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<b>SUNSET SAFARI</b> 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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	ADULTS	YOUTH (under 16)
<b>HALF-DAY MOUNTAIN BIKING</b> Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)	\$85	\$85
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<b>CASTLE VALLEY HORSEBACK RIDE</b> 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 (ages 4-15)	YOUTH
<b>CANYONLANDS JETBOAT</b> Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (4 hrs)	\$80	\$70
<b>SUNSET JETBOAT &amp; DINNER</b> 1 hr Dutch-oven dinner plus 1.5 hr jetboat on the Colorado River near Canyonlands NP.	\$70	\$60
<b>DINNER &amp; NIGHT SHOW</b> 1 hr Dutch-oven dinner plus 2 hr light show on slow-moving boat ride on the Colorado River.	\$65	\$55

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# MOAB HAPPENINGS

Volume 25 Number 7

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NOVEMBER 2012



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P.O. BOX 668  
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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

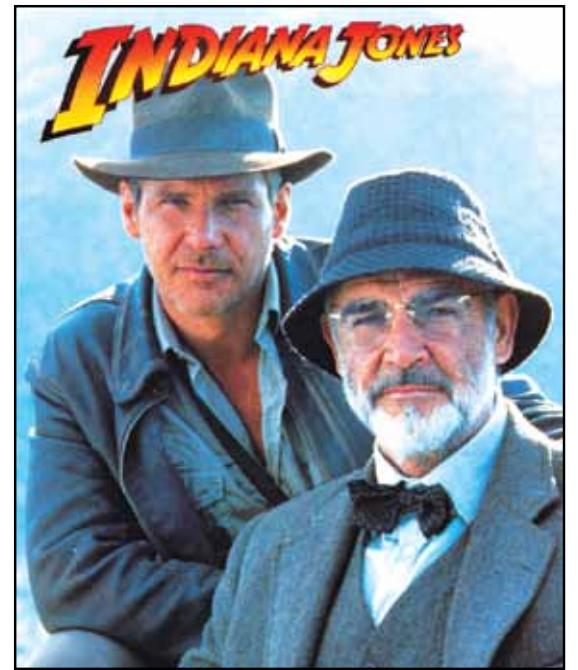
## Movie & Western Memorabilia Museum at Red Cliffs Lodge

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



**Activity Booking Center**

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Annual Passes are \$75  
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[www.grandcountyutah.net](http://www.grandcountyutah.net)

## NOVEMBER

- 1-3 **Live Music at the Blu Pig** - Nov 1-2 Bob Greenspan (Blues), Nov 3 Gigi Love
- 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](http://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](http://moabtrailmarathon.com) or call 970-389-4838.
- 3 **Electronics and Alkaline Battery Recycling Drive.** Canyonlands Community Recycling and WabiSabi want to help you responsibly recycle old electronics & alkaline batteries! Bring them to the WabiSabi Thriftique on November 3 between 9am and 2pm. We can accept almost anything that plugs in. We can't accept freon-containing items or leaking or corroded batteries. Businesses will be charged \$0.25/lb for electronics, and households are encouraged to donate at the same rate. Everyone will be charged \$2.00/lb for batteries. For a list of what individual items tend to weigh/cost, see the flyer at [www.moabrecycles.org/pdfs/Ewaste1112.pdf](http://www.moabrecycles.org/pdfs/Ewaste1112.pdf) or contact CCR at 210-4996 or [ccr@moabrecycles.org](mailto:ccr@moabrecycles.org).
- 3 **Melody Boys Quartet in Concert** 7pm Moab Baptist Church, 356 Kane Creek, Southern Gospel at its finest
- 4 **Daylight Savings time ends.** Set clocks back 1 hour.
- 4 **Dio de los Muertos Celebration** at Moab Valley Multicultural Center 12 noon for Music Dance, food and culture. Selections from "Jornadas de Amor" Concert by Utah Opera at 3:00 p.m.
- 5 **The Moab Free Health Clinic will be holding a Pediatrics Clinic** on Monday, from 6 PM - 8 PM. Dr. Joe Roberts, a pediatrician specializing in the care of children 18 years and younger, will be at the clinic to treat children for anything from strep throat, to diarrhea, to asthma. Please call the clinic to schedule an appointment for your child: (435) 259-1113.
- 6 **Election Day**
- 6 **Election Day Dinner** at St. Pius X.
- 6 **Garden Club monthly meeting** to be held at Zion Bank's meeting room at 6:00pm. Join us as we celebrate the harvest with a potluck dinner; bring a dish made with your garden's produce. We will be planning next year's agenda and discussing this year's triumphs and failures. For further information contact [Moabgardener@yahoo.com](mailto:Moabgardener@yahoo.com) or Patty Larson 259-7941
- 7-11 **Senior Games.** See article on pg 1B.
- 7 **Utah Opera presents Jornadas de Amor.** Moab Arts and Recreation Center: 7p.m. Highlights of Spanish Opera. See article on pg 5 & ad on 16A.
- 7-10 **Live Music at the Blu Pig** - Nov 7th Bridget Otto and Friends, Nov 8th-9th Bob Greenspan, Nov 10th Robby Overfield
- 8 **2nd Annual Moab Adult Spelling Bee** Grand County Education Foundation (GCEF) is hosting the 2nd Annual Adult Spelling Bee from 6:30-8:30 PM, November 8 at Star Hall, 159 E. Center St, Moab. See article on pg 13A.
- 8 **Climate, Water & Colorado Plateau an Expert Panel Discussion.** 3-5 p.m. at the Grand County Public Library. With Jack Loeffler, William deBuys and Jayne Belnap, USGS. Facilitated by Bill Hedden, Grand Canyon Trust. The discussion will focus on steps towards resiliency and the role of the agencies and local government. Free and Open to the Public. For more info call 259-4859.
- 8 **Book Reading and Signing with Jack Loeffler and William deBuys** 7:00 p.m. at the Grand County Public Library.
- 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](http://moabriverrendezvous.com) or call 435-259-7733/866-202-1847. See article on pg 11B.
- 9 **90s DANCE PARTY! Moab Roller Derby Fundraiser @ Frankie D's.** 8pm>Watch a Championship Bout on the Big Screen. 9pm> Hit the Dance Floor with DJs A-Strike + Lady Ignite! Grab your hammer pants, overalls, and other 90s rags outta your closet-> Prizes for BEST 90's LOOK-ALIKE, BEST 90's DANCE MOVES, & BEST GRUNGE LOOK. Support Your Local Roller Derby Team with a 5 dollar donation and come Raise the Roof with Us! [www.moabrollerderby.com](http://www.moabrollerderby.com) or visit us on Facebook.
- 10 **Volunteer Planting Day** at the Matheson Preserve. 9am-2pm, Nature Conservancy and Division of Wildlife Resources sponsored. Call for details; 435-259-4214
- 10-12 **Fee Free Days in the National Parks: Veterans Day Weekend** Visit Arches or Canyonlands National Parks for free! For more info visit [www.nps.gov](http://www.nps.gov). Here's a tip - 264 of your 398 National Park Service areas NEVER charge an entrance fee.




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## Holiday Gift Fair

at The Grand Center

Friday, November 30, 4pm-8pm  
Saturday, December 1, 9am-3pm

Variety of gifts from craft vendors and great food vendors



## MOAB Senior Games 2012

November 7-11  
Full schedule & details at [www.moabseniorgames.com](http://www.moabseniorgames.com)  
COMING SOON to the schedule: 5k Road Race!

**DEADLINE for DECEMBER Events Calendar: NOVEMBER 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](mailto:info@moabhappenings.com)



# MORE MOAB AREA EVENTS

## November continued

- 10 Moab Art Walk.** See article and map on pg 14A.
- 11 Veterans Day**
- 14 Moab Reads Book Discussion** 6:00 p.m. at the Library. The 2012 Moab Reads book selection is *The Last Myth: What the Rise of Apocalyptic Thinking Tells Us About America*. Copies are available for checkout at the Library. For more info call the Library at 435-259-1111 or visit [www.moablibrary.org](http://www.moablibrary.org).
- 14-17 Live Music at the Blu Pig** - Nov 14th Bridget Otto and Friends  
Nov 15th-16th Bob Greenspan, Nov 17th Live Music TBD
- 16 WabiSabi Nonprofit Network Workshops with Fraser Nelson** of the Community Foundation of Utah. 10am-4pm at Zion's Bank 330S Main St. \$20/Workshop or \$50 for all three. Please call 259-2553 to register or for more info. [www.wabisabimoab.org](http://www.wabisabimoab.org).
- 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.
- 17 2012 Chamber of Commerce Banquet.** Will be announcing the Business and Citizen of the Year. Tickets \$100 per couple or \$400 for table of 8. At Red Cliffs Lodge, mile marker 14 on Hwy 128. 6pm Social Hour - 7pm Dinner - Dancing to follow to music "Midlife Crisis" Tickets available at Chamber Office, and Tag-a-Long Expeditions. Please, RSVP by Nov 9. Moab Area Chamber of Commerce, [info@moabchamber.com](mailto:info@moabchamber.com), 435-259-7814
- 17 "A Feast of India" Fundraiser for Canyonlands Community Recycling (CCR).** Join us for a great Indian meal plus a dance performance by Bollywood Moab. Your dinner will be prepared by the Derasary family, who has roots in Ahmedabad, India, and served at the Grand Center at 7:00 pm on Saturday, November 17. Tickets are \$40 and available through November 15 at the WabiSabi Thriftique & Warehouse, Moab BARKery and Back of Beyond Books. Contact CCR for more info: 210-4996, [ccr@moabrecycles.org](mailto:ccr@moabrecycles.org) or [www.moabrecycles.org](http://www.moabrecycles.org).
- 17 18th Annual 5K Turkey Trot,** Swanney Park 9am. Preregister at Moab City Recreation Dept. or at [www.moabcity.org](http://www.moabcity.org) 259-2255 for info. New kids half mile course!
- 19 Beneath the Rim: Stories and Pictures from Inside the Grand Canyon** presented by Rick Kempa and the Friends of the Grand County Public Library. 7:00 p.m. at the Grand County Public Library. This program is FREE and 25% of all book sales will be donated to the Friends of the Library. For more info call the Library at 435-259-1111.
- 21 Live Music at the Blu Pig** - Bridget Otto and Friends
- 22 THANKSGIVING**
- 22 Free Thanksgiving Dinner** - Join WabiSabi and the Moab Community this Thanksgiving for a free Holiday Dinner. Last year 100 volunteers prepared and served 500 meals. It is a wonderful opportunity for the individuals, nonprofits and businesses of Moab to unite in sustaining area residents and the community at large. This meal is about creating and celebrating community. We invite people of all ages and backgrounds to share in this essential bond of community, gratitude and sharing. For more info or to volunteer, please call 259-2553. See article on pg 12A.
- 23-24 Live Music at the Blu Pig** - Nov 23-Bob Greenspan, Nov 24-Robby Overfield
- 26-27 The MARC will host a Wreath Making Class** on Mon. and Tues. from 6-8:30 pm. Make your own natural wreath for the holiday season with locally sourced evergreens. \$20. Preregister at 435-259-6272. At the Moab Arts and Recreation Center (MARC)
- 27 Moab Reads Book Discussion at the Castle Valley Library Branch** at 11:30 a.m. The 2012 Moab Reads book selection is *The Last Myth: What the Rise of Apocalyptic Thinking Tells Us About America* copies are available for checkout at the Library. For more info call the Library at 435-259-1111 or visit [www.moablibrary.org](http://www.moablibrary.org).
- 28-30 Live Music at the Blu Pig** - Wed. Nov 28th Bridget Otto and Friends, Thur. Nov 29th Bob Greenspan, Fri. Nov 30th Bob Greenspan
- 29 Utah Film Circuit:** Moab is an initiative of the Grand County Public Library and the Utah Film Center. November's film is a **free screening** of *Miss Representation* at Star Hall at 7:00 pm a 2011 Sundance Film Festival Official Selection. Call the Library at 435-259-1111 for more information.
- Dec 1 Boom Boom Room - Light Parade Electro Dance Party.** DJ's John G and Thatcher provide the soundtrack for the season's best party!! 9pm. House, electro, breaks. Frankie D's. \$4 cover.



## Utah Opera Resident Artists To Perform in Moab Area

Emery and Grand County students can enjoy live professional opera in their own schools when Utah Opera Resident Artists perform for them the week of November 5-9, 2012. Community members are invited to hear them in a special Spanish Opera concert on Wednesday evening at the Moab Arts & Recreation Center.

During their week-long tour, Utah Opera Resident Artists will offer age-appropriate performances of the lively and colorful "Who Wants to be an OPERA STAR?" for elementary schools and "Freeze Frame: Dr. Miracle" for secondary schools.

Based on the format of popular game shows, "Who Wants to be an OPERA STAR?" allows the visiting artists to teach the fundamentals of opera to younger students. The artists act as contestants who demonstrate their answers with vocal selections while the children serve as the studio audience. Students actively participate when they join the contestants in clapping rhythms, singing melodies and identifying emotions in the music.

In the secondary school "Freeze Frame: Dr. Miracle" program, a clever young man disguises himself several times in attempts to win the girl he loves from her protective papa. Our five performers occasionally freeze the action to highlight elements of drama and opera.

In-school student performances are offered free-of-charge to Utah schools thanks to partial funding through the Utah State Legislature's Professional Outreach Programs in the Schools (POPS) Program.

On Wednesday, November 7 at 7 PM, the Utah Opera Resident Artists will perform a community concert titled "Jornadas de Amor" at the Moab Arts and Recreation

Center. This hour-long concert includes highlights from operas by Mexican composer Daniel Catán and selections from Cuban and Spanish zarzuela. Ticket prices are \$5 for individuals or \$10 for families (up to 6 people). Tickets will be available at the door or are available in advance by calling 801-533-6683. A portion of the proceeds will benefit the Multicultural Center.

The Resident Artists will perform a sample of their concert on Sunday, November 4, at 3 PM at the Multicultural Center's Dio de los Muertos celebration. Tickets for the Wednesday night concert will be for sale at this event.

### Full Schedule of Events

Sunday, November 4— 3:00 p.m. —Moab Multicultural Center -Dio de los Muertos Celebration Selections from "Jornadas de Amor" Concert

Monday, November 5 – 9:00 a.m.— Moab Charter School "Who Wants to be an OPERA STAR?"

Monday, November 5 – 2:18 p.m.— Green River High School "Freeze Frame: Dr. Miracle"

Tuesday, November 6 – 1:15 p.m. – Grand County Middle School (performance at Star Hall) "Freeze Frame: Dr. Miracle"

Wednesday, November 7 –7:00p.m. – Moab Arts and Recreation Center "Jornadas de Amor": Highlights of Spanish Opera

Thursday, November 8 –9:00 and 10:00 a.m. – Helen Knight Elementary "Who Wants to be an OPERA STAR?"

Friday, November 8 –10:00 a.m. – Book Cliff Elementary "Who Wants to be an OPERA STAR?"

### Holiday Celebration Activities

**Nov 30-Dec 1 Grand Center Gift Fair.** Fri: 4pm-8pm & Sat: 9am-3pm. The Cafe will be serving all your favorites: Navajo Tacos, Hot dogs, chips, Chili dogs, Frito pie, pie selection, pop, Chicken noodle soup and the Center's famous cinnamon rolls and sticky buns are available! RSVP Volunteers are selling stick ponies during the Gift Fair fundraiser.

**Nov 30-Dec 1 Holiday Arts & Crafts Fair at the Moab Arts and Recreation Center (MARC)**  
Show Hours: Friday 4-8pm., Saturday 10am-5pm IT'S ALL HANDMADE! find Pottery • Jewelry • Artography • Skin Care • Knitted Crafts • Treats for Fido • Aprons • Silk • Jams & Jellies • Wood & Stone Crafts • Herbs • Goat Cheese • Pizza • Navajo Tacos and More! Santa Claus swings by from the North Pole on Saturday. Available for photos! 111 E. 100 N. 435-259-6272

**Nov 30 Christmas Tree Lighting** - County Courthouse (125 E Center) @ 5:00pm.

**Dec 1 Winter Sun 10K** [moabhalfmarathon.org](http://moabhalfmarathon.org)

**Dec 1 Electric Light Parade** - Kick off the holiday season with Moab's annual Electric Light Parade. Year after year this spectacular display of lighted floats and holiday costumes grows and attracts more and more spectators. The entire family will enjoy this amazing collection of lighted floats as they travel along Main Street in downtown Moab. For more information call 435-259-7814.

### Native American Nativities on Display at the Museum of Moab

The Museum of Moab will be displaying a collection of Native American nativities and crèches November through December. The collection on loan from the Brigham Young University Museum of Peoples and Cultures includes works by several tribes from the Southwest.

"Each piece shows a fusion of Native American beliefs and Christian beliefs combining the old and new," comments Curator Travis Schenck. "Designs and Motifs mingle to create unique yet beautiful pieces of art."

The Museum of Peoples and Cultures at BYU is an Anthropology and Ethnographic Museum which collects and preserves items from cultures across the world.

As part of the exhibit the Museum will host a Nativity Night in December and invites members of community to bring and display their Nativities at the Museum. For more information about the Museum's Native American Nativity Display or about the Nativity Night please contact the Museum of Moab at 435-259-7985.

### The Utah Opera Resident Artist Program

Utah Opera's Resident Artist program includes five Resident Artists who are selected through national auditions and spend nine intensive months with Utah Symphony | Utah Opera. During this time, they participate in vocal and dramatic coaching sessions; in workshops on important aspects of operatic performance, such as stage deportment, movement and language study; and in master classes with acknowledged opera professionals. While they are with the company they also perform in Utah Opera's main stage productions in the Capitol Theatre, Utah Symphony concerts, and in-school presentations and community concerts throughout the state. The program's objective is to prepare young singers for the rigorous and competitive world of professional opera, and, through their performances, to introduce Utah's students to the lively and exciting world of opera.





# NATURE HAPPENINGS

## November's Turkey

From a bank high along the Colorado River, I have an expansive view across river bottoms, through galleries of stout cottonwoods and across the sagebrush and juniper dotted hillsides that border the river. Gaggles of geese and mixed flocks of ducks swim or loaf along beaches and sandy islands. A lone bald eagle turns slow spirals as the



bird ascends the calm autumn air. A few mule deer graze in a meadow alongside the river; one of them wears a necklace of reddish bailing twine. But I'm drawn the most to a posse of wild turkeys that fade in and out of view screened by thickets of willow and tamarisk.

November may be the month that many Americans associate with turkeys, but that affiliation is a "stuffed" one. President Lincoln proclaimed the fourth Thursday of November as the official Thanksgiving Day holiday; Congress voted in 1941 to maintain this date after Franklin Delano Roosevelt tried to move the holiday to earlier in November. So in one respect, it seems apropos to watch this mixed flock of jakes and jennies, toms and hens during November.

Historically, in North America there were five subspecies of Wild Turkeys. In the Southwest, Merriam's

and Gould's turkeys strutted through the canyons and deserts. Archaeologists believe that the Aztecs first domesticated wild turkeys sometime between 10,000-8,000 years ago. Analyzing turkey bones and coprolites



(fossilized poop), researchers have determined that these domesticated birds were raised on a diet of corn, a plant the native peoples farmed. Here in the Southwest, these birds were raised more for their feathers than for meat. Somewhere between B.C. 200 and 200 A.D., the Ancestral Puebloans of the Southwest

also had domestic turkeys. Downy body feathers were woven into blankets or robes, and other feathers were used in rituals or ceremonies. Stiff tail feathers were used to fletch throwing spears, the rigidity of the feathers helped keep the spear in a tight flight.

The domesticated birds roamed through the pueblo villages and gardens like barnyard fowl today. Pinned in at night or allowed to roost on rooftops and in trees, the turkeys became an integrated part of the Ancestral Puebloan life. Some difference of opinion exists as to the consumption of these birds by the villagers; but, if they were eaten, this did not regularly occur until around 1100 A.D.



When Spanish conquistadors entered Mexico and the Southwest, they observed this fowl practice of raising turkeys. Eventually, transported to Europe, several varieties of domestic turkey were bred from this wild stock. Native to North America, domesticated turkeys were brought back to the New World by early settlers to raise as poultry.

Native wild turkeys did not fare well with colonization and westward expansion. Hunting pressure and diseases introduced by domestic fowl took their toll. Once abundant across the country, wild turkey populations declined to roughly 30,000 birds by the early 1900s.

Through "trap and transfer" projects and game management, populations of wild turkeys have rebounded to an estimated 7 million birds today in North America. Now that is truly something to give thanks for this November.

By Damian Fagan



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

With the changing season, it can be challenging to figure out which restaurants are open and what hours for dining out in Moab. But do not despair, many of Moab's restaurants stay open year-round, but they do adjust their hours to meet public demand.

Each month "Moab Happenings"

endeavors to call around and update

the restaurant guide to reflect this

seasonal metamorphosis. This

month we called around and as a

service to those who would like

to treat themselves, friends &

families to Thanksgiving Dinner

without the fuss of cooking and

cleaning up after, here's a run-down of

who is serving on this special day. **For more information,**

**see the Restaurant Guide on pages 7A - 11A.**



### Buck's Grill House & Vista Lounge

Traditional Thanksgiving menu with a gourmet flair! Entree choices include Turkey, lamb and trout. Vegetarian will be available upon request. Open 3pm-7:30pm (435) 259-5201

### Cowboy Grill at Red Cliffs Lodge

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

### Denny's

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

### Desert Bistro

Reservation only  
(435) 259-0756

### Moab Chevron/Leger's Sandwiches

Serving sandwiches, chicken and salads, made to order. Located inside the Moab Chevron, South end of town. (435) 259-2212

### Moab Coffee Roasters

Open from 8am-6pm  
Coffee and desserts including pastries. (435) 259-2725

### Moab Brewery

Moab Brewery is open for its 16th annual Thanksgiving dinner! Offering a special Thanksgiving menu - including a traditional turkey dinner with all the fixings. Also offering special seasonal appetizers and desserts. Bar opens at 11:30 am. Seating begins at 1 pm til 9 pm for the restaurant. Accepting reservations for parties of 10 or more. (435) 259-6333.

### Pancake Haus

Open for breakfast only on Thanksgiving Day.

### Peace Tree Juice Cafe

Open for Breakfast/Lunch and Dinner 7am - 9pm

### Red Rock Bakery & Net Cafe

Open at 7:00am until 1 pm. on Thanksgiving morning. Serving fresh baked goods, pastries, breads and locally roasted Fresh Moab Coffee. Pre-order pumpkin pies. (435) 259-5941

### Sorrel River Grill

Thanksgiving Dinner served Family Style  
11 am- 9 pm  
\$49 per person, \$29 for children

Starter:

Family Style Sorrel River Farm Salad with Squash, Bacon, and Utah Cheddar Biscuits

Main: Turkey 3 Ways

Roasted, Smoked, and Fried

With Southern Style Gravy With Southern Style Stuffing, Sweet Potatoes, Mashed Potatoes, Green Beans, Winter Squash Casserole, and Cranberry Sauce

Dessert: Pumpkin Pie with Chantilly Cream

-And-

Homemade Frozen Custard

(Reservations Required). (435) 259-4642

### Szechuan Restaurant

Regular menu and hours.

### Sunset Grill

This will be the 19<sup>th</sup> year the Sunset Grill has been serving their traditional Thanksgiving Dinner featuring roast turkey or honey baked ham and all the fixings!

Serving from 3:00 pm til 9pm on Thanksgiving Day.

Call for reservations. (435) 259-7146

### Wicked Brew Drive Thru

7am-1pm Full flavored coffee and Tees

### Zax

Open from 4pm-9pm

Special Holiday Menu

(435) 259-6555

### Community Thanksgiving Dinner

Share a meal and a story with your neighbors at WabiSabi's Community Thanksgiving Dinner. A traditional feast will be served along with vegetarian options. Everyone is invited to this free community meal located at the Grand Center, 182 North 500 West. Serving from 2:00pm to 5:00pm November 22<sup>nd</sup>. For more information see article on pg.12A.



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



# RESTAURANT GUIDE

**GOT BEER? WE HAVE COLD BEER TO GO**

**PACKAGING AGENCY**  
Opens at 11:30 am every day!

**MOAB BREWERY**  
UTAH

5.5% ABV 16 oz 4-Packs

7% ABV

686 S Main St • www.themoabbrewery.com

**Singha**

*Authentic Thai Cuisine*

Lunch: Monday - Saturday 11-3  
Dinner: Monday - Sunday 5-9:30

Now Serving Beer, Wine & Saki

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

**Simply the BEST... Made Fresh**  
Sandwiches • Soups • Salads

**Local's Favorite**

**PANTELE'S DESERT DELI**

Finest Quality Ingredients in Generous Portions

Dine-In • Phone Orders  
Early Morning Pick-up • Catering

Mon-Fri 10:00am-5:30pm Sat 10:00am-3:30pm  
Closed Sunday

435-259-0200 • 98 E. Center St. • Moab

**Quesadilla**

**Mobilla**  
Moab's Gourmet Food Truck!

COME SEE WHY WE'RE A LOCALS FAVORITE!

**We can do events and catering**  
Come find us on Facebook and Twitter

www.quesadillamobilla.com

## 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."



CELEBRATING 31 YEARS!  
SPICING YOUR LIFE SINCE 1981

**LA HACIENDA**  
Restaurant

OPEN DAILY  
SERVING LUNCH AND DINNER  
DAILY SPECIALS VEGETARIAN FRIENDLY

574 NORTH MAIN, MOAB  
435-259-6319  
STATE LIQUOR LICENSEE

**BROKEN OAR**  
RESTAURANT

53 West 400 North  
½ block off Main St.  
(435) 259-3127  
Open nightly at 4 pm.  
Closed on Sundays

Steaks • Ribs • Pasta • Chicken • BBQ  
Trout • Brisket • Pulled Pork • Burgers  
Salads • Desserts • Beer & Wine

Prime Rib Friday Nights. All you can eat crab legs Saturday Nights.

Your Home Town  
**Pizza Hut**

265 South Main, Moab  
Open Daily • 259-6345

Sun - Thurs 11am-10pm  
Fri & Sat 11am-11pm  
Dine in and Carry out, all day  
Delivery Available from 4pm-10pm  
7 days a week

**Susie's BRANDING IRON**  
Restaurant & Lounge

COME TASTE THE WEST

2971 South Highway 191  
\* 3 Miles South of Moab • 259-6275 \*

# RESTAURANT GUIDE





## Jeffrey's STEAKHOUSE

CASUALLY UPSCALE  
CLASSIC STEAKHOUSE FARE

218 NORTH 100 WEST  
435-259-3588

JUST SLIGHTLY OFF MAIN

**WE ARE PROUD TO SERVE  
LOCAL ORGANIC PRODUCE  
WHEN AVAILABLE**

OPEN NIGHTLY AT 5:00PM  
CALL FOR RESERVATIONS

WWW.JEFFREYSSTEAKHOUSE.COM  
STATE LIQUOR LICENSEE

**EklectiCafe**  
Carnivores,  
Herbivores,  
Omnivores!  
Vegetarian  
Friendly

Breakfast • Lunch  
"Best Desert Oasis" Salt Lake City Magazine

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

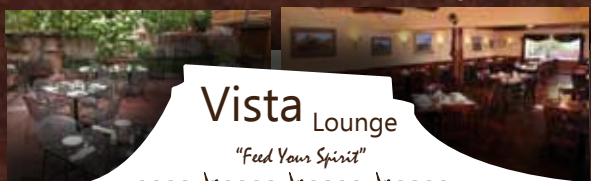
## Buck's Grill House

Contemporary Western Cuisine

"Try our famous buffalo meatloaf"

Steaks & Game  
Vegetarian & Southwest Cuisine  
Beautiful Secluded Patio Dining  
Tuesday - Locals Night!

Live Music - See our calendar of events at bucksgillhouse.com



Vista Lounge

"Feed Your Spirit"

Beautiful Secluded Patio Dining  
Micro Brewed Beers • Fine Spirits & Live Music  
Steaks & Game • Vegetarian Dishes • Southwest Cuisine

Authentic Mexican Food

## FIESTA MEXICANA

Newly Remodeled Patio w/ 4 TV's  
Large Parties Welcome Childrens Menu Available

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

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

Best Mexican Food in Town  
Sun-Thur 11-10 Fri & Sat 11-11  
202 So. Main St. Moab, Utah 259-4366  
FiestaMexicanaRestaurants.com

### Bar M Chuckwagon

7000 North Highway 191 259-BAR-M(2276)

Dinner  
Live Western Show & Cowboy supper. Gunfights, games, saloon, gift shop. Fun evening activity for all ages. 4 miles North of Arches National Park entrance on Hwy 191. Beer Available. Call for information about private parties & special events.

### The Blu Pig

811 S. Main 435-259-3333

Dinner • Take Out  
Open Sun-Thurs 4pm-9pm  
Fri-Sat 4pm-10pm

Moab's only BBQ and Blues destination. We have created a casual, laid back establishment that you'll want to come back to again and again. Smoking your favorites all day, every day. LIVE MUSIC- call for details. Our covered patio, dining and internet bar are just some of the extras we offer for your enjoyment and convenience. Large Screen HD TV's. Don't forget to try the smoked pecan pie, it'll blow your mind!! Take out available. Ice cold beer. State liquor license. Moab's largest selection of Uinta Brews.

### Brewed Awakenings

1146B South Hwy 191 435-260-8045

### Broken Oar

53 West 400 North 259-3127

Open nightly at 4 pm. Closed on Sundays  
Every night at the Broken Oar is something special. Monday kids eat free. Tuesday free appetizer or dessert with the purchase of two meals. Wednesday and Thursdays buy one entree get the second free. Friday Prime Rib. Saturday all you can eat crab. Come join us on our lite patio or dine by our stone fire place. Enjoy a local beer or glass of wine, and experience our wide variety of home made food and desserts.

### Buck's Grill House & Vista Lounge

1393 North Highway 191 259-5201

Dinner  
Open nightly at 4:30pm

Don't think you can find casual elegance in the desert? Think again. Buck's Grill House offers fine dining in a relaxed, yet elegant atmosphere with some of the best food in the West. For a special evening out, this is the place to share an exceptional meal with your favorite friends. You'll never be disappointed at Buck's. Beautiful secluded patio dining. Vista Lounge is a sophisticated adult environment offering cocktails along with dining. Check website for live music schedule. www.bucksgillhouse.com

### Burger King

606 South Main 259-2700

### Cabo Grill

396 South Main St. 259-6565

### China Cafe

812 South Main 259-7933

### City Market

425 South Main 259-5181

### CK Desert Ice

89 North Main

### Cowboy Grill at Red Cliffs Resort

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 dining. Full liquor license. Reservation highly recommended. Last day of season Nov. 25<sup>th</sup>.

### 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. - 1:30 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

CLOSED FOR THE SEASON

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 Tues - Sun 11am - 8pm  
Closed Monday

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.milststopandeat.com.

### Moab Brewery

686 South Main 259-6333

Lunch & Dinner  
Open 11:30 AM DAILY.

Whatever the season, whether you're hungry or thirsty, come in and enjoy the comfortable atmosphere. Food to go. Moab's only brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu. State Liquor Licensee.

### Moab Coffee Roasters

90 N. Main St. 259-2725

Open Every Day from 8:00am - 6:00pm  
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 7 am - 8:30 pm Closed Tuesday

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 and our crazy juicy burgers 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 - Slow roasted 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  
Mon-Fri 10am - 5:30pm Sat 10am - 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**

We'll be at Folk Festival and available 260-0289 for events and catering.

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. Call us and see why we have quickly become a locals' favorite!

**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 Bakery & Bistro**

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

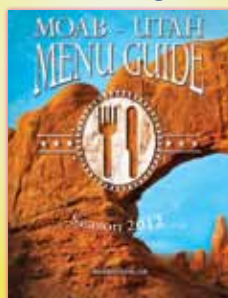
Wicked Brew is committed to providing you unbeatably fresh and full flavored coffees and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from only environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest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

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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.

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](http://www.moabmenuguide.com)

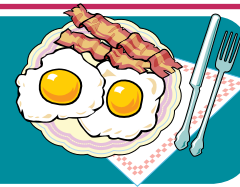


**Menu Guide" And tell them you found them in "Moab Happenings"**





# RESTAURANT GUIDE




**DENNY'S**

**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.  
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*Desert Bistro*  
Casual Fine Dining  
Contemporary Southwestern Cuisine



Last night of season  
Nov. 25<sup>th</sup>

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

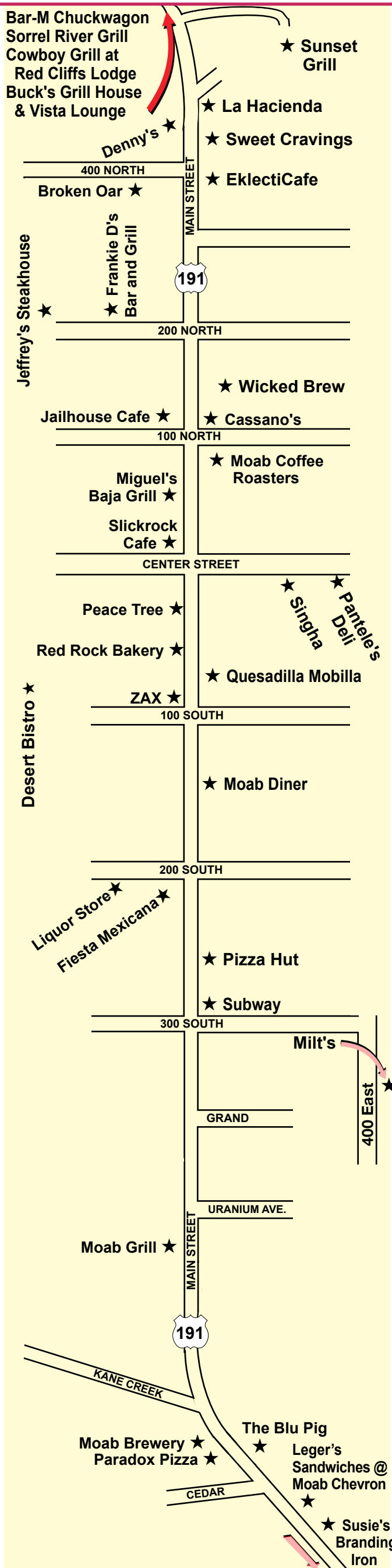


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**Buy a 6 Inch Sandwich and a Medium Drink and get a 6 Inch Sandwich (of equal or lesser value) FREE.**

Expires December 15, 2012  
Coupon valid at your Moab Subway  
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Steaks • Pastas  
Prime Rib  
Fresh Seafood



Patio • Catering  
Family Dining

**259-7146**

Open Nightly at 5:00 pm - Closed Sundays

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Coffee  
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Moab, UT  
259-2725



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

Open Every Day from 8:00am - 6:00pm

Established 1954



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

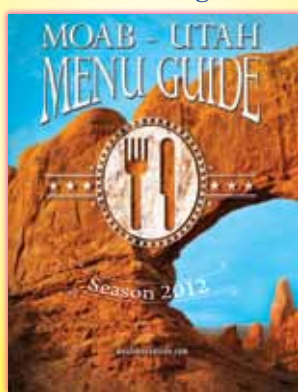
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LOCAL GRASS-FED, HORMONE-FREE BEEF BURGERS  
NATURAL BUFFALO BURGERS  
HAND-CUT FRIES  
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OPEN TUES - SUN 11AM - 8 PM  
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EAT IN OR TAKE OUT: 435-259-7424

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](http://www.moabmenuguide.com)




# RESTAURANT GUIDE



# RESTAURANT GUIDE

**MOAB GRILL**  
 Open 7am - 8:30pm  
 Closed Tuesday  
 (Winter hours)  
**Breakfast, Lunch & Dinner**

**CAJUN SEAFOOD BOIL**  
 FAMILY FUN  
 STYLE DINNER  
 EVERY FRIDAY

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.  
 Dine between 4-5pm and receive additional 10% OFF

**SORREL RIVER RANCH**  
 resort & spa

Farm-to-Plate

**SORREL RIVER FARM**

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

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 A BBQ and Blues Joint

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- Large Screen HDTV's
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"LET 'EM EAT BBQ!"

Open Sun-Thurs 4pm-9pm  
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Live Music  
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 Moab, Utah 84532

**Brews, Blues, & BBQ**  
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 Bakery + Bistro

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

Wed-Fri 8am - 5:30pm  
 Sat-Sun 8am - 3pm

435-259-8983 • www.cravemoab.com  
 550 N. Main Street, Moab, UT 84532

**Sweet Cravings Serves Up Comfort Food And Made-From-Scratch Baked Goods**



Along with shorter daylight hours and the arrival of cold weather comes the craving for comfort food. It's the type of food that warms you inside and reminds you of mom's home-cooked meals. It's the food you wish you had time to prepare yourself but usually don't because of long work days and busy schedules.

Sweet Cravings Bakery + Bistro on Main Street is making it easier to satisfy those cravings beginning this November with an enhanced menu for winter featuring warm, hearty soups with homemade breads, meatloaf, lasagna, pot roast, chicken pot pie, corn beef and other mom-approved favorites. Complementing the comfort-food menu are made-from-scratch bakery items including breakfast breads, pies with flakey, homemade crust, specialty cookies and other sweet treats. All items are made in-house daily using quality, natural products and regional produce.



Sweet Cravings is offering an effortless way to enjoy these comforting tastes of the season with pre-order, take-out dinners. Simply call and pre-order your dinner by 3:00 p.m. and it will be smelling delicious and ready for you to pick up before 5:30 p.m. the same day. The menu is also available for dine-in lunch.

In addition to the convenience of the to-go dinners, Sweet Cravings is helping ease the hustle and bustle of the holiday season by taking special orders for pies and custom gift baskets of fudge, candies, cookies and other treats.

"While we love getting acquainted with our customers when they dine in with us, we know that providing the to-go dinners will make it easier for them to have a nice, home-cooked meal on the days they don't have the time to prepare it themselves," said Cinda Culton, Sweet Cravings owner. "We also hope that our holiday pies and gift baskets will allow our customers to spend less time in the kitchen and more time celebrating the holidays with their family and friends."

Already a favorite of many customers, the cinnamon rolls, breakfast burritos and build your own panini's will continue to be on the menu daily for dine in or take-out. Sweet Cravings Bakery + Bistro located at 550 N. Main Street and is open this winter Wednesday - Friday from 8:00 a.m. to 5:30 p.m. Saturday - Sunday 8am to 3pm.



**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 @ 7am - 1pm



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

**peace tree juice cafe**  
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Beer Wine Cocktails

daily specials

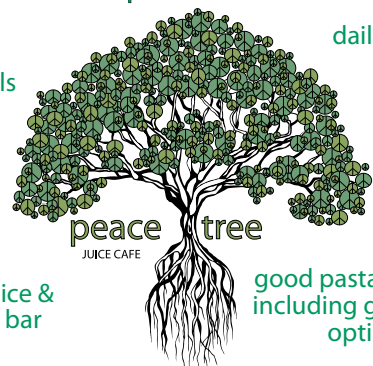
fresh fruit Smoothies

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

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 GELATO  
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 HAND CRAFTED ALES AND GREAT FOOD

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 (McDonald's is next to us)  
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SERVING LUNCH AND DINNER  
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19<sup>th</sup> year

**JAILHOUSE CAFE**

CLOSED FOR THE SEASON

101 NORTH MAIN STREET

**Moab's Breakfast Place**

"Good Enough for a Last Meal"





# NON PROFIT HAPPENINGS

## WabiSabi Offers Free Thanksgiving Dinner to the Community

MOAB, Utah, October 18, 2012 –WabiSabi is offering a free community Thanksgiving dinner on Thursday, November 22, from 2:00 to 5:00 p.m. at the Grand Center. The dinner is made possible by generous donations from the community and local sponsors as well as the United Way of Eastern Utah. Everyone is invited to attend or volunteer at the event.

This is the seventh year WabiSabi has offered its Hands Up Thanksgiving dinner, and last year 500 meals were served. Over 100 volunteers cook, serve, clean, decorate and coordinate the meal. The Youth Garden Project and the Grand Center contribute their facilities for cooking and serving. BEACON After School Program provides the decorations. Numerous businesses from about town donate the desserts and beverages. The Executive



Chef of Cabo Grill, Zachary Davidson, will be volunteering his time and talents this year to create the main meal, which will include turkey, stuffing and all the trimmings.

“There are tons of people in this town that have no family to spend the holidays with,” says Holly Dinsmore, WabiSabi’s Warehouse Manager and organizer of the Hands Up community meals. “We don’t want people to be alone during the holidays. Also, this is the off-season. People are getting laid off, and money is a real issue.”

However, as Dinsmore points out, the Thanksgiving dinner is more about creating a sense of community than just helping people through lean economic times. She notes that a broad cross-section of the community attends each year, from schoolteachers and business owners to the unemployed and homeless. “The free meal is appreciated,” she says, “but the bonds of community are essential.”

WabiSabi is currently seeking volunteers to help with meal setup, serving and cleanup. Anyone interested in getting involved can contact Mandy Turner at 259-2553

or [programs@wabisabimoab.org](mailto:programs@wabisabimoab.org). Unfortunately, WabiSabi is unable to accept food donations from individuals. Everything served must be prepared in a commercial kitchen. Financial contributions to the event may be mailed to WabiSabi, 1030 Bowling Alley LN, Moab, UT 84532. And are greatly appreciated.

Dinsmore points out that generous community involvement is vital to the success of the event.

“It’s over-the-top fabulous,” she says. “It’s a wonderful thing to see tons of volunteers step up each year. People from everywhere in the community just jump-in and help set tables, cook the food and serve it.”



“Hands Up is a chance for the individuals, nonprofits and businesses of Moab to unite in sustaining area residents and the community at large,” she adds.

WabiSabi is an integral part of the Moab community, supporting its eclectic sense of identity and the diversity of residents that comprise it. To learn more, visit [www.wabisabimoab.org](http://www.wabisabimoab.org).

# 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.....	<a href="http://www.moabmasons.org">www.moabmasons.org</a> ... 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).....	<a href="http://www.moab-solutions.org">www.moab-solutions.org</a> ... 259-0910
La Leche League (Kathy Grossman) .....	<a href="mailto:hkgrossman@gmail.com">hkgrossman@gmail.com</a> ...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).....	<a href="http://www.wabisabimoab.org">www.wabisabimoab.org</a> ... 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



# LITERARY HAPPENINGS

## Moab Poets & Writers: Supporting The Literary Arts For Over A Decade

by Marcy Hafner

Approximately sixteen years ago in the coziness of the Eklectica Café various individuals drawn to the power and beauty of words discovered their common interests. Before long spontaneous gatherings became an early morning ritual, and over sips of coffee, the tables rang with the readings of poetry. Eventually the group decided to do them less haphazardly, and thus an idea sparked the birth of the Open Mic readings - a hallmark tradition of Moab Poets & Writers - a free public event that now occurs on a bimonthly basis.



The group has been active since 1997, and as MP&W took form, a tremendous period of creativity and innovation followed. By the year 2000, they experienced an itch to grow and reach out to the community for more things related to writing, so they incorporated as a nonprofit, which helped them clarify their values and activities to meet the goal of providing a haven for regional writers.

That was an ambitious year, as the group published *Glyphs*, their first anthology of poetry in honor of the ancient rock art so prevalent in our region. Immediately after that release, the MP&W Board decided to dedicate the majority of its efforts toward sponsoring Moab's first-ever Writer's Conference "The Voluntary Exile." As Julie Fox, proprietor of Eklectica explained, "We could not go to the mountain to learn to be better writers, so we invited the mountain to come to us." As one of MP&W's founding members, she, along with Lisa Katz was the driving force behind the conference's creation and the entire community pitched in. Their objective was to make it available to a wide segment of our local population at an affordable price.

Consequently in November 2001, nearly 60 writers from across the nation attended a four-day conference, and registration fees allowed MP&W to sponsor ten scholarships; two of them awarded to high school students. It also provided their members a chance to earn tuition for the conference through volunteer work. To kick it all off Robert Fulghum's keynote address drew a huge responsive crowd. The main events included a concert followed by an audience discussion with musician/songwriters TR Ritchie and Cosy Sheridan, literary readings and discussion by Terry Tempest Williams, Sam Hamill and Mary Sojourner, and the production of the play *Montana* by playwright David Kranes with audience discussion afterwards with Dr. Kranes. Other activities involved a night of music, an open mic, guided hikes and a tour of Arches National Park.

Then in 2003, *Glyphs II* showcased a wide variety of poetry, fiction and creative nonfiction. Four years later, *Glyphs III* focused their criteria on events in southeast Utah. At that time the committee, under the guidance of Joan Gough, felt that since our backyard is so rich in geology, natural history, human interest, historical events and legends of the Wild West, why not write about it? After that ambitious endeavour, she continued her dedicated service to the writing community by spearheading the illustrated anthology *The Desert Voice*, which was published in 2011. Right on its heels, *Desert Voice 2012* with Barbara Galler now at the helm, and Carol Delaney as the illustrator, will be released at our gala party starting at 7:00 p.m. at Eddie McStiffs on Friday November 16. The 30 authors as well as the sponsors will be honored and contributing writers will have the opportunity to read their work. Everyone is welcome so bring friends, neighbors and relatives to join the celebration.

Former board member Rusty Salmon was the impetus and organizer in bringing the cowboy poets to town in 2004 for a "Cowboy Poetry Roundup," a highly successful event that energized the off-season month of February. Two years later the event expanded into the "Western Stars" extravaganza, which included chili cook-offs, art activities and music. In 2007 the Western Stars program, which ran for four more years, was turned over to the management of the Moab Arts and Recreation Center, and MP&W is very proud this popular event started with them.

In recent years, an enthusiastic audience responded to our first-ever Poetry Slam as they clapped their approval for each poetry reading. The small musical group, "The Soul Food Shuffle," spontaneously participated along with the readings, which added to the frivolity of the evening. The excitement reached a climax when a panel of three judges announced that first place went to Joan Gough, second to Deborah Hughes, and third to Barbara Galler.

Improvement should be the backbone of any writer, and MP&W offers several workshops a year to help boost a writer's skills. Over the years well-known published authors have inspired many writers in the various genres of personal essay, travel and adventure, poetry, journaling, oral history, metaphor, characterization, creativity, cowboy poetry and dialogue.

In September 2009 novelist Mylene Dressler led the workshop "How To Write the Short Short Story" with exercises for writing brief pieces of fiction that contain only 500 - 700 words. This resulted in the "Flash Your Short Fiction Contest" with winners Daniel Nammour, first place; Deborah Hughes, second place; and Tricia Pilcher, third place.

Published author Ann Gordon organized our most recent workshop, "Presenting and Selling Your Writing Online" as she explained how to post your writing online through a website or blog and through social media sites like Twitter, LinkedIn and Facebook. She also showed the options available for turning your book into an e-book.

The group's latest project, which is co-sponsored by the Grand County Public Library, is the monthly series of Poetry and Conversation. Tom Eyler and

Kathy Grossman led our first discussion in September about *The Beat Poets*. October's event featured Robert Service and his well-known ballads of the Yukon and the Klondike Gold Rush.

The mission of Moab Poets & Writers is to foster fiction and nonfiction poetry and prose by promoting the literary arts as a resource for community involvement. You do not have to be a published writer to participate. We welcome anyone who has the spirit and desire to explore our world through language. At the present time yearly membership dues are \$18 and members receive a



discount on workshops. In January the dues go up to \$20 but if you enroll now your membership will be carried over through 2013. Information about MP&W is available at the website: [moabpoetsandwriters.org](http://moabpoetsandwriters.org). To become a member, contact Marcy Hafner at 435-259-6197 or e-mail her at [marcymoab@yahoo.com](mailto:marcymoab@yahoo.com).

## 2nd Annual Moab Adult Spelling Bee November 8 at Star Hall

by Annie Larsen

Education Foundation to host 2nd Annual Moab Adult Spelling Bee November 8 at Moab's Historic Star Hall!

Moab—October 17, 2012—Do you love a challenge with a little competition? Do you love having a great time while working for a great cause? Here is the opportunity for you. Grand County Education Foundation (GCEF) is hosting the 2nd Annual Adult Spelling Bee from 6:30-8:30 PM, November 8 at Star Hall, 159 E. Center St, Moab.

What is an Adult Spelling Bee? As a competitor, your three-person team takes turns with other teams to determine the correct spelling of a word. Each team has a scribe who writes the spelling of the word on a whiteboard and shows it to the judges and the audience.

"Lawyers compete with the school board; radio personalities compete against bankers. Everyone dresses in crazy costumes. It's a blast," said board member Valerie Brown.

Rounds progress through different levels of difficulty until two teams remain for a spell-off. Prizes are awarded not only for the winning team of spellers, but also for the team having the best costumes. All spectators and participants are eligible for superb door prizes.

Team entry fee is \$180. Registration will be accepted until Monday, November 5. Word study lists and event details will be sent to each team member after registration. Spectator admission is \$5.



The Grand County Education Foundation brought the adult spelling bee to Moab for the first time last year. It is a signature fundraiser that highlights their educational mission. The sole purpose of the foundation is to support and enhance the education of children in Grand County schools. Last year they raised about \$3000 at the spelling bee. With the community's continuing support, they are hoping exceed that amount this year.

The Grand County Education Foundation raises funds through grant writing, leveraging funds from individuals and organizations, and events like this one.

To date the foundation has disbursed over \$20,000. Foundation Chair, Danette Johnson notes, "The foundation has funded projects like providing early intervention program materials for our youngest learners; funding salary for art and music teachers; and purchasing licenses for online math and reading programs. The foundation is making a difference in the lives of Moab's children."

KZMU Radio personality Jeff Flanders and Middle School principal, Melinda Snow, will serve as moderators for the event with judges and timers from local community service organizations. This is a family event and everyone is invited to attend and watch the fun.

"Watching the spellers is so exciting and we have the best participant prizes and door prizes," says Melodie McCandless of the Grand County Education Foundation.

To become a team sponsor or to put together a team of your own, please call

Valerie at 260-2808 or Annie at 970-231-9328, email: [moabannie@gmail.com](mailto:moabannie@gmail.com) or go online at [grandcef.org](http://grandcef.org).

Established in 2009, The Grand County Education Foundation is a 501(c)(3) non-profit organization whose sole purpose is to fund educational projects, activities, and programs benefitting the students in Grand County Schools.



# ART WALK HAPPENINGS

## Moab Art Walk

Saturday, November 10, from 6-9pm

On Saturday, November 10, from 6-9pm, downtown merchants and The Museum of Moab will sponsor the last Art Walk of the 2012 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.

### Moonflower Market

39E 100N  
435-259-5712  
North Frank:

North Frank's artworks are whimsical expressions of color and shape. Working in water based media she uses abstraction to avoid preconceived barriers and prejudices, and employs recognizable imagery to create a personal and intimate entry into her inner world.



### The Edge Gallery

137 N. Main St.  
435-259-5855  
www.bretedge.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.



### Savage Spirit!

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

This month we are showing the work of 9 Moab artisans- from clothing to jewelry to gourds, dolls, wall hangings, ornaments, mosaics and woodcarvings. Come and meet the talented Moab locals who create unique hand crafted items and get Holiday gift ideas!



### Back of Beyond Books

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

Second Annual Cuppa Show:  
Five Moab artists will feature their creative interpretations of "The Cup". Thought provoking, whimsical, funny or functional ceramic cups from Joanne Savoie, Susan Woodward, Gayle Houston, Leigh Metz, and Jess Dye. Great gifts for the holidays for that warm tasty beverage.



### Spa Moab

79 N. Main St.  
435-259-7726  
www.spamoab.com

Jacci Weller and Polly Cullen:  
Visit Spa Moab and enjoy the beautiful art that adorns the walls. We are featuring local acrylic artist Jacci Weller and pastel artist Polly Cullen.



### Framed Image Fine Art

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

Eric Trenbeath:  
Framed Image presents pastel works by Eric Trenbeath. Both retrospective and recent works from his "Figurative Landscapes" series will be on display.



### Overlook Gallery

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

David Nakabayashi, Don Weller:  
The Overlook Gallery will feature oil paintings created during recent journeys in Utah by plein air wizard, David Nakabayashi: small studies, deftly painted, very reasonably priced. Also featured this month: watercolors and a new book by Don Weller.



### Museum of Moab

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

Serena Supplee:  
In "Canyon Nights", the night sky over Canyon Country fills the Museum's Gallery with the oil and watercolor paintings of Moab artist, Serena Supplee.



- 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
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100 S		8			
200 S					
300 S					



# PET HAPPENINGS

## All Things Furry – Care guides for hamsters, gerbil, guinea pigs, rabbits and even rats!

by Jessica Turquette

Here at the Moab BARKery we love all animals. We know that many people share their homes with something other than a cat or dog and we want to make sure we offer the best advice and products for their care. Each little bundle of furry joy has different requirements so here is a small summary of the best nutritional and general care for many of the smaller pets.

**Hamster & Gerbils** – Many people don't even know the difference between the two. Hamsters have a stubby tail, stuff their cheeks with just about anything and are busiest at night. Gerbils have long tails and do most of their activity during the day including burrowing climbing and digging. Both these little creatures need to eat a fortified diet that contains hay, barley and oats. Seed, fruit, vegetables and nuts should be considered a treat and should be less than 5% of their diet. The most common health issue with these small creatures is obesity so portion control and high quality foods are crucial to a long and healthy life. Both animals benefit from Hay as something to eat as well as foraging activity and it should be provided in addition to food and fresh water. It's also important to avoid aromatic cedar and pine as litter, both can irritate their skin and lungs. Use something like straw pellets and change it often. Gerbils also do well in glass or plastic aquariums, but hamsters should be in glass or wire cages as they can chew through plastic with their powerful teeth. Make sure to offer a wide variety of edible toys for both these little furry animals as they enjoy chewing when they play.

**Rabbits** – Many people are aware that rabbits are strictly herbivores (ever heard a salad referred to as rabbit food?), but many people don't realize that rabbits should be eating a pile of dried, high quality, and a large variety of hay roughly the size of their body every day. To ensure they get enough hay consider edible housing and tunnels. Giving them a variety of oat, alfalfa, and botanical blends of hay, you can get your rabbit to eat all their greens and stay lean. The most common health problem for rabbits is obesity, and that causes a lot of GI tract issues. Treats such as yogurt drops, carrots and seed sticks should be 5% or less of their daily diet. Fresh greens should be also be consumed daily (about the same size portion as their head), as well as fortified foods such as pellets. Herbivores need a constant food source and should eat all day to keep their digestive tracts healthy. In fact it's totally normal for rabbits to eat their own poop to get more of the essential vitamin and nutrient they pass the first time through.

Although rabbits need to be monitored when outside the cage, they can be litter trained. It's also important to provide a cage tall enough for a rabbit to stand on its back legs so they can stretch out. Also remember to remove or place house plants up high so they don't get chewed, many of the plants we enjoy are very poisonous. As always make sure to provide clean litter, rabbits don't do well in an environment high in ammonia and often will develop painful sores on their feet and breathing problems. Rabbits often do well when their housing is near daily household activities but make sure it's a warm place, they don't do well with a draft.

**Guinea Pigs & Chinchillas** – General care from both these creatures is the same and rabbits. Monitor outside the cages, change litter often and beware they chew! The difference is that both these little herbivores need to eat twice their body size in Hay every day. So it's vital to provide a wide variety like oat, timothy, botanical and

orchard grass in loose hay as well as hay tunnels, mats and toys. Alfalfa is best as a treat or for juvenile animals. Pellets, and fresh greens should make up less than 20% and treats like carrots, fruit and seed sticks should be less than 5%, and too much of these can make these little guys picky eaters. Chinchilla's need a large habitat as they like to jump, dig, tunnel and explore. Both do best in wire cages that are well ventilated. These guys like to play too, so make sure you have species specific and approved toys to chew.



**Rats** – Rats are omnivores like humans and benefit from a wide variety of foods. An ideal diet would be Greens such as romaine lettuce, kale and parsley. Fruits such as apples, strawberries, bananas, peas and squash make good treats. A fortified diet with a balanced mix of proteins, fats, carbohydrates, vitamins and minerals is important daily as well. Any changes to a rats diet should be made slowly to ensure they adjust well, and obesity and digestive issues are the main issues rats end up in the vet's office. It's important to provide hay as well, this encourages nesting, chewing and



play time. Rats are highly intelligent and social creature's, they bond deeply to humans and can live for many years with high quality food, a clean environment and lots of social interaction with you. Remember rats are small but they need a good size home that contains an exercise wheel, hay habitats, feeding dishes and lots of clean straw litter as well as nesting materials like newspaper, paper towel, old mittens and socks. Avoid litters that are pine or cedar this can irritate their lungs and create sores on their feet. Remember that treats can be a great way to bond with your rat but they should only have about a tablespoon of treats a day. And remember not to feed gas causing vegetables like cabbage and cucumber as rats can't burp!



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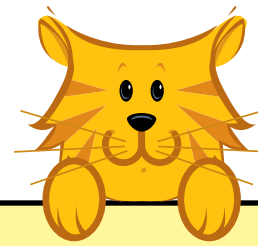
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### Humane Society of Moab Valley

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#### NOVEMBER 2012

November 3 - **Cat Adoption Day**  
at The Moab Barkery from 11am - 1pm

November 10 - **Dog Adoption Day**  
at City Market from 11 am - 1 pm

November 17 - **Cat Adoption Day**  
at The Moab Barkery from 11am - 1pm

November 24 - **Dog Adoption Day**  
at City Market from 11am - 1 pm

**Nov. 30 4-8pm & Dec. 1 10-5pm** Holiday Arts and Craft Fair  
Booth at the MARC

### 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*

### The Bark Park - Off-leash Dog Park



Location: 100 E 300 S

The Bark Park is located at 100E 300 S. Separate small and large dog areas are provided within the 1 acre enclosure. Use is free; it is also a privilege. Please clean up after your pet and please obey all posted rules and regulations. Thanks!

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UTAH PERA

# Jornadas de Amor (Journeys of Love)

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Wednesday, November 7, 2012

7:00 PM

Moab Arts & Recreation Center  
111 East 100 North Moab, Utah

Tickets:

\$5 for individuals

\$10 for families (up to 6 people)

Available at the door  
or in advance by calling  
801-533-NOTE

Partial proceeds benefit the  
Moab Valley Multicultural Center.



Clockwise from left: Amy Owens, Andrew Penning,  
Shea Owens, Sishel Claverie, Sahar Nouri.

MOAB VALLEY  
MULTICULTURAL CENTER



# MOAB FOLK FESTIVAL

November 2-4, 2012

Suzy Boguss  
Harry Manx  
(2009 people's Choice)  
Cheryl Wheeler  
(2011 People's Choice)  
Sara Hickman  
Tony Furtado  
Willy Porter  
Eilen Jewell  
Ellis  
Cosy Sheridan  
Phoebe Hunt Trio  
SHEL  
Doug Wintch Band

435-259-3198  
info@moabfolkfestival.com

www.MoabFolkFestival.com





SHOPPING  
DINING

# MOAB HAPPENINGS

LODGING  
EVENTS

Volume 24 Number 8

Section B

November 2012

## 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."

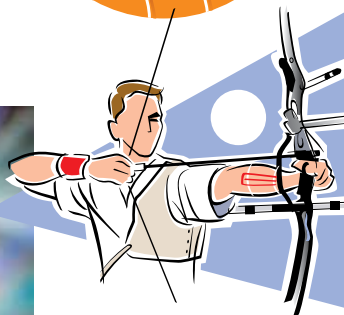
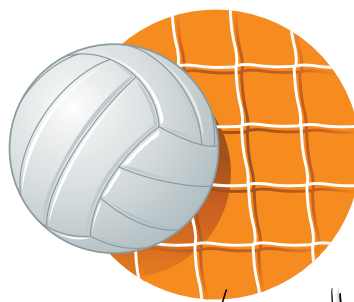
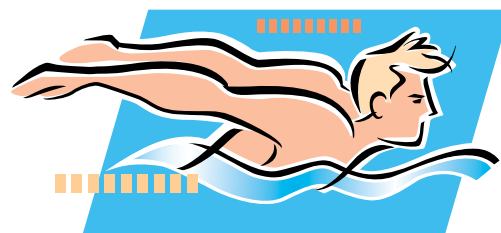
The five-day event is being actively supported by the Moab community from sponsorship and accommodations to health and wellness information. Current sponsors include the City of Moab; Aarchway Inn; Big Horn Lodge; the Grand Center; Humana; KZMU radio; Law Firm of James Slavin; Larson & Rosenberger LLP;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

Event registration is available via [www.moabseniorgames.com](http://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.

**MOAB Senior Games 2012**  
November 7-11  
Full schedule & details at [www.moabseniorgames.com](http://www.moabseniorgames.com)

For more information about the Moab Senior Games, visit [www.moabseniorgames.com](http://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](mailto:moabseniorgamesnews@gmail.com) and be sure to mention you read about it in Moab Happenings. Also look for the special edition of the Moab Star newspaper with all the details.



## 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](http://www.kzmu.org)

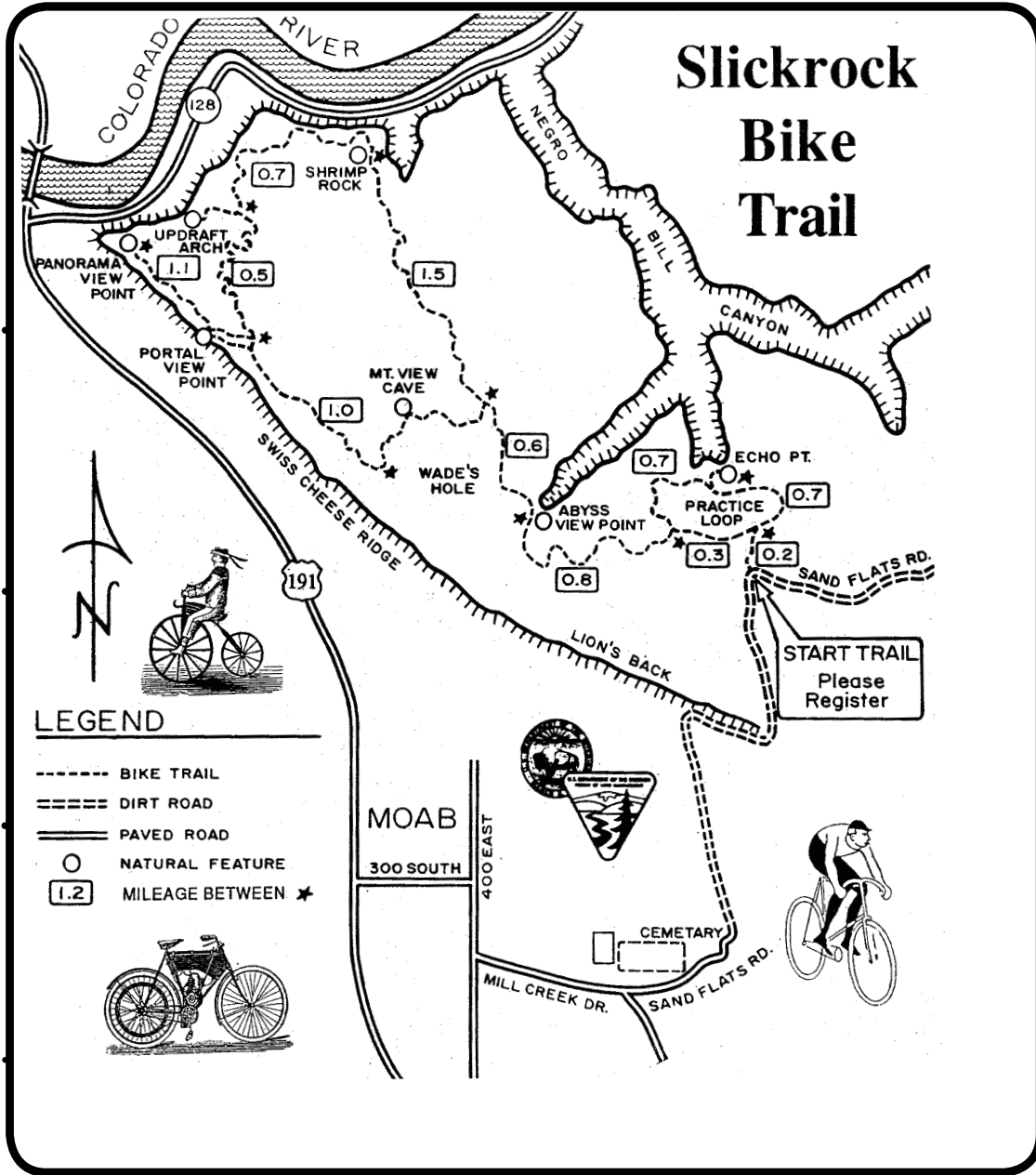
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00	Native Spirit	KZMU OVERNIGHT	Art of the Song	KZMU OVERNIGHT	KZMU OVERNIGHT	KZMU OVERNIGHT	Desert Diva	7:00	
8:00									
9:00	DEMOCRACY NOW							8:00	
10:00	Jah Morning Reggae	MOAB Morning Blend				Blue Plate Special (blues/rock)	Shine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

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



# 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.

**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](http://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](http://www.skinnytireevents.com) or 435.259.2698.

• **OUTERBIKE October tba, 2013** Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to [www.outerbike.com](http://www.outerbike.com).

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL - October tba, 2013** 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.moabardown.com](http://www.moabardown.com) for more information.

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# TRAIL HAPPENINGS

## Step Away from the Mashed Potatoes, and Do Some Winter Holiday.

Article and photos by Kathy Grossman

Winter may not feel like the hiking high season to the casual visitor, but to locals, winter is often our favorite time in the outdoors. In fact, beyond avoiding the crowds and heat, there are many advantages to hiking Moab-area trails November through March.



1. See few or no motorized vehicles. This is a perfect time to hike on what are primarily jeep trails. Jeepers and other motorheads are typically at home repairing their vehicles' undercarriages this time of year, so go explore Hell's Revenge or Fins 'N Things out in the Sand Flats, or get your legs in shape with a cool scramble up the Moab Rim trail off Kane Creek Drive, where you might get to see, like I did last December, the Colorado River festooned with floating wreaths of ice. The sun is bright, the sky is brilliant, and our winter storms and snow accumulation usually don't last long.



2. Encounter few or no bikes. Have you been curious about the new or extended mountain bike trails the Grand County Trail Mix Committee has added in the Moab Brands, Magnificent 7, or Klondike Bluffs systems? Now's a great time to explore these new or new-to-you trails on foot.

Go out and hike trails that are too hot or crowded in the summer months, or enjoy the elegantly engineered Pipe Dream biking trail (southwest edge of the Moab Valley, below the rim) now that it's relatively bike-free. Or walk, hike, jog, or run the brand new and shimmering Jasper and Agate Trails (see map).

Agate and Jasper Trails: Go north from Moab on 191 past the airport to about mile 148 1/2 and turn east at the North Klondike Trails sign. Proceed 1.6 miles to the second parking lot on the south side of the road with a post-and-cable barrier and trail signs.



Better yet, join a Trail Mix building or maintaining crew as a volunteer. I've seen what's involved in scouting, planning, and building trail dreams into reality. As I've helped the crews craft ramps, do rock lining, cut benches, dig berms, and sculpt banks, camber, and flow out on our county lands, I will never again look at trails in the same way.

3. Have time for a leisurely breakfast out. Without having to tear out of your house or hotel at 5 AM (or earlier) for a summer exploratory, the winter months allow you time to savor a long, lingering morning meal, actually sitting down at a table, enjoying an entire breakfast bagel, burrito, taco, omelet, or fry-up. You can roll out of your kitchen or restaurant and hit the trail at a leisurely 10 or 11, happily sated from something smothered in Monterey jack cheese, maple syrup, or green chile. Maybe all three.

4. Create new holiday traditions. A physically active holiday feels great, even if it has been paired with a traditional sit-around-the-house gut-fest in front of TV football. Don't make Mom or Grandma slave in the kitchen and serve you. Get them out on the trails themselves! And if it snows, our red Mars landscape looks fantastic wrapped in nature's ermine stole; all a snowy hike may cost you is muddy boots. The mashed potatoes, pumpkin pies, leftover stuffing, marshmallow yams, and Grandma's pumpkin chiffon pie can be saved for when you get back. If you don't trust your brother-in-law to save any, pack some with you. Some visitor centers are closed on the observed

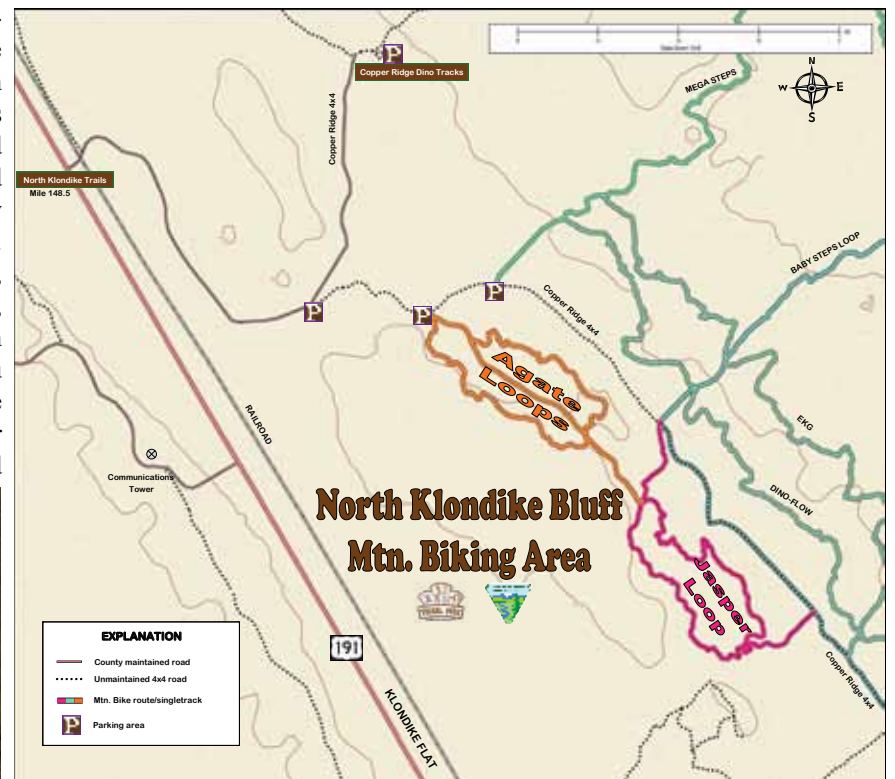


winter holidays, but the trails and paths are still open.

Trail Mix is working on even more trails! Your New Year's resolution could be to hike new trails every winter holiday season. In addition to aerobic treats for the winter hiker, the tourist bikers who fatten up on Grand County every spring and fall are in for spectacular new challenges as each of our new trails is approved.

You'll need to layer for the cold, and apply sunscreen and bring plenty of water, since sunburn and dehydration are still risks, even in the cold. But, whether on a trail intended for mountain bikes, jeeps, or hikers, enjoy your winter hiking holidays!

Kathy Grossman is a painter, writer, and an avid winter hiker. She can sometimes coax her three grown sons to visit and share Moab trails in the winter. A volunteer trail builder and maintainer with the Trail Mix crews, she also edits the "Trail Happenings" column.



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.grandcountytutah.net/trailmix/](http://www.grandcountytutah.net/trailmix/). You may also reach us at [moabtrailmixinfo@gmail.com](mailto:moabtrailmixinfo@gmail.com).



## Wanted: Trail Crew Volunteers!

By Matthew Ferrell

Looking for an excuse to get outside, get dirty and volunteer this November? Well how about grabbing some gloves and heading up to Dead Horse Point? Dead Horse Point State Park is looking for volunteers to help out for a day of trail maintenance on Saturday, November 10th. This is an excellent opportunity to get out in the fresh air, get some exercise and help out your local state park in the process.

The project will focus primarily on the park's Intrepid mountain bike trails, specifically in the particularly sandy areas. This will involve removing sand as well as reinforcing areas with rocks to prevent future erosion. The park also needs help creating more visible trail boundaries to prevent hikers and cyclists from going off trail. While the park is proud to provide recreational opportunities for its visitors it also has an obligation to protect and preserve the natural environment for future generations of native species and park visitors alike. With the fragile desert

ecosystem, keeping trails well marked and maintained is paramount to this effort. As park naturalist Jordan Perez put it; "Trail maintenance is important to ensure that our recreational use of land is making as little negative impact as possible on the surrounding environment. Simple task like reinforcing trail borders can make a big difference in the protection of nearby natural resources."

If you are interested in helping out with this effort, please meet at the Dead Horse State Park Visitor Center on Saturday, November 10th at 10 a.m. The event will run until around 3 p.m. and snacks, rakes and shovels will be provided. Please note that the park does not have enough work gloves to accommodate a large group, so if you have your own you are encourage to bring them. Also, be sure to bring plenty of water and a sack lunch if you'd like.

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on State Route 313. The visitor center is open daily from 9 a.m. to

5 p.m. Register in advance by contacting the park at 435-259-2614. Trail crew volunteers will get free entrance into the park for the day.





# HEALTHY HAPPENINGS

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Fall is once again upon us. Shortened days and multi-colored leaves blowing in the chilled air remind me that it is time to reset my internal clock. Fall is my favorite season. My hyper-active go, go, go routine is replaced by the urge to relax in house and cook. When the weather outside is frightful, I fire up the stove and create comfort foods.

When I cook, I hold fast to the belief that good food is a lifestyle that we choose to implement to maintain good health and wellness. If you feed with high quality fuel, the body will naturally create a strong immune system. I find no greater joy then creating tangible dishes that engage the taste buds and leave the palate wanting more.

The breeze is particularly chilly tonight, and I have chosen soup to help warm my small frame. I gather my ingredients and arrange them on my counter. Extra Virgin olive oil, onions, garlic, tomatoes and lentils are scattered across my cooking space. I roll up my sleeves and pull back my hair. It's time to go to my happy place. Lentil soup is a simple dish to make. Once all the ingredients are prepped, the process graduates to combine, simmer and stir.

I pour a generous amount of extra virgin olive oil into my pot. The beautiful light green liquid slowly coats my pot. Olive oil originates from the Mediterranean, which is known to be one of the healthiest diets in the world. The oil from the olives has been shown to fight osteoporosis, obesity, rheumatoid arthritis, and aid insulin levels in diabetics. Who knew that the small green fruit was capable of so many health benefits.

I look to the onions and pause for a moment. Onions literally bring tears to my eyes. They will make up the bulk of my base if I can blink back the tears that begin to well up. I chop them up in long lengths and sauté them with my olive oil. Onions are high in antioxidants. They are also a know anti-inflammatory that have been used to treat boils and blisters when topically applied. For women going through menopause, onions have been shown to prevent bone loss.

I begin to peel back the skins from the heads of garlic that I have chosen. I love garlic, and always use a whole head when making soup. Garlic has many benefits, and aside from being found in most dishes, its medicinal uses are vast. During World War I & II it was used to fight gangrene. Grave diggers in 18th century Europe drank a garlic wine to guard their immune systems against the plague. Today, it is used to boost the immune system. As well as lower cholesterol and blood pressure. Garlic also aids in the fight against heart disease, specifically atherosclerosis or the hardening of the arteries, and prevents some forms of cancer. I add the minced garlic to the onions and sauté for a few more minutes.

Once my base is well sautéed, I add the lentils that have been soaking in water for about two hours. Pre-soaked beans are easier to digest, and can eliminate the gassiness that most people associate with legumes. Lentils are my favorite legume. Lentils come in a variety of shapes, sizes and colors. They are nicknamed the "mighty mini legume," and

for several reasons. Lentils have the third highest protein content, by weight, then any other legume. They are high in dietary fiber, Vitamin B-1, folate and iron. I often use lentils as a meat substitute in my pasta dishes.

I finally reach for my tomatoes. I prefer to use fresh local tomatoes, but today I will use a can of Muir Glen Fire Roasted Tomatoes. As we creep deeper into the cold season, fresh local produce is not as abundant as it was in the spring and summer months. I add two cups of water for every cup of lentils. I adjust this measurement depending on the consistency of the soup that I desire. I stir all the



contents and season to taste, adding Mountain Rose Oregano and Rosemary to the salt and pepper. I bring the soup to a simmer and check back every fifteen minutes to give it a quick stir. After 30 to 40 minutes my soup is ready to serve.

I ladle the hot nutritious liquid into my bowl. The earthy aroma of legumes and herbs triggers my salivary glands. It's time to eat. In the twenty minutes that I have taken to prep and assemble, I have created a heart healthy meal that will keep my immune system in good standing, help my body combat cancer and reduce the inflammation in my body. Along with every other benefit mentioned above. I suppose if you view food as your medicine, then you could possibly keep yourself free of disease and illness. There is only one way to find out. What will you feed your body today?

### French Green Lentil Soup

#### Ingredients List:

- 4 Tbsp Extra Virgin Olive Oil
- 1 large organic onion (yellow or white)
- 1 head of organic garlic
- 3 cps of organic French green lentils
- 4 large tomatoes cubed or 1-28oz can of Muir Glen Fire Roasted Tomatoes
- 6 cups of water
- 1 Tbsp of Mtn Rose rosemary and oregano

Pre-sort the lentils in a large bowl, making sure to remove rocks and other debris from the lentils. Add enough water to submerge the lentils. Use your hands to stir the lentils. Drain the water and repeat two more times to ensure all dirt has been removed. Submerge the lentils in water and soak for a minimum of two hours.

Slice the onion and mince the garlic. Add the olive oil to a large pot, and heat on medium heat. Add the onion and a large pinch of salt. Saute for 3-5 minutes, or till

the onions are translucent in color. Add the minced garlic and sauté for 3 minutes more.

Add the lentils and tomatoes followed by 6 cups of water. If a thinner consistency is preferred, add 3 more cups of water. Add the rosemary, oregano and salt as desired.

Stir and let simmer for 30-40 minutes. Periodically give it a stir.

Enjoy!





# ASTROLOGY HAPPENINGS

## Your Horoscope for November 2012

By Robert Wells

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Uranus and Venus hand you a new romance on the 3rd and Venus and Pluto take it away on the 3rd. Such is Love. But the Universe hands us all a three-day stretch of brilliant ideas and creative thinking from the 5th to the 8th that is unequalled. Mercury enters its third retrograde phase for the year on the 7th and remains in backward motion until the 27th. In the process, it will screw-up everything in its path. If electrons are involved, from your brain to your computer, it's going south, so triple check everything you do, say, or sign to make sure you don't have any surprises or let downs. The second week of November is great for business, but come the 13th there could be a communication foul-up to break records. Be warned. The total mental shutdown mode continues to the 22nd. The Sun moves into Sagittarius on the 22nd, and brings a little comic relief to everything, just what we all need to brighten Thanksgiving Day. Watch your hips, fingers and toes on the 23rd, as there could be accidents. Mercury ends its venture stupidly on the 27th and with it comes the possible return of the love that was lost at the first of the month. Happy Thanksgiving.

Mercury Retrograde: 7th to the 27th  
 All Saints Day: Thursday the 1st  
 Daylight Savings Time Ends: Sunday the 4th  
 Election Day: Tuesday the 6th  
 Veterans Day: Sunday the 11th  
 Islamic New Year: Thursday the 15th  
 Thanksgiving Day: Thursday the 22nd

**Oct. 24 - Nov. 22** **Scorpio:** Let the good times roll this first week Birthday Person. Love and Money are everywhere. Watch out as you could be paying for it next week with a turning stomach and a spinning head. The focus is back on money by week three and you have some great ideas to share. You finish the month with the promise of new romance.

**Nov. 23 - Dec. 21** **Sagittarius:** Taking the time to take care of yourself is important this first week. Avoid misrepresentations during the next week, either given or received as the energies are mixed. Plenty of spark during week three to do those tasks you've been putting off. A short romance could carry you away during the last week, but the infatuation fades rapidly.

**Dec. 22 - Jan. 20** **Capricorn:** Your friends are in a party mood this first week, and you are ready. Maybe a little too ready. Don't go too far as it could cost you more cash than you realize during the second week of the month. You're open for new romance during the third week of November, and it's a green light time. The last week, kick back and enjoy life as you recharge and assess your life.

**Jan. 21 - Feb. 18** **Aquarius:** Career matters matter during the first week of the month and you are looking very successful. Things are coming your way. Careful you don't overstep boundaries between partners during the second week. A home improvement project or maybe just having everyone over for Thanksgiving takes up your time and focus during the third week. There could be words of love coming your way during the last week, but be careful. Things aren't always as they appear.

**Feb. 19 - Mar. 20** **Pisces:** Church and social groups are your main interests this month. A party in that venue could really be a fun event this first week. Guard your health during the second week of November. The energy of life seems to return to you during the third week and you are busy handling odd jobs. You could also be hosting Thanksgiving and that's always a busy undertaking. Good money news and romance fill the last week of the month. Enjoy yourself.

**Mar. 21 - Apr. 20** **Aries:** Time to tend to matters of responsible personal finance this month. During the first week you may conclude that you are doing better than you thought. Don't go out and try to spend it all during the second week. Use some restraint. The third week of November has you changing hats and moving out into your social circles again. The last week of the month you make it clear to someone what a lone wolf you really are. Try to do it without offending them.



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."

**Apr. 21 - May 21** **Taurus:** You're balancing your own needs and those of your partners this month. From the looks of the aspects during the first week, you should be very happy with the results. During the following week, say No to any funny business at the office, or if someone tries to bring it into your home. Good vibrations assist money matters during the third week of November. You should follow artistic urges during the last week of the month. They could be very rewarding.

**May 22 - June 21** **Gemini:** Your employment and/or your health are center stage this month. During the first week of the month both matters look very rosy. Avoid a crossfire between acquaintances during the second week, you won't fair well. This could leave your loyalties strained, as well. The third week get up and get going with those errands and phone calls. Don't waste any time. The third week ends on a note of well being. It's nice just feeling good all the time, isn't it?

**June 22 - July 22** **Cancer:** Romance is everywhere you turn this month, and the first week of the month is the best. You'll feel like you've won the lottery all week long. Just watch out for the following week when you could suddenly get stuck with the bill. I'm letting you know up front to get your ducks in a row to avoid confusion later. Third week: it's time to get movin' and shakin'. Money opportunities fall like manna from heaven. The last week of the month asks you to center yourself on the job and tend to those duties.

**July 23 - Aug. 24** **Leo:** Working on a home improvement project before Thanksgiving is risky. This first week you get the time from work and the cash so go for it, just don't over-tire yourself in the process. Second week balance in the partnership department is tricky. Third week of November and its time to finish of that pet project and you should have the energy to pull it off. Phew! The last week of the month, you gather accolades from your partner and associates at work for your labors.

**Aug. 24 - Sept. 22** **Virgo:** You are involved in group activities this month. You could be the official Church Social "go-for" when things need doing as you near the Thanksgiving holiday. Words of love and news of money could come your way the first week of the month. Watch out health wise during the second week and don't weaken your immune system. The third week should find you raring to go and getting things moving and done. Money and romance news, and activities, fill the last week of November for you.

**Sep. 23 - Oct. 23** **Libra:** This is your money month. Three planets dominate that sector and focus your attention and efforts there. You should find that things in this department are just rosy during the first week of November. Avoid drinking and watch any med's that you take very carefully as there is a risk of overdosing, during the second week of the month. The third week will find you filled with energy to handle any tasks that come your way. The last week of the month take time to enjoy and reflect. It's been a pretty good year.



# HIKING HAPPENINGS

## The Intrepid Trail – It’s Not What You Might Think

by Marcy Hafner

Along the edge of sheer cliffs a narrow mesa runs its course until it terminates at a dramatic overlook known as Dead Horse Point. At an elevation of 6,000 feet, this spectacular on-the-edge viewpoint presents an expansive, mind-boggling scene – a tremendous 2,000 foot drop, which extends to the shores of the Colorado River and far, far beyond for miles and miles across a fractured landscape - a massive tangled web of canyons, mesas, buttes, fins and spires, which finally climaxes at the La Sal Mountains on the eastern horizon and the Abajos to the south.

The name Dead Horse supposedly derives from an era when wild mustangs freely roamed throughout the west. Their ancestors arrived in the New World with the Spanish conquistadors in the 1500s. Three hundred years later, cowboys had devised clever ways to capture them, and Dead Horse Point provided the perfect setting for a custom-made



trap. After herding the ponies past the narrow strip of land called the “neck,” a quick placement of juniper and pinyon pine branches fenced them in. With sheer cliffs blocking escape routes on all sides, it became a convenient corral where the cowboys could sort out the healthy marketable ponies from the culls referred to as “broomtails.” As the story goes, a band of broomtails was accidentally left behind, and with no exit they died of thirst leaving behind the name of Dead Horse Point.

More than 50 million years ago, herds of much smaller, different looking wild horses, hunted by prehistoric predators, inhabited the North American continent. These ancient equines had developed specialized teeth to process the coarse prairie grass rather than browsing on leaves. Using this successful strategy they thrived, and yet mysteriously disappeared during the last Ice Age about 10,000 years ago. It was on other continents that horses evolved into their modern form and were eventually domesticated by man.

When San Juan County officials recognized the scenic and geologic value of this area, they purchased 628 acres from the Bureau of Land Management and donated it to the Utah Parks and Recreation Commission. Since its dedication in 1959 as a state park, Dead Horse has grown to over 5,000 acres and hosts almost 200,000 visitors a year.

To get there, drive nine miles north from Moab on Highway 191 and turn left on Highway 313. Then continue fourteen miles to the turn off for Dead Horse Point State

Park. From there it is seven miles to the visitor center.

The paved road ends at the Dead Horse Point Overlook. You, however, observe so much more by taking a hike on the Intrepid Trail System. Don’t let the word “Intrepid” scare you away; it is hardly as ominous as it sounds. Built in 2009, the trails are not named for any extreme exposure - but for the Intrepid Potash Company, whose generous donation made this popular mountain biking trail possible. This moderately easy series of trails contains an overlook on each of its three loops: The Intrepid – 1.1 miles, Great Pyramid – 4.2 miles, and Big Chief – 9 miles. Each intersection displays a map with an arrow marking your exact location, as well as obvious signs, which makes this self prompting pathway almost as easy as following the yellow brick road! A shorter path starting at the Visitors Center is also available as a hikers-only trail.

The trail begins at the north end of the parking area. At the trailhead I am trying to decide, what loop should I take? Gradually I come to the conclusion that the Intrepid Loop is too short, the Big Chief is too long, but the Great Pyramid is just right. Finally concluding that debate, I’m heading out across a wide-open mesa on an easy-going track, a compatible route for both hikers and bikers. Nothing about it is hard-core, which makes it perfect for a leisurely two-wheeled excursion for families on an outing with the kids. No one is in a hurry, everyone wears a big smile, and the leisurely pace allows me plenty of time to step aside.

Approximately two miles later, I reach the Great Pyramid Overlook and witness a mind-blowing portrayal of 300 million years of Earth’s geologic history! All along this rim, rock layers were deposited over eons by ancient oceans, wind blown sand dunes and flood plains. Born during a regional uplift, the Colorado River has been carving through the sediments ever since, exposing the colorful consecutive bands of Kayenta, Wingate, Chinle, Moenkope and Cutler Sandstone.

This overlook is named for Pyramid Butte, a landmark with an amazing similarity to an Egyptian pyramid. Another formation that dominates the scene is Tower Butte, which has the brute appearance of a gigantic tower. The Shaefer Trail, a jeep



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This overlook is named for Pyramid Butte, a landmark with an amazing similarity to an Egyptian pyramid. Another formation that dominates the scene is Tower Butte, which has the brute appearance of a gigantic tower. The Shaefer Trail, a jeep

road used for traveling from the mesa top to the White Rim, is also evident, along with the uranium mining roads that precariously skirt the western edge of Shaefer Canyon.

Engrossing as this overwhelming scene is, a glance at my watch convinces me I really should move along; but I don’t stand up in a hurry. Sitting precariously close to the abyss, I ever so cautiously step back to safer ground!

The trail now makes a big bend along the side of a small cliff as it gently climbs back to the wide-open mesa. Soon I’ve reached the intersection where my walk back to the parking area begins. On this hike, along with the dramatic views, I have relished the more subtle riches this high desert country has to offer - the whispering breezes that rattle the blackbrush, the Mormon tea, pinyon pines, junipers and saltbush – the scattered pin cushion gardens of prickly pear cactus - the radiant warmth of the sun - the raven’s booming call - the charming chortle of a titmouse. . .

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# SKY HAPPENINGS

## The Sky for November 2012

By Faylene Roth

### SUNRISE AND SUNSET TIMES FOR NOVEMBER

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

1	7:45am	6:18pm
2	7:47am	6:16pm
3	7:48am	6:15pm
4	6:49am	5:14pm
5	6:50am	5:13pm
6	6:51am	5:12pm
7	6:52am	5:11pm
8	6:53am	5:10pm
9	6:54am	5:10pm
10	6:55am	5:09pm
11	6:56am	5:08pm
12	6:57am	5:07pm
13	6:59am	5:06pm
14	7:00am	5:05pm
15	7:01am	5:05pm
16	7:02am	5:04pm
17	7:03am	5:03pm
18	7:04am	5:03pm
19	7:05am	5:02pm
20	7:06am	5:01pm
21	7:07am	5:01pm
22	7:08am	5:00pm
23	7:09am	5:00pm
24	7:10am	5:00pm
25	7:11am	4:59pm
26	7:12am	4:59pm
27	7:13am	4:58pm
28	7:14am	4:58pm
29	7:15am	4:58pm
30	7:16am	4:58pm

**NOTE:** Mountain Standard Time resumes on Sunday, November 4, at 2:00am. Set clocks back one hour.

### DAYLENGTH

November days shorten and cool as the direct focus of sunlight slides south over the swollen bulge of the earth's equator. Length of daylight decreases by 51 minutes over the course of the month. If we ignore the switch from daylight saving time to standard time, then the sun continues to rise later each day—31 minutes in real time during the month. However, the time of sunrise does not reverse until the beginning of January 2013, while later sunsets begin about one week before the winter solstice. In fact, the time of sunset varies by only a few minutes between the end of November and the time of the winter solstice. The imbalance in the contribution of sunrises and sunsets in determining the period of daylight results from the interplay of the earth's rotation, revolution around the sun, and position in its elliptical orbit.

Dawn and dusk also add to the period of usable daylight. Civil twilight provides adequate light for most activity and extends daylight about one-half hour before/after sunrise. Nautical twilight reveals shapes and fading colors but loses detail and begins approximately one-half hour before/after civil twilight. Astronomical twilight illuminates the sky with a faint glow. It occurs about one-half hour before/after nautical twilight.

### MOON HAPPENINGS

Nov 6 – Last Quarter Moon rises around midnight.  
Nov 13 – New Moon occurs at 3:08pm.  
Nov 20 – First Quarter Moon sets in the early am hours.  
Nov 28 – Full Moon occurs at 7:46am and rises at 5:16pm.  
(The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

Mid-autumn skies feature the Great Square of Pegasus overhead with the constellation Andromeda dangling from its northeast corner. The Andromeda Galaxy appears as a naked-eye fuzzy area about five degrees northwest on a line perpendicular to the center point of the constellation Andromeda. The lone 1st magnitude star in the southern sky is Fomalhaut ("mouth of the fish"), part of a southern hemisphere constellation call Pisces Austrinus ("southern fish").

### MAJOR CONSTELLATIONS OF NOVEMBER

#### Overhead

Andromeda  
Aries  
Pegasus  
Pisces

#### Northward

Cassiopeia  
Cepheus  
Draco  
Perseus  
Ursa Major  
Ursa Minor

#### Eastward

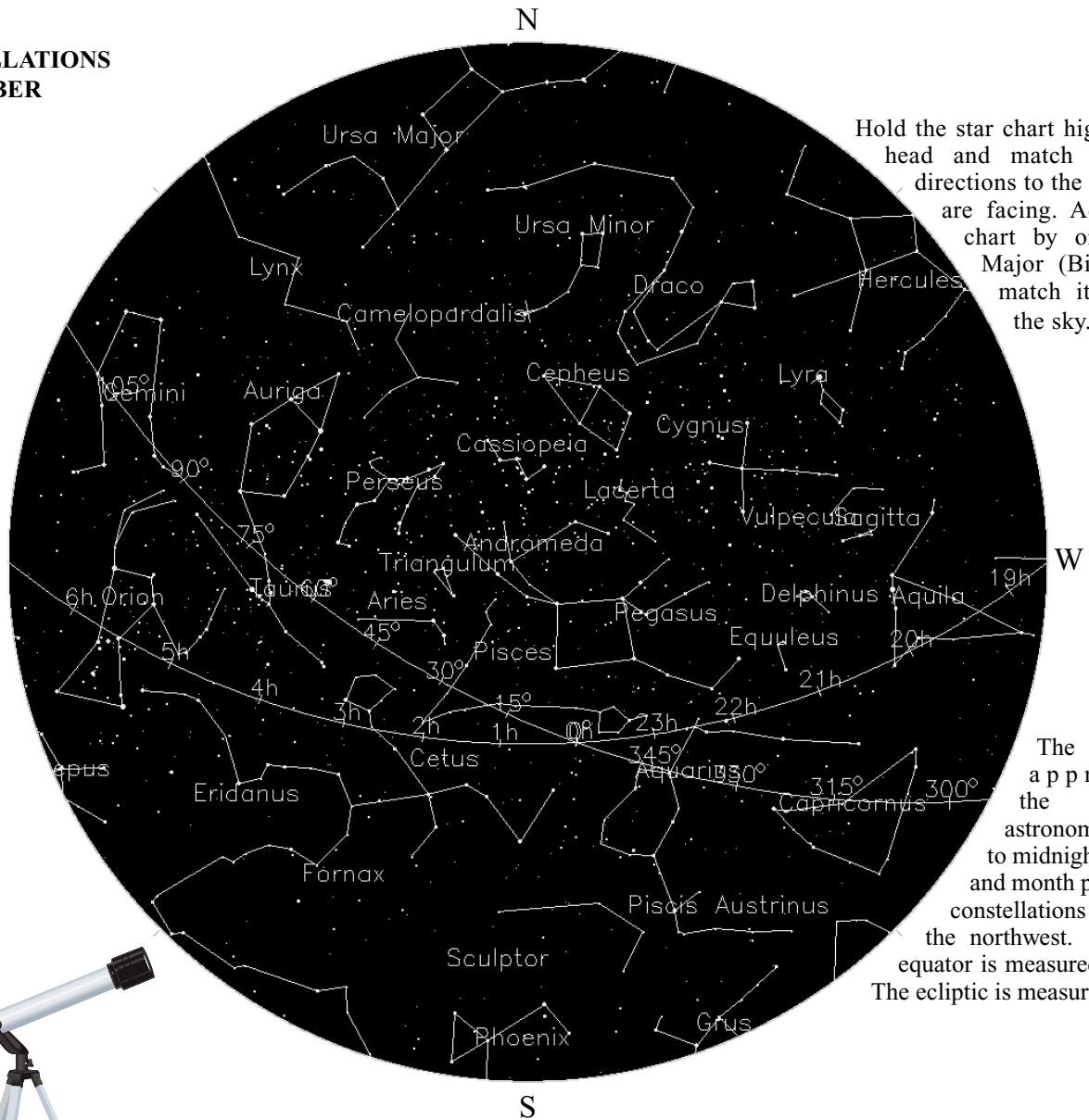
Auriga  
Gemini  
Orion  
Taurus

#### Southward

Aquarius  
Capricornus  
Cetus

#### Westward

Aquila  
Cygnus  
Delphinus  
Lyra



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.

### METEOR HAPPENINGS

Two minor meteor events during the first half of November deserve mention because they promise peak activity well before midnight, which is unusual for meteor showers. The Southern Taurid Meteor Shower peaks at 10:00pm on November 4. The Northern Taurids peak at 9:00pm on November 11. The radiant for both events is the constellation Taurus, easily located by the presence of Jupiter. A waning gibbous moon rising in the eastern sky may reduce the visual impact of the Southern Taurids, but the Northern Taurids can expect better viewing conditions since they peak as the moon approaches new phase.

The major meteor shower this month—the Leonids—occurs November 13-20. Expect peak activity of 20 meteors per hour around 1:00am on the night of November 17/18. Its radiant, the constellation Leo, rises about one and one-half hours after Gemini. Viewing conditions should be good since the nearly full moon sets several hours before midnight.

*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** – The dominant planet of the night sky continues to appear in Taurus near its 1st magnitude red star Aldebaran. Jupiter remains in the sky throughout the night, so look for it in the western sky during morning twilight. On November 1 it appears within three degrees of the moon as they rise around 8:30pm (depending on surrounding landscape). On November 28, the planet again pairs up with the moon. By the end of the month, Jupiter rises as the sun sets. (Magnitude -2.8)

**Mars** – The red planet can still be viewed in the evening twilight low on the western horizon in Sagittarius. On the evening of November 16 look for it below a waxing crescent moon. (Magnitude +1.2)

**Mercury** – At month's end look for Mercury below Venus and Saturn in the early morning twilight in Libra. (Magnitude +1.9)

**Saturn** – The ringed planet joins Venus in Virgo this month. It becomes easier to see in the morning twilight on the eastern border of Virgo—below Venus—as the month progresses. The two planets are less than one degree apart on the mornings of November 26-27. (Magnitude +0.6)

**Venus** – Our nearest planet appears in the morning twilight near Virgo's bright star Spica at the beginning of the month. It rises with a thin waning crescent moon on the morning of November 11. During the month it moves eastward across Virgo approaching within one degree of Saturn on November 26 and then moving into Libra. (Magnitude -4.0)

*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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87 N Main  
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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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### SHOPPING GUIDE MAP



# GALLERY HAPPENINGS

## Savage Spirit! Group Show

by Cathya Savage-Haas

In an era of mass manufactured, impersonal things, Savage Spirit! stands out as a unique venue for one-of-a-kind pieces hand crafted with love. Opened last year, Savage Spirit! was created to be a place with a more personal connection to unique, hand crafted clothing, jewelry, gifts and objet's d'art made locally & regionally. Savage Spirit! features a group of Moab artisans with a range of crafts.



Cathya Savage-Haas

Store owner, Cathya Savage-Haas designs & creates beautiful clothing. Since moving to Moab in 1996, Cathya has been creating delightful, colorful clothing. If she seems familiar, her clothing line "Desert Savage" was carried by Cave

Dreamers here in Moab, a store owned by her & her late husband, Jim Haas. After closing Cave Dreamers, Cathya created Savage Spirit! silks, a line of silk clothing designed, sewn & hand dyed by Cathya. Along with her Savage Spirit! silk clothing and scarves, Cathya has been playing with new dye techniques and creating an updated line of Desert Savage cotton clothing inspired by the glorious colors of nature.

Brittany Sheain should have been nicknamed "Crafty". She creates a diverse range of products from recycled denim visors to bead jewelry, bookmarks and crystal sun catchers. Living in Moab for 30 plus years, everything Brittany has hand crafted through the years, has been given as gifts. When Brittany and her beloved chihuahua, Bug, came to work at Savage Spirit!, she was inspired to share her creations and is enjoying having a place to display & sell her work.

Pamela Lynch is a newcomer to the Moab area. She is a self-taught soft-sculpture doll maker and artist and the

creator of "Back in the Day Originals". She has been a doll maker since childhood, and loves working with natural materials such as cotton and wool. Her one of a kind original dolls are easily recognized due to her use of colorful fabrics, whimsical elements, and vintage linen and lace. She loves making seasonal dolls, but her heart belongs to fairies and angels. When Pam is not creating her original dolls, she loves to ride her motorcycle, cook for her family, and she volunteers for a local non-profit organization.

Wilma Sliger creates fabric & mixed media collages, incorporating photos and found objects with fabric to produce unique wall hangings. Crafting & art have always been Wilma's favorite indulgences. Several years ago she discovered a fabric collage class on the internet and decided to give it a try. Wilma seems to have found her niche and is continually playing with new ideas & inspirations.



Wilma Sliger

Michaelene Pendleton creates gourd art using local gourds and a variety of techniques to embellish them. A displaced Alaskan, Michaelene says "The desert and the Arctic both teach you how to be alone with yourself. You have time to think, and thinking takes up about 90% of my creative time. I usually know where I want to go before I start a piece. If it's a story, I know the ending before I start writing. If it's a piece of artwork, I do test pieces before I start fabricating or sanding or painting. That said, sometime



Leigh Metz



Michaelene Pendleton

your materials will surprise you and take you in a different direction. That's part of the fun of creation."

Leigh Metz, creates captivating jewelry from porcelain. After taking a class at the MARC (Moab Arts & Rec Center) with local ceramic artist & teacher, Joanne Savoie, Leigh's childhood passion for clay was rekindled and she began creating handmade tiles which then evolved into jewelry. Always experimenting, Leigh delights in exploring texture, glazes & colors. In addition to her one-of-a-kind wearable art, Leigh also creates garden art and tile tables.

Savage Spirit! also features bead & sequin eggs and ornaments created by Diane Schumaker, mosaic art by Kristi Peterson and bead jewelry by Marsha Marshall.

Come and meet the talented Moab locals who create unique hand crafted items and get Holiday gift ideas during the Art Walk November 10th. If you're not able to make it to Art Walk, their work is always available at Savage Spirit! 87 N Main. We will be open through December for your Holiday shopping.

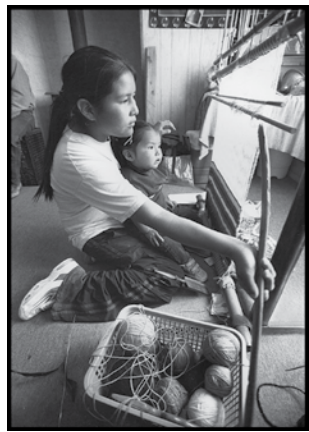


Pam Lynch

## Big Horn Gallery at Dead Horse Point State Park

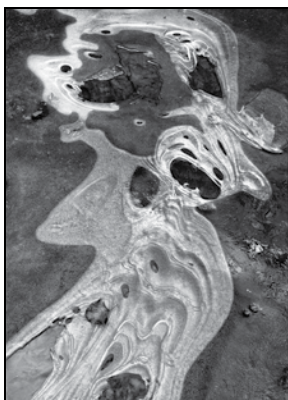
Moab photographer and art educator Bruce Hucko is exhibiting photographs at the Bighorn Gallery at Dead Horse Point State Park through November 30th, 2012.

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.

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 Beverly Taylor Sorenson Visual Art Specialist at Helen M. Knight Elementary School in Moab where he is affectionately referred to as the "art coach."



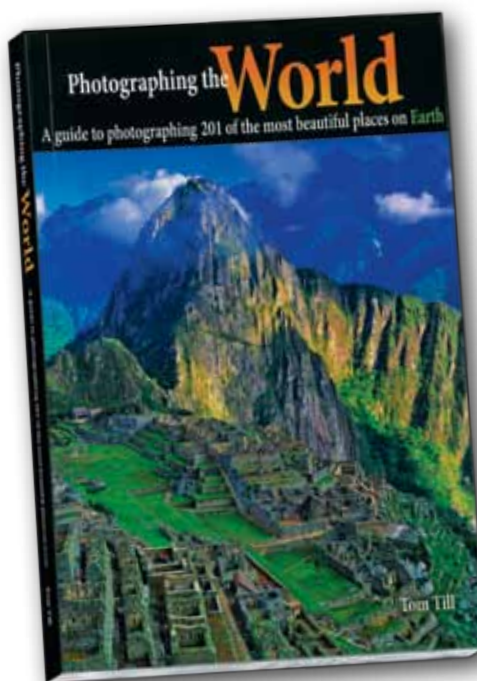
During the exhibit, each image will be available for purchase. For more information about the artist, please visit [www.brucehuckophoto.com](http://www.brucehuckophoto.com).

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 9 a.m. to 5 p.m. Park admission is \$10. For more information, please contact the park at 435-259-2614.

**Art Walk**  
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**See map and article**  
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# INNOVATIVE HAPPENINGS

## Bette L. Stanton

by Joan Gough

Actress, historian, film commissioner, writer, business owner, adventurer--none of these titles alone capture the force that is Bette Larsen Stanton. A very short list from her memoir introduction, *A Zillion Adventures*, gives you a better idea. "I've refereed gang/racial fights in Salt Lake City, busted a drug pad with the police in San Diego, been shot at in the deserts of southern Arizona, doubled for film actress Arlene Dahl in *The Outriders*, tracked a cougar in southern Utah, helped trail 2000 head of cattle in Wyoming, eaten grub worms with the Aborigines in Australia, traversed the Panama Canal, sailed the Greek Isles, and glided over the Serengeti in a hot air balloon. . ."

Yet, Bette isn't just some professional adventurer. Many of those events listed above were part of a job or business, and they prepared her for her crucial role in helping Moab pull itself out of the economic devastation caused by the collapse of mining in Southeast Utah. She worked in the film industry in Kanab, wrote grants for Salt Lake and Tooele Counties, and owned her own businesses in Salt Lake City. Her fearlessness and energy, she was born with. . . "Can't isn't in my vocabulary."

In the late 1960's, Bette moved herself and her three children to Moab. She was working for Riley Drug as a cashier/bookkeeper when, as she said, "Skinny Winn from Texas hit town with the Canyonlands by Night Sound and Light Show." After Bette took the trip as part of Winn's promotional for locals involved in tourism, she made some suggestions about the script. Soon after, unable

to support her family on the drug store job, she moved back to Salt Lake City accepting a position with the public safety commission.



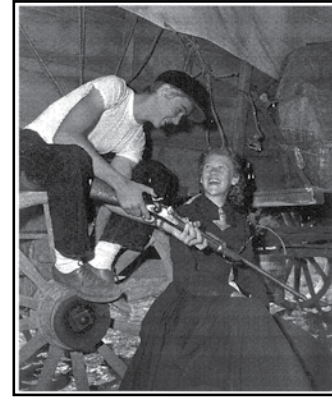
"I had no more begun work for the commission when I got a call from Winnco, Inc. asking me if I would consider contracting with the company to rewrite the script, reproduce the soundtrack, promote the show, and sell the Winnco board on putting up \$65,000 to cover costs for the redo and a new barge for the river. He said he would pay all expenses for me to fly to Texas. How could I refuse?" Bette created a docudrama that replaced the straight narrative text. She hired professionals for voice and special sound effects. She did this and her job in Salt Lake, commuting to Moab on weekends.

Bette came back to Moab in 1982. Unable to get a job, she asked Adrien Taylor how to get involved with local economic and community development organizations. Upon contacting those organizations, Bette learned that they had little or no budget for office space nor staff. To help fill this gap, Bette started Moab's first temp service.

Working with Moab Community Development, Bette applied for a state grant to develop the second nine holes at Moab Golf Club. They got the grant which supported their goal of attracting tourists and retirees. Another idea originating with Community Development was for a slick photo booklet that would highlight the attractions in and around Moab. Bette contacted a group of interested people who became Moab Area Promotion. They gathered the photos, wrote cut lines and produced the *The Magic of Moab*. People could then add an insert to highlight their own business or organization, or it could be sold as it was.

Next, Bette approached the city and county with the idea of writing a grant that would house all of the organizations that were working to recover the local economy. She offered

to write the grant and stay involved in the implementation of it. Conditions of the grant included the preparation of a five-year economic recovery plan, annual evaluations and progress reports. To this end, Central Services Unit was organized, and held town hall meetings for community input. Moabites packed the weekly meetings. Bette said, "A young man named Tom Kuehne suggested that we have a contest for the most scenic dump site." The Chamber picked up the idea, hired Michaelene Pendleton to handle national promotion, and hired a professional firm to judge the entries.



Bette Larsen as stand in for Arlene Dahl

The winner, Kodiak, Alaska became Moab's sister city of

most beautiful dump sites.

Eventually, Central Services came to house the film commission and economic development as the other groups moved out on their own. Bette put more and more of her efforts into the film commission. The film commission attracted companies making commercials, TV specials, and music videos in addition to the feature length films. Over 100 movies have been filmed in Grand and San Juan Counties. You can see a history of filmmaking at Moab Film and Heritage Museum, founded by Bette, and housed at Red Cliff Lodge just fourteen miles up the Colorado River on Highway 128. The museum is free. It is a fitting location both in terms of movies and Bette's own heritage. Many westerns were filmed on the site, and Bette's father was born just up the road in Professor Valley.

Bette retired from the film commission in 1996 just after the filming of *Geronimo*. About this same time Canyonlands Natural History Association published her book *Where God Put the West: Movie Making in the Desert*. It is available at the Moab Information Center.

As an historian, Bette says, "There is no truth, only perception." My own perception of the 1980's bust era in Moab is that we are lucky Bette Stanton returned to her roots in Grand County with her rich background, love of people, and prodigious energy.

## Historic River Film Festival and much more

Plateau Restoration's 4th Annual Moab River Rendezvous is scheduled for November 8th through 11th, with venues in the field and in downtown Moab. This is an educational event that is centered on the cultural and natural history of the watersheds of the Colorado Plateau, and a celebration of rivers that flow through our communities. Each year, the event brings in regional experts to share their knowledge and experience on topics that include geology, ecology, history and



conservation issues. The Rendezvous is structured to allow abundant opportunity to meet and socialize with presenters, authors and fellow participants. A cornerstone of the event is the Historic River Film Festival, which features films from the University of Utah Library archives, presented by the well-known author and river-historian, Roy Webb. This year, Plateau Restoration is also collaborating with Back of Beyond Books to feature author presentations on the first evening of the Rendezvous.

The Rendezvous starts on Thursday with an

interpretive winter float on the Colorado River, with event founder, Michael Dean Smith, geologist, Tamsin McCormick and the University of Utah's Roy Webb. Following this is Dinner and a Movie with Katie Lee, well-renowned Grand Canyon river-woman, who will share a video of Glen Canyon, before the dam. These

first two activities are open to full registrants only, and pre-registration is required. On Thursday evening, authors William DeBuys and Jack Loeffler will give presentations on their most recent works, "A Great Aridness" and "Thinking Like a Watershed", respectively, at the Moab Public Library. These presentations are free and open to the general public.

The Rendezvous continues on Friday with a riparian restoration project during the day, and the Historic River Film Festival at the Moab Arts and Recreation Center on Friday evening. The volunteer restoration project involves weed control and revegetation at Plateau Restoration's long-term post-tamarisk treatment project on Jackson Bottom, near the Potash boat ramp. Including lunch and field presentations, the volunteer project is open to the public at no cost, but an RSVP is requested.

"Big Saturday" includes a full day of indoor presentations by authors and experts on a variety of river-related topics, from bio-control of invasive weeds, to zebra mussels that threaten our surface waters, and the geologic evolution of our landscapes. Presentations are to be held at the Moab Arts and Recreation Center, along with lunch (included in registration)

and a lunch-time raffle with great prizes. Saturday evening will involve a social with white-water films. On Sunday, we'll lead a field trip to Arches National Park and nearby areas, to discuss pre-historic and historic land use, as well as implications of climate change on the landscape. Full



registration for the 4-day event is \$100, \$70 for the weekend pass, \$50 for Saturday or Sunday only and \$5 at the door for individual presentations, including the Friday night Historic Film Festival.

For more information about the speakers, to view daily schedules, to see highlights from previous years 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.





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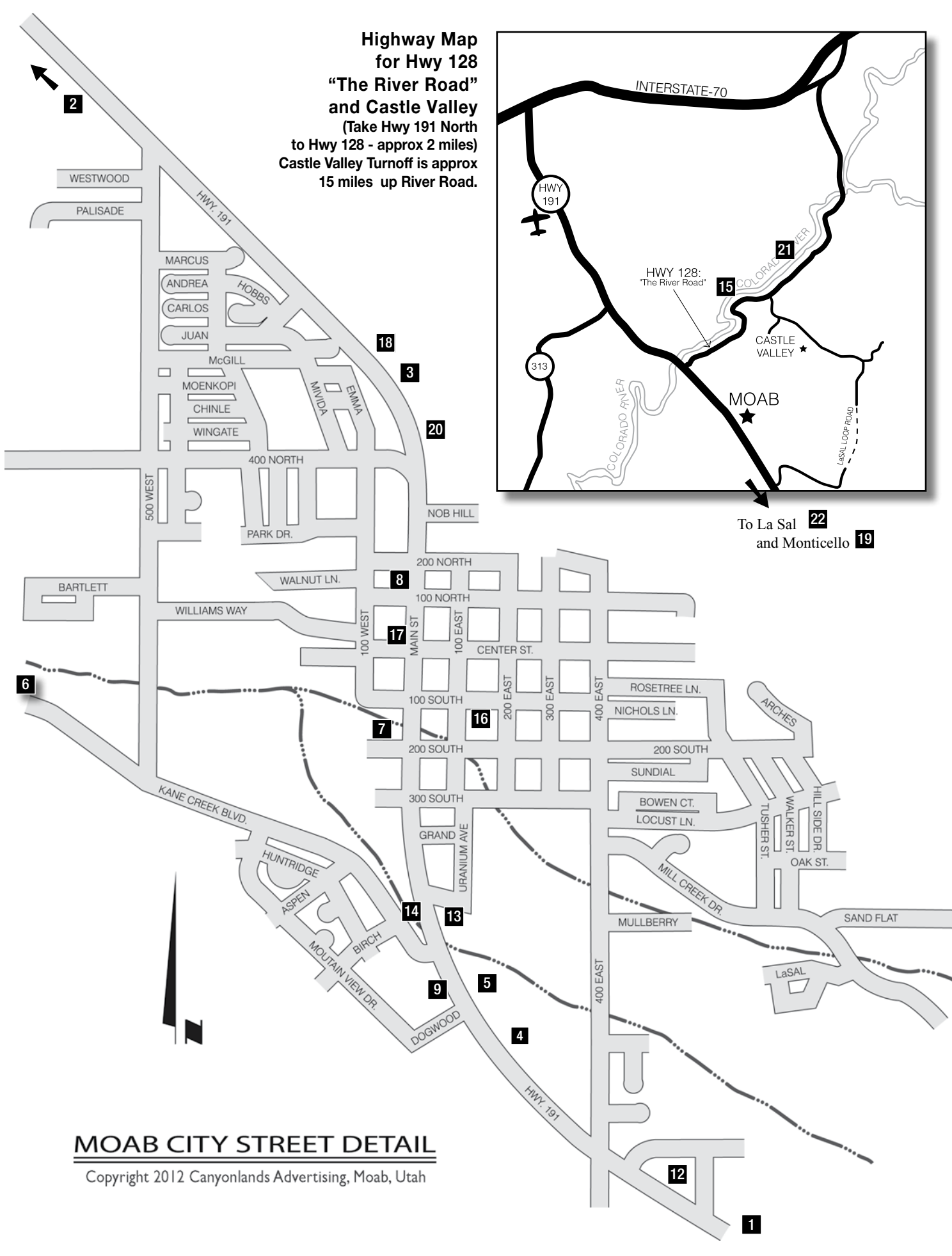
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# MOVIE HAPPENINGS

## Movies Made in Moab

Articles and drawings by John Hagner

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.

### THE COMANCHEROS (1961)

Filmed in CinemaScope color film and directed by Michael Curtiz and John Wayne, starring Duke. This is a story based on a 1952 novel with the same name by Paul Wellman. Also featured is Stuart Whitman, with a supporting cast that included Ina Balin, Lee Marvin, Nehemiah Persoff and Bruce Cabot. Also featured are western film veterans Bob Steele, Guinn Big Boy" Williams, and Harry Carey, Jr.



Wayne took over directing The Comancheros when Michael Curtiz became ill, though his role remained uncredited. Curtiz passed away shortly after the movie was completed.

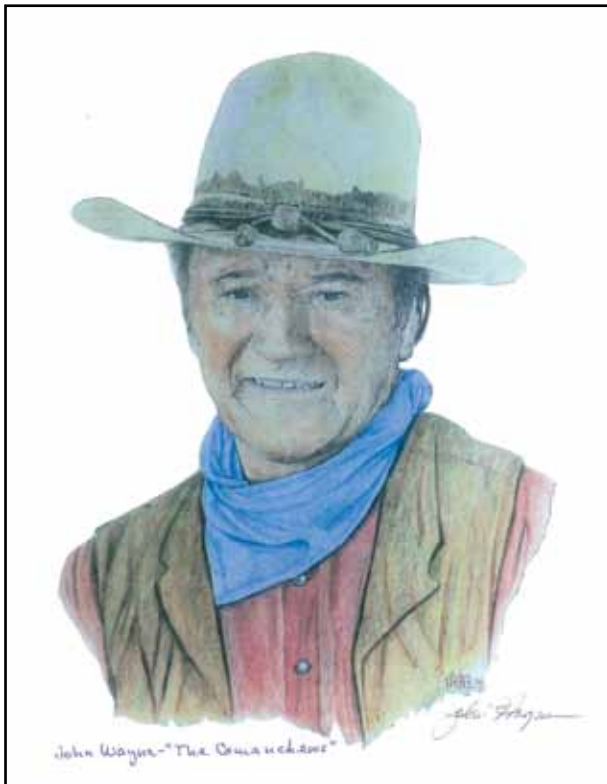
**STORY:** In 1843 roguish gambler Paul Regret (Stuart Whitman) escapes a death penalty after killing in a duel Emil Bouvie (Gregg Palmer), the son of a Louisiana judge. Regret claimed that he would have only wounded Bouvie if he hadn't sidestepped. He is captured by Texas Ranger Jake Cutter (John Wayne) after a tryst with a mysterious lady, Pilar Graile (Ina Balin). Regret manages to escape, but is subsequently recaptured after a chance encounter with Cutter in a saloon.



"THE COMANCHEROS" JOHN WAYNE & STUART WHITMAN

In the process of returning Regret to Louisiana, Cutter is forced to join forces with the condemned to fight the "Comancheros" a large criminal gang headed by a former Confederate officer that smuggles guns and whiskey to the Comanche Indians to make money and keep the frontier in a state of violence. Cutter stops at a ranch owned by a friend when there is a sudden Comanche attack. During the attack Regret hops on a horse and flees, but instead of making a clean getaway he soon returns with a unit of Texas Rangers and the attack is repulsed.

Eventually they infiltrate the sufficient Comanchero community at the bottom of a valley in the desert. Pilar reappears as the daughter

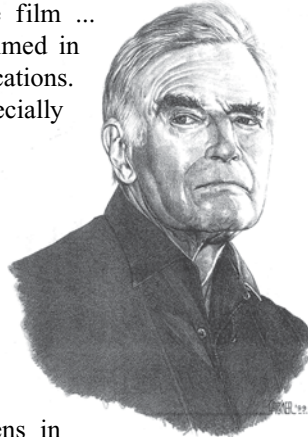


John Wayne - "The Comancheros"

of the wheel-chair-bound but ruthless leader Graile (Nehemiah Persoff). After Cutter and the Texas Rangers defeat both the Comanches and Comancheros, Regret and Pilar leave together for Mexico and Jake rides off into the sunset.

...and there was plenty of action by the top of the heap stunt team that Duke Wayne always hired, including his stunt double for the last thirty years of his career, Chuck Roberson (Bad Chuck they called him) and there was Chuck Hayward (better known as Good Chuck) ... why they got those titles, well ... that's another story, and I may tell you about it sometime in a future article.

Also featured as Action Men of the Cinema were Cliff Lyons, Bill Williams, Jack Williams with his famous falling horse, Dean Smith, and many more. There were lots of horse falls, saddle falls and fights and brawls throughout the film ... all exterior scenes were filmed in Moab, Utah at various locations. Outdoor sets were built especially for "The Comancheros".



### Greatest Story Ever Told (1963)

"The Greatest Story Ever Told" originated as a U.S. radio series in 1947, half-hour episodes inspired by the Gospels.

Director George Stevens in 1958 was producing and directing "The Diary of Anne Frank" at 20th Century-Fox.

Two years passed and the screenplay was written with the collaboration of Ivan Moffet and then James Lee Barrett. It was the only time Stevens received screenplay credit for a film he directed.

Swedish actor Max von Sydow was cast as Jesus ... this was his first film in the U.S.

"The Greatest Story Ever Told" featured many legends in the acting field, including John Wayne as the Roman centurion, Charlton Heston as John the Baptist, Claude Rains as Herod the Great, Jose Ferrer as Herod Antipas with Dorothy McGuire in the film's primary cast.

Stevens selected shooting in the southwest, in Arizona, California, Nevada and Utah. Lake Moab in Utah was used for the Sermon on the Mount.

In 1963 the budget ran to an astounding \$20 million - equivalent in 2010 of approximately \$142 million.

I had the good fortune of working in the movie ... as a street vagrant who is kicked down a stairs and as one of the Roman soldiers. The scenes I was in were done at their studio in Culver City.

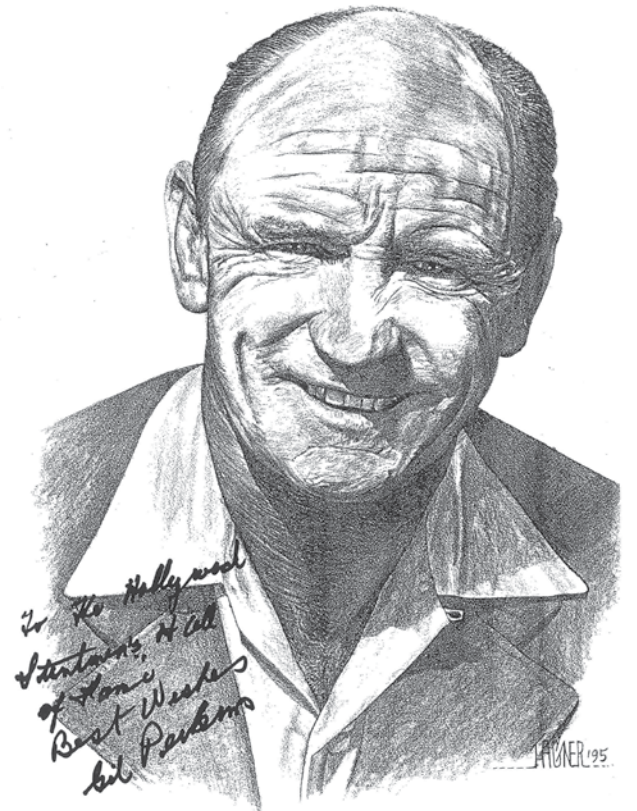
"My God, My God, why hast thou forsaken Me? This was the climactic crossroads that heads to the story of Jesus of Nazareth.

The Hollywood Stuntmen's Hall of Fame had the privilege of footprinting in cement and paying tribute by inducting practically all of these stunt performers at one time or another.

The Hall of Fame is a non-profit organization that is dedicated to preserving the history of the stunt profession of motion pictures and television and to honoring stunt people the world over. If interested in learning more about the Hall of Fame, please contact John Hagner (Founder) at 435 260-2160. email: johnhagner@hotmail.com Hall of Fame website: www.stuntmen.org Moab Happenings features stories and art work by Hagner every month.

Look for Movies Made In The Moab Area and another article entitled, Stunt Stars and Legends. Mailing address for anyone wishing to make a tax-deductible donation to the Hollywood Stuntmen's Hall of Fame, is 81 W. Kane Creek Blvd. - #12, Moab, Utah 84532.

## Stunts Stars And Legends: Gil Perkins



Gil Perkins was one of the legends of the stunt world. Stunts in the movies are a science, not just a game of chance. Perkins was born in Queensland in 1907, and most of his life was spent in California ... his accent was never evident. He attended the Malvern Technical School, where his dad was hopeful he would become an engineer.

AT age 18, he became a deck-hand on a Norwegian freighter and for four months, he sailed round the Pacific. He arrived in California in 1927 with a friend and worked in a garage, but realized his interest was to be in the movies. Studios beckoned him, so he went around to various studios and talked to casting office people ... and when he didn't get results from them, he'd go around to the back of Paramount Studio and leap over the barbed wire fence. In 1927, he worked in his first movie, "The Divine lady". The following year he was Sergeant Cox in "Journey's End. As a stuntman his action started when he doubled for actor Rod LaRocque in "The Delightful Rogue" for RKO. He doubled for Bill Boyd in all the "Hopalong Cassidy" films ... and also did stunts for Clark Gable, Spencer Tracy, Randolph Scott, Kirk Douglas, Red Skelton (often with a red hair piece), Danny Kaye and Gene Hackman. He was in "King Kong" (1933), "Captain's Courageous" (1937) and, in the Errol Flynn swashbuckler classic, "The Adventures of Robin Hood (1938) at Warner Bros. He was in "Mrs. Miniver" (1942), and in Moab, he was a stuntman in "Wagon Master" in 1950. He appeared in "Bonnie and Clyde" (1967) and "Walking Tall" (1973).

In his day, there was no school for stunt work. Trial and error was how it was done ... an error could result in serious injury

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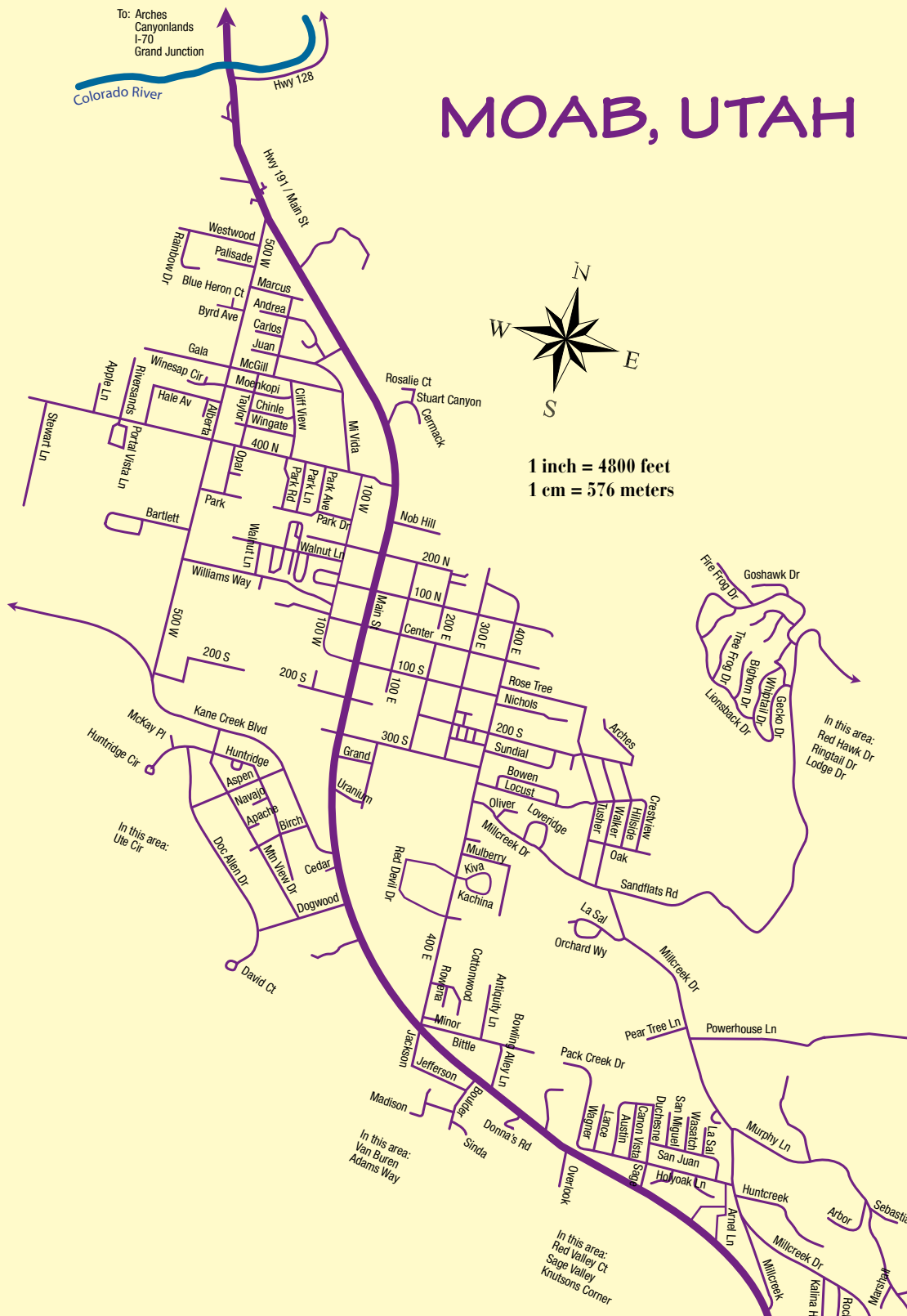
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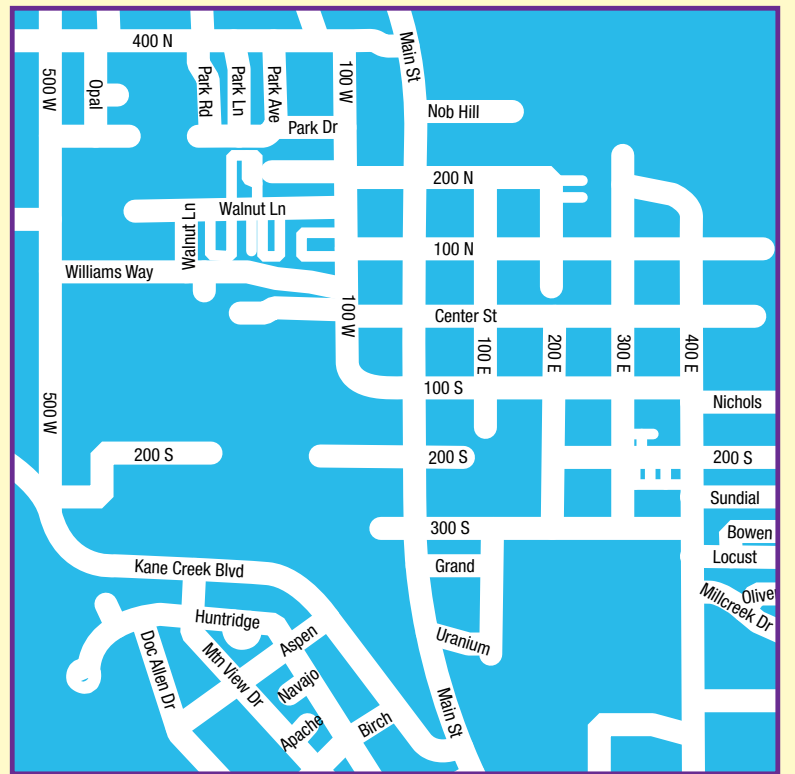
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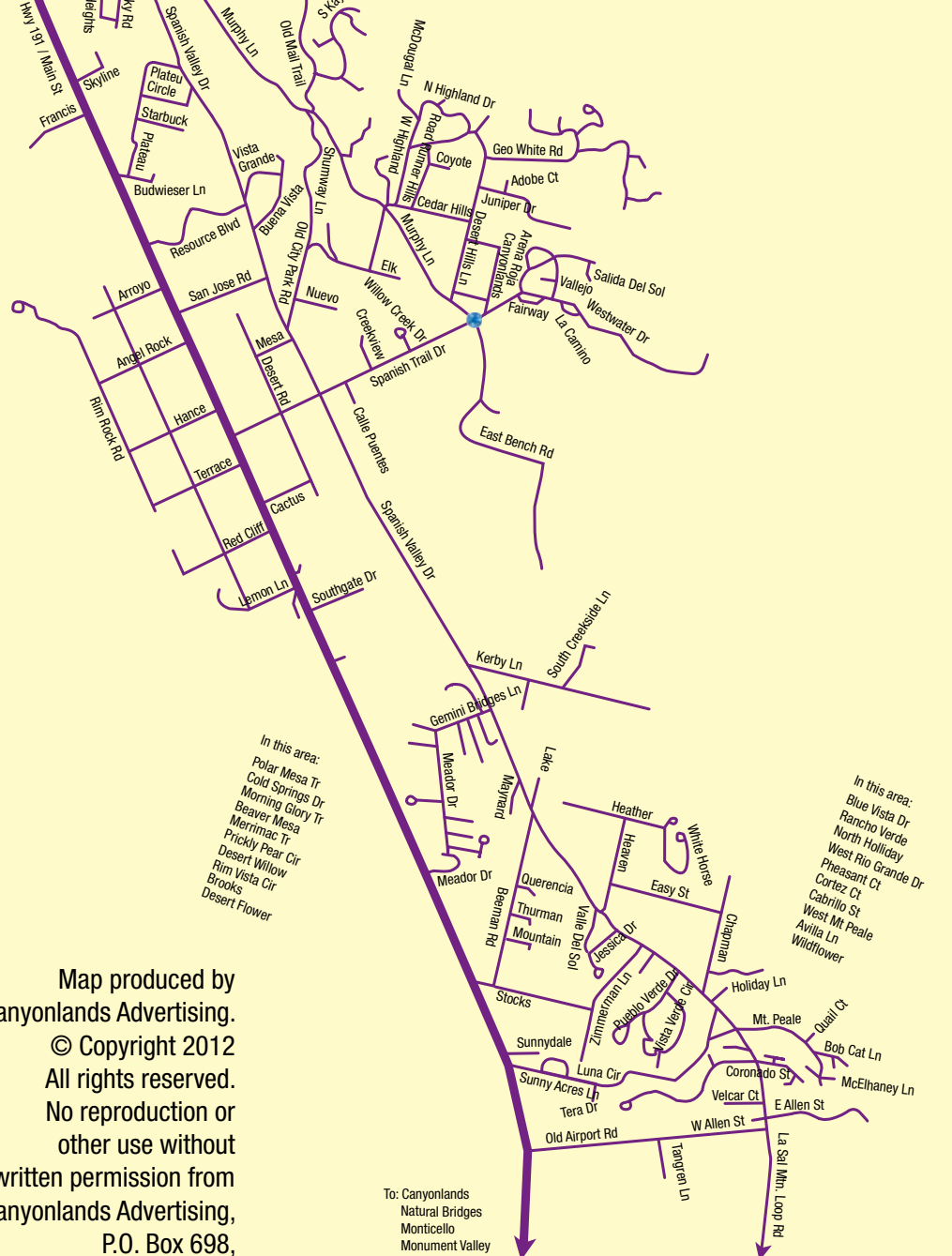


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