged-edged rim of Behind the Rocks on the western horizon. To the southeast Johnson’s Up On Top towers above, and directly below I am peering down on some golfers, who are pursuing their game over a lush carpet of green.



To get to this access point, drive approximately six miles south of town on Highway 191 and turn left at the Shell Station on to the Spanish Trail Road. Then at the traffic circle (the only one in our

area) continue east on Westwater Drive another mile to the graveled parking area overlooking the golf course. To get to the trailhead, walk a short distance up the paved road to the gate and turn right on to the beginning of the Steelbender, a well-known, very rough 10.5 mile jeep trail, which ends further up Mill Creek at Flat Pass.

I’m barely into my walk through the pinyons, junipers, scrub oak, yucca and blackbrush when I spy something I seldom see around here - a black-tailed jackrabbit, who is intent on making a fast get away. In an instant this hare is racing away with the potential of reaching a speed of 35 mph.

Descending to the valley floor, I leave the Steelbender at the hairpin at the bottom of the hill to walk past a signed entrance through



private property - open to pedestrians and leashed dogs on a marked route skirting around a big formerly irrigated field. Eventually - there’s no getting around it – I have to get my feet wet, and when I leave the field to splash through the gentle

water flowing over a spillway I find on this overly warm day that the chilly water feels surprisingly good.

After that crossing I follow the left fork to a dirt path leading through a fence to public land, rather than going straight to pursue the road to Spring Canyon. A sign now proclaims “Hitch Them Here – Leave horses at hitching rail while viewing rock art”. My curiosity is stirred, and the short sandy detour delivers the petroglyphs - a panel of bighorn sheep and some bizarrely shaped human figures.

After that investigation I’m back on the main track, which weaves up and down as well as back and forth between the massive impenetrable walls of Navajo Sandstone, a towering band of reddish brown that contrasts strongly against the darkening sky of an approaching storm. In the wetter areas Gambel oak, Russian olive,



water birch, willows and cottonwoods thrive, and sometimes the trail gets a little sketchy, but well placed rock cairns guide the way. In the dryer soil I walk through perennial grasses, sagebrush,

blackbrush - and find some prickly pear cactus sporting a full growth of their reddish fruit pods called tunas.

Recent rains have produced a wealth of late season wildflowers – primrose, scarlet gilia, asters and goldenrod - which are so poignant and special; soon they will be gone as the frosty fall chill isn’t that far away. Already the rabbitbrush and snakeweed are displaying their yellow blooms.

It takes awhile to get to the next stream crossing, which is at a trail that leads to Navajo Ridge. By then I can’t resist taking a break on the banks of the creek, where a pool has collected behind a beaver dam. Stretching out I listen to the orchestration of the wind-rustled leaves and the bubbling rhythm of water. The squawbush is heavy with dark reddish berries, and perhaps the blue grosbeak I am watching will enjoy some of the harvest. The gathering clouds have diminished the heat – a welcome respite as I savor my little patch of riparian paradise.

Not long after my break, I turn right towards the creek on a well-used trail, as left would take me out of



the canyon on to Highland Drive. Then at a cairn, I forge left - the last cairn I’ll see – from now on the path, which continues to have many more stream crossings, isn’t always obvious, and I am on my own! But the route finding challenge isn’t difficult, especially knowing that as long as I follow the water I can’t possibly get lost.

As I travel along I treasure those special moments - the refreshment of the cliff-shaded side of the creek - the discovery of some small fry fish and tubby tadpoles swimming in a pool - a fascinating natural waterslide with water jetting through slots that have been eroded in the sandstone.

At the lower end I avoid large patches of poison ivy as I continue on this trail, known as “The Right Hand” fork of Mill Creek. Eventually it merges with “The Left Hand” – the other major fork of Mill Creek - and shortly after that confluence I am on a well-beaten path that leads me around a dam with dubious footing to the parking area at Powerhouse Lane, and there my riparian walk ends.



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TAKE A KID MOUNTAIN BIKING

Take a Kid Mountain Biking

By Jordan Perez

Saturday, October 6, 2012 marks the International Mountain Bicycling Association's eighth-annual Take a Kid Mountain Biking Day. This is a day for fostering a connection between children and the natural world right outside of our city streets. By introducing children to mountain biking, you are setting in motion the processes for developing healthy values, stewardship, community involvement and much more. Though many of the famed trails of Moab are far beyond the ability level of children, a family can certainly find safe and highly enjoyable trails within the area.

Dead Horse Point State Park is proud to offer trails that safely challenge riders while providing a sample of nearly all terrain types found on more difficult Moab area trails. For families with children of varying ages, the Intrepid Trail System is an excellent starting ground for future mountain bikers. The trails dubbed Intrepid, Great Pyramid and Big Chief offer progressive challenges and epic viewpoints. There is a perfect balance of ease and challenge to ensure a good ride that can get anyone hooked on mountain biking. For children who are new to bike riding, the one-mile Intrepid Loop is great for learning to ride down rocky slopes and over small obstacles. The Great Pyramid Loop is four miles of quick flowing trail with pockets of sand and a few chances to practice riding up a short steep hills that will prepare you for future rides. Taking on the Big Chief Loop is a great chance to push your stamina and see the more rarely visited northern



boundaries of the park. The nine miles of riding on the Big Chief are very similar in difficulty to the four-mile Great Pyramid. Teen-aged children will have a blast on the Big Chief Loop and sample portions of slick rock that lead to a fast paced open ride back to the visitor center. Take a Kid Mountain Biking Day provides a great reason to visit your State Parks. Early October has great riding weather that is neither too hot nor too cold. After your ride be sure to ask about our Junior Ranger Program and take in the views throughout the park.

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313. The visitor center is open daily from 8 a.m. to 6 p.m. through October 13th and from 9 a.m. to 5 p.m. starting October 14th. Park admission is \$10. For more information, Please contact the park at 435-259-2614

7th Annual Moab Ho-Down Mountain Bike Festival and Film Festival

October 25-28th, is the 7th Annual Moab Ho-Down Mountain Bike Festival and Film Festival. This mountain bike festival is all about fun and riding bikes! Thursday and Friday night are the movie nights at Star Hall. If you have a video you have shot that you think is worthy of being viewed on the big screen, then submit it to us! The best film of the evening on Thursday wins some really awesome prizes. On Friday is the premiere of 'Where The Trail Ends', the newest film of the season, presented by Red Bull Productions.

Saturday is race day, with a Super D race and Downhill race. There are also group rides each morning

and a townie tour on Friday evening. The townie tour leaves from the Chile Pepper Bike Shop at 6:15pm on Friday, 10/26.

Saturday night is the Halloween costume party with live music by Funkdafari and local D.J. Tha Seagull. The party is being held at the Moab Brewery – doors at 8:30pm, must be 21 or older - \$5 cover. Best costume wins a cruiser bike!!!



Sunday is the Dirt Jump Jam at the Moab Bike Park on 500 West. The jump jam starts at noon. This event is super fun to watch, come check it out and see the amazing tricks by each rider!

For more information on the 7th Annual Moab Ho-Down, check out the website or call Chile Pepper Bike Shop for more information on the festival and how to register please visit www.moabhodown.com or call 435-259-4688.



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Celebrating Mountain Biking History Month at the Museum of Moab

International Mountain Bike Association (IMBA) celebrates Mountain Bike History month at the Museum of Moab. Beginning October 6th is Take a Kid Mountain Biking Day. Museum of Moab kicks off its online auction on www.BiddingforGood.Com for celebrating Moab's bike history. Moab makes bike history again as the first high school mountain bike team comes to fruition to race other Utah high schools this fall. October 6th, in fact, will be the third race of the four scheduled Utah competitions.

Race Season Schedule

- Sept 8 - Round Valley
- Sept 22 - Sherwood Hills
- Oct 6 - Lambert Park
- Oct 20 - Soldier Hollow

The next celebration of Biking in Moab comes with the League of American Bicyclists' National Bike Month May of 2013. There will be specified dates in May for Bike to School Day, Bike to Work Day, and Bike to Work Week. Community participants will be encouraged to create a personal bike challenge for the month of May, secure pledges for accomplishing the riding goals and compete for prizes. This museum fundraiser will share a portion of the proceeds with the GCHS Mountain Bike team. The May 2013 celebration culminates with Bike Prom. Start putting together your prom get-ups for the entire family.

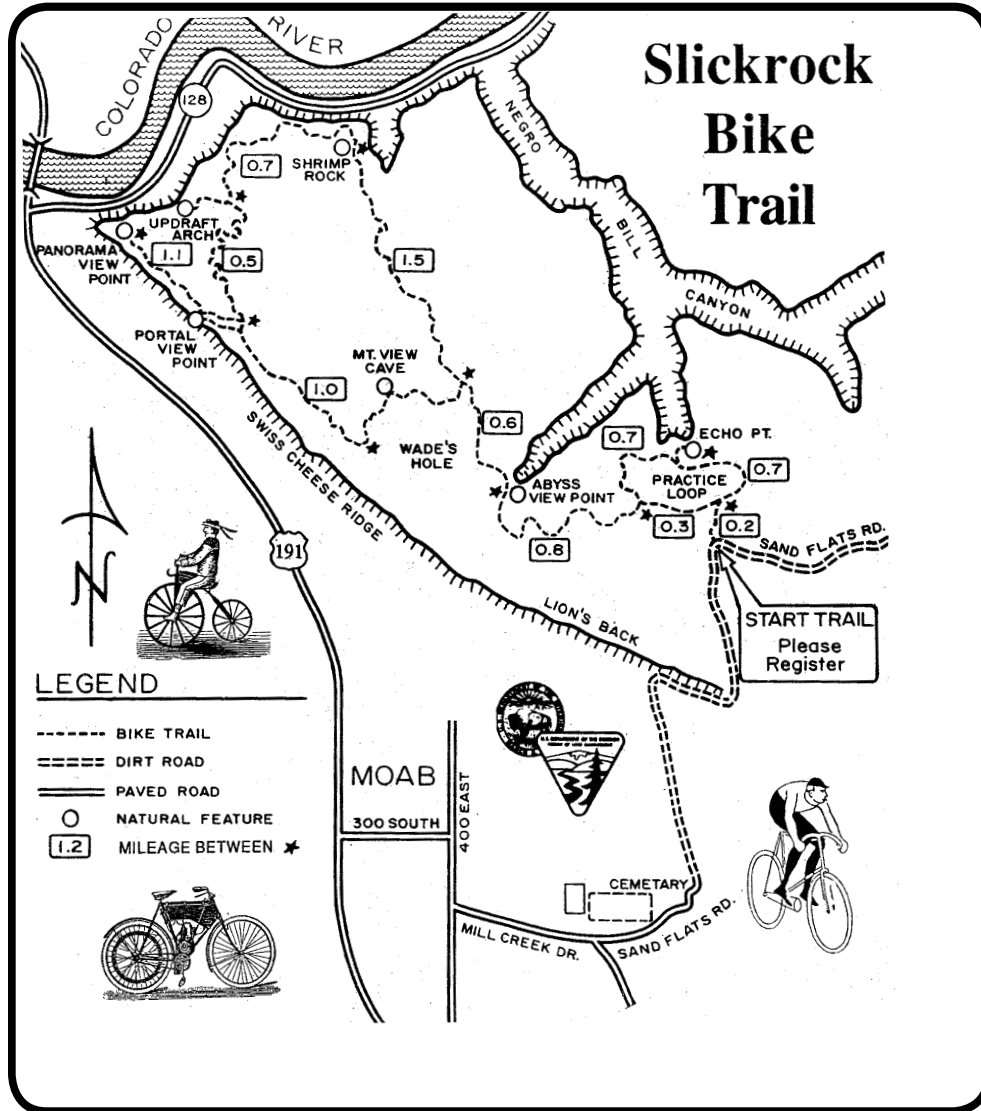
The board of the museum began the accreditation process for the museum in 2008. As part of getting the museum ready for accreditation a security system and a

humidity control were installed in the Museum of Moab to better protect the artifacts. Currently, the humidifier is hampered by the aging front entrance of the museum. Those doors need to be replaced with a revolving door or a double entry/foyer. The museum's fundraising will be applied to this capital improvement. Accreditation will mean the Museum of Moab can display artifacts from our local Bureau of Land Management, U.S.D.A. Forest Service and National Park Service that are currently in federal storage.

During the October auction and National Bike Month, the Moab community is invited to share what you know about Moab's bike history. Contact director@moabmuseum.org

MOUNTAIN BIKING

Mountain Biking Mecca



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.

• **OUTERBIKE October 3-7, 2012** Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

• **24 HOURS OF MOAB October 6-7, 2012** - 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 25-28, 2012** Presented by ChilePepper 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 for more information.

• **SKINNY TIRE FESTIVAL March 9-12, 2013** Three rides of the Skinny Tire Festival highlight Moab's different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient Puebloan petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through the 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.

• **MOONSHADOWS IN MOAB May, 2013** Enjoy this fully supported 44 or 60 mile ride by the light of the (almost) full moon. As you gain 2700 feet in climbing elevation the moon has risen and illuminates the desert sagebrush casting a silvery glow throughout the vastness of Canyonlands National Park. Arrive at Dead Horse Point State Park for a light dinner at the outdoor Moonshadows Café overlooking the Colorado River. Drink in the ambiance at the most unique AID/food station you may ever visit. Enjoy a thrilling return to the Start/Finish area then enjoy post-event revelry at Frankie D's Saloon.

• **3RD ANNUAL GRAN FONDO MOAB May, 2013** The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates.

• **MOAB CENTURY TOUR September, 2013** 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 or 435.259.2698.

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TRAIL HAPPENINGS

Cyclin' 'Round the Seven

by Tom Dillon

By now all y'all know about the Magnificent 7 Trail System and its cousins Getaway and Great Escape. Generally, unless you have the steroid budget of Lance Armstrong, you probably have a shuttle or a really nice buddy, drop you off at the top of Mag 7 to ride all the way down. But sometimes you may just want to get out there and do a loop or two.

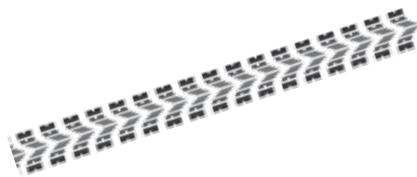
First, get the Gemini Bridges area map of the trail system at <http://www.grandcountyutah.net/trailmix/> in the maps area. You'll notice that the trails form a sort of infinity sign. This, of course, doesn't mean that you have to ride it forever, but there is a veritable plethora of ways to ride the trail for less than forever and end right back at your car.

Let's start with an easy loop. Little Canyon, Arth's Corner, and Great Escape. Let's just call it Arth's Little Escape for now. (Say, that kinda rings!) Start by driving out the Gemini Bridges Road from Hwy 191 (yeah, up and over the kinda nasty part) to where Gold Bar and Little Canyon trails meet. Ride up Little Canyon, connecting to Arth's via a short piece of road. Head up Arth's until you get to the intersection of Getaway, Arth's, Great Escape, and Gemini Bridges Road, fairly close to Gemini Bridges parking. From here you can take Great Escape back to where it hits Little Canyon again and back to your car. I like this way because riding up Little and Arth's hardly seems like a climb, and Great's a bit more technical, so the overall elevation loss is a benefit. The drawback to doing the trail is the drive out to Gold Bar.

If you have more energy and time, you can continue up Bull Run, which reconnects up the road just a bit, or take the Getaway trail up. Hmmm, which way should you go? I like going up Getaway because it hardly seems uphill until it ends, at which point you have to ride up the road about a mile to get to the top of Bull Run. I'd rather save the downhill riding for the singletrack. Bull Run is really fun downhill, and Getaway is mostly smooth and fast coming down. Either way, the climb is pretty tame, and the downhill ride will put a big smile on your face. So, if you add this loop and come back down the Great Escape trail, it's like a Crazy Eight! (Now, that'd make a good name!)

"Is that it?" Well no, young buccaneer! If you want to avoid the rather harsh drive out Gemini Bridges Road from Hwy 191, drive out Highway 313 to the other end of Gemini Bridges Road and head to the parking at top of Bull Run. As I mentioned before, the ride down Bull Run is a blast, and the ride up Getaway seems almost like you aren't really climbing. Plus, if you feel the call, you can keep on going down and do "Arth's Little Escape" (rolls off your tongue, don't it?). But, beware! Remember, this is a credit card ride, all the fun up front (the downhill) and pay later (the climb). You don't want to be caught riding back up in the dark. I've heard tell that that be ghost riders who built trails here hundreds of years ago that prey on the souls of tired riders in the dark.

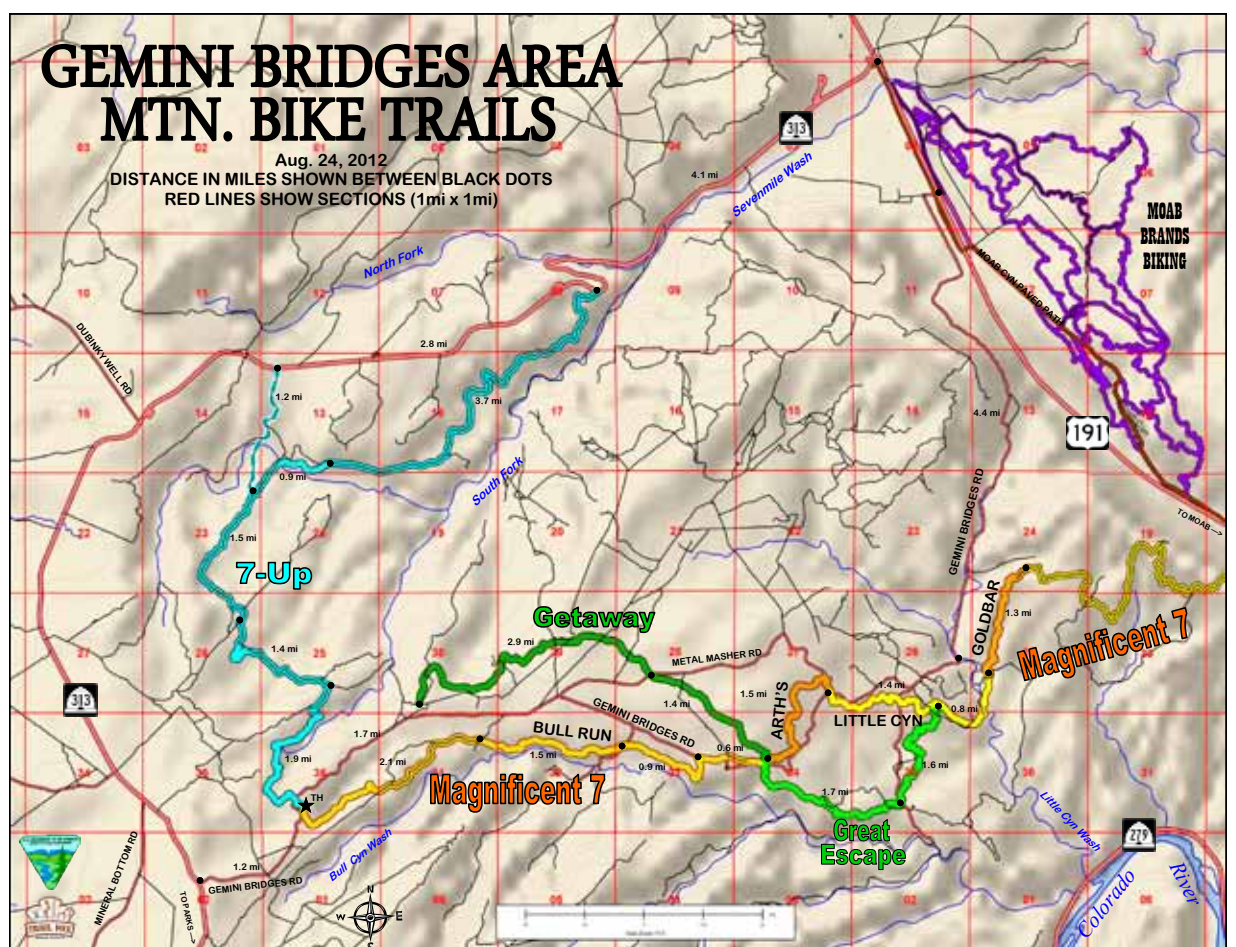
"But, where does that leave us poor common ridin' folk?" Come close and listen here, 'cause this is where I tell you about the magic of infinity. "Really? The magic of infinity? Did Einstein tell you about this? Does it involve riding faster than the speed of light?" Well no, bucko, but it does involve parking in orbit around Gemini. "The constellation?" Nope, closer than that. "The rocket?" Nope, even closer. The Bridges. "Of Madison County?" No. What? Really? No. Gemini Bridges. Park at Gemini Bridges and you are at the center of infinity! You can take a short loop down and back on "Arth's Little Escape" without getting all tired out. It's a credit card ride that can be paid off with the tasty beverage of your choice. Or do "Bull's Getaway" (yeah, Getaway and Bull Run). Clockwise or counter-clockwise, it's never tough, because if you get tired part way through,



you can turn around and it's downhill all the way back to <in a big echoing voice> the center of infinity! (And that tasty beverage.)

If I haven't given you enough choices, consider adding the new 7-Up Trail to the options.

Tom Dillon chopped down the cherry tree and blamed it on George Washington. An avid cyclist, beekeeper, and computer guy, Tom maintains the Trail Mix website and is the Biking Representative on the Trail Mix Executive Committee.



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

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PLATEAU RESTORATION

The 4th Annual Moab River Rendezvous, November 8-11, 2012

Plateau Restoration, a non-profit conservation organization based in Moab, is once again hosting their annual Moab River Rendezvous, November 8-11, 2012. This is an educational event with broad public appeal and not specifically geared towards river-runners. As one of last year's participants said: "What terrific speakers and interesting topics. Not being a river runner I sure found a lot to learn. I will recommend it to all concerned with the environment and learning about the outdoors." The 4-day event includes river- and land-based field trips and indoor presentations on a range of topics relating to the river corridor, and abundant opportunity to socialize and meet authors and presenters. Full registration is \$100 and includes a Colorado River trip; a 3-day weekend pass is \$70 and one-day passes for Saturday and Sunday are \$50, with lunch included in these packages. Pre-registration is required to be included in field excursions. Individual presentations can be attended for \$5 at the door.



Floating the Colorado River in the off-season

The Rendezvous kicks off on Thursday with a winter float on the Colorado River near Moab. This is a unique opportunity to experience the river with spectacular winter light, lack of crowds and Plateau Restoration's expert guides, event founder, Michael Dean Smith and geologist, Dr. Tamsin McCormick. A riverside lunch will be served along the way. Thursday evening features presentations by authors William DeBuys ("A Great Aridness") and Jack Loeffler ("Thinking Like a Watershed") at the public library. These presentations are co-sponsored by Back of Beyond Books and are free and open to the general public.

On Friday, organizers are conducting a riparian restoration project, which is open to community members and visitors at no cost, and includes lunch and a field presentation by Private Lands Biologist, Clint Wirick of U.S. Fish and Wildlife Service. Participants will join in on Plateau Restorations' long-term, post-Tamarisk-removal revegetation project of a 67-acre bench along the Colorado River. Roy Webb, river historian, author, and media archivist with University of Utah library, will present the popular Historic River Film Festival at the Moab Arts and Recreation Center (MARC) on Friday night. Roy is well known for his lively commentaries and will be showing films not previously displayed in Moab. Members of the public can join this aspect of the event, which is co-sponsored by the University of Utah, for \$5 at the door.

Saturday's daytime presentations, book signings and displays will be at the MARC, where registrants can informally interact with authors and presenters over an extended lunch break. The Saturday session promises to offer abundant new information to anyone interested in wildlife, invasive species control, geology and issues relating to the river corridor. Several well-renowned authors and scientists are featured, including Dr. Dan Bean of the Palisade Insectary speaking on biological control



Brad Dimock, featured speaker from last year, discussing nuances of rowing his replica of a 1911 Grand Canyon expedition boat outside the MARC.

of invasive species, Prof. Andres Aslan addressing origin of the Colorado River and uplift of the Colorado Plateau, biologist Mike Bolinski of the Division of Wildlife Resources talking about the impacts of Zebra Mussels on waterways, and author Dave Egan presenting restoration strategies in light of climate change. Other presentations include Dave Mortensen, river historian and adventurer, sharing his just completed historic boat trip down Grand Canyon, and the legendary boatwoman, Katie Lee, showing a film of Glen Canyon and sharing her numerous stories of Canyon Country. Members of the public can attend any single presentation on Saturday for a \$5 donation at the door. Saturday evening features a fun, social gathering with live music and videos from whitewater trips. The event wraps up on Sunday, with a full-day field trip to Arches National Park, focusing on the geology, archeology and riparian features of the park.

This annual fundraiser helps provide support for Plateau Restoration's conservation projects on the Colorado Plateau, which also engage university students aiming to become the next generation of recreation and resource managers. Plateau Restoration's 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 highlights from previous events and for online registration, visit the event website 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.



Looking for pothole creatures at Dead Horse State Park during a Rendezvous ecology and geology field trip.

MOAB FOLK FESTIVAL

November 2-4, 2012

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Half Marathon HAPPENINGS

The Other Half Marathon Oct. 21

Race is Destination for Colorado, Utah Runners

Many Colorado athletes will make the drive to Moab this fall to run The Other Half, a 13.1-mile race put on by Moab Half Marathon, Inc.

One of four Moab Half Marathon events, The Other Half is known as the calmest and most intimate race, if also slightly the most challenging.



Grand Junction, Colo., native Karah Leveli-Rinaldi has run The Other Half every year but one since 2007. It's an event she doesn't like to miss.

"The Other Half is one half marathon to really soak it all in and enjoy it," Leveli-Rinaldi said. "It's such a welcoming environment to all runners, from the fastest and the elite among the field to the people who are doing their very first race. Everyone kind of gets a warm welcome."

Others say: "This is one of the most

The Other Half, on Oct. 21, 2012, is open to both competitive and novice runners, men and women. Entry fee is \$100, which includes a long-sleeve race T-shirt, a finisher's medal, a shuttle to the start, a reusable bag, a timing chip and post-race refreshments including beer from Moab Brewery. Entries are capped at 2,500.

Runners rave about the scenic course, which starts at 8:30 a.m. at the historic Dewey Bridge on the Colorado River about 30 miles northeast of Moab on Highway 128. From there, the course follows the Colorado River amid backdrops of desert sandstone, cliffs and canyons. Runners pass prominent landmarks Fisher Towers, Castle Rock and the La Sal Mountains before finishing at Sorrel River Ranch Resort.

Runners have 3 hours and 30 minutes to finish the race. Aid stations are available along the way. Taiko drummers greet runners at mile 12.

well organized races I have ever participated in. Great volunteers, great schweg, responsive staff and beautiful course!"



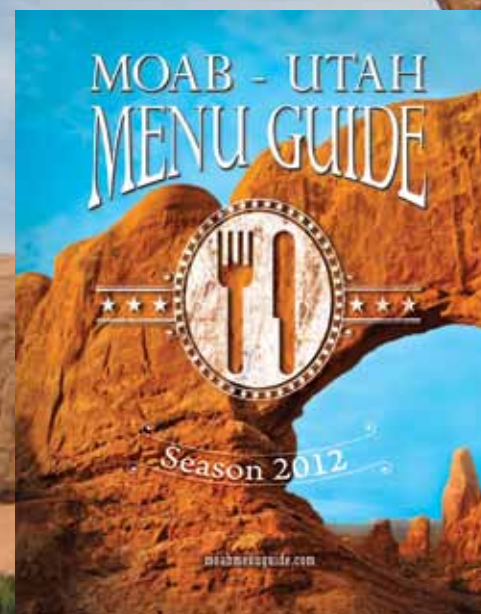
"It's the Cadillac of half marathons!"
"Fabulous, good food, love the atmosphere at the finish line, love the beer, love the location. This is my favorite race."
"Free Beer on Sunday in Utah, WELL DONE."



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SHOPPING GUIDE




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EXPLORE DISCOVER PLAY CREATE



Mile 14, Hwy 128
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Next to Sweet Cravings Bakery.

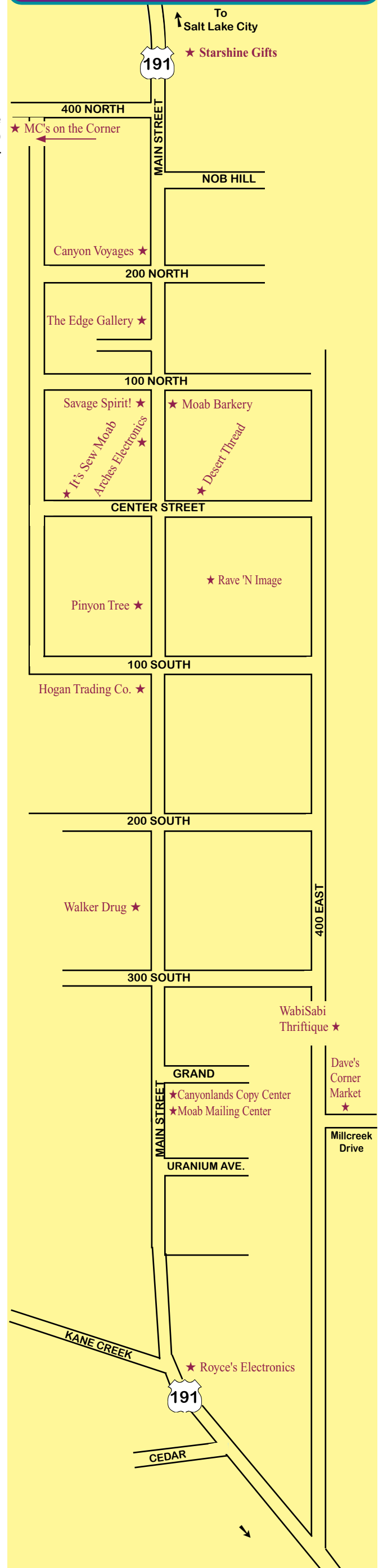
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Walker Drug is not an ordinary pharmacy. With 17,000 sq. ft. of merchandise overflowing from the shelves, Walker Drug is more like a general store with personality. Bikers, runners, jeepers, campers, river rafters, photographers, young & old alike, 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.

SHOPPING GUIDE MAP



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LOCATED IN
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87 N Main
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facebook.com/savagespirit.moab

Savage Spirit! features a unique variety of local & regional handcrafted clothing, jewelry, gifts, home decor & objet's d'art. Home of Savage Spirit! silks; scarves & clothing made in Moab by owner & award winning fiber artist, Cathya Savage-Haas. Cathya also creates Desert Savage clothing - colorful hand dyed cotton clothing. We also feature the final works of the Cathya's late husband, Moab jewelry artist James Haas (1958-2012). Jim's passion were natural stones, which he cut & polished. He taught himself silversmithing & kept the settings clean & simple to show off Mother Nature's art. In addition, Savage Spirit! features an eclectic mix of whimsical & funky jewelry, home decor & objet's d'art hand crafted locally and regionally.

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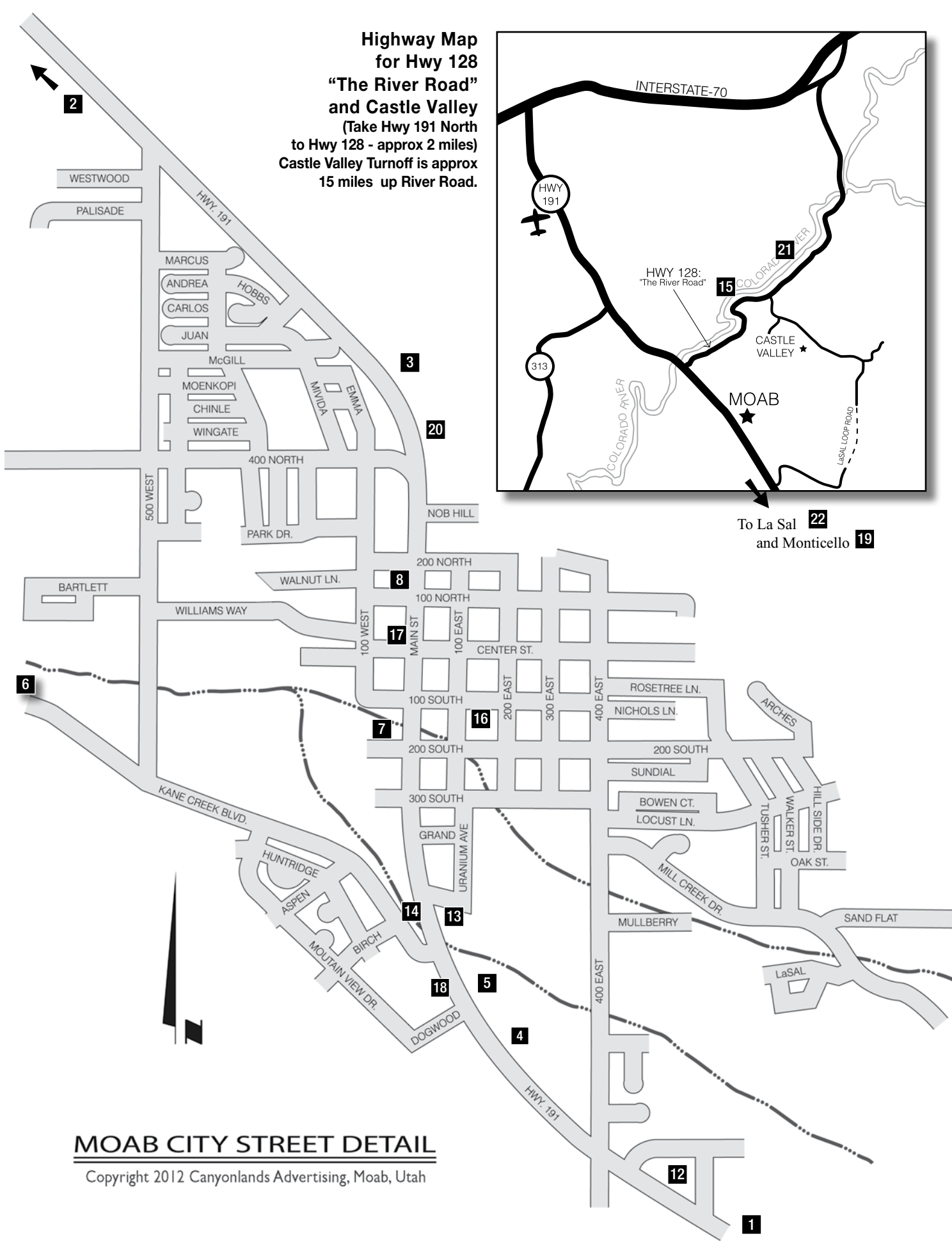
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4	La Quinta	435-259-8700	www.lg.com www.lg.com/moab
5	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
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15	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
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17	Accommodations Unlimited	435-259-6575	www.moabcondorentals.com
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9 NORTH MAIN MOAB, UTAH 84532

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13

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RADIOTHON HAPPENINGS

Radiothon: October 19-27 2012

KZMU, Moab Community Radio at 90.1 and 106.7 is home to the whole wild world. Now in its 20th year of free form broadcast, this solar powered community empowered station anchored entirely by volunteers will host Radiothon from October 19th through October 27st 2012. KZMU will take a look at its roots and thank the community for how much it's grown since its humble beginnings.

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

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

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

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

The alternative energy from the solar panels

mirrors the alternative programming KZMU provides. Musical genres cover the spectrum with jazz, blues, folk, bluegrass, country, americana, latin, African, celtic, reggae, native american, Broadway musicals, big band, bluegrass, electronic, funk, country, swing, R&B, oldies, classical, and all kinds of rock 'n roll.

In all, the last 20 years have seen thousands of supporters from all over the world help grow a non commercial community radio station Moab can be proud of, and there's always room for more volunteers, more creative expression, more diversity in community. Call to participate, and thanks for the support.

Radiothon: October 19-27 2011. Celebrating the place the whole wild world calls Home.

(435)-259-8824 (435)-259-5968
kzmu.org 90.1 and 106.7 fm



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presents the
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KZMU - Moab Community Radio 90.1 & 106.7 FM

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

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

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

MOVIE HAPPENINGS

Movies Made in Moab

This is the 4th in a series of articles by John G. Hagner (Founder and CEO of the Hollywood Stuntmen's Hall of Fame), a Non-profit organization that is dedicated to preserving the history of the stunt profession and to honoring stunt people the world over.

GOLD OF THE SEVEN SAINTS (1961)

Filmed in Moab at Fisher Towers, Colorado River, White's Ranch, Arches National Park, Dead Horse Point State Point, Sevenmile Wash and Klondike Flats. Starring Clint Walker and Roger Moore.

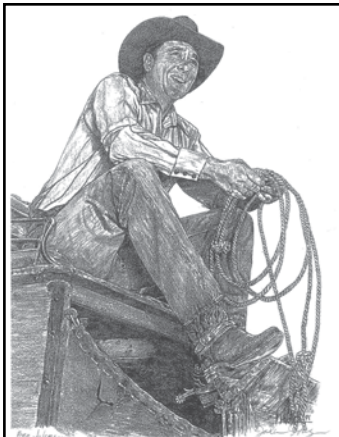
Story: Shawn Garrett (Roger Moore), fur-trapper gets out of a horse-stealing charge in a small, frontier town ... as a result of agreeing to purchase the horse with a gold nugget. It attracts the attention of a man named McCracken who with his gang follows Garrett across the desert in the hope of finding the source of his gold. Garrett joins up with his partner, Jim Rainbolt (Clint Walker) and together they manage to hold off McCracken's gang (Gene Evans) long enough to hide their gold before seeking refuge in the house of a landowner named Gondora who soon finds out about the gold. Rainbolt and Garrett now find themselves in a fight to save their gold and their lives too. Stuntman Jack Williams and his wonder horse Coco, added spectacular horse work in "Gold of the Seven Saints".



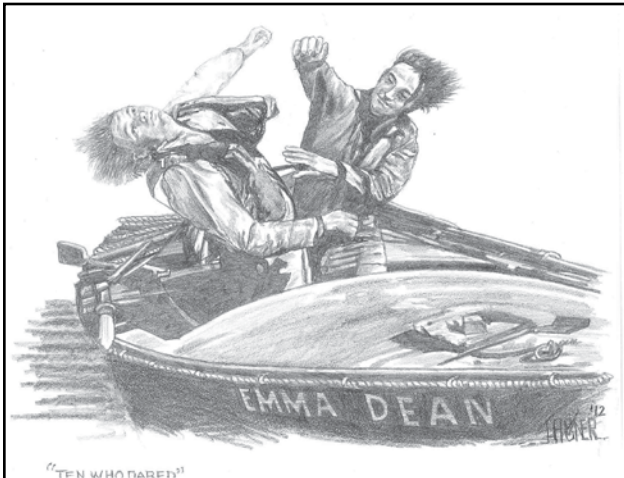
Stuntman Bob Terhune doubled for Clint Walker. Bob is the son of a well-known character-sidekick of Ray "Crash" Corrigan who was one of the cowboy stars of Republic Pictures' series, "The Three Mesquiteers", which also starred John Wayne back in the mid-1930s.

TEN WHO DARED (1960)

Starring: John Beal (Maj. John Wesley Powell), Brian Keith (William "Bill" Dunn and James Drury as Walter Powell, with Ben Johnson (Ben was an established stuntman before becoming a well-known actor. He won an Oscar for his role in "The Last Picture Show". He also is an Honored Inductee in the Hollywood Stuntmen's Hall of Fame.



Story: A Disney live-action movie, filmed in Moab. A perfect example of the adventures of John Wesley Powell and his team who became the first people to explore and chart the Colorado River through the Grand Canyon in 1869. As expected, they get into some trouble with Native American Indians along with the river and a camp rebellion.



Ten Who Dared was filmed in Moab at Dead Horse Point, Big Bend of the Colorado River, White's Ranch, and Arches National Park. There's lots of River Action in this movie.

Stunts Stars And Legends: Bob Terhune

Articles and drawings by John Hagner

Robert Max 'Bob' Terhune, Jr. is the son of Max Terhune, and was born in Dayton, Ohio in 1928. Most all western fans remember the senior Terhune from his days as 'Lullaby' Joslin with the 'Three Mesquiteers', as well as 'Alibi' in the Range Busters. Bob Terhune did some acting work in films like "Rio Bravo" (1959).

The majority of Bob's work in films was not delivering lines before the camera. He became a hard working, unsung hero, doing stuntwork and doubling for stars like John Wayne in "Circus World" (1964) and "The Greatest Story Ever Told" (1965), which was filmed on location in Moab.



I had the opportunity of working with Bob in "The Great Race" starring Tony Curtis, Natalie Wood, Jack Lemmon and Peter Falk. We were two of the bakers in the bake shop scenes, along with several other stunt people, tossing more than 3,500 real fruit-filled pies that took three days and nights. When the scenes appeared in the picture, it took just 6 minutes, but, the fact that so many pies were thrown in a movie, it was featured in the Guinness Book of Records as having been the most pies thrown in the history of films.

Some of the other movies Bob has performed in as a stuntman were: Dumb and Dumber (1994), Old Gringo (1989), Rambo III (1988), Retch (1985), The Towering

Inferno (1974), Earthquake (1974), Cahill US Marshal (1973), Guns of the Magnificent Seven (1969, and many more, going back to 1949. Bob also doubled for Forrest Tucker.

This portrait drawing of Bob Terhune is one of hundreds of such drawings of Celebrities by myself. My work is known worldwide. Many of my originals were personally signed by the individual. Contact me at the Hollywood Stuntmen's Hall of Fame if anyone is interested in my doing a personal portrait art. Contact 435-260-2160.

The Hall of Fame is a non-profit organization dedicated to preserving the history of the stunt profession and to honoring stunt people the world over. Our mailing address is 81 W. Kane Creek Blvd. - #12, Moab, Utah 84532, Website: www.stuntmen.org. Email: johnhagner@hotmail.com. Go to Facebook and click Falling For Stars, then Artist of the Stars, then Stunt Stars and Legends. Please help with your donation to enable us to have more Induction and Footprinting Ceremonies to honor those deserving stunt performers. Thank you very much, John G. Hagner (Founder).

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NON PROFIT HAPPENINGS

53rd Annual Rock, Gem and Mineral Show

The Moab Rock Club will be hosting their 53rd Annual Rock Gem and Mineral show at the Old Spanish Trail Arena October 12, 13, 14. The show will include 30 plus vendors with a multitude of fascinating geologic wonders. Every year something new pops up somewhere in the world and makes it to the show. The vendors represent a large variety of lapidary arts from tumbling, polishing and cutting to wire wrapping, gold prospecting and exotic gems and minerals. The kids (of all ages) love the spin wheel for an opportunity to take home a personal treasure. The show includes demonstrations of gold panning and rock cutting. This year there will be a "rock solid" photography display by club members that we hope to open up to the public next year.

This year's field trip will be going to the Ruby Ranch area for a great variety of Pigeon Blood agate. And to the traditional Yellow Cat area for hopes of a special find of the infamous Yellow Cat Redwood. Field trips leave from the arena at 9.00 a.m. sharp on Saturday and Sunday. Waivers are required so be early enough to do so.

Hope to see you at the show.





Moab Rock Club
53rd Annual

ROCK, GEM & MINERAL SHOW

October 12, 13, 14, 2012
Friday, Saturday 10-7 • Sunday 10-4

Old Spanish Trail Arena
(5 miles south of Moab, Utah on Hwy. 191)

Dealers • Displays • Spin Table Demonstrations • Door Prizes Field Trips and more!

Field trips:
Saturday: **Ruby Ranch/Blue Hills area**
(agates, petrified wood)
Sunday: **Yellow Cat**
(yellow cat redwood, agates and more)
* field trips leave from the arena at 9:00 am *

**** FREE ADMISSION ****

For more information email
moabrockclub@live.com

MOAB CLUBS & ORGANIZATIONS

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

AARP, Chapter 1539	259-6396	Moab Country Club (Rob Jones).....	259-6488
Alcoholics Anonymous/Alanon	259-7556	Moab Duplicate Bridge Club (Gail Darcey)	259-1733
Alpha Rho Sorority (Bobbie Long).....	259-6758	Moab Friends For Wheelin' (Jeff Stevens).....	259-6119
American Legion Post (Bill Smith).....	259-3470	Moab Garden Club (Tricia Scott).....	259-6342
Arches Adult Education (Trish Hedin)	259-2293	Moab Half Marathon (Ranna Bieschke).....	259-4525
Arches New Hope Pregnancy Center (Debbie Nelson)	259-LIFE (5433)	Moab Horse Racing Association (Chuck Henderson)	259-4111
BEACON (Stephanie Dahlstrom)	260-1143	Moab Horse Show Association (Tosha Audenried).....	260-9252
Boy Scouts of America (Kent Dalton)	259-6521	Moab Lodging Association (Britnie Ellis).....	259-6171
Canyonlands Field Institute (Karla Vander Zanden)	259-7750	Moab Masonic Lodge #30.....	www.moabmasons.org ... 260-9169
Canyonlands Film Society (Becky Thomas)	259-2286	Moab Music Festival (Andrew Yarosh).....	259-7003
Canyonlands Rodeo Club (Kirk Pearson).....	260-2222	Moab Poets & Writers (Marcia Hafner)	259-6197
Colorado Outward Bound School – Moab basecamp (Chris Benson)	435-259-5355	Moab Rock Club (Jerry Hansen).....	259-3393
Community Rebuilds (Emily Niehaus).....	435-260-0501	Moab Quarter Horse Assoc. (Kathy Wilson).....	259-8240
Canyonlands Wildlife Federation (Dave Bierschied)	259-8217	Moab Rotary April Action Car Show	260-1948
Center for Water Advocacy (Harold Shepherd).....	259-5640	Moab Roller Derby (Jessica O'Leary).....	575-635-3898
Daughters of Utah Pioneers (Hallie Tibbetts).....	259-5225	Moab Ropers Club (Terry Lance)	259-9972
Deadhorse Motorcycle Club (Terry Flynn).....	259-3878	Moab Sportsmen's Club (Frank Darcey).....	259-2222
Delicate Stitchers Quilt Guild (Shauna Dickerson).....	259-0906	Moab Taiko (Stephanie Dahlstrom)	259-2264
Elks Lodge #2021 (Dan Stott)	259-7334	Moab Teen Center-Club Red	259-9991
Fallen Arches Square Dancers (Bob & Flora Erickson).....	259-2724	Moab Trails Alliance (Kimberly Schappert)	260-8197
Friends of Arches and Canyonlands Parks (Joette Langianese).....	259-0108	Moab Valley Multicultural Center (Nicole Shelnut or Leticia Bentley).....	259-5444
Friends of Canyonlands Health Care (Tom Edwards)	260-1504	Mutual UFO Network (Elaine Douglass).....	259-5967
Friends of Indian Creek (Sam Lightner, Jr.).....	259-6639	Order of the Eastern Star (Fran Townsend).....	259-6469
Friends of the Grand County Library (Adrea Lund)	259-1111	Parent Teacher Association (Tiffany Saunders).....	259-5830
Grand County Public Library.....	259-5421	PleinAir Moab (Sandi Snead).....	435-686-2545
Girl Scouts of The U.S.A. (Cynthia Williams)	259-6683	Plateau Restoration/Conservation Adventures (Tamsin McCormick)	259-7733
Grand Area Mentoring (Dan McNeil)	260-9645	Red Rock Astronomers.....	259-4743
Grand County Democratic Party (Mike Binyon)	259-1633	Red Rock Forests	259-5640
Grand County 4-H (Marion Holyoak)	259-7558	Red Rock 4-Wheelers (Ron Brewer).....	259-7625
Grand County Extension (Michael Johnson).....	259-7558	Retired Senior Volunteer Program RSVP (Jody Ellis)	259-1302
Grand County Food Bank	259-6456	Rotary Club (Kyle Bailey).....	259-6879
Grand County Hospice (Tracey Harris).....	259-7191	Seekhaven Crisis Center (Jaylyn Hawks).....	259-2229
Grand County Prevent Child Abuse	260-1039	Senior Center (Verleen Striblen).....	259-6623
Humane Society of Moab Valley	Animal Services 259-4862	Sierra Club (Albey Reiner).....	260-8708
Ladies Golf Club (Chris Corwin).....	259-5344	Solutions (Sara Melnicoff).....	www.moab-solutions.org ... 259-0910
La Leche League (Kathy Grossman).....	hkgrossman@gmail.com...801-971-3756	Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
League of Women Voters (Cynthia Smith).....	259-5306	Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
Lion's Club (Tom Warren).....	259-7834	Southern Utah Wilderness Alliance (Liz Thomas)	259-5440
Moab Aglow Lighthouse Fellowship (Murine Gray).....	259-5514	Toastmasters International.....	259-5767
Moab Arts Council (Theresa King)	259-2742	Trail Mix Committee (Sandy Freethy).....	259-0253
Moab Arts Festival (Gayle Weyner).....	259-2742	Utah Conservation Corps (Rachel Senft - southern office / Moab).....	259-0029
Moab Arts & Recreation Center (Laurie Collins).....	259-6272	Valley Voices (Marian Eason).....	259-6447
Moab Bird Club (Nick Eason).....	259-6447	Veterans of Foreign Wars (Matt Keogh).....	260-9822
Moab Chamber of Commerce (Kammy Wells)	259-7814	Young Life Moab	260-0285
Moab City Recreation (John Geiger)	259-2255	WabiSabi (Jeff Cohen).....	www.wabisabimoab.org ... 259-3313
Moab Community Dance Band (Miriam Graham)	259-8311	Word Watchers (Nancy Kurtz).....	259-0734
Moab Community Theater (Kaki Hunter).....	259-8378	Youth Garden Project (Delite Primus)	259-BEAN (2326)

VISITING ROTARIANS: Join us for Lunch every Monday 12 noon at Frankie D's Bar and Grill

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

GALLERY HAPPENINGS

Stoneage Jewelry - The Legacy of Moab Jewelry Artist James Haas (1958-2012)

by Cathya Savage-Haas

This month Savage Spirit! features the final works of the late Moab jewelry artist James Haas (1958-2012).



Jim's passion were the stones, which he cut & polished. He taught himself silversmithing and kept the settings clean & simple to show off Mother Nature's art.

Jim grew up in the Denver area. As a young boy, he loved exploring nature. He would find cool rocks and share them with his friends. He attended Western State University in Gunnison, CO to study geology. Circumstances did not allow him to complete his degree, and he spent many years logging in the summer and working at Crested Butte ski resort in the winter. As



he realized that he would not be able to continue that lifestyle indefinitely, he went to Gemological Institute of

America (GIA) in Santa Monica, CA where he graduated at the top of his class and became a Certified Gemologist. After a few years appraising jewelry, Jim realized the suit and tie life was not for him and began creating his own jewelry which he sold at art festivals. For the past 20 plus years, Jim pursued his passion; cutting and polishing the stones he loved, creating beautiful jewelry where the stone was the focus, traveling to art festivals where he could talk about the stones he loved and educate people.

Jim met his wife, Cathya Savage-Haas (owner of Savage Spirit!), at an art festival in 1998 and they settled in Moab, which Jim thought was the most beautiful place on earth. They opened a store, Cave Dreamers, selling their work & handcrafted items made by friends. But Jim missed the open road and the adventure, so they closed the store and returned to art festivals. He developed an international clientele that love the clean, classic lines and impeccable workmanship of his Stoneage Jewelry. Jim participated in many prestigious art shows and received awards for his jewelry at the Indian Wells Arts Festival & the St George Art Festival.

The first and most crucial step in the creation of Stoneage Jewelry was the selection of stones. Jim sorted through tons of rough gemstones to select only the highest quality and most beautiful stones. From there, he cut the rough chunks of stones into slices or slabs. Jim would carefully study each unique slab and cut it into smaller

pieces to best showcase the distinctive beauty of each stone. Each piece was then hand shaped by coarse grinding on a flat lap machine. Through a process of successively

fine grinds, Jim polished each stone to perfection.

Jim then handcrafted sterling silver settings for each stone. Since each stone was individually hand cut and polished, no two are the same. Therefore each stone required a custom made setting. These were then made into pendants, earrings, and rings. Jim produced a line of jewelry where his classic, sophisticated styles showcased the natural beauty of the stones.

Jim died on June 4th at age 53 after a brief illness. It appears that the major culprit was undiagnosed, untreated diabetes which lowered his

immune system. After successfully surviving a severe bacterial infection, Jim developed pneumonia and sepsis. Despite valiant efforts by the ICU staff at St. Mary's in Grand Junction, Jim's immune system was unable to combat the infections and eventually everything shut down.

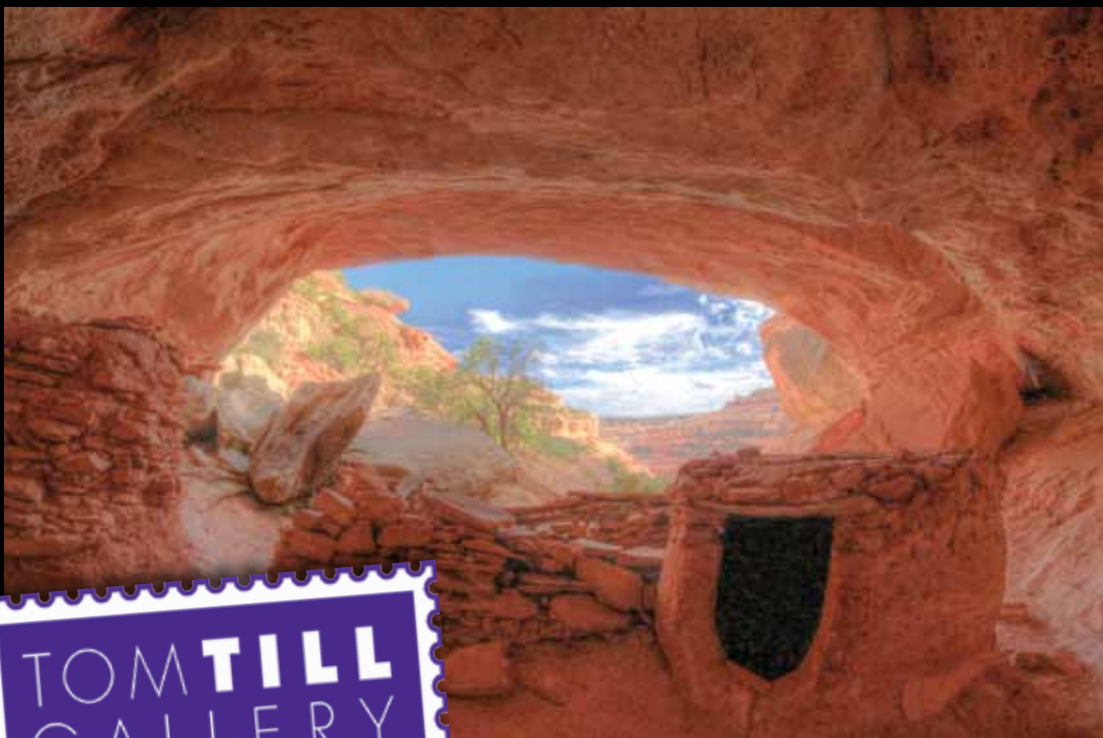
Jim's guiding principle was to do what he loved and share that with others. He was fulfilled that he had found a way to make a living doing what he loved.

Stop by Savage Spirit!, 87 N Main to check out Jim's Stoneage Jewelry. Please join us in a celebration of the beauty Jim created during Moab Art Walk, Saturday, October 13th 6pm - 9pm and be sure to mention you read it in Moab Happenings.



SEASON'S END

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REEL HAPPENINGS

The Radical Reels Tour

On Monday, October 8th at 7:00 pm, the Radical Reels Tour will be shown at the Grand County High School on 400 East. An off-shoot of the Banff Mountain Film Festival and the subsequent World Tour, the Radical Reels Tour



focuses on adventure and adrenaline film submissions. The majority of film submissions to the Banff Mountain Film Festival are focused on action and adventure. To pay homage to the incredible athletes and dedicated filmmakers who submitted these films, the Radical Reels Tour (www.radicalreels.com) was born.

The compilation of short films could not be shown in Moab at a better time, early October. The Radical Reels Tour will be shown on the tail of Outerbike (www.outerbike.com) and during the best month to recreate in Moab. As the temperatures moderate in the desert and the trail systems are still open in the La Sal mountains, Moab

is "game-on" for anyone who is looking to pursue their outdoor passions before the snow and cold returns to the region. The Radical Reels Tour will include adventurous and adrenaline packed short films on mountain biking,



rock climbing and kayaking while stoking the crowd on the upcoming winter season with some inspiring skiing and snowboarding films.

In fact, the Radical Reels Tour is a benefit for the Friends of the La Sal Avalanche Center, an all-volunteer group of dedicated locals who support the Utah Avalanche Center –Moab in numerous aspects. The Friends of the La Sal Avalanche Center (FLSAC) was formed in 1991 to support the Avalanche Center, administered through the Manti-La Sal National Forest. The FLSAC contributes volunteer time to help the forecaster with maintaining three weather stations, submitting field observations and providing backcountry partners. The FLSAC has partnered with the Manti-La Sal National Forest to support avalanche education classes, purchase



backcountry safety gear, and repair weather stations and snowmobiles. The partnership between the FLSAC and the Manti-La Sal National Forest has been a significant contribution to safe winter recreation in the mountains of southeast Utah. The proceeds of this event will further support this partnership.

Come and enjoy the Radical Reels Tour at the Grand County High School on Monday, October 8th at 7:00 pm. Tickets are \$10 in advance and can be purchased at Canyon Voyages Adventure Company, Back of Beyond Bookstore, Poison Spider Bicycles or Pagan Mountaineering. Tickets will be sold at the door for \$12. The films will definitely get you excited to enjoy the incredible recreational opportunities surrounding Moab!

RADICAL REELS TOUR

faster
steeper
higher
deeper

FIRST TIME IN MOAB

Monday, October 8 at 7:00 pm

www.radicalreels.com

The Banff Centre
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I/O Merino

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The Banff Centre
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presented locally by:

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A Benefit For:

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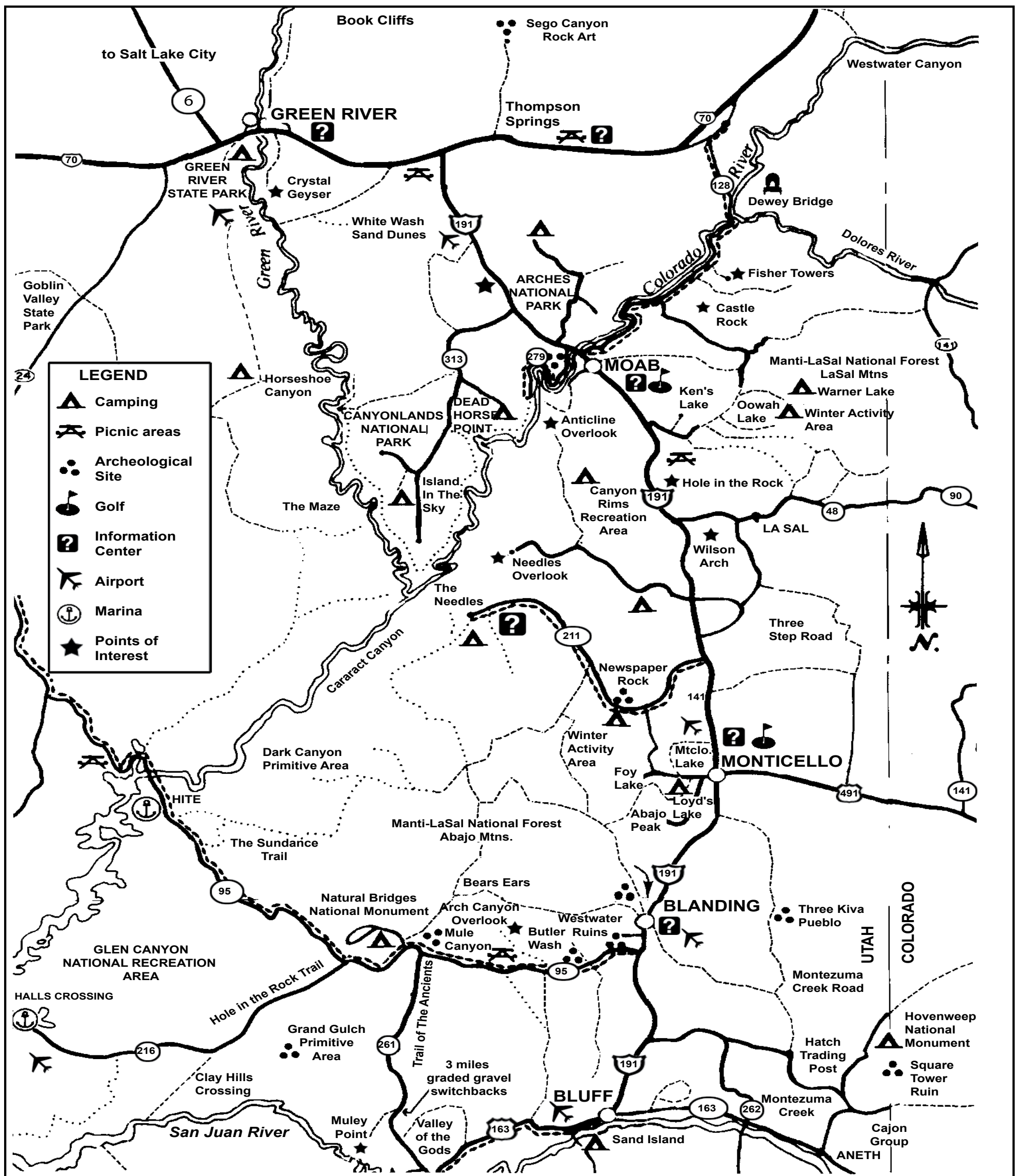
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DEAD HORSE POINT HAPPENINGS

The Plein Air Painters of the Four Corners Visit Dead Horse Point State Park

Moab, UT – The Plein Air Painters of the Four Corners (PAP4C) will be painting at Dead Horse Point State Park the morning of Sunday, Oct. 14 as part of a special paintout that weekend in the Moab area. This dedicated group of artists meets twice a month to paint together. The group was founded in 2001 and has 40 members, mostly centered in the Durango and Farmington area. They will be having a group show at the Bighorn Gallery in the fall of 2013. Please come to see these artists in action at our spectacular state park! For more information, please contact the park at 435-259-2614.



The Photography of Bruce Hucko

Moab photographer and art educator Bruce Hucko is exhibiting photographs at the Bighorn Gallery at Dead Horse Point State Park from August 31st through November 30th, 2012. A free reception with the artist will be held on Sunday, September 16th from 4 p.m. to 6 p.m.

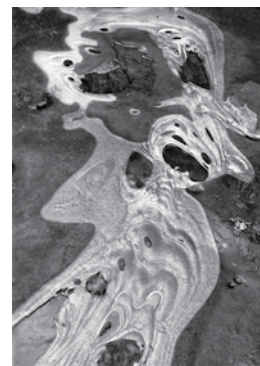
Hucko has entitled his exhibit "What's the Point? Photographs from in, around, below and beyond Dead Horse Point." An art educator in Moab, Hucko is "always looking for a teaching moment." Using this title allows me the opportunity to play with the questions of What's the point of Dead Horse Point; What's the point of photography; and What's the point of life? All good questions." Hucko's exhibit includes both color and black & white images which he printed himself. Included in the exhibit are images from Hucko's portfolio's entitled WaterSong, Desert Ice, Entrada (a collaboration with poet David Lee), A Gesture of Kinship (a collaboration with Hucko's former Navajo students), and photographs specific to Dead Horse Point.

The collection of images spans a rich and fulfilling photographic career. Hucko has published 15 books that feature his work exclusively and has created interpretive slide shows for Arches National Park and Organ Pipe Cactus National Monument. He has also had numerous other images published in books, magazines and calendars. In addition to his photographic work Hucko owns and conducts the annual Moab Photography Symposium

and participates in the annual Moab Artists Studio Tour. Hucko serves as the Beverley Taylor Sorenson Visual Art Specialist at Helen M. Knight Elementary School in Moab where he is affectionately referred to as the "art coach."

During the exhibit, each image will be available for purchase. Don't miss the point! Come to "What's the Point?" For more information about the artist, please visit www.brucehuckophoto.com

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313. The visitor center is open daily from 8 a.m. to 6 p.m. Park admission is \$10. For more information, contact the park at 435-259-2614.



Moab Senior Games

Calling all baby boomers! Moab, Utah welcomes all adults, ages 50 and older, to the sporting and lifestyle event of the year – the Moab Senior Games. This inaugural event expects several hundred senior sports enthusiasts.

Modeled after the renowned Summer National Senior Games, the world's largest multi-sport event for seniors, the Moab Senior Games will be held November 7-11, 2012. This year's event will feature 11 events including: archery; basketball; bridge; dance; golf; horseshoes; pickleball; race walk; swimming; tennis; and volleyball.

"Our goal with the Moab Senior Games is to capture the best of the Moab lifestyle for older adults," said Suzan Martin, the event's founder. "Each event helps promote a healthy lifestyle, bringing information and opportunity for good mental and physical health to Games' participants."

The five-day event is being actively supported by



the Moab community from sponsorship and accommodations to health and wellness information. Current sponsors include the City of Moab; Aarchway Inn; Big Horn Lodge; the Grand Center; Humana; KZMU radio; Law Firm of James Slavin; Larson & Rosenberger LLP; Mountain America Credit Union; the Moab Area Travel Council and Rio Rojo Design & Sales.

Event registration is available via www.moabseniorgames.com. Activities start at \$3 and range to \$40. Event management expects several hundred participants, primarily from across Utah and Colorado,

for the first year's Games. The schedule for the variety of sporting events and activities is currently being finalized but is updated regularly online.

For adults interested in participating in one, or several Games events, Martin also encourages volunteer participation to support the Games infrastructure and activities. Persons interested in volunteering should complete the online application and contact Martin with any questions.

For more information about the Moab Senior Games, visit www.moabseniorgames.com. Find us on Facebook at [Facebook.com/MoabSeniorGames](https://www.facebook.com/MoabSeniorGames) or contact Suzan Martin 435-260-0161 or moabseniorgamesnews@gmail.com.

REGISTRATION ENDS OCTOBER 15!

MOAB SENIOR GAMES 2012

Registration Form

For online registration, visit www.moabseniorgames.com

Full Name: _____

Mail Address: _____

City, State, Zip: _____

Phones: (cell) _____

(home) _____

(work) _____

E-mail: _____

Date of Birth (mo/day/yr): ____ / ____ / 19____

Age: ____ **Sex:** M / F (circle one)

Emergency Contact:

Name: _____

Phone: _____

Registration Fee \$ 49.00

Game Fees from Entry Form \$ _____

Donation \$ _____

TOTAL AMOUNT \$ _____

Thank you!

Make check or money order to:
Moab Senior Games
Mail to:
PO Box 1469, Moab, UT 84532

Athlete Waiver and Release of Liability
READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the Moab Senior Games program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury to me does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others; and
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and
4. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE MOAB SENIOR GAMES, INC., its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of the premises used to conduct the event (Releasees), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law; and
5. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM NEGLIGENCE, to the fullest extent permitted by law.
6. I willingly grant permission to Moab Senior Games, Inc., to use images captured during regular and special activities through video, photo and digital cameras to be used solely for the purposes of the Moab Senior Games promotional material and publications, and waive any rights of compensation or ownership thereto.

I HAVE READ AND AGREE TO THE TERMS AND CONDITIONS OF THE ABOVE LIABILITY RELEASE.

SIGNATURE: _____ Date: ____ / ____ / 2012

Print Name: _____

Volleyball Team Name: _____

Volleyball Team Leader: _____ **Team Contact Phone:** _____

For Office Use Only

Amount Verified _____ Cash/Check # _____ **Page 1 of 2** Postmark/Date Received _____

REGISTRATION ENDS OCTOBER 15!

MOAB SENIOR GAMES 2012

Entry Form

Name: _____ **Age:** _____

ARCHERY \$15.00 Per Event

Compound Bow

Barebow Compound

Barebow Recurve

Compound Release

Recurve

BASKETBALL \$5.00 Per Event

Women 5 spot

Men 5 spot

BRIDGE \$10.00

GOLF

Social \$40.00

Competitive \$40.00

Skills Challenge \$20.00

HORSESHOOES \$3.00 Per Event

PICKLEBALL \$5.00 Per Event

Co-Ed

Doubles

RACE RUN/WALK \$10.00 Per Event

Walk

Run

SALSA DANCING & BANQUET

Dancing \$10.00 Per Person

Dinner \$20.00 Per Plate

SWIMMING \$5.00 Per Event

Limit of six events only

50 yd Backstroke 50 yd Freestyle

100 yd Backstroke 100 yd Freestyle

50 yd Breaststroke 200 yd freestyle

100 yd Breaststroke 500 yd Freestyle

50 yd Butterfly

100 yd IM relay

TENNIS (\$12.00 Per Event)

Singles

Doubles

Partner: _____

Partner Phone _____

Mixed Doubles

Partner: _____

Partner Phone _____

TRACK & FIELD \$5.00 Per Event

1500 M Run High Jump

800 M Run Standing Jump

400 M Dash Shot Put

200 M Dash Discus

100 M Dash Softball Throw

50 M Dash Soccer Kick

Football Throw

VOLLEYBALL \$5.00 Per Event

Women

Men

Mixed

Team Name _____

For Office Use Only

2012 Entry Form 3/17/2012 **Page 2 of 2** Entered _____ Entry Number _____

PET HAPPENINGS

Ginger's Story

by Kaye Davis of the Moab BARKery

Ginger is a three year old pit bull terrier. Her story is unfortunately fairly typical for dogs of her breed, she was tied to a trailer for the first two and a half years of her life and was forced to have as many litters of puppies she was capable of having. She was under weight, malnourished and it was not until her owners were forced to give her up that she got off that chain. There are a variety of reasons why people chain their dogs outside. Whatever the reasons, fewer dog owners seem to be keeping their dogs tied up outside. Why?

First, more people are learning that continuous tethering is bad for dogs. As pack animals, dogs have been bred for thousands of years to form a strong attachment to their human family. An otherwise friendly and happy dog, when kept continuously chained and isolated, often becomes neurotic, unhappy, anxious and aggressive. This was certainly the case with Ginger; and she became dog aggressive. Being tethered to the trailer and unable to interact with other dogs frustrated her and caused her to develop aggressive behavior.

Aggression that is caused by frustration is often referred to as barrier frustration. It occurs when a dog is frustrated at not being able to get to something, and they take the frustration out in another way. This type of aggression is often seen in dogs that spend a lot of time tied out and a reason enough to justify euthanasia in most cases. Fortunately for Ginger, she had someone that has had a long term commitment to her breed that understood that given the right situation, she could get better.

Her new owner Denise also understood that the pit bull breed requires a great deal of exercise. These dogs are not the type of dogs that you can take on a short walk, they need to run. This is where I came in to the picture. Denise knew she was unable to exercise Ginger as much as she needed to and so she asked me to help her out. I started taking Ginger out multiple times a week; at first I tried to walk her on leash around town. We tried that once, she had no idea about walking on leash and would lose her mind when we would see another dog.

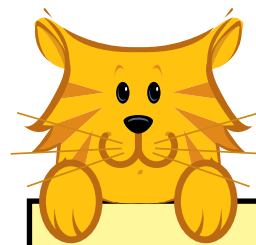
I decided that I would try taking her on hikes in places that I knew that we would not see anyone and focused the first month of hikes on walking on leash and learning to pay attention to me. I used a training technique that I was taught that requires the dog to give you their full attention and aids in recall (getting them to come to you when call). As you are walking forward with the dog on leash, start moving backward and call your dog to you. When the dog gets to you they should be sitting in front of you, facing you and at this point you start to give them treats and continue to do so to maintain their attention. The higher reward treats always work best in the early stages. I would do this repeatedly on our hikes and not only did it allow me to have recall with Ginger but it created a bond of trust that she started to relax and enjoy our outings.

After a month, still hiking in the same places where we would see no one, I allowed her to start hiking off leash and whilst I was anxious I tried to remain calm and not make it a bigger deal than it was. As it turns out the only thing in danger of being hurt were lizards and even then they were really safe. The more freedom off leash and exercise Ginger got, she became less anxious and aggressive. I then started to walk her on leash in places that I thought we may run in to other dogs but would also have a way to get around them or away from them. She continued to pay attention to me and be motivated by the treats and when it was an incident free walk she would also get a large treat at the end as a reward.

Six months in to the process, on an early morning hike in Left Hand Canyon I decided to let her off leash for the first time in an area where I thought we may come across other dogs. We were hiking along quietly and all of a sudden she took off on me and I could not find her for a minute or two. The next thing I came around a corner and she was on the other side of the creek playing fetch with two other dogs she had never met. We hiked the rest of the way out of the canyon with other dogs and it was completely incident free.

A couple of months later I started taking her and her Labrador brother Hank out together. Ginger definitely defers everything to Hank; she follows him and is very comfortable with him around. As it was summer we started hiking near water and I found out she could not swim, she would watch Hank swim to fetch a ball but barely get in the water but clearly wanted to follow. One day she just got it and started to swim, she still does not have the technique down, she swims with her tail out of the water wagging in the air, but can beat Hank to ball more often than not now. She has been on a hike and swam with other dogs, running to fetch the same ball and every time without incident. I have taken her to the dog park while other dogs have been there and she has always paid attention to me and the Chuckit Ball Launcher in my hand.

I am not naïve enough to believe that she is somehow cured of her aggression but I do know that as a guardian I am responsible to not give Ginger any opportunity to practice aggression. By working to inhibit, reduce and prevent aggressive behavior I have worked to break the cycle of aggression and significantly reduce the likelihood of an opportunity to behave aggressively. She is really a sweet dog, she loves people, she loves treats and food and she is very comfortable in her pack. Given the opportunity to do the right thing Ginger has chosen it every time and in the process I have gained the best hiking buddy anyone could ask for.



Humane Society of Moab Valley

435-259-4862 • www.moabpets.org

OCTOBER 2012

- October 6 - **Cat Adoption Day**
at The Moab Barkery from 11am - 1pm
- October 13 - **Dog Adoption Day**
at City Market from 11 am - 1 pm
- October 20 - **Cat Adoption Day**
at The Moab Barkery from 11am - 1pm
- October 22 - **Dog Adoption Day**
at City Market from 11am - 1 pm

The Times-Independent

The Moab Times Independent is partnering with the Humane Society of Moab Valley for a non-profit fundraiser. For each \$32 subscription sold to a NEW subscriber, \$25 is donated to HSMV. This only applies to new subscribers (84532 zip code), for one year only, and no other discounts apply. For subscription forms stop by the Times Independent or HSMV office located inside the Moab Animal Shelter at 956 Sand Flats Road.

Be sure to check out our website, www.moabpets.org for other ways you can support the HSMV.

Don't forget to get your 2012 Humane Society Membership. The membership card offers free items or discounts with 18 different local businesses. To purchase a membership please stop by our office at the City Shelter or visit the website at www.moabpets.org



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The Bark Park - Off-leash Dog Park



Location: 100 E 300 S

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 OF EVENINGS OPEN OR
 VISIT WEBSITE BELOW

OPEN (days shown)
 OCTOBER 2012

S	M	T	W	T	F	S
•	•	•	•	4	5	6
•	•	•	•	11	12	13
14	•	•	•	18	19	20
•	•	•	•	•	•	•
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a fundraiser for the youth garden project

PUMPKIN CHUCKIN FESTIVAL

MOAB, UTAH

OCTOBER 27, 2012

10 am – 4 pm

Old Airport Runway,
8 miles south of Moab

Tickets: Adults – \$10,
Youth – \$5

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For more information visit youthgardenproject.org/pumpkinchuckin

Advance tickets are available at Back of Beyond Bookstore, Canyonlands Copy Center, WabiSabi Thriftique, and WabiSabi Warehouse.

Free shuttles are provided to the event leaving from Moab Adventure Center at 225 South Main Street.