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RIVER ADVENTURES

	ADULTS	YOUTH (under 16)
FULL-DAY RIVER ADVENTURE World-famous scenery and a barbecue lunch rafting the Colorado River. 8:15am - 4:00pm (min age: 5)	\$85	\$65
COLORADO RIVER A.M. HALF-DAY Raft the river from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 5)	\$54	\$44
COLORADO RIVER P.M. HALF-DAY Raft from Rocky Rapid to Takeout. Includes BBQ lunch along the river. 11:00am - 4:00pm (min age: 5)	\$65	\$55
WESTWATER CANYON FULL-DAY Enjoy exciting whitewater rapids & lunch in this unique Canyon. 7:30am - 6:00pm (min age: 10)	\$175	\$175
TWO-DAY RAFT & CAMP All meals and camping equipment provided, rafting moderate rapids, relax into the scenery. (min age: 5)	\$255	\$185

HUMMER SAFARIS

	ADULTS	YOUTH (under 16)
SLICKROCK SAFARI Incredible 4x4 experience over a landscape of petrified sand dunes. Departs 7:30am, 10am, 2pm (2 hrs)	\$81	\$49
GRAND SAFARI Further explore the backcountry in the world's most serious 4x4. Departure times vary by season. (4 hrs)	\$169	\$122
SUNSET SAFARI The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)	\$91	\$69

MOUNTAIN BIKING

	ADULTS	YOUTH (under 16)
HALF-DAY MOUNTAIN BIKING Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)	\$95	\$95
CANYONLANDS SUNRISE DOWNHILL Relaxing downhill ride w/ breakfast. Enjoy grand vistas at every turn. Departure times vary. (5 hrs)	\$110	\$95

ARCHES N.P. TOURS

	ADULTS	YOUTH (under 16)
ARCHES FIERY FURNACE HIKE Explore a maze of astounding hidden chasms with one of our guides on this unique hike. 7:15am - 12:30pm	\$81	\$61
ARCHES SUNSET TOUR Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs)	\$71	\$48

CLIMBING & CANYONEERING

	ADULTS	YOUTH (under 16)
EPHEDRAS GROTTO CANYONEERING Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels! 4 hrs (min age: 10)	\$99	\$84
DESERT ROCK CLIMBING Climbing, instruction, and fun on rope and rock! All equipment provided. 5 hrs (min age: 5)	\$99	\$84
HIGH ROPES COURSE Challenge course, safety gear & instruction, and southern Utah's highest swing! 2 hrs (min age: 10)	\$60	\$50

FLIGHTS & HORSEBACK

	ADULTS	YOUTH (ages 4-15)
HOT AIR BALLOON RIDES Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx 3.5 hours)	\$259	\$259
CANYONLANDS SCENIC FLIGHT See all 4 districts of Canyonlands NP in just one hour with a bird's eye view! Departs 9am	\$173	\$173
CASTLE VALLEY HORSEBACK RIDE 2.5 hours plus instruction on horses, with a stunning red rock backdrop. Departs 8am & 4pm (min age: 8)	\$80	\$80

JETBOAT TOURS & MORE

	ADULTS	YOUTH (ages 4-15)
CANYONLANDS JETBOAT Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (4 hrs)	\$89	\$79
SUNSET JETBOAT & DINNER 1 hr Dutch-oven dinner plus 1.5 hr jetboat on the Colorado River near Canyonlands NP.	\$79	\$69
DINNER & NIGHT SHOW 1 hr Dutch-oven dinner plus 2 hr light show on slow-moving boat ride on the Colorado River.	\$69	\$59

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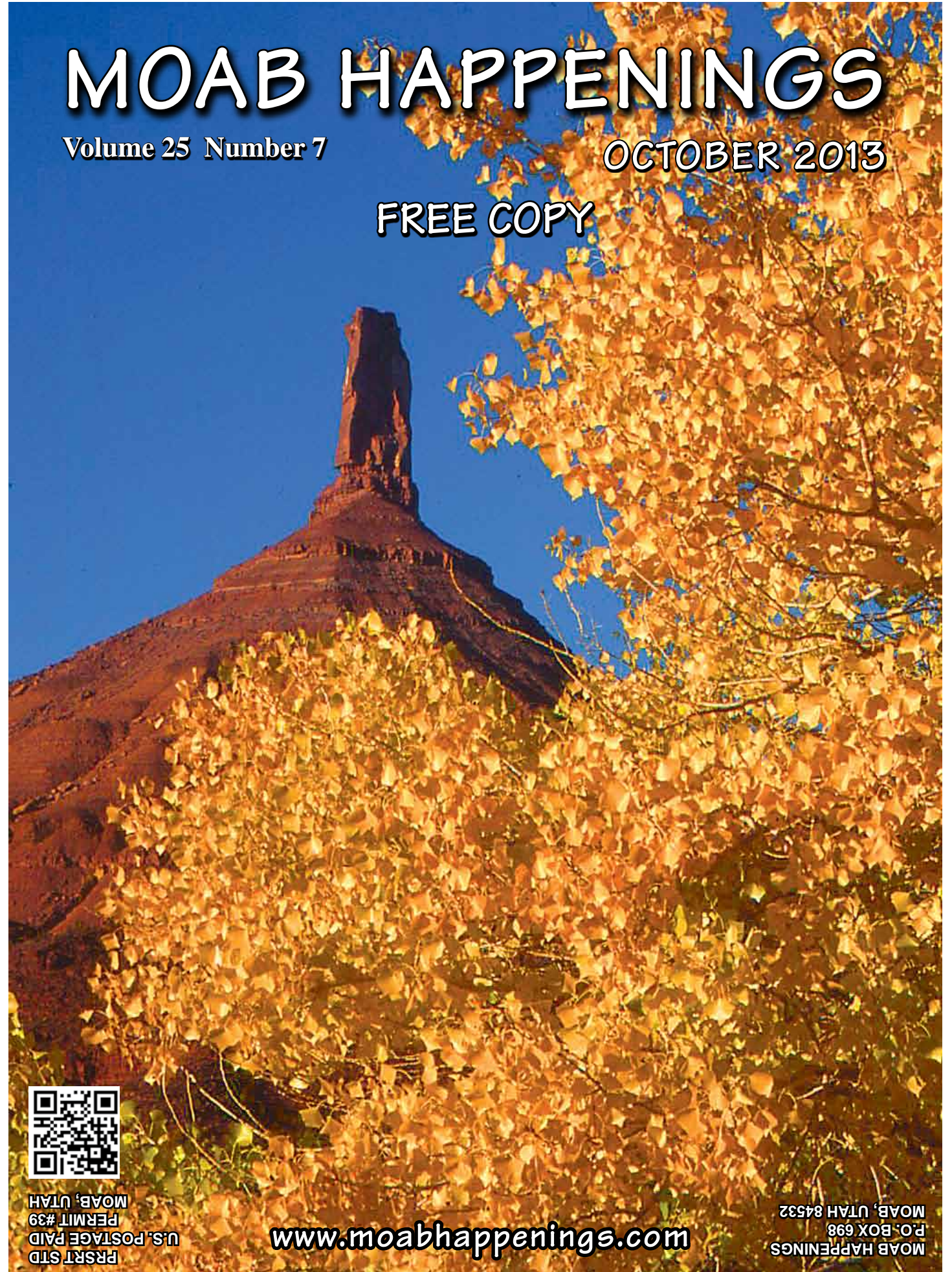
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MOAB HAPPENINGS

Volume 25 Number 7

OCTOBER 2013

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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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Provo - Price - Green River	↓	↑
Moab	6 PM	7 AM
Monticello - Blanding - Bluff	7-9 PM	4-6 PM

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WESTERN HAPPENINGS

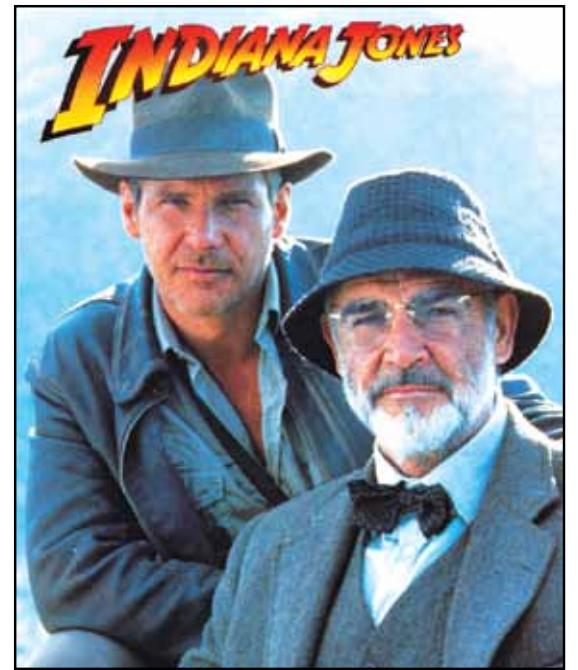
Movie & Western Memorabilia Museum at Red Cliffs Lodge

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



Adventure Tours \$60 2hrs

Call for info:
 Jet boat/4x4 - \$140 5hrs
 Jet boat /Helicopter \$250 4hrs
 Scenic - \$89 3hrs Custom Tours

435-259-5538 www.moobjett.com
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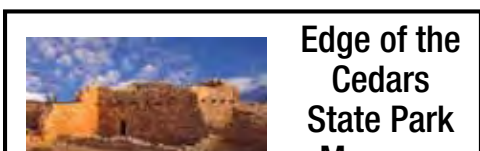


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ACTIVITIES, TOURS AND RENTALS

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Edge of the Cedars State Park Museum

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

Day Visits: \$5 per person or \$20 a carload
 \$3 Children 6-12
 Tour Buses \$3 per person
 Annual Passes are \$75
 Park Hours: 9 a.m. to 5 p.m. Year-round
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END of SEPTEMBER EVENTS

- 27-28 Blu Bar Live Music** – Fri Sept 27 & Sat Sept 28- Darin Caine The Hellhound Express. Music starts between 7:30 & 8pm at 811 South Main St. For info call 435-259-3333 or visit us at www.blupigbbq.com.
- 27-28 3rd Annual Moab Pride Festival** - The Moab Pride Festival was created to raise awareness, understanding and acceptance of LGBTQ people. Friday Night Orange Party, Saturday Visibility March, Pride Festival & After Party. Join us! For more info go to moabpride.org, like us on Facebook, or call 602-373-1971.
- 27-29 Sorrel River Community Dinners** - a large community table set hosting a five to six course menu tailored around what is growing fresh in our gardens with carefully selected wines. Starts at 7pm & reservations are recommended. Call 435-259-4642
- 28 Fee Free National Park Days - Nat'l Public Lands Day**
- 28 National Public Lands Day Graffiti Clean Up in Arches National Park** - Come help clean up the graffiti on some of the trails in Arches National Park! Meet at 9 am at Arches National Park Visitor Center. Bring a lunch, sunscreen, water bottle and gloves. Breakfast, snacks, water & supplies included. Call for more information & details. Thanks for supporting National Public Lands Day! For more info visit publiclandsday.org/npld-sites or call 801-521-0785.
- 28 Navajo Rug Auction** - 1pm at the Grand Center, 182 North 500 West. Appraisals & preview from 9am-noon (appraisals \$10). Sponsored by Canyonlands Natural History Association and benefits Navajo weavers & research on public lands. www.cnha.org or 800-840-8978 x10.
- 28 Multicultural Center Flea Market** - Every Saturday 9am-1pm, 156 N. 100 West. Many vendors, many venues: food, homegrown vegetables, jewelry, furniture & collectibles. Vendors wanted. Info 435-259-1601.

October Events

- 1-5 Live Music Buck's Grill House**- Tues Oct 1 Scott Ibex, Wed Oct 2 Dave Steward Trio, Thurs Oct 3 Eric Jones, Fri Oct 4 Sand & Sunnie Sheff, Sat Oct 5 Sand & Sunnie Sheff. Music from 7-10pm on our beautiful secluded patio. Located at 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.
- 2 UT6 & All Fallen Warriors Tour**- See a piece of the World Trade Center making its tour through Moab. This artifact is on its way to Fort Douglas Museum for "Utah's Fallen Warrior Memorial". Don't miss the opportunity to see this from 4pm-8pm at the Spanish Trail Arena, South Highway 191.
- 2-5 Blu Bar Live Music** – Wed Oct 2 Gigi Love, Thurs Oct 3 Community Music Night hosted by Scott Ibex, Fri Oct 4 Jenna & Kelly, Sat Oct 5 Mike Waters. Music starts between 7:30 & 8pm at 811 South Main St. For more information call 435-259-3333 or visit us at www.blupigbbq.com.
- 3 Plein Air Workshop** Colleen Howe Bleinberger will teach Plein Air Moab's 1-day outdoor painting workshop. Colleen teaches landscape painting across the U.S. & in France. She teaches the importance of value structure, composition & color harmony. Plein Air Moab painting workshops sell out each year, so register early.
- 3 Grand County Education Foundation**- presents an evening of fun at the Bar M Chuckwagon. Open at 6:30pm with gunfight at 7pm and cowboy supper at 7:30 pm sharp. All profits from this fundraiser benefits Grand County Education Foundation for Art, Music, Athletic Programs, & Events. \$20pp, \$10 kids 4-12, under 3 free. Purchase tickets in advance at Riverside Plumbing, MC's on the Corner, Moab Realty or from Grand County Education Foundation Board Members. For more info www.grandcef.org.
- 4,5 Live Music at Woody's Tavern**- 221 South Main Street. Fri & Sat featuring Mark Sexton Band (Funk Rock). For more info call 435-259-9323.
- 4-6 Outerbike**: The world's best bike manufacturers bring their 2014 demo bikes straight from the Las Vegas bike show to Moab for test rides. The three day event is \$150 per person and includes shuttles, lunches, parties, movies, beer garden and unlimited test bikes on Moab's world class trails. To register go to www.outerbike.com.
- 4,11 Moab Area Art Classes with Kathy Cooney** 2pm-4pm Kathy will be instructing a series of 4 water-color art classes: 2 beginner classes and 2 intermediate classes. Supplies Provided! Space is limited! Sign-up by contacting Canyonlands Natural History Association toll free at 800-840-8978 or by sending an email with your contact information to alishia@cnha.org. Each lesson will be \$60.00 per person. Proceeds go to our Discovery Pool program which supports science and research on the Colorado Plateau! For more info visit cnha.org or call 435-259-6003 ext.12.
- 4-12 Plein Air Moab** Artists: start dreaming of warm temperatures, yellow leaves, red rocks and plein air painting. Join us in Moab, UT for 10 days of painting under the beautiful Moab desert sky. Want to know more about Plein Air Moab? www.pleinairmoab.com. See ad pg 15A, article 19A.
- 5 Plein Air Artists Reception** - 3-5pm at the Big Horn Gallery at Dead Horse Point State Park. See article on pg 5B.
- 5 Multicultural Center Flea Market** - Every Saturday 9am-1pm, 156 N. 100 West. Many vendors, many venues: food, homegrown vegetables, jewelry, furniture & collectibles. Vendors wanted. For more info 435-259-1601.
- 5 KZMU Benefit Dinner**- support community radio Sat October 5th at 5:30pm. East Indian cuisine and entertainment. Tickets must be purchased in advance at The Moab Barkery, 82 N. Main, 435-259-8080. \$100 per person.
- 8 Castle Creek Winery Wet Paint Sale & Wine Reception**- 6:30-8 pm Plein Air Moab. Buy art work painted that afternoon at Castle Creek Winery. Free & open to the public @ Mile 14 on Hwy 128. See article 19A.
- 8-12 Live Music Buck's Grill House**- Tues Oct 8 Bridget Otto & Friends, Wed Oct 9 Dave Steward Trio, Thurs Oct 10 Bob & Theresea, Fri Oct 11 Sand & Sunnie Sheff, Sat Oct 12 Gigi Love. Music from 7-10pm on our beautiful secluded patio. Located at 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.
- 9-12 Blu Bar Live Music** – Wed Oct 9 Bob Greenspan, Thurs Oct 10 Community Music Night hosted by Scott Ibex, Fri Oct 11 Curt Stewart, Sat Oct 12 Curt Stewart. Music starts between 7:30 & 8pm at 811 South Main St. For more information call 435-259-3333 or visit us at www.blupigbbq.com.



WEEKEND TOURS
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May through October (except late July)
 Air-conditioned van • Short, easy hikes
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Moab's Ancient Past Rock Art Tour
 Fridays, Saturdays, Sundays
 8:30am to 12:30pm

Sunset Tour of Arches NP
 Fridays, Saturdays, Sundays
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 *Tour time changes with the seasons.

Call CFI to register:
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 Bob or Flora 435-259-2724
 Tom or Sandy 435-719-4169

Moab Farmers' Market
 every Thursday evening 5-8pm!
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Featuring local and regional produce, meat & cheese, handcrafted goods, fine art, baked goods & other prepared food, and live music.

Visit the Grand Center!
 182 N. 500 W. 435-259-6623

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

DEADLINE for NOVEMBER Events Calendar: OCTOBER 20, 2012

Listings in the Moab Happenings Events Calendar are FREE!!

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

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

e-mail: info@moabhappenings.com

MORE MOAB AREA EVENTS

- 10 Willie Holdman-Utah, Mountains to Deserts-** photographer, Willie Holdman talks about his work, spanning over 20 years, to capture the images high on the mountain tops and low in the redrock deserts of Utah. "Every image has a story to tell and a mood to portray. You will visit a place of exquisite beauty matched by no other around the globe." Willie Holdman is a landscape photographer who has spent most of his life hiking and climbing in remote places of Utah to bring the wonders of the earth to everyone. Canyonlands Natural History Association (CNHA), Museum of Moab Lecture Series. Moab Information Center, Corner of Center & Main, 6:00 pm.
- 10 Wet Paint Sale & Reception** - 7:30-9 pm Plein Air Moab. Buy art work painted that afternoon in Downtown Moab. Free & open to the public @ The M.A.R.C. 111 E. 100 N. See article 19A.
- 10-12 Plein Air Moab Art Sale-** Free & open to the public. Noon – 9 pm daily (Sat. opens at 10 am) @ The M.A.R.C. 111 E. 100 N. See article 19A.
- 11 Triassic GRAND OPENING-** 11am Chamber of Commerce Ribbon Cutting. See our new jewelry, art and hand made goods! Music and refreshments at 7pm. Come celebrate the opening of our NEW STORE at 7 N. Main Street.
- 11 Fancy Pants Soiree/Plein Air Moab Reception-** 3-5:30 pm. \$50 for the 1st peek at Main Competition Paintings. Ticket price applied to purchase of art. 435-259-6272 for tickets. See article 19A.
- 11 Canyonlands Field Institute BENEFIT DINNER** "Send-off Under the Stars" Final farewell, food and festivities at Professor Valley Field Camp before we move to the new site. 5 pm social 6 pm dinner, \$30 adult, \$8 6-12 yrs, 5 and under free. Limited seating. Free shuttle. Paid reservations in advance by morning Oct. 10. Canyonlands Field Institute, phone 435-259-7750; email info@cfimoab.org; on the web at cfimoab.org/events/sendoff/ or on Facebook at facebook.com/CFIMOab.
- 11,12 Live Music at Woody's Tavern-** 221 South Main Street. Fri & Sat featuring Patwa Reggae Band. For more info call 435-259-9323.
- 11-13 Moab Rock, Gem & Mineral Show-** vendors, field trips, displays, photo exhibit and more. Fri & Sat 10am-7pm, Sun 10am-4pm. Field trips leave at 9am from the Spanish Trail Arena. For more info call Jerry 435-259-3393. See ad 6A, article 4B.
- 12 Multicultural Center Flea Market** - Every Saturday 9am-1pm, 156 N. 100 West. Many vendors, many venues: food, homegrown vegetables, jewelry, furniture & collectibles. Vendors wanted. Info 435-259-1601.
- 12 Celebrate Spinning and Weaving week!** The crafts of spinning, knitting, weaving, and felting are as ancient as our history. Join the Canyonland's Fiber Arts Guild and Desert Thread, from 9am-3pm at The Museum of Moab & learn to spin yarn from fleece, weave & knit yarn into fabric, and wet & dry needle felt a small project. For more information, please call 435-259-8404.
- 12 Trail Maintenance Volunteering-** 10am-3pm Visit a great State Park & provide help to the community. Info call 435-259-2614. See article on 5B.
- 12 Global March Against Monsanto-** Saturday 1pm meet at 300 south parking lot near Cat & Dog Clinic. This is a family event- Come & join over 3 million people, 53 countries, 600 cities Worldwide to take back our food supply. There is great concern over GMO & Roundup ready seeds for our safety & health including , soil, plants, insects & animals as well as the Planet itself. For further info: www.responsibletechnology.org & www.organicconsumers.org or call Annie 260-0294 or Sandy 259-5392.
- 12 Plein Air Moab Award Presentation & Judges Talk-** Free & Open to the Public, 5-8 pm, @ The M.A.R.C. 111 E. 100 N. See article 19A.
- 12 Moab Artwalk** - Downtown Moab businesses & community organizations open their doors from 6-9pm, on the second Saturdays of spring and fall months, to invite the public to stroll through featured art exhibits. For more info visit moabartwalk.com or call 435-260-0738. See article on pg. 6B.
- 12 Banff Radical Reels Night** - The Friends of the La Sal Avalanche Center are presenting the Banff Mountain Film and Book Festival's Radical Reels Night, a selection of the best high-adrenaline films entered into the Banff Mountain Film Festival competition. The films will be shown at 7:00 pm at the Grand County High School (608 South 400 East). For more info visit MoabAvalanche.org or call 435-260-8983.
- 12 Museum of Moab-** presents "Rocks and Rock Stars" a photo show of the great photographs of Tom Till, Susan Taylor II and Dan Norris. Located at 118 E. Center, Mon-Fri 10am-5pm, Sat 12pm-5pm.

- 12-13 Utah Rock Art Research Association Annual Symposium-** at Moab Valley Inn. The Saturday morning session will focus on Southeastern Utah Rock Art & the afternoon session will look at the Barrier Canyon Style. The Sunday morning session will deal with issues of the preservation of rock art & the afternoon session will feature presentations on a variety of rock art topics. Free to locals. For more info email rcjenkinson@yahoo.com.
- 12-14 Moab Rocks** - 3 Day Stage Race, XC & timed descents utilizing some of Moab's best classic and new routes, including Captain Ahab, Porcupine Rim & Mag 7. With three exciting stages, this is sure to be a masterpiece of XC riding & timed descents. All this is wrapped up in a fully supported, fun & friendly atmosphere, combining camaraderie & competition. With gear from Poison Spider, beer from Moab Brewery, & a fabulous wrap up party at Bar-M Chuckwagon, you'll see the best of Moab Culture as well. More info @ www.transrockies.com.
- 14 Grand County League of Women Voters Candidates Forum-** 7:00 pm at Moab Arts & Recreation Center, 111 East 100 North.
- 15-19 Live Music Buck's Grill House-** Tues Oct 15 Bridget Otto & Friends, Wed Oct 16 Dave Steward Trio, Thurs Oct 17 Eric Jones, Fri Oct 18 Sand & Sunnie Sheff, Sat Oct 19 Bob & Theresea. Music from 7-10pm on our beautiful secluded patio. Located at 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.
- 16-19 Blu Bar Live Music** – Wed Oct 16 Bob Greenspan, Thurs Oct 17 Community Music Night hosted by Scott Ibox, Fri Oct 18 Jack Henry Ellis, Sat Oct 19 Jack Henry Ellis. Music starts between 7:30 & 8pm at 811 South Main St. For more information call 435-259-3333 or visit us at www.blupigbbq.com.
- 17 Richard Fleck-Desert Rims to Mountain High-** Inspired by his ranger days more than forty-five years ago as well as more recent rambles, Richard Fleck has created these descriptive essays that take readers on adventures from shimmering desert heat to snowy summits while lovingly weaving in threads of classic and contemporary nature & adventure literature. Canyonlands Natural History Association (CNHA), Museum of Moab Lecture Series. Moab Information Center, Corner of Center & Main, 6:00 pm.
- 18,19 Live Music at Woody's Tavern-** 221 South Main Street. Fri & Sat featuring Matt Lewis Band (Roots, Reggae, Rock). For more info call 435-259-9323.
- 18-21 Raven's Rim Zipline Pumpkin Chuckin' Contest-** \$100 grand prize. 998 N. Main St, 435-260-0973. For more info www.ravensrim.com or email info@ravensrim.com. See ad on 8B.
- 19 12th Annual Castle Valley Gourd Festival-** 10:00am to 3:00pm at the Castle Valley Community Lot. We celebrate with beautiful gourd art, displays, demos, kids booth, 12:00pm parade, potluck lunch, silent auction, music & more. For more info http://www.gourdfestival.blogspot.com. See ad 20A, article 1B.
- 19 Moab Taiko Dan Workshop-** join world class drummer Tiffany Tamaribuchi for this beginner workshop. All equipment provided, no experience necessary & no future commitment required for only \$40. Located at 450 E. 100 North from 9am-12:30pm. To reserve your spot or for more info contact Michele Blackburn 435-259-0816. See ad on page 6A.
- 19 Multicultural Center Flea Market** - Every Saturday 9am-1pm, 156 N. 100 West. Many vendors, many venues: food, homegrown vegetables, jewelry, furniture & collectibles. Vendors wanted. For more info 435-259-1601.

2013 MOAB EVENTS

September 27-28	Moab Pride Festival
October 4-12	PleinAir Moab
October 10-12	Rock Gem & Mineral Show
October 19	Castle Valley Gourd Festival
October 20	The Other Half
October 24-27	Ho Down Mountain Bike Festival
October 26	Pumpkin Chuckin' Festival
November 2	Moab Trail Marathon
November 3	Day of the Dead Celebration
November 6-9	Moab Senior Games
November 7-10	Moab River Rendezvous
November 1-3	Moab Folk Festival
December 6-7	Grand Center X-mas Gift Fair
December 6-7	MARC Holiday Gift Fair
December 7	Winter Sun Run 10K

- 19 Moab Garden Club October meeting** will be a field trip to the Castle Valley Gourd Festival. Car Pooling from the City Market parking lot. Contact Patty Larson by email at moabgardener@yahoo.com or 259-7941.
- 19-20 Barrels 4 Bucks 4D Barrel Race** to be held at the Old Spanish Trail Arena no membership necessary \$1,000 added in the open this weekend, see our flyer at www.barrels4bucks.freehosting.net.
- 20 The Other Half-** 10th Annual half marathon runs through some of the most beautiful scenery in the country-traffic free! www.moabhalfmarathon.org for more info. See article 8A.
- 22-26 Live Music Buck's Grill House-** Tues Oct 22 Bridget Otto & Friends, Wed Oct 23 Dave Steward Trio, Thurs Oct 24 Eric Jones, Fri Oct 25 Bob & Theresea, Sat Oct 26 Scott Ibox. Music 7-10pm on our beautiful secluded patio. Located at 1393 N Hwy 191, info: 435-259-5201 or www.bucksgrillhouse.com.
- 23-26 Blu Bar Live Music** – Wed Oct 23 Bob Greenspan, Thurs Oct 24 Community Music Night hosted by Scott Ibox, Fri Oct 25 FunkyLoveSoul, Sat Oct 26 FunkyLoveSoul. Music starts between 7:30 & 8pm at 811 South Main St. For more info call 435-259-3333 or visit us at www.blupigbbq.com.
- 24-27 The 8th Annual Ho Down Mountain Bike & Film Festival** - is going to be the best Moab Bike and Movie Festival YET! Start planning for the best weekend of the year! Bike Riding, Bike Racing, Dirt Jumping, Partying, & Bike Movie Watching! We as always need your sweet bike footage for our Bike Film Festival on Thursday and Friday nights of the event. For more info: 888-677-4688 or info@chilebikes.com. See article on 5A.
- 25,26 Live Music at Woody's Tavern-** 221 South Main Street. Fri & Sat featuring Stonefed (Rock, Blues, Jam). For more info call 435-259-9323.
- 26 8th Annual Pumpkin Chuckin' Festival** Grand County High School Soccer Field. 400 East & Red Devil Drive, 10:00am – 4:00pm, Admission: Adults \$10; Youth (3-14 years old) \$5; Children 2 and under free. There will be pie-eatin' & costume contests, food vendors, arts and craft vendors, Weiner dog races, game booths, kids activities, live Bluegrass music, – and of course! – slingshots, catapults, & trebuchets shooting pumpkins through the sky! Proceeds go towards funding the youth programs at the Youth Garden Project. See article 8A, ad 1B.

8th Annual Moab Ho-Down Mountain Bike Festival and MTB Film Fest October 24 - 27

The Moab Ho-Down Mountain Bike Festival is 8 years running and this year is shaping up to be the best one yet! Festivities include an Enduro Race on two of Moab's best trails – Amasa Back and Porcupine Rim, Sombrio Pump track comp & Dirt Jump comp. MTB film fest at Star Hall on Thursday at 8pm and Friday night at 7:30pm. Group shuttle rides and an outrageous costume party with awesome live music from Funkdafari at Moab's only local brewery, the Moab Brewery on Saturday night. Also, don't miss live music from The Shindaggers at Eddie McStiff's on Friday night after the movie.

This year we're hosting the Allride Tour with Kirt and Lindsey Voreis as well as an all-ladies ride/clinic with Moab Mountain Bike Instruction's lead coaches - Wendy Palmer and Lindsey Voreis.

The Moab Ho-Down Festival has great sponsorship from Shimano, The North Face, Marin, Teva and G-Form

with over \$10,000 in cash and prizes for competitors. All proceeds from the festival are donated to Moab's Bike Park! To register to race or for festival passes please visit: www.moabhodown.com

Brought to you by Chile Pepper Bike Shop, Shimano, The North Face, Marin Bikes, Teva. For more information please call Chile Pepper Bike Shop 435-259-4688. Don't miss it!



and MORE MOAB AREA EVENTS

- 26 Zombi 5K Run-** Get ready to run for your lives! The premier fun-run. This isn't your ordinary fun run. No one will spray you with color. You won't get to chase cupid. And don't even think about cute outfits for the team...the zombies don't care. That's right zombies. Zombies that can crawl, stumble and oh yeah...RUN. Runners get two life flags on a belt. To our zombies those flags smell a lot like brains. Its three and a half miles of pure adrenaline. For more info <http://www.zombi5k.com/> That's zombi without an E 5k.com.
- 26 Moab Open Tournament Disc Golf-** Open & Beginners Division. Prizes will be awarded to top finishers in Open Division. "Closest to the Pin" prizes for players in all divisions. Free disc for all players, no matter what their division. Sign up at: moabdiscgolf.blogspot.com.
- 27 Navajo Weaving Through Time-** join textile expert Jeanne Brako who will show how design, materials, styles & uses of Navajo textiles have followed changes in Southwest's historic & social landscape. Navajo weaving is appreciated for its beauty, technical intricacies & innovation of the weavers. Moab Information Center 6pm, located on the corner of Main & Center.
- 10/25-11/2 KZMU Community Radio Fall Fund Drive-** 90.1 and 106.7 FM. For more info www.kzmu.org. See article 17A, ad 18A.
- 10/27-11/1 Moab Folk Camp-** in the spectacular red rock country. Join us for five days of hands-on workshops with nationally recognized instructors in courses ranging from songwriting and singing to beginning & advanced guitar, slide guitar, banjo, mandolin, harmony singing, ukulele & more. Moab Folk Camp offers a supportive environment in which students can experience the joy of making music and learning new skills in a beautiful setting, away from everyday distractions. For more info: www.moabfolkcamp.com.
- 29,30 Live Music Buck's Grill House-** Tues Oct 29 Bob & Theresa, Wed Oct 30 Dave Steward Trio. Music from 7-10pm on our beautiful secluded patio. Located at 1393 N Hwy 191, for info: 435-259-5201 or www.bucksgrillhouse.com.
- 30 Utah Friends of Paleontology Gastonia Chapter** meets on the last Wednesday of each month at 6pm at Zion's Bank, 330 South Main, to hear presentations from paleontology professionals & discuss volunteer opportunities. See utahpaleo.org for details & upcoming schedule of speakers. Public is welcome.
- 30,31 Blu Bar Live Music -** Wed Oct 30 Bob Greenspan, Thurs Oct 31 Community Music Night hosted by Scott Ibex. Music starts between 7:30 & 8pm at 811 South Main St. For more information call 435-259-3333 or visit us at www.blupigbbq.com.

November Events

- 1-3 11th Annual Moab Folk Festival -** presents a terrific line-up of talented folk musicians for our 2013 concert series. For more info www.moabfolkfestival.com. See ad on 20B, article on 18A.
- 2 Moab Trail Marathon, 1/2 Marathon, and Adventure 5k -** Takes place in the spectacular and beautiful Kane Creek Canyon area near Moab, UT. An unforgettable voyage through some of the world's most scenic and unique lands. Registration includes a tech t-shirt, finishers mug and medal, awards, food and drinks, and a beautiful well-marked course. Event open to the public; walkers and runners. Seeking volunteers. Event benefits the Project Athena Foundation. For more info: www.moabtrailmarathon.com or contact Danelle Ballengee at danelle22@msn.com. 970-389-4838.
- 2-3 Barrels 4 Bucks 4D Barrel Race** to be held at the Old Spanish Trail Arena on November 2nd and 3rd no membership necessary \$1,000 added to the open this weekend, our year end buckles for each division to be awarded, details at www.barrels4bucks.freehosting.net
- 3 Moab Valley Multicultural Center Dia de los Muertos Celebration-** join us for our Day of the Dead Festival from 2pm-6pm with DJ and dancing until 9pm. Located 156 N. 100 West. For more info 435-259-5444.
- 6-9 Moab Senior Games -** The Games will be: Basketball, Golf, Pickleball, 5K Run/Racewalk, Tennis, Weightlifting, Table Tennis and Track & Field. www.moabseniorgames.com. See registration form on 7A.
- 7-10 5th Annual Moab River Rendevous-** Historic River Film Festival & Symposium. For more info www.riverrendevous.com or call 866-202-1847. See ad on pg. 14A, article on 16A.
- 9 Utah High School Mountain Bike State Championships, Brand Trails -** Thirty four teams, including Moab's own Grand County HS, will compete at the league's final event of the season. Come & support all the student-athletes. First race at 10 AM. The kids are fast & the sportsmanship & positive atmosphere are off the charts! Volunteers needed: course marshals, scoring, registration, parking, & more. Contact missie@utahmtb.org. For information about our local team contact Melissa at jane1228@gmail.com or 435-260-6001, or Christa at greenc@grandschools.org.



Día de los Muertos - Nov 3

The Multicultural Center's annual fundraiser Día de los Muertos or Day of the Dead festival is coming soon! The event will include live music, traditional dancing, kid's activities, delicious food and more! The Day of the Dead is celebrated from Mexico all the way to Patagonia. It focuses on gatherings of family and friends to pray for and remember the loved ones who have died. Traditions connected with the holiday include building private altars decorated with favorite foods, beverages and possessions of the departed. This year the Multicultural Center is accepting donations for the creation and decoration of tombs or altars as a way for community members to commemorate lost family members, friends or beloved pets. Anyone who is interested in creating their own tomb or altar is encouraged to learn. We hope that everyone, particularly those who have lost a loved one will come participate in this beautiful celebration. All proceeds generated from food sales, altars, tombs and activities will go to the Center and its programs. The event starts at 2:00pm on Sunday November, 3rd and goes until 6:00pm, additionally from 6:00 - 9:00 there will be a dance following the event. If you are interested in purchasing an altar or a tomb, please contact the Multicultural Center by email at moabmulticultural@gmail.com or call the center at 435-259-5444



GRAND CENTER GIFT FAIR

Friday Dec. 6th 4-8pm &
Saturday Dec. 7th 9-3pm

Vendors Wanted-Applications available at the Grand Center, 182 North 500 West, Monday thru Friday between 9am and noon. Booths are limited, First Come, First Serve.

A fundraiser for the RSVP Volunteer Program and the Grand Center.

Come drum with us!



If you've ever wanted to try playing big Japanese drums, here's your chance!

Join world-class drummer Tiffany Tamaribuchi for a Beginner Taiko Workshop.

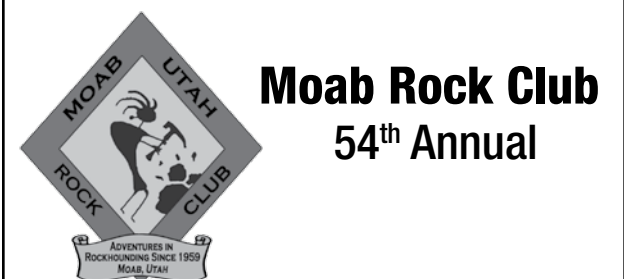
All equipment provided, no experience necessary, and no future commitment required.

(Attending a workshop is required to join Moab Taiko Dan.)

Participation costs only \$40. Reserve your spot now!

- Saturday, October 19, 2013
- 9:00am - 12:30pm
- 450 East 100 North, Moab
(the old Senior Center @ the top of the hill)

To reserve your spot or for more information, call Michele Blackburn (Moab Taiko Dan) at 435-259-0816



Moab Rock Club 54th Annual

ROCK, GEM & MINERAL SHOW October 11, 12, 13, 2013

Friday & Saturday 10-7 • Sunday 10-4

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

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

Field trips:

Saturday: Dubinky Well area, purple Dubinky agate etc.

Sunday: Yellow Cat (yellow cat redwood, agates)
(Field trips leave from the arena at 9:00 am)

Great food available on site.

**** FREE ADMISSION ****

For more information email moabrockclub@live.com



THE GAMES RETURN

November 6-9, 2013

REGISTER NOW!

Registration Ends October 5

Registration Form

For online registration, visit www.moabseniorgames.com

Full Name: _____

Mail Address: _____

City, State, Zip: _____

Phones: (cell) _____ (home) _____ (work) _____

Email: _____

Date of Birth: (mo/day/yr): ____ / ____ / ____ 19 Age: _____ Sex: M / F (circle one)

T-Shirt cost \$17 each. Size: (circle one) SM / M / L / XL / XXL

Emergency Contact Name: _____ Phone: _____

BASKETBALL - \$7 Per Event

- Women 5 spot
- Men 5 spot

GOLF - \$20-\$30 Per Event

- Social 4 person scramble \$30
- Medal 2 person scramble \$30
- Skills Challenge \$20

PICKLEBALL - \$7 Per Event

- Co-Ed
- Doubles

WEIGHTLIFTING - \$7 Per Event

- Bench Press M / W
- Bench Press for Reps M / W
- Deadlift M / W

RACE RUN/WALK - \$12 Per Event

- Walk
- Run

TABLE TENNIS - \$7 Per Event

- Singles
- Doubles
- Partner: _____
- Partner's Phone#: _____

TENNIS - \$14 Per Event

- Singles M / W
- Doubles M / W
- Mixed Doubles
- Partner: _____
- Partner's Phone#: _____

TRACK & FIELD - \$7 Per Event

- 1500 M Run
- 800 M Run
- 400 M Dash
- 200 M Dash
- 100 M Dash
- 50 M Dash
- Javelin (New)
- Long Jump
- High Jump
- Standing Jump
- Shot Put
- Discus
- Softball Throw
- Soccer Kick
- Football throw

Registration Fee:	\$32.00
Game Fees	\$ _____
<i>(from Entry Form)</i>	
TShirt - \$17 ea. x qty =	\$ _____
Donation:	\$ _____
TOTAL AMOUNT:	\$ _____

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

Free Medals Social on Fri and Sat at 6pm

Athlete Waiver and Release of Liability READ BEFORE SIGNING

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

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

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

SIGNATURE: _____ Date : ____ / ____ / 2013

Print Name: _____

FOR OFFICE USE ONLY: Entered _____ Entry# _____
 Amount Verified _____ Cash/Check# _____ Postmark/Date Received _____

Sponsored by:



PUMPKIN HAPPENINGS



8th Annual Pumpkin Chuckin' Festival

Who can shoot a pumpkin the furthest? Who can eat a pie the fastest? Which Weiner dog is the quickest? All of these questions will be answered at the 8th Annual Pumpkin Chuckin' Festival! Mark your calendars now for Saturday, October 26th.

This year's festival has a new in-town location—The Grand County High School Soccer Field at 400 East and Red Devil Drive!

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

The Chuckin' is definitely one of the main attractions of the Festival, but there is so much else going on too. Food, Art, vendors will fill the soccer field. Live music from the Motones as well as performances by local artists Eric Jones and the Fiery Furnace Marching Band will be playing at the Main Stage. There's endless entertainment for kids with craft booths, straw bales to climb, a giant sand box, and a "chuck your own" area. Pumpkin Pie Eating, Seed Spitting and Costume contests happen throughout the day for both adults and youth.



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

Tickets for the event are \$10 for adults, \$5 for youth (ages 4-14), and children 3 and under are free. All proceeds from the event go to support the Youth Garden Project. The Youth Garden Project is a non-profit organization in Moab that provides educational programs for youth and community members in their 1 1/2 acre garden.



The Pumpkin Chuckin' Festival is a major fundraiser for the Youth Garden Project. "A lot of people don't realize that the cost of their admission ticket gets them a full day of entertainment plus helps provide essential youth and community programs year round for the Moab community," Primus pointed out. "That's a pretty big bang for your buck!"

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



RUNNING HAPPENINGS



The Other Half Marathon

Athletes from all over the world will make the trip to Moab this fall for the tenth annual The Other Half, a 13.1 mile race scheduled for October 20, 2013. One of four events put on by Moab Half Marathon, The Other Half is known to runners to be the more intimate and challenging of the races, as well as incomparably stunning in its scenery. Past runners have called it the "Cadillac of half marathons".

The race starts at historic Dewey Bridge, 30 miles northeast of Moab on State Highway 128 and meanders along the Colorado River past red rock monoliths and prominent desert landmarks. Runners encounter commanding views of the Fisher Towers, Castle Rock, the Priest and Nuns, and the La Sal mountains before finishing amidst colorful fall foliage at Sorrel River Ranch Resort.

Race amenities for all participants include a long sleeve soft-tech race shirt hoodie, a unique finisher medal, durable race bag, freshly baked goodies and locally brewed



beer from the Moab Brewery served in a commemorative pint glass. Moab Taiko drummers greet runners at the start and cheer them along the course, and local organizations provide enthusiastic aid stations every 2 miles.

Participants will be shuttled from Moab to the course start, and shuttles will also run continuously for both runners and spectators between the finish at Sorrel River Ranch Resort and a parking lot 1 mile west of the finish venue. **State Highway 128 will be closed to traffic between mile point 16 and mile point 31 from 7 AM—12 PM.**

Dogs are not allowed at any of the race venues, so both participants and spectators should make other arrangements for their pets.

The race is limited to 2500 runners. Runners have 3 hours and 30 minutes to finish the race, and competitive and novice runners alike are welcome. Participants this year will be coming from 39 states, D.C., and 7 countries (as far as New Zealand). At least two runners belong to the Ten Year Club, meaning they have run every year since The Other Half began.

For more information, visit www.moabhalfmarathon.com or phone 435.259.4525.



RESTAURANT GUIDE

GOT BEER? WE HAVE COLD BEER TO GO

FULL STRENGTH BEER FROM OUR PACKAGING AGENCY
Open Daily at 11:30 am



16 oz 4-Packs

5.5% ABV

7% ABV

8-8.59% ABV


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

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


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

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



Moab Brewery beer is available at other restaurants in town. Many flavors are on sale at retail stores in Moab as well in the Salt Lake City area. Two upscale lounges are 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. Moab Brewery now has a package agency open every day at 11:30 am where you can purchase their new higher volume beer selection.

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

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

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435-259-6319
STATE LIQUOR LICENSEE



Singha
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Dinner: Monday - Saturday 5-9:30
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Fax: 435-259-0005



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Closed on Sundays
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Gluten free & Vegetarian • Beer & Wine

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

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Locals Favorite
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Fri & Sat 11am - 11pm
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Tuesday - Sunday

SERVING THANKSGIVING DINNER
OPEN NOVEMBER 21ST
From 12PM-6PM, Special Menu.
RESERVATIONS REQUIRED.
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Live Music • Every Sat. Night

Prime Rib • Wed., Fri. & Sat.
Ribs • Tues. & Thurs.



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RESTAURANT GUIDE



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 Open daily 5:00pm to close

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 "Feed Your Spirit"

Craft Beers • Fine Spirits & Live Music
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Newly Remodeled Patio w/ 4 TV's
 Large Parties Welcome Childrens Menu Available

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 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.

Blu Pig & Blu Bar
 811 S. Main 435-259-3333
 Lunch • Dinner • Take Out
 Open Daily 11:30-close
 Moab's only BBQ and Blues destination. Ribs to write home about. 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. 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. Take out available. Ice cold beer. State liquor license. Moab's newest Blu Bar specializing in whisky, over 50 beers. Live Music Wednesday thru Saturday.

Brewed Awakenings
 1146B South Hwy 191 435-260-8045

Broken Oar
 53 West 400 North 259-3127
 Open Nightly at 4pm
 Closed Sunday
 Come join us on our lit patio or dine by our stone fire place. New this 2013 the high side loft with hot wing specials and other pub style food with flat screens to be sure you don't miss the big game! Enjoy a local beer or glass of wine, and experience our wide variety of home made food and desserts. We are proud to have many gluten free items on our menu and vegetarian options as well.

Buck's Grill House & Vista Lounge
 1393 North Highway 191 259-5201
 Dinner
 Open Daily at 5:00 pm till close.
 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. Serving full dinner menu. Early bird BBQ 5-6pm. Vista Lounge is a sophisticated adult environment offering cocktails along with dining. Check website for live music schedule. www.bucksgrillhouse.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 Tuesday - Sunday 5:30 pm - 9:30 pm
 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.

Eddie Mcstiff's
 59 South Main Street 259-2337
 Open Lunch • Dinner
 Established in 1991, Eddie Mcstiff's is a long time local favorite with a variety of comfortable indoor and outdoor family friendly environments. Eddie's boasts Moabs largest selection of microbrews and high point bottled beers, come and enjoy one in our newly remodeled bar and lounge. We strive to use the best organic ingredients and the freshest local produce when available. We are known for our tasty house ground burgers and fresh salads, and steaks, but we also offer several delicious vegan, vegetarian and gluten free options.

EklectiCafe
 352 North Main Street 259-6896
 Breakfast • Lunch
 Mon-Sat 7:00 a.m. - 2:30 p.m.
 Sun 7:00 a.m.-1:00 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
 Lunch • Dinner • Sunday Brunch
 Open Daily 11am
 Late night kitchen open until 1 am
 Friendly service, covered outdoor patio, steaks, burgers, BBQ. Over 21 can enjoy a full range of beers, wines and alcohol beverages. Take out orders welcome. Live Weekend Entertainment, 5 flat screen TV's. www.moabfrankieds.com

Jailhouse Cafe
 101 North Main Street 259-3900
 Open 7am - Noon
 Moab's Breakfast Place located in Grand County's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

Jeffrey's Steakhouse
 218 North 100 West 435-259-3588
 Open at 5:00pm Call for reservations
 Our mission at Jeffrey's is to provide our guests with the absolute highest quality in all that we serve. Our steaks are all Wagyu style, the American Kobe beef. We are committed to utilize the resource of our local farmers. Gluten free, vegan, and vegetarian options nightly. 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 Daily 11am
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Leger's Sandwiches
 817 So Main (inside the Moab Chevron) 259-2212
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Love Muffin Cafe
 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. Gluten free & Vegetarian options available. Proud to cook with zero trans fat.

Milt's Stop & Eat
 400 East and Millcreek Drive 259-7424
 Lunch • Dinner
 Open Everyday 11am - 8:30pm
 Moab's oldest restaurant, since 1954. Milt's is pleased to serve local grass-fed, hormone-free beef burgers. We also serve classic diner sandwiches, buffalo burgers, hand cut fries, and delicious salads. Enjoy our homemade ice cream, shakes and old fashioned malts using milk from the McClish family dairy in Moab. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. Daily Specials. See ya'all at Milt's! www.miltsstopandeat.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 & Beer to go. Moab's only onsite brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu, house made gelato & root beer. State Liquor Licensee.

For more information about these restaurants pick up a "Moab



Moab Coffee Roasters
 90 N. Main St. 259-2725
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Moab Diner & Ice Cream Shoppe
 189 South Main 435-259-4006
 Breakfast • Lunch • Dinner
 Mon-Sat: 6:00 am - 10:00 pm
 Fri-Sun: 6:00 am - 11:00 pm
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Moab Grill
 540 South Main 435-259-4848
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Pancake Haus
 196 South Main (next to Ramada Inn) 259-7141

Pantele's Desert Deli
 98 East Center 259-0200
 Mon-Sat 11:00am-close
 Closed Sunday
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Paradox Pizza
 702 South Main St 259-9999
 Sunday - Thursday 3-9pm
 Friday & Saturday 3-10pm
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Pasta Jay's
 4 South Main 259-2900

Pizza Hut
 265 South Main 259-6345
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 Fri & Sat 11am - 11pm
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Portal Grill at Moab Regional Hospital
 450 West Williams Way

Quesadilla Mobilla
 83 S. Main 260-0289

Red Rock Bakery & Net Cafe
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Rio Sports Bar & Grill
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Sabuku Sushi
 90 East Center 259-4455

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Slickrock Cafe
 5 North Main 259-8004
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 11:30 - close
 Our legendary restaurant will provide a fun experience in a casual atmospher. Experience our fantastic, friendly service. Enjoy Steaks, Seafood, Appetizers, Gourmet Burgers, Wraps, Sandwiches, Awesome Salads and Freshly Grilled Entrees. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License. Now serving Hand tossed Pizza, Italian pasta dishes. Cassano's has merged with Slickrock.

Sorrel River Grill Restaurant
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 NOW SERVING BREAKFAST ALL DAY! 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 7/11 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
 Live Music - Every Saturday night
 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. Ribs served Tues. & Thurs. nights. To go orders are welcome. Backdoor Bar - Now Open.

Sweet Cravings Bakery & Bistro
 550 North Main 259-8983
 Breakfast • Lunch
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Szechuan Restaurant
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Twisted Sistas' Café
 11 E. 100 N. Main Street 435-355-0088
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Village Market
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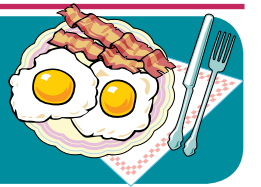
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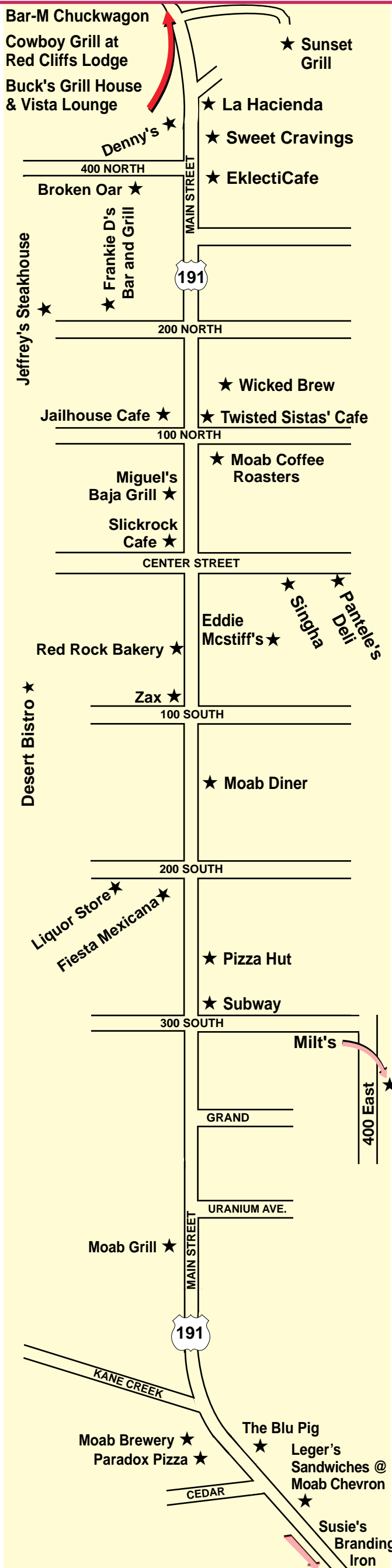
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RESTAURANT GUIDE

RESTAURANT GUIDE

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Susie's BRANDING IRON Restaurant & Lounge



COME TASTE THE WEST

The original Branding Iron was started in 1989 by Karl Tangren, who is Susie's father. It was a simple double wide trailer, separated 8 feet and reconnected with plywood walls and had seating for one hundred and two people with a small bar. The first night it opened we couldn't fit all the people in the parking lot, let alone in the building, Tangren said. He ran the restaurant for the next 7 months at which time a lady from Salt Lake City walked in and liked it so much she bought the place. Tangren accepted her offer and he sold the business. After four years she sold it to Susie Taylor, Karl Tangren's daughter. Susie ran the business



for over ten years. During the mid 90's, the original building suffered an electrical fire, after which Susie brought the place back to its original

status and ran it for a total of ten years, then selling it. The new owner ran the business for nine and a half years during which time the building caught fire again and was completely destroyed. It was replaced with a new Ranch style building, that now accommodates 145 customers and has a small bar, (The Back Door Bar) with for seating another twenty patrons. Plus an outside deck with seating for additional 40 people, weather permitting.



Susie once again took the reins bringing the Branding Iron back with her partner, John Ogden. We changed the name to Susie's Branding Iron, opening the doors to the public on September 3, 2012, and never looked back. Business is once again booming and it has become one of the favorites spots for the locals and tourists alike. Since reopening, she brought back much of her original staff, plus the following of many loyal local customers. They are glad to have a place to get a home cooked hearty cowboy meal. We carry a full menu from delicious appetizers, burgers, steaks, sandwiches, homemade fries, beans, Navajo tacos, with Prime Rib Wednesday, Friday, Saturday and Ribs on Tuesday & Thursday, delicious salads and our special homemade desserts. The restaurant has been very busy since reopening and has gained back the old reputation it had during her original ownership.



We also enjoy being in a unique location, its handy to the local golf course, Spanish Trail Arena, five large RV parks plus all the new condominiums and single family residences located south of Moab.

"Welcome to my ranch cookhouse. Come on in, take your hat off, and sit a spell. Relax and enjoy a home cooked, hearty cowboy meal."

Thanks, Susie & John

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MOAB, UT

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NATURE HAPPENINGS

Autumn Gold

By Damian Fagan

Fall color punctuates the transition from summer to autumn. Shorter days and cooler mornings also mark this change, but it is the leaf drop and color change that puts the exclamation mark on this season.

Of course, autumn is known as “fall” for the raining of deciduous leaves upon the Earth. We don’t call this season “leaf drop,” it just wouldn’t work poetically. Whatever term is used, late September and October are often gorgeous months in Canyon Country to enjoy this colorful display.

In the mountains, the aspen groves and deciduous

the branch. When this happens, the leaves drop; and a season is named for their descent.

In addition to the above pigments, there are scarlet colors of red and purple that also comes from pigments, called anthocyanins. These pigments are not unmasked, but rather synthesized from leftover sugar compounds produced in the leaf. Hence, an ideal condition for red coloration requires sunny days with little overcast and cool autumn nights. During an unusually warm October, the trees may continue to use these sugars produced during the day for growth and not leave enough for the

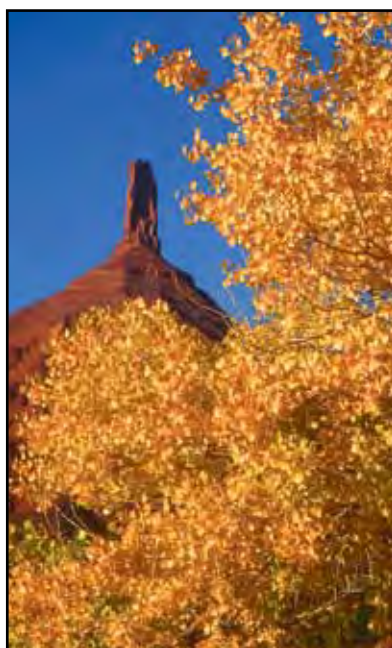
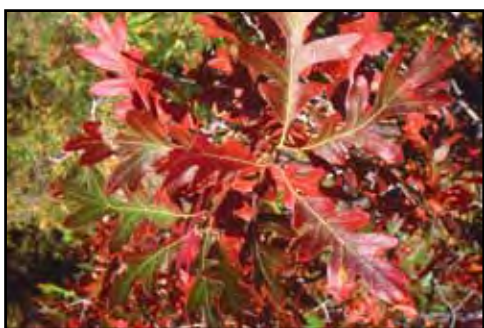
Evergreens like ponderosa pine, subalpine fir, Engelmann spruce and Douglas fir retain their leaves through the winter. The needlelike leaves on the conifers also go through a cellular level process which increase solutes in the cells and lowers the tree’s freezing point. This process helps keep the cells from freezing and bursting. The trees



shrubs erupt in color that rivals the blooming season. But instead of flowers, it is the leaves’ chance to shine.

Leaves contain various pigments that provide color and functions for the plant. Abundant chlorophyll pigments color the leaves green, while carotene and xanthophyll pigments produce orange and yellow colors. Present within the leaf, these two pigments are masked by the abundant chlorophyll. It generally takes the breaking down of the chlorophyll to expose these pigments. This happens in the fall, as the leaves begin to shut down their food producing abilities and the chlorophyll pigments break down. For deciduous trees this is a sort of hibernation period. Sort of.

During the fall, the leaves also produce abscisic acid which will slow down production and eventually trigger cells that close off the connection between the leaf and



also have a high density of needles per tree and a branching structure that helps increase temperatures and shed snow, respectively. Thus, the evergreens hold onto the leaves, but replace them at another time.

Locally, the La Sals, Abajos or Grand Mesa in Colorado are areas that put on a dazzling autumn show, but don’t forget about the canyons cloaked with cottonwoods and willows. The stunning contrast of red rock and golden leaves is spectacular, and extends

the fall foliage season at these lower elevations. As the trees and shrubs shed their leaves, this is an ideal time to visit Canyon Country and take in some the autumn show.

reds to develop. Cloudy or rainy weather also prevents the red pigments from forming, and can wash out the fall foliage. Of course, a few hard freezes will accelerate this transition and cause the tree to shed their leaves faster than discarded New Year resolutions.

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HIKING HAPPENINGS

Delicate Arch Overlook – A Distant View Of A Treasured Icon

by Marcy Hafner

You could search the whole world over and still not find the density of sandstone arches that exists in Arches National Park. Over 2,000 have been catalogued, and with so many to choose from, Delicate Arch with its jaunty placement on the skyline is at the top of every visitor's must-see list.

Captivating everyone's imagination, this popular span has been used in commercials, billboards and advertisements, as well as appearing on Utah license plates and government stationery. A postage stamp with that familiar image came out in 1996 to commemorate Utah's centennial anniversary of statehood, and in the winter of 2002 populations around the world watched the Olympic Torch pass through its famous portal.

Delicate Arch has become the poster child for Arches National Park as well as a treasured icon for the state of Utah. Originally referred to by local cowboys as "Cowboy Chaps," another common name was "Old Maid's Bloomers." It received its current name in the winter of 1933-34 from Frank Beckwith, leader of the Arches National Monument Scientific Expedition, who was exploring the area at that time. Ironically Delicate Arch was not included inside the original 1929 boundaries when Arches was designated a national monument. That didn't happen until more land was acquired in 1938, and Arches' status wasn't bumped up from a monument to a national park until Richard Nixon's administration in 1971.

Most of the arches in this park, including Delicate Arch, have been formed out of Entrada Sandstone, and scientists believe this process has occurred during the last million years. In most cases the foundation for an arch is a narrow sandstone wall called a fin. Water acts as the sledgehammer when it seeps into the cracks, freezes



and then expands with so much pressure that chunks of rocks fall out, until eventually there's an opening. Most fins collapse, but those with just the right balance and hardness survive as arches. Even today this process continues, as old arches die and new ones are born.

For an up-close, personal view of this blockbuster structure I occasionally hike the moderately strenuous 1.5 mile Delicate Arch Trail to sit within its gaping jaws and touch and observe its massive sandstone frame. Today, however, I'm in the mood to witness its vision as a horizon-hugger – an image that only comes from a long distance view.

To get to the trailhead, I drive three miles north on Highway 191 out of Moab to the entrance to Arches National Park. From the visitor center I drive 11.5 miles and turn right at the sign for Delicate Arch. Then driving past the parking area for the Delicate Arch Trail, I continue on to the end of the road where parking is available for the Lower and Upper Delicate Arch Viewpoint trails.

As I arrive the sun is just starting its heat-blasting journey above the horizon, and I heartily welcome the partial cloud cover and the soft caress of a cooling breeze. The calendar might say early September, but summer still drags on and on!

The flat turf on the Lower Trail makes for an easy-going five minute stroll to the first viewpoint where I am mesmerized by the impressive stance of Delicate Arch over a distance of three-fourths of a mile. After that inspiring pause I proceed once again along on a soft dirt path bordered with a rail fence to begin the gradual half-mile climb to the second viewpoint. Eventually this Upper Trail wends its way to a streambed, where precious water sometimes flows, allowing lush vegetation to flourish along its banks: cottonwoods, junipers, sagebrush, Prince's plume, squawbush, rabbitbrush, snakeweed, Mormon tea and singleleaf ash. Then after high

stepping up a series of rock stairs, I arrive at the second signed viewpoint for another fantastic look.

Seeking an even closer observation point, I continue following some well placed cairns, piles of stacked rocks that act as guides, over the gray slickrock to a precipice. Here I make an abrupt halt - any further would be hazardous to my health! This extra footage offers me a spectacular view. In all directions and clear to the horizon I am virtually surrounded by a panorama of mesas, plateaus and a variety of globular-shaped rock formations. Directly below as I scan a cliff wall down to a canyon floor bursting to the gills with a profuse growth of green vegetation, and then jumping my gaze to the other side, there it is the star of the show – the lofty profile of Delicate Arch.

Plopping down to study this astounding structure I make out a steady parade of stick-figure hikers scampering

around and under its immense girth – a formation literally 44 feet high and 33 feet wide. Half a mile away my long distance view portrays a whole different perception – a delicate looking arch hugging a slanted slickrock floor as it protrudes above the skyline. Perhaps this perspective is what gave this arch its seemingly contradictory name.



What are the odds that this geological feat could ever have happened? And how long can Delicate Arch maintain her precarious position? Sadly, the day will come when gravity will win this

ongoing battle; then our precious icon will come tumbling down the cliff wall to land in the graveyard of the giant-sized boulder-field below. But hopefully our beloved arch will stay with us far, far into the future of geological time.

In my teeny quickly disappearing patch of shade,

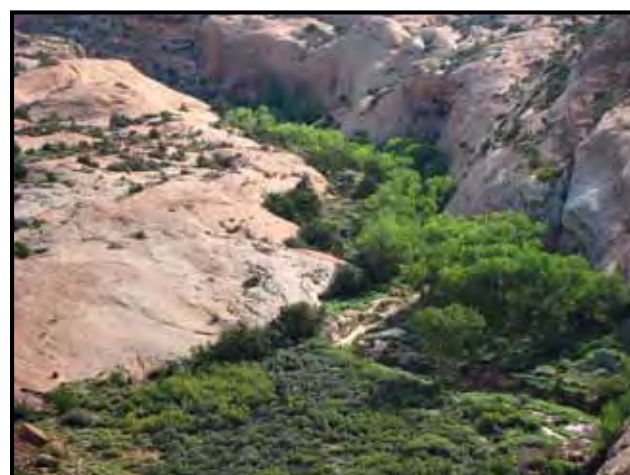
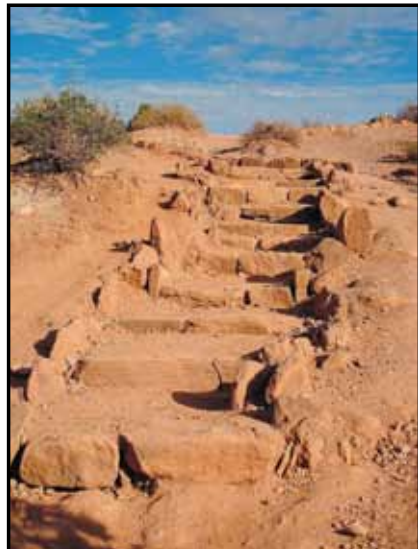


I savor the call of the raven – the antics of a chipmunk – the enchanting trills of the rock wren – and the wondrous workings of an ever changing geology. The benign appearance of wispy clouds - a foamy film of fluff that slowly drifts along - offers little promise of coolness or rain. But the seasons will soon be changing, and oh I am so ready to say hello to the frostier days ahead when I can indulge in the bounteous treasures of this majestic park while enjoying the glorious crispness of fall, as it gallops on into the serene off-season solitude of winter.



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Oct. 10th - 12th Art Sale
Oct. 11th Fancy Pants Soiree
Oct. 12th Award Presentation & Judges Talk

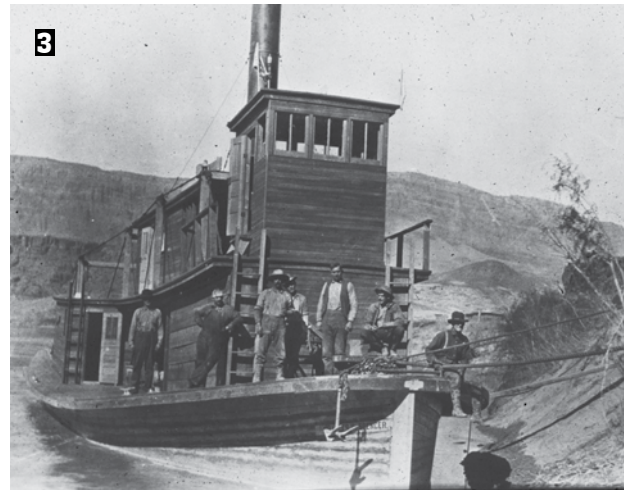
RENDEZVOUS HAPPENINGS

The Moab River Rendezvous: An Educational Symposium Wrapped in River History

It is that time of year again when the Moab River Rendezvous comes to town. Dates for this year's annual event are Thursday, November 7th through Sunday, November 10th. The event is a must for anyone who enjoys learning about nature, science and history in a friendly, informal setting. Now entering its 5th year, the symposium has seen a steady growth as locals and visitors alike have seen the value in both the indoor presentations and field trip sessions. "This is a celebration of river running, river community and a memorable experience for anyone that places high value in learning more from regional experts", says event founder Michael Dean Smith.

The symposium is anchored with historic river films from the University of Utah archives and presented by author Roy Webb. Regional experts and authors in history, wildlife, ecology, geology, resource management and ecological restoration are featured each year, although topics and presenters change with each event to keep content fresh. This year's event will be held both at Star Hall in downtown Moab and in the field nearby. Some highlights for this year include field trips along the Colorado River and in Canyonlands National Park, focusing on history, geology and ecology, and presentations concerning threats to the Colorado Plateau.

For more information, to register or become a sponsor, please call 435-259-7733 or 866-202-1847 or visit the website www.moabriverrendezvous.com. Hosting the



event is Plateau Restoration, a Moab-area non-profit conservation organization, which uses all proceeds to help underwrite service-learning projects and ecological restoration at the heart of the Colorado Plateau.

Figure captions:

1. Regional outdoorsmen Norm Nevills, Kent Frost and Pres Walker (left to right) on a river trip in the 1940's. Photo courtesy of University of Utah Marriott library.
2. Lining a boat on the San Juan River. Photo courtesy of University of Utah Marriott library.
3. The Charles H. Spencer at Lees Ferry on the Colorado River. Photo courtesy of University of Utah Marriott library.
4. Boats ready for the Colorado River float trip during the 2012 Moab River Rendezvous. Photo: Tamsin McCormick.
5. Participants of the 2012 Moab River Rendezvous enjoy a stop during a float trip on the Colorado River. Photo: Tamsin McCormick.

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COMMUNITY RADIO HAPPENINGS

Win the “Quilt of Many T Shirts”

The fall fund drive that stitches together the sounds of hometown with all the avid ears, vivid voices, devoted hearts and minds that make up the patchwork quilt of Moab Community Radio is scheduled to hit the airwaves on October 25th through November 2nd this year.

KZMU Moab Community Radio is in the 21st year of non-commercial, live, local, grassroots radio, and it is an entirely unique form of broadcast. When KZMU began in 1992, it was the only radio station on the dial in Moab. Since then, there is no limit to number of stations available to Moab listeners due to the world wide web, satellite radio, and the advent of many stations who’ve expanded their reach into Moab from afar. While KZMU is non commercial, like big city NPR stations, it is not NPR, though both can and do receive funds from CPB, the Corporation for Public Broadcasting. So exactly what kind of radio animal is KZMU?

This definition may help.

From the Great Big Encyclopedia in the Cloud (Wikipedia): Community radio is a radio service offering a third model of radio broadcasting in addition to commercial and public broadcasting. Community stations serve geographic communities and communities of interest. They broadcast content that is popular and relevant to a local, specific audience but is often overlooked by commercial or mass-media broadcasters. Community radio stations are operated, owned, and influenced by the communities they serve. They are generally nonprofit and provide a mechanism for enabling individuals, groups, and communities to tell their own stories, to share experiences and, in a media-rich world, to become creators and contributors of media.

In many parts of the world, community radio acts as a vehicle for the community and voluntary sector, civil society, agencies, NGOs and citizens to work in partnership to further community development aims, in addition to broadcasting”.

As you can guess, KZMU has evolved in the way only Moab could have created, with thousands of unique

local voices of all ages, colors and creeds contributing; providing public access radio that connects community members to one another and to the world. It is service oriented, providing broadcasting service and partnership with many local organizations, schools and non- profits to benefit the greater good. Like Moab itself, KZMU is the kind of place that gathers listeners from all over the world who livestream the station at kzmu.org.

KZMU is a Pacifica Network Affiliate, so you can hear shows like ‘Democracy Now”. You can also hear

This year, it is with great pride that the “Quilt of Many T Shirts” will be raffled off at the Moab Folk Festival’s Sunday Ball Field Concert, November 3rd. Last year, Susette Weisheit, Susan Baffico, Jennifer Speers, Jennifer Wallace, Diane Allen, Lou Goslin and Rani Deraseri quilted with painstaking devotion, a king size patchwork quilt to raise funds for the station. It took 20 years to create, comprised of reserved KZMU t shirts, (the designs of which were also created locally). This giant warm hearted love letter to community is currently on public display at the Canyonlands Copy Center. Raffle tickets are going for just 1 dollar a piece, and there is no limit to the number of chances you can purchase to win. Tickets are available at the Canyonlands Copy Center, online at KZMU’s donate page (be sure to earmark as ‘Quilt tickets’ in the comments). Of course, you can pick up quilt raffle tickets at the station itself or at the donation tables during the fund drive and the Folk Fest. All the funds will go to support the station, which is dedicated to supporting you, as a member of the community. And that’s a win win for everybody!



6th graders sharing the ‘Word of the Day’ and the longest running youth programming in the state. It’s the last of the old school all volunteer DJ stations in the state, and the studio is 100 percent solar powered. If you have a great idea to make KZMU better, please contribute the idea, or best of all, come help make it come true!

Fall Fund drive: October 25 through November 2, 2013. Thanks for every stitch of support!
90.1 and 106.7 fm. 435-259-8824 435-259-5968
www.kzmu.org Radio that Rocks. On.

		KZMU - Moab Community Radio					90.1 & 106.7 FM		
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00		KZMU OVERNIGHT		Art of the Song	KZMU OVERNIGHT			7:00	
8:00	Native Spirit / Native News	Native News 7:55am					Desert Diva / Native News	8:00	
9:00	DEMOCRACY NOW							9:00	
10:00	Jah Morning Reggae	Moab Mamas (everything)	MOAB MORNING BLEND Amarillo Highway	Tilted Park (Americana Classic Rock)	Apokalypse Cabbage/ Mixed Tape	Blue Plate Special (blues/rock)	Shine Time (Children)	10:00	
11:00							Trailer Park Companion / Wayward Wind	11:00	
Noon								Noon	
1:00	Grass is Greener (Bluegrass)	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)	1:00	
2:00						1-2-3 (funky world soul)		2:00	
3:00	Red Rock/ Potluck (Classical)	Radio Mundial Radio MOONDial	Planet Picante	Bait and Switch	Roots, Music Express		Belagaana Review (fruit and nuts)	3:00	
4:00		Alternative Radio	WORLD MUSIC			Fire on the Mountain	Tween Time (pre-teen fun)	4:00	
5:00			Pirates & Poets	Moab Drive Time	Moab Drive Time			5:00	
6:00	West of Broadway/ Concert in the Park	This Week in Moab (Interviews / Calendar)	DEMOCRACY NOW				Free Speech Friday Public Access	Big River/ Ranch Exit (twang)	6:00
7:00								7:00	
8:00	Kokopelli Coffeehouse	Big Swing Face (big band jazz) The Watering Hole (blues)	Moab City Council Detroit Rebellion	Thin Edge (jazz)	Rock Garden (rock)	The Rainbow Room/ Funky Soul Jam	Main Street Cruise!	8:00	
9:00								9:00	
10:00	Entre Las Piedras (Between the Rocks)	Transitions Radio	MOAB AFTER HOURS			Beat Monkey	Ill Beats Radio	10:00	
11:00			Conscious Party	Liberty Jam	Pandora’s Box			11:00	
12:00	KZMU OVERNIGHT						11th hour or music from underworld	12:00	

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

FOLK MUSIC HAPPENINGS

11th Annual Moab Folk Festival

The eleventh annual Moab Folk Festival will take place Friday through Sunday, Nov. 1 through 3 this year. As in years past, this event brings a diverse and talented group of indie folk, folk-infused bluegrass, and traditional singer-songwriter performers to town.

Gracing this year's event as the People's Choice performer from 2012 is returning artist Ellis. Ellis' uplifting style of performing grabbed the attention of many festival-goers nationwide last year as she earned similar recognition at the Sister's Folk Festival in Oregon and Falcon Ridge Folk Festival in New York.



Ellis

"She's an incredible breath of fresh air. So happy and so positive," said Melissa Schmaedick, the director of the Moab Folk Festival.

Performing as one of the festival's headlining artists this year is internationally acclaimed multi-instrumentalist David Lindley. Lindley redefines the word "eclectic." His electro-acoustic performances combine American bluegrass and folk with elements of African, Arabic, Asian and Celtic roots music. He has collaborated with several notable artists, including Ry Cooder, Jackson Browne, Warren Zevon, James Taylor, David Crosby, Graham Nash, Dolly Parton, and Bob Dylan.

Elephant Revival, whose style of music is often referred to as "transcendental folk," will be headlining the indoor venues opposite David Lindley.

"Transcendental folk" incorporates elements of Scottish/Celtic fiddle tunes, original folk pieces, traditional ballads, bluegrass, psychedelic country, indie rock, reggae, 40s/50s jazz standards and an occasional hip-hop beat.

This will be the band's third appearance at the Moab Folk Festival.

"It has been a wonderful experience to watch this group evolve musically and professionally over the years," Schmaedick said. "This group shares a deep connection with our community."



Eliza Gilkyson



Saturday's outdoor headline performance is The Steel Wheels. The Virginia-based Americana band have been noted for the purity and power of their vocals, and passionate energy of their live performances.

Co-headlining the Sunday outdoor performances are Eliza Gilkyson and Tom Russell. Both artists are longtime favorites of the Moab Folk Festival and of festival goers in the southwest. "Gilkyson and Russell will each perform their own sets and respective songs," Schmaedick said. "However, given that the two are friends and artistic collaborators, I would not be surprised if we are treated to some joint songs as well."

The rest of the artist line-up includes Gregory Alan Isakov, Marley's Ghost, Joshua James, Parker Millsap Trio, 3 Penny Acre and Moors & McCumber.

Evening performances will be held at Star Hall and the Grand County High School Auditorium. Daytime performances will be held at the Center Street Ball Field.

There will also be Late Night Jam Sessions held after the evening performances on Friday and Saturday nights at Eddie McStiff's. People are welcome to bring their instruments to participate, or to simply hang out and enjoy the music. In addition, the festival presents workshops that are free and open to the public from 9 a.m. to noon on Saturday and Sunday.

The Moab Folk Festival brought "local" back to the Local's Showcase this year. The free performance will be held from 7 to 9:30 p.m., Thursday at Star Hall. Local artists include: David Steward and David Earl Brown; Susan Bush, Rex Flinner and Phil Triolo; and, Ryan Barnum.

There will also be the group "Mickey Blue", made up



Elephant Revival

of Steve Hawks, Jaylyn Hawks, James Grantham, Joseph Hawks, Scott Crane, and Mick Fuller.

"This year's showcase is proud to present a wonderfully eclectic group of people from our community," Schmaedick said. "Altogether, they represent an active and retired professional musician, a clinical psychologist, a school superintendent, a college dean, a retired corporate executive, a former non-profit director, a college student, river guides, and a beer-maker."

Moab Folk Festival collaborator KZMU will be raffling off their handmade quilt on Sunday, Nov 3, at the Moab Folk Festival Ball Field. KZMU has been a long-time supporter of the festival and an independent radio voice for our community.

Tickets are now available for all venues and shows, and are sold locally at the Moab Copy Center or Back of Beyond Books, or on-line. See schedule on page 20B.

GET A CHANCE TO WIN THIS

KZMU KING SIZE QUILT

This is a handmade quilt comprised of the pristine collection of 20 years of KZMU tee Shirts and organic high thread content backing. One of a kind, made with love, a chance to own this California king size quilt is available by purchasing as many 1 dollar tickets/ chances to win as you like. Wrap yourself in community radio comfort: The winning quilt ticket will be hand drawn from the big bag-o-tickets at the final ball park concert of the 2013 Moab Folk Festival, on stage carried live on air.

*** TWO WAYS TO ENTER TO WIN ***

Purchase tickets and see the quilt in person at the Canyonlands Copy Center, 375 S. Main Street, Moab.

*** OR ***

Go to www.kzmu.org; select donate; fill in personal info; write "KZMU Quilt" in other comments section; click submit and you are done! Easy as 1-2-3




PLEIN AIR HAPPENINGS

Plein Air Moab Festival, from Oct. 4th to 12th

Plein Air Moab offers a rare chance to see plein air artists in action and purchase original artwork. Painters try their best to capture the surrounding landscape and can often be seen along roadways, trails, and even the streets of downtown Moab anytime from Oct. 4th-12th. Artists compete for big prize money, inspire & learn from one another, and do what they love- paint and draw.



Plein Air Moab attracts amateur and professional artists from all over the US. This year is certainly no exception. Colorado artist Cliff Austen returns this year as the one to beat in all quick draw competitions. Cliff won both quick draw competitions last year, so his ability to produce quality artwork in a short amount of time is currently unparalleled. Indiana artist Lawrence Rudolech, last year's Best of Show Grand Prize winner, and John Lintott of Grand Junction, last year's First Place winner in the Oil/Acrylic Category, are both returning to see if they can claim the big prizes once again. In previous years, Moab artists have nabbed Honorable Mention awards. Local painter Tim Morse, fresh from his involvement in the invitational Grand Canyon Celebration of Art, Plein Air on the Rim, will certainly be one of many talented local artists to watch.

PleinAir Moab Art Lovers Event Schedule			
October 8-12, 2013			
Tuesday October 8	Thursday October 10	Friday October 11	Saturday October 12
Quick Draw 3pm-6pm Castle Creek Winery	Art Sale Noon-9pm Moab Arts & Rec Center	Art Sale Noon-9pm Moab Arts & Rec Center	Competition & Art Sale 10am-9pm Moab Arts & Rec Center
Wine Reception & Wet Paint Sale 6:30pm-8pm Castle Creek Winery	Quick Draw-Main St 3:45pm-7:15pm Watch artists create urban works of art	Fancy Pants Soiree 3pm-5:30pm \$50 fee applied towards a painting Moab Arts & Rec Center	Artists Demo 10am-6pm Main Street
	Reception & Wet Paint Sale 7:30pm-9pm Moab Arts & Rec Center	Artists Demo 4pm-7pm Main Street	Award Presentations and Reception 5pm-7pm Moab Arts & Rec Center
		Competition & Art Sale 6pm-9pm Moab Arts & Rec Center	Judges Talk 7pm Moab Arts & Rec Center




For the art collector, an event like Plein Air Moab is exhilarating. He or she may find something new from an established painter or find an affordable piece from a new up-and-coming artist in the festival's art sales. Those that think of art collections as investments scour events like Plein Air Moab. A ticket to the Fancy Pants Soiree, Oct. 11th 3 pm, offers an exclusive opportunity to view and purchase Main Competition artwork before the general public. Apply the ticket value towards a painting of your choice.


Any potential art buyer can expect to find variety at Plein Air Moab, as over 400 pieces of artwork go on sale starting Thursday evening, Oct. 10th. Artist styles vary from the detailed to the expressive. Some artists prefer bold colors; others use a muted, almost monochrome palate. Some artists lean toward the realistic while others try to capture mood, feeling, or something a bit more elusive. Expect to find art for an investment of \$20 - \$1,500. Each artist sets his own price, and the delight is finding something you love amongst the myriad art options.

Sales take place at Castle Creek Winery, mile 14 on Route 128, on Oct. 8th 6:30 pm and at the MARC, 111 E. 100 N., from Oct. 10th-12th, beginning at 7:30 pm Thursday and ending at 9 pm Saturday. Pleinairmoab.com for details or call 435-259-6272

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12th annual

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www.gourdfestival.blogspot.com

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EVENTS

Volume 25 Number 7

Section B

October 2013

Castle Valley Gourd Festival of 2013

Photos Courtesy of Castle Valley Gourd Festival

Start your harvest season right and celebrate the most versatile plant on the planet, hard shelled gourds. The Castle Valley Gourd Festival is a celebration like no other. Set in beautiful Castle Valley at the peak of our fall beauty. Gathering as a community of far reaching gourd enthusiasts, artists and voyeurs alike we share the fun and creative forces of working with hard shelled gourds to create an amazing array of art.

The date for this year's Gourd Festival is Saturday, October 19th, from 10:00am to 3:00pm at the Castle Valley Town lot, Castle Valley Drive. Just follow the signs to the fun!



Hard shelled gourds have been used throughout human history as water vessels, bowls, spoons, musical instruments, masks and storage vessels. Many ancient gourds were

decorated and painted in various ways, making gourd art one of the oldest art forms. When you see what these artists do with gourds, you can tell that humans have been doing this for thousands of years. Gourds are just incredible.

The Castle Valley Gourd Festival brings artists from all over to show their work and exchange ideas. Come see all the different ways to use gourds. The festival includes a hilarious parade, a phenomenal potluck lunch, kids' art tent, hands on booth for new gourd enthusiasts. There are booths of incredible gourd art for sale, a silent auction of donated gourd art, gourd puppet show, face painting, fortune telling, displays of all



manner of gourds from raw and green through to the finished projects, a gallery showcasing old, instrumental, extraordinary, rare, or simply beautiful gourd art and gourd instruments. Enjoy or join the parade, featuring our Gourd Goddess and big Gourdy. Show your creativity and make a gourd hat or mask to wear at the parade or festival.

Consider donating a gourd to the Silent Auction (call: Trish 435-259-7013). Do you have a special gourd or a favorite piece of gourd art for the gallery? Please call Pam (435-259-1182) or Laura (435-259-8454). For info on joining the parade contact Faylene (435-259-4743). Gourd artists, who want booth space, can call Yrma (435-259-0147) for info. You can also check out our website www.gourdfestival.blogspot.com, updates, and Gourd Festival photos from all the years of this wonderful celebration.

We are sorry to inform our dog lovers that dogs are no longer allowed on the Castle Valley Town lot. Please leave your pets home.



Come out and enjoy fall and gourds and our wonderful community at this year's Castle Valley Gourd Festival. Hope to see you there!

FREE ADMISSION

2013 Gourd Festival Schedule

- 8:00am to 10:00am - Set Up
- 10:00am to 3:00pm - FESTIVAL is on!
- 12:00 Noon - Parade
- 12:30pm - Potluck Lunch (Please bring your favorite dish to share)
- 2:30pm - Awards, door prize
- 3:00pm - Take Down & Clean Up



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**ADULTS - \$10, Youth 4-14 \$5,
Children 3 and under free**

Bike to the festival and Get \$1 Off admission!

Sorry, only dogs entered in the Weiner Dog races are allowed at this year's festival.

PUMPKIN CHUCKIN FESTIVAL

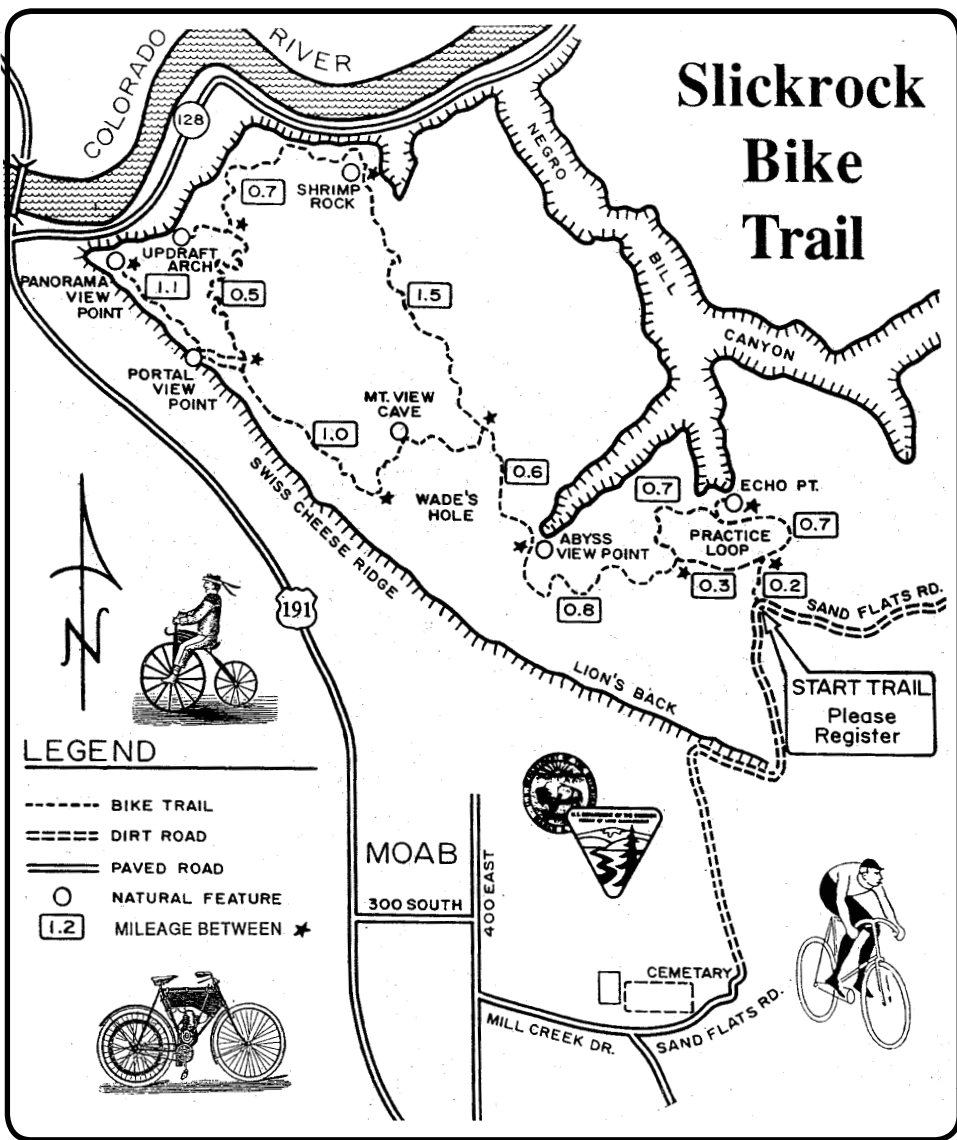
MOAB, UTAH



Live music, pie-eating, costume and seed spitting contests, food and craft vendors, Weiner dog races, kids activities, **and of course trebuchets, catapults, and sling shots shooting pumpkins through the sky!** For more information visit youthgardenproject.org/pumpkinchuckin

All proceeds go to help grow kids, food, and community at the Youth Garden Project!

MOUNTAIN BIKING



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

• **MOAB CENTURY TOUR September 20-22, 2013** This annual event is a weekend packed with road cycling benefiting the Moab Cancer Treatment and Resource Center and other cancer survivorship Programs. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. Rolling and Climbing Routes ranging from 42 to 100 miles on this fully supported road cycling tour. Visit www.skinnytireevents.com or 435.259.2698.

• **OUTERBIKE October 2-6, 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.

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL - October 24-27, 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.moabhodown.com for more information.

• **POISON SPIDER BICYCLES SPRING THAW - March 2014** A fun, long weekend with demo bikes, women's ride, shuttles, frame giveaway and guided group rides on the Bar-M and the Mag 7 Trails. Food and parties included for \$40. Preregister for free t-shirt! For more info visit poisonspiderbicycles.com or call 435-259-7882.

• **SKINNY TIRE FESTIVAL March 8-11, 2014** 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.

• **4TH ANNUAL GRAN FONDO MOAB May 2014** 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.

• **MOONSHADOWS IN MOAB May 2014** 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.



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TRAIL HAPPENINGS

Pumpin' and Jumpin' at Anonymous Park

Article By Laurel Hunter
Photographs: Laurel Hunter and Rodney Kopish

A few minutes on a bike will make any day better. Tucked away on 500 West and Williams Way, Moab City hosts a great little bike park at Anonymous Park with a pump track and jumps that you can hit on the way to work, on your lunch hour, after dinner... whenever you have a few minutes to ride. Riding at the Moab Bike Park will improve your bike handling skills, give you a workout, make you laugh and doesn't require that you wear Lycra. Don't worry if you are over 15 and don't have any skinny jeans... this is the place where everyone can go to work on their skills and watch some amazing riding.

The Original bike jumps were installed a few years ago by Moab City with the help of many volunteers. In the Fall of 2012 the park was reconfigured and the jumps were redesigned in time for the Ho-Down, with the first ever Dirt Jump Jam! Since then, a sweet pump track has been added and a Facebook group has formed (Moab Bike Park Crew) to rally the locals out for occasional wedding parties.

The idea of riding a pump track is that you are pumping the bike rather than pedaling—the rollers and berms are built to give you speed as you move around the track. Do as many laps as you can in one direction, take the central crossover, and then go the opposite direction. The track at Anonymous Park is especially fun, as it wraps around a cottonwood and you move in and out of dappled shade. Ideally you are not pedaling or braking, so you have to look ahead through the turns and really commit to the turns and rollers to keep up your speed and stay on the track. All of this is fun on its own, but watch how much it helps your riding when you are out on our mountain bike trails—you'll find yourself using your whole body to move over obstacles and around corners. Whoo-hoo!

After you've warmed up on the pump track, it's time to hit the jumps. They are labeled by difficulty, "beginner" through "expert" (though I would argue for "easy" over "beginner"... I'm not really a beginner but I love easy

jumps). The jumps also get harder as you progress down a line, so the easiest jumps are at the beginning of the easy line and they get harder the farther you go. It's a great way to build up a progression and

spending time there. It's fun! It will make you a better rider! You will see amazing and inspiring aerials! Support your local Bike Park, pull some weeds, and get your pump and jump on, y'all!

Laurel Hunter moved to Moab in February of 2013 to be the Marketing Director at Western Spirit Cycling. Laurel is also an active member of the Trail Mix Committee. She loves using a pump track so much, she had her husband build her one.



learn to land the jumps on the down slope. The jumps here are what you might call progressive, BMX style jumps, with steep lips and big gaps on the expert lines. If you aren't feeling gnar, just stick to the easier jumps where you can still enjoy the feeling of flying, then head on back to the pump track for another session.

Perhaps the best part of the Bike Park is the social bonus. Most of us will need to take a break after laps on the pump track, or rest for a bit between hitting the jumps. This is when you chat with the other folks up there and watch others ride. It's a supportive environment where everyone gets respect for working at their own level. It's truly one of the few places where experts and beginners line up together and ride at the same time.

It's not the most popular bike venue in town (yet), and most of the time it is hardly crowded, but it is definitely the most convenient. You might have an audience of people who happen to be walking by the jumps, or someone might pull in the parking lot to release a chipmunk from a live trap. Or there might be 15 teenagers flying over the sicko jumps. Or you might have 30 minutes of solitude as you roll through the pump track in the shade of the cottonwood trees. I can pretty much guarantee that you will never regret

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



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ROCK HAPPENINGS

54th Annual Moab Rock, Gem and Mineral Show

As the weather gets cooler many people turn their thoughts to outside interests, this is very true for that special group called "ROCKHOUNDS." Moab and the surrounding area have a great diversity of rocks, minerals and fossils to pique the interest of novice and seasoned rockhounds alike. However for those not wanting to trek into the wild there is another option, the 54th annual Moab Rock, Gem and Mineral Show at the Old Spanish Trail Arena south of Moab on highway 191, October 11, 12, and 13.

The Moab Rock Club will host 30 plus vendors who will display and sell a fantastic array of Mother Nature's products. Local vendors will include



William Harrison with Azurite from the Blue Crystal mine in the La Sal's, Sterling Wades outstanding dinosaur bone custom Jewelry, Rick Welch with outstanding Yellow cat Redwood and Ken Kolb's very special polished rock "Art." Booths will include vendors from Utah, Colorado, New Mexico, Arizona, Oregon, California and Australia to name a few. Each year something new pops up, last year one item was from the folks at "Enhancing the Stone", a fairy tale world created by John Krutzler, complete with a story line to compete with Harry Potter. Including a magician and princess made from stones, jewels and a great imagination. The vendors will have rough rock, slabs, minerals, gemstones, jewelry and much more from all over the world, many make or sell one of kind items that can be found only a show like this.

There is something for everyone including the clubs funtabulous spin table for kids, every spin a winner. The clubs "Rock Solid" photo display was a great hit last year and will be presented again. Great food and drink will be available on site so you can come and take your time browsing. Christmas isn't that far away and this is a chance to get that special someone a very unique gift.

There will be field trips leaving from the arena Saturday and Sunday at 9 a.m. Dubinky Well area on Saturday for Agate and Yellow cat on Sunday for Redwood.

The show will be open Friday and Saturday from 10 to 7 and Sunday from 10-4. Come on out and have a great time.

Rocks and Rock Stars

The Museum of Moab is hosting Rocks and Rock Stars a photo exhibit featuring the work of Suzan Taylor, Tom Till and Dan Norris. Feel the excitement as these photographers capture the combination of majestic beauty and thrilling rock and roll performances in their photography. Opening on October 12th for art walk Rocks and Rockstars is the brain child of John Baptist McGettigan, local music promoter, the exhibit brings together the talents of local and national photographers.

Many Rock Stars have used Moab as locations for filming music videos and as album covers. The Rock Star Vibe of our community makes this a perfect match for showing off the beauty of the Red Rocks and combining it with the Music that has rocked a nation. The Museum of Moab hopes you'll join us during Artwalk for Rocks and Rock Stars.



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 Duplicate Bridge Club (Gail Darcey)	259-1733
Alcoholics Anonymous/Alanon	259-7556	Moab Friends For Wheelin' (Jeff Stevens)	259-6119
Alpha Rho Sorority (Bobbie Long).....	259-6758	Moab Garden Club (Tricia Scott).....	435-249-4959
American Legion Post (Bill Smith).....	259-3470	Moab Half Marathon (Ranna Bieschke).....	259-4525
Arches Adult Education (Trish Hedin)	259-2293	Moab Horse Racing Association (Chuck Henderson)	259-4111
Arches New Hope Pregnancy Center (Debbie Nelson).....	259-LIFE (5433)	Moab Horse Show Association (Tosha Audenried).....	260-9252
BEACON (Stephanie Dahlstrom)	260-1143	Moab Lodging Association (Britnie Ellis).....	259-6171
Bikers Against Child Abuse (B.A.C.A.)	210-4421	Moab Masonic Lodge #30	www.moabmasons.org ... 260-9169
Boy Scouts of America (Kent Dalton)	259-6521	Moab Music Festival (Andrew Yarosh).....	259-7003
Canyonlands Field Institute (Karla Vander Zanden)	259-7750	Moab Poets & Writers (Marcia Hafner)	259-6197
Canyonlands Film Society (Becky Thomas)	259-2286	Moab Rock Club (Jerry Hansen).....	259-3393
Canyonlands Rodeo Club (Kirk Pearson).....	260-2222	Moab Quarter Horse Assoc. (Kathy Wilson).....	259-8240
Colorado Outward Bound School – Moab basecamp (Chris Benson)	435-259-5355	Moab Rotary April Action Car Show	260-1948
Community Rebuilds (Emily Niehaus).....	435-260-0501	Moab Roller Derby(Jessica O'Leary).....	575-635-3898
Canyonlands Wildlife Federation (Dave Bierschied)	259-8217	Moab Ropers Club (Terry Lance)	259-9972
Center for Water Advocacy (Harold Shepherd).....	259-5640	Moab Solutions (Sara Melnicoff).....	www.moab-solutions.org ... 259-0910
Daughters of Utah Pioneers (Hallie Tibbetts).....	259-5225	Moab Sportsmen's Club (Frank Darcey).....	259-2222
Deathorse Motorcycle Club (Terry Flynn).....	259-3878	Moab Taiko (Michele Blackburn)	259-0816
Delicate Stitchers Quilt Guild (Shauna Dickerson)	259-0906	Moab Teen Center-Club Red	259-9991
Elks Lodge #2021 (Dan Stott)	259-7334	Moab Trails Alliance (Kimberly Schappert)	260-8197
Fallen Arches Square Dancers (Bob & Flora Erickson).....	259-2724	Moab Valley Multicultural Center (Zaida Agreda or Leticia Bentley)	259-5444
Friends of Arches and Canyonlands Parks (Joette Langianese).....	259-0108	Mutual UFO Network (Elaine Douglass).....	259-5967
Friends of Canyonlands Health Care (Tom Edwards)	260-1504	Order of the Eastern Star (Fran Townsend).....	259-6469
Friends of Indian Creek (Sam Lightner, Jr.).....	259-6639	Parent Teacher Association (Tiffany Saunders).....	259-5830
Friends of the Grand County Library (Adrea Lund)	259-1111	PleinAir Moab (Sandi Snead).....	435-686-2545
Grand County Public Library	259-5421	Plateau Restoration/Conservation Adventures (Tamsin McCormick)	259-7733
Girl Scouts of The U.S.A. (Cynthia Williams)	259-6683	Red Rock Astronomers.....	259-4743
Grand Area Mentoring (Dan McNeil)	260-9645	Red Rock Forests.....	259-5640
Grand County Democratic Party (Mike Binyon)	259-1633	Red Rock 4-Wheelers (Ron Brewer).....	259-7625
Grand County 4-H (Marion Holyoak)	259-7558	Retired Senior Volunteer Program RSVP (Jody Ellis)	259-1302
Grand County Extension (Michael Johnson).....	259-7558	Rotary Club (Kyle Bailey).....	259-6879
Grand County Food Bank	259-6456	The Salvation Army, Moab Service Extension, (Lenore Beeson).....	435-260-2135 (or Sara Melnicoff).....259-0910
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 (Marc Thomas).....	259-3603
Ladies Golf Club (Chris Corwin).....	259-5344	Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
La Leche League (Kathy Grossman).....	hkgrossman@gmail.com..801-971-3756	Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
League of Women Voters (Cynthia Smith)	259-5306	Southern Utah Wilderness Alliance (Liz Thomas).....	259-5440
Lion's Club (Tom Warren).....	259-7834	Toastmasters International	259-5767
Moab Aglow Lighthouse Fellowship (Murine Gray).....	259-5514	Trail Mix Committee (Sandy Freethy)	259-0253
Moab Arts Council (Theresa King)	259-2742	UFOP Gastonia Chapter (Lee Shenton).....	260-9533
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 (Jodie Hugentobler)	259-7814	Young Life Moab	260-0285
Moab City Recreation (John Geiger)	259-2255	WabiSabi (Jeff Cohen)www.wabisabimoab.org	259-3313
Moab Community Dance Band (Miriam Graham)	259-8311	Word Watchers (Nancy Kurtz).....	259-0734
Moab Community Theater (Kaki Hunter)	259-8378	Youth Garden Project (Delite Primus)	259-BEAN (2326)
Moab Country Club (Rob Jones).....	259-6488		

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

DEAD HORSE POINT HAPPENINGS

Looking for Volunteers for Trail Maintenance

by Amanda Ravel

Want to help out your community by spending a day in the great outdoors. Dead Horse Point State Park is looking for volunteers to help out for a day of trail maintenance on Saturday, October 12th from 10AM to 3PM. This is a great opportunity to visit a great state park and provide help for your community.

During the day we are going to be working on the Intrepid Mountain Bike Trail and the hiking trails. Some of the duties involve raking out bike tracks, removing sand, restacking cairns, narrowing trails, and blocking off spur trails.

If you are interested in helping out with this project please meet at the Dead Horse Point State Park Visitor Center on Saturday, October 12th at 10AM. The event will run until around 3PM. Trail maintenance tools will be provided, but please bring work gloves if you have them. Please wear durable footwear. Also, be sure to bring plenty of water and a sack lunch.

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 8AM to 6PM. If you have more questions about the event please don't hesitate to contact the park. Please register in advance by contacting the park at 435-259-2614. Trail crew volunteers will receive a free entrance into the park for the day and another one vehicle entrance pass for a day of your choosing.



Breaking Ground on Eleven Miles of New Bike Trails

by Jordan Perez

Moab, Utah is known worldwide for amazing landscape and abundant recreational opportunities. Dead Horse Point State Park is no exception. Starting this month, Moab Trail Mix will break ground on roughly eleven miles of new mountain bike trail. This new system of trails will be an expansion of the current Intrepid Trail System allowing riders to venture out into the remote northwestern areas of the park. Like the current trails, flowing terrain and moderate challenges will be rewarded with magnetic canyon views that draw you in just when a break is needed. The expansive views down the East Fork of Shafer Canyon go on for miles with a direct line of sight towards the Needles District of Canyonlands National Park.

Riders will now easily spend multiple days taking in all of the route options. For example, the connections at the north and south ends of the riding circuit will allow riders with less time to put together many small routes in the middle of the trail system. With all the new loops and connecting trails the combinations are abundant. If varied multi directional loops are not your interest, riders can easily take to the border of the system and enjoy a long loop skirting the Northern edges of the park boundary and experience a more constant tempo. Whatever you choose, the possibilities will keep you coming back.

The terrain throughout the new western trails varies

anywhere from long slickrock expanses, to rolling dune fields and plenty of ledges, twist and turns to keep a grin planted to your face. The experience and expertise of Trail Mix planners will ensure that this trail is kept within the scope of moderate skilled riders. The idea behind all trails in Dead Horse Point State Park is to offer a fun riding experience that allows all rider levels to engage with the natural resources of the park. With the completion of this new trail expansion, riders from beginner to advanced should be able to find plenty of options to satisfy the itch for turning pedals.

The new trail will officially open in March of 2014, just in time for the riding season. Get ready for these fresh trails next season, and until then, plenty of fun is awaiting riders right now on the current Intrepid Trail System. Gear up, grab your camera and spend a day at Dead Horse Point State Park!

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



Plein Air Landscapes On Exhibit at Big Horn Gallery

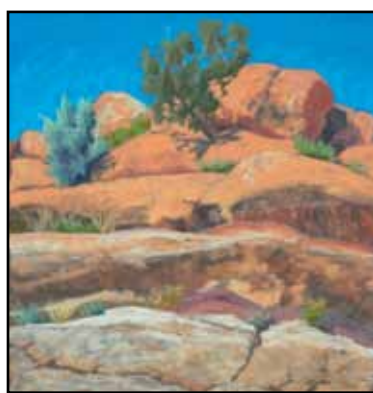
Paintings by the Plein Air Painters of the Four Corners (PAP4C) are on exhibit at the Big Horn Gallery at Dead Horse Point State Park through Oct 30th. Moab artist Carolyn Dailey, a member of the group, is featured with 25 oil paintings. The show offers a variety of subjects from the Moab and greater 4 Corners area by artists using mediums of acrylic, pastel, oil and watercolor.



Carolyn Dailey
Escalante Trail - Oil

Refreshments will be served.

The Plein Air Painters of the Four Corners began in 2001 as a group of like-minded artists who were passionate about creating art in the out-of-doors. Painting in nature allows for direct observation and capturing light, shadow and color on an intimate level. The group has grown to 40 members representing New Mexico, Colorado, Utah and Arizona. Bimonthly paint out excursions have been held at various national and state parks including Dead Horse



Sonya Johnson
Sandstone Still Life - pastel

Point, Arches, Canyon de Chelly, Mesa Verde and Chaco, Monument Valley, and other scenic spots in the Four Corners region.

Members are represented in galleries across the nation as well as exhibiting in numerous national and regional juried shows. Annual group exhibitions have been on display in locations such as San Juan College in Farmington, The Farmington Museum, Fort Lewis College in Durango, The Durango Art Center, and Mesa Verde National Park.

Fifteen members of the group are participating in this show: Jane Clayton, Carolyn Dailey, Deborah Doty, Jeri Friesen, Jan Goldman, Sonya Johnson, Julane Jensen, Barbara Tobin Klema, Gayle Lewis, Mary MacAdams, Fran Mayfield, Helen Pruski, Stephen Unger and KK Walling.

The Big Horn Gallery is located in the Visitor's Center of Dead Horse Point State Park (nine miles north of Moab on Hwy 191 and then 23 miles west on SR 313.) The Visitor Center is open daily from 8am to 6pm through mid-October.



Carolyn Dailey - Faux Falls - Oil

Park admission is \$10. For further information contact the park at 435-259-2614.



Sonya Johnson - Steelbender Morning - pastel

ART WALK HAPPENINGS

Moab Art Walk

Saturday, October 12, from 6-9pm

On Saturday, October 12, from 6-9pm, several downtown venues will host another autumn Art Walk. 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.

The Edge Gallery

137 N. Main St. 435-259-5855 www.bretridge.com

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.



Triassic

7 N. Main St. 435-259-4912
www.triassicstone.com

Justin Wiggins, Triassic Crew:

A new Art Walk venue, Triassic will be featuring a table made from a root-ball salvaged from the site of HMK Elementary School. The second in their never ending series of root-ball works, this Maple Root Table was cut by chainsaw, routed and hand sanded to a fine finish.



Moonflower Market

39E 100N 435-259-5712

Logan Hansen employs creative photography techniques to capture and display the dynamic interaction of rock, sky, and life in the Moab area, striving to synthesize passing moments in context of a seemingly timeless landscape.



Overlook Gallery

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

Tim J. Morse & James McKew: At The Overlook, a working artist studio and gallery, James McKew and Tim J. Morse will be showing a large collection of landscapes recently painted outdoors, directly from nature, and several larger paintings they've created in the studio.



MARC (Moab Arts and Recreation Center)

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

Plein Air Moab:

See the work of over 100 artists. Their paintings and drawings have all been completed within 50 miles of downtown Moab during the week prior to Art Walk. But it all disappears Saturday night at 9pm, so come early.

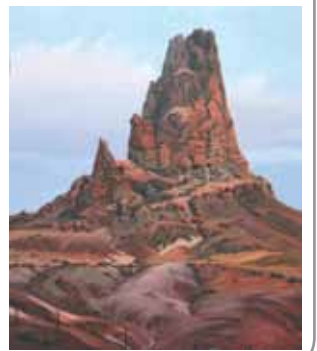


Framed Image Fine Art

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

Mark Knudsen and Leslie Thomas:

At Framed Image, acrylic landscapes by husband and wife, Mark Knudsen and Leslie Thomas often focus on the unappreciated badlands, the odd and the beautiful. They like to discover through painting, the beauty that lies just below the surface.

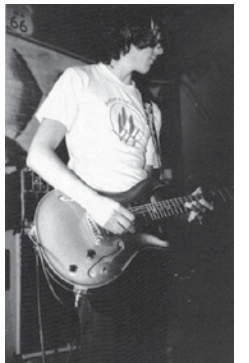


Museum of Moab

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

Tom Till, Dan Norris, and Suzan Taylor:

"Rocks and Rock Stars" is an electric combination of natural vistas and the excitement of Rock and Roll icons in this collaborative photo exhibit at The Museum of Moab.



MOAB



ART @ WALK

1 MOAB ARTS AND RECREATION CENTER
11 E 100 N

2 MOON FLOWER MARKET
39 E 100 N

3 The Edge Gallery
137 N Main St

4 TRIASSIC
7 N Main St

5 FRAMED IMAGE FINE ART GALLERY
59 E Center St

6 OVERLOOK GALLERY
83 E Center St

7 MUSEUM OF MOAB
118 E Center St

www.moabartwalk.com

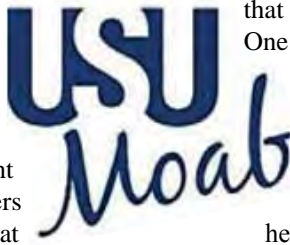
	MAIN	100 E	200 E	300 E	400 E
200 N					
100 N	3	2	1		
CENTER	4	5 6			
		7			
100 S					
200 S					
300 S					

UNIVERSITY HAPPENINGS

Utah State University Moab Achieves Record Enrollment

by Steve Hawks

Utah State University Moab achieved record breaking enrollments this fall, with more than 150 students registered in a score of different degree and certificate programs. Offerings at USU Moab include one- and two-semester certificates, two-year associate degrees, seventeen different bachelors degrees, and more than a dozen masters degree options. You can even complete a PhD at USU Moab!



Most of our students are non-traditional, in their mid-30's, married with children, and working full-time. To accommodate busy adults, most of our classes are offered in the evenings. Even so, we are beginning to see more and more traditional, college-age students attend USU Moab and the number of daytime classes is growing. The mood at USU Moab is feeling more and more like a college campus.

Utah State University first started offering programs in Moab back in the late 1960's. For many years courses were offered face to face by USU professors who flew weekly to Moab and taught in the evenings. Thanks to advances in technology, most USU courses in Moab are now offered via virtual classrooms that allow for real-time audio and visual interaction with faculty members and other students at sites located around the state. While the technology may seem daunting to newcomers, students at USU Moab quickly adapt and find that the learning experience is not much different than if they were attending courses at the main campus in Logan.

In 2008, the larger Moab community conducted a needs assessment in relation to specific degree programs

that would address broader community interests. One program that rose to the top of the list was social work. The Moab area has one of the highest numbers of non-profits per capita in the nation, and many of our civic-minded organizations have social service missions. In combination with local and state mental health agencies, the need for qualified social workers in our area remains high. To help meet demand, USU Moab hired a full-time social work faculty member to help build the program, and we quickly attracted students into both bachelors and masters level programs. We have already had graduates from the bachelor of social work (BSW) program, and will have our first masters level graduates in the spring of 2014. Students are well trained, enthusiastic, and highly qualified to fill important social service positions in non-profit organizations and within local and state agencies.

In support of the growing social work program, we have been fortunate to attract a new faculty member to the Moab area. Jenifer Evers is no stranger to Moab. "I lived in Moab prior to attending the University of Montana and am very excited to return to this beautiful town and community. I am looking forward to spending time with my friends and family while contributing to a new generation of social workers!" Jen completed dual bachelor's degrees in Environmental Studies and Geography at the University of Utah, and then completed a Master's of Social Work program at the University of Montana. "My educational experience at the University of Montana as well as my role as a social worker has helped

motivate me to interact with those who will be working in the field and shaping the profession in years to come," she explains. "I am passionate about social work and the myriad roles that social workers play in the lives of others. It is a tremendous responsibility and I am privileged to be part of the process of helping students develop skills to be ethical, competent, capable social workers."

To promote interest in the Social Work program, and to provide important information about program requirements and deadlines, Utah State University is hosting an open house at the Moab Education Center on Thursday, October 10th at 7:00pm. (125 W 200 S, Moab.) Anyone interested in learning about social work or other programs at USU Moab is invited to attend. It will be a great opportunity to meet our new faculty member, Jen Evers, enjoy refreshments, learn about USU Moab, and consider taking the next step in your academic career! Staff at USU Moab will be on hand to answer questions about admissions, registration, degree planning, and financial aid. We look forward to seeing you there.



MILEAGES TO MOAB

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

MILEAGE CHART

	Albuquerque, N.M.	Arches	Blanding, Utah	Bluff, Utah	Bryce Canyon N.P.	Canyonlands N.P.	Canyonlands Needles	Canyon Rims	Capitol Reef N.P.	Cortez, Colorado	Dead Horse Point	Denver, Colorado	Durango, Colorado	Goosenecks	Grand Canyon N. Rim	Grand Canyon S. Rim	Grand Junction, CO	Green River, Utah	Hovenweep	Lake Powell Halls Csg.	Lake Powell Hite	Las Vegas, Nevada	Los Angeles, CA	Mesa Verde N.P.	Mexican Hat, Utah	Moab, Utah	Monticello, Utah	Monument Valley	Natural Bridges	Newspaper Rock	Page, Arizona	Phoenix, Arizona	Price, Utah	Salt Lake City, Utah	Zion National Park	
Albuquerque, New Mexico	367	329	355	608	398	359	353	487	249	396	444	218	389	535	407	430	415	291	419	416	587	805	278	382	362	307	324	376	335	456	449	548	730	575		
Arches National Park	367		81	107	361	31	62	80	244	119	29	356	165	142	499	325	110	49	116	171	168	447	722	149	134	5	60	159	129	58	285	480	110	230	404	
Blanding, Utah	329	81		26	279	113	58	74	158	83	111	446	130	56	322	242	196	130	45	90	87	358	630	99	52	74	22	77	47	47	199	393	192	321	322	
Bluff, Utah	355	107	26		301	139	84	100	180	82	137	477	152	30	296	220	222	152	35	110	107	332	604	125	26	103	48	51	65	74	173	367	214	343	296	
Bryce Canyon National Park	608	361	279	301		310	347	353	100	361	418	553	406	331	219	159	308	221	320	282	192	205	477	390	323	356	301	277	232	327	151	378	280	324	86	
Canyonlands National Park	398	31	113	139	310		109	86	275	151	2	377	196	169	435	359	142	80	158	203	200	478	750	180	165	36	91	190	150	89	316	506	142	362	435	
Canyonlands N.P. Needles	359	62	58	84	347	109		70	230	106	107	434	151	114	380	314	188	126	113	148	145	524	746	135	120	73	46	145	115	20	271	451	188	308	390	
Canyon Rims Rec. Area	353	80	74	100	353	86	70		236	112	84	411	157	130	396	320	165	103	119	164	161	501	773	141	126	50	52	151	121	50	277	467	165	285	396	
Capitol Reef National Park	487	244	158	180	100	275	230	236		244	273	422	289	209	319	259	177	75	199	161	71	336	608	273	202	239	184	227	111	209	353	509	134	257	217	
Cortez, Colorado	249	119	83	82	361	151	106	112	244		149	421	45	139	405	324	204	158	47	172	169	566	838	29	128	105	60	159	129	85	285	475	220	359	404	
Dead Horse Point	396	29	111	137	418	2	107	84	273	149		375	194	167	433	367	127	78	156	201	198	392	664	178	163	34	89	188	148	87	314	504	140	260	433	
Denver, Colorado	444	356	446	477	553	377	434	411	422	421	375		339	462	750	681	246	346	468	536	533	758	1031	550	490	361	416	519	493	414	638	826	408	512	764	
Durango, Colorado	218	165	130	152	406	196	151	157	289	45	194	339		183	450	337	170	271	92	220	217	575	847	54	143	160	105	168	174	130	294	520	333	404	413	
Goosenecks	389	142	56	30	331	169	114	130	209	139	167	462	183		266	261	252	186	65	138	135	439	711	168	8	101	78	32	92	188	158	348	248	377	277	
Grand Canyon North Rim	535	499	322	296	219	435	380	396	319	405	433	750	450	266		214	505	404	277	404	321	283	555	357	194	320	348	268	169	287	263	139	217	434	583	297
Grand Canyon South Rim	407	325	242	220	159	359	314	320	259	324	367	681	337	261	214		417	372	255	324	421	283	555	357	194	320	348	268	169	287	263	139	217	434	583	297
Grand Junction, Colorado	430	110	196	222	308	142	188	165	177	204	127	246	170	252	505	417		101	241	286	283	510	782	233	247	115	170	248	243	168	395	590	163	285	493	
Green River, Utah	415	49	130	152	221	80	126	103	75	158	78	346	271	186	404	372	101		175	220	217	398	664	197	184	53	108	203	177	106	329	519	62	182	241	
Hovenweep	291	116	45	35	320	158	113	119	199	47	156	468	92	65	277	255	241	175		127	124	491	763	76	61	122	67	86	84	92	210	402	237	366	331	
Lake Powell Halls Crossing	419	171	90	110	282	203	148	164	161	172	201	536	220	138	404	324	286	220	127		90	562	838	201	134	164	112	155	43	137	281	471	171	411	400	
Lake Powell Hite Marina	416	168	87	107	192	200	145	161	71	169	198	533	217	135	401	321	283	217	124	90		559	831	198	131	161	109	152	40	134	278	468	96	408	397	
Las Vegas, Nevada	587	447	358	332	205	478	524	501	336	566	392	758	575	439	237	283	510	398	491	562	559		272	595	432	451	506	307	525	512	281	287	460	419	121	
Los Angeles, California	805	722	630	604	477	750	796	773	608	838	664	1031	847	711	509	555	782	664	763	838	831	272		867	704	717	779	797	784	553	376	602	691	393		
Mesa Verde N.P. Colorado	278	149	99	125	390	180	135	141	273	29	178	550	54	168	434	357	233	197	76	201	198	595	867		163	144	89	188	158	115	314	504	259	388	433	
Mexican Hat, Utah	382	134	52	26	323	165	120	126	202	128	163	490	143	8	270	194	247	184	61	134	131	432	704	163		129	74	25	91	99	151	341	240	373	270	
Moab, Utah	362	5	74	103	356	36	73	50	239	115	34	361	160	101	396	320	115	53	122	164	161	451	717	144	129		54	151	120	53	280	475	115	235	294	
Monticello, Utah	307	60	22	48	301	91	46	52	184	60	89	416	105	78	344	268	170	108	67	112	109	506	779	89	74	54		99	72	28	225	415	168	299	344	
Monument Valley	324	159	73	51	277	190	145	151	227	159	188	519	168	32	236	169	248	203	86	155	152	307	579	188	25	151	99		118	125	126	316	265	394	245	
Natural Bridges Natl Monument	376	129	47	65	232	150	115	121	111	129	148	493	174	92	361	287	243	177	84	43	40	525	797	158	91	120	72	118		94	244	432	136	368	363	
Newspaper Rock	335	58	47	74	327	89	20	50	209	85	87	414	130	188	370	263	168	106	92	137	134	512	784	115	99	53	28	125	94		231	440	168	334	370	
Page, Arizona	456	285	199	173	151	316	271	277	353	285	314	638	294	158	123	139	395	329	210	281	278	281	553	314	151	289	225	126	244	231		272	391	420	119	
Phoenix, Arizona	449	480	393	367	378	506	451	467	509	475	504	826	520	348	347	217	590	519	402	471	468	287	376	504	341	475	415	316	432	440	272		663	645		

RADICAL HAPPENINGS

Radical Reels, 2nd Annual.

The Friends of the La Sal Avalanche Center invite one and all to the Banff Radical Reels Tour on Saturday October 12, 2013 7:00 pm, at the Grand County High School Auditorium. Come and mingle with the local outdoor community, see quality adventure films showcasing the best of the best hucking, dropping and sending it, in some of the wildest locations on the planet.

Most importantly come and show your support for the La Sal Avalanche Center! Since 1988 the Center has provided our community with vital information about the weather, temperature, and avalanche conditions in the La Sal and Abajo mountains.

In 1993 The Friends of the La Sal Avalanche Center began as a grassroots, Grand County community organization to raise awareness and money to share the costs of operating and staffing the La Sal Avalanche Center. Today we are hosting the Banff Radical Reels Tour.

What better way is there for you to contribute than to pay ten bucks and be inspired by some truly incredible athletes?

Proceeds from this event will help support the Avalanche Specialist whose expertise and dedication serve the outdoor community here in Moab. Funds raised also help pay for and maintain weather stations that provide weather and snow data to the entire community on the internet.

That is right, you can find out what is going on up there right now — how cold it is, how windy it is, how much snow has fallen in the past hour. You can decide before you leave if you are even going, or if the road is plowed. Just go to MoabAvalanche.org and be better informed for your winter exploits in the La Sal or Abajo Mountains.

Snowmobilers can decide if high marking is going to be in their best interest. Skiers can make informed route decisions, or find out if the track is groomed. Snowboarders can find out how much powder fell at the trailhead and if the wind has blown it all away. Families going sledding can find out how cold it is.

A lot has changed since the avalanche center was



created in 1988. Thanks to San Juan County, Geysers Pass Road is plowed to 9,600 feet elevation. There is a Nordic Ski Trail System. Backcountry skiing has experienced huge growth, even here in our small and isolated mountain range. More families drive up to go sledding and snowboarding, and more people are riding snow machines.

While a lot has changed, two things remain the same. With all this added use it has become more important now than ever to continue providing current mountain weather information and Avalanche advisories to our community.

And, the Friends of the La Sal Avalanche Center are watching your back. Come and join us for the Radical Reels Tour.

Tickets are \$10 advance and \$12 at the door. Ticket outlets: Poison Spider Bikes, Canyon Voyages, Back of Beyond Bookstore, Pagan Mountaineering.




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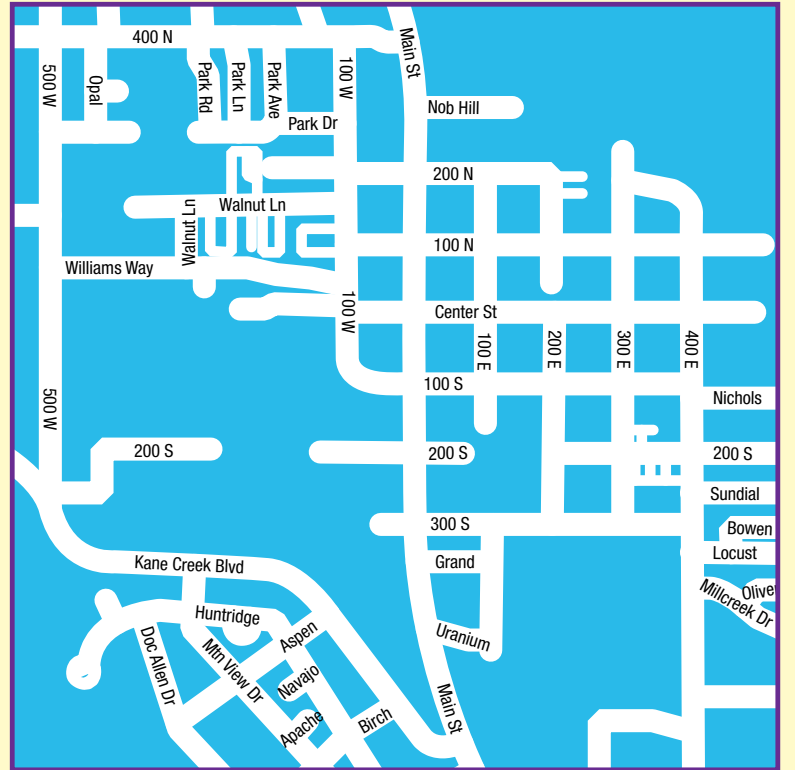
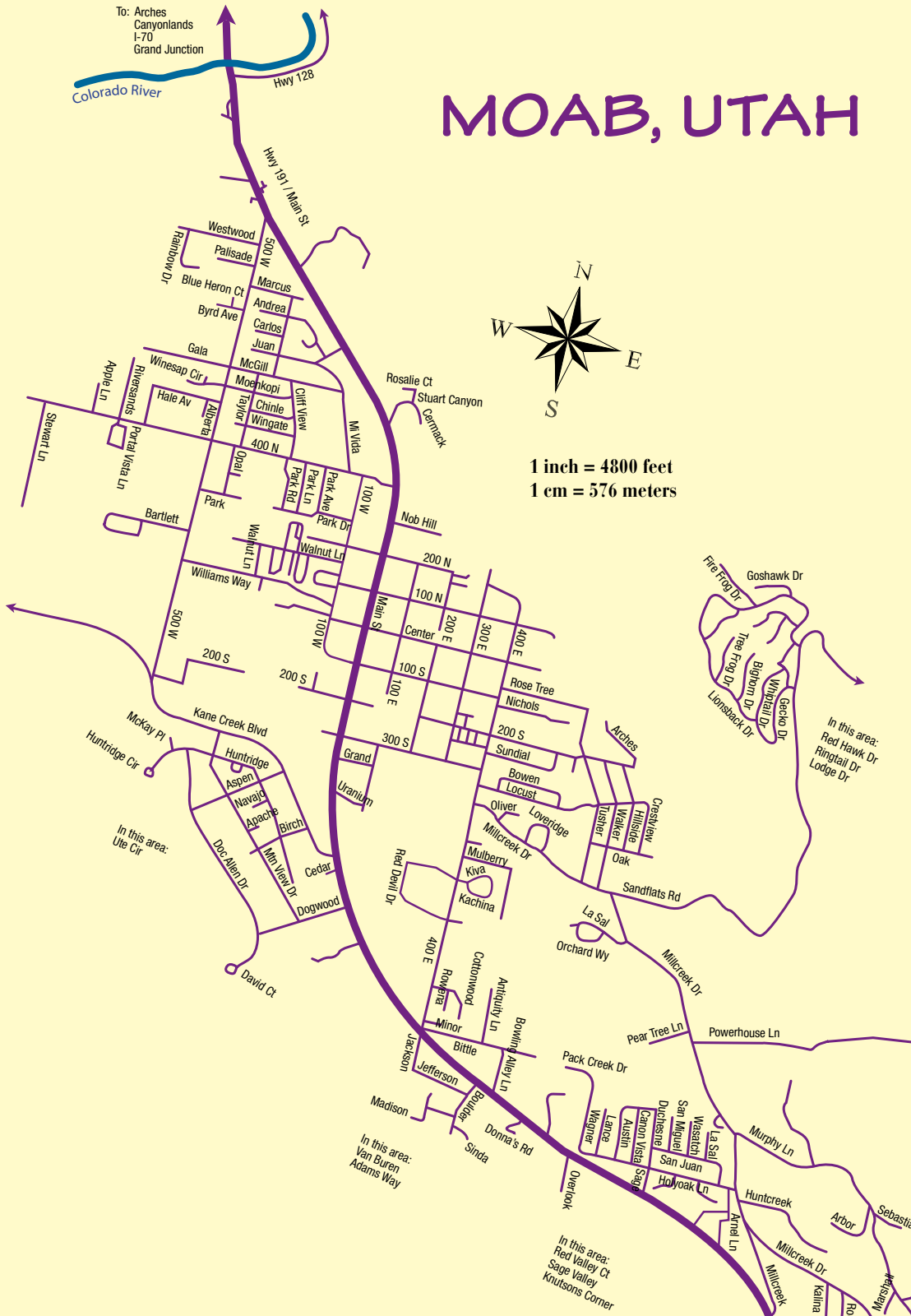
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SHOPPING GUIDE



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The Tom Till Gallery is the Colorado Plateau's most celebrated and longest established photo gallery. Featuring the work of world-renowned photographer Tom Till, the gallery offers stunning photographs of the Moab area in many sizes and mediums. Tom's 2014 Magnetic Moab Calendar has just arrived, and it is a true work of art. Each 11x14 inch monthly photo is accompanied by an additional photo and a short essay by natural history writer, Mikenna Clokey. Read about how Moab's magnetism "attracts" many things, be reminded of Moab's beautiful landscapes and let Tom's photos grace your world every day of the year.



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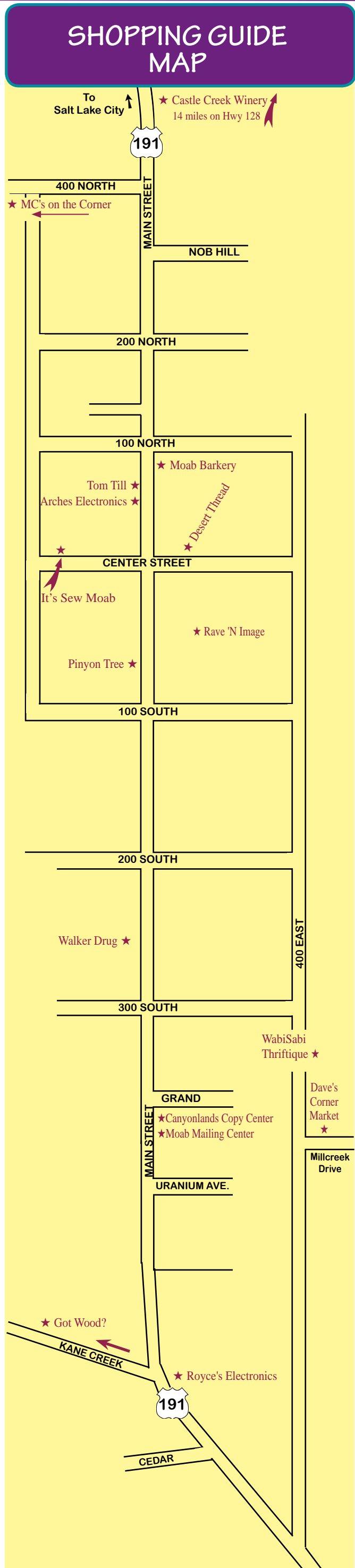
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3

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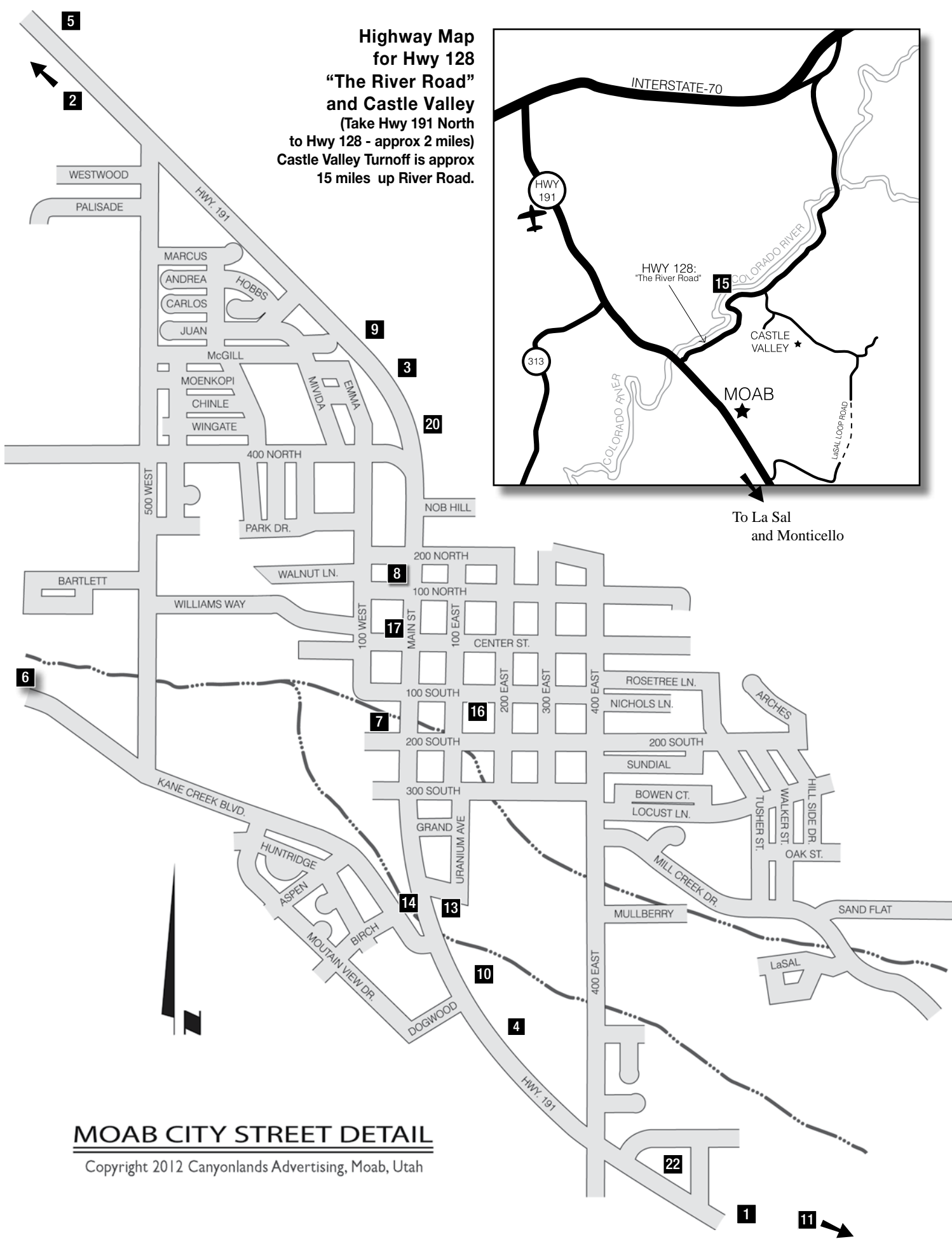
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111 East 100 North.....260-2434	www.beitmoabi.org..... 260-0241
Church of Jesus Christ of Latter-Day Saints	Kingdom Hall of Jehovah's Witnesses
First & Second Wards • 475 West 400 North.....259-5566	25 West Dogwood..... 259-7363
Third, Fourth & Fifth Wards • 701 Locust Lane.....259-5567	Moab Baptist Church • 356 West Kane Creek Blvd. 259-8481
Community Church • 544 MiVida Drive..... 259-7319	Quaker Worship Group • 81 North 300 East..... 259-8178
Episcopal Church of St. Francis	River of Life Christian Fellowship
250 South Kane Creek Blvd 259-5831	2651 East Arroyo Rd..... 259-8308
First Baptist Church SBC • 420 MiVida Drive..... 259-7310	St. Pius X Catholic Church • 122 West 400 North..... 259-5211
Four Corners Faith & Worship Ministries 259-0041	Seventh Day Adventist
Friends in Christ Free Lutheran Church	4581 Spanish Valley Drive..... 259-5545
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October is Breast Cancer Awareness Month: Frequently Asked Questions about Early Detection.

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

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

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

What is a mammogram?

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

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

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

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

Unlike mammography, in which an X-ray of the breast is taken, thermography produces an infrared image that shows the patterns of heat and blood flow on or near the surface of the body. Some health care providers claim thermography is superior to mammography as a screening

method for breast cancer because it does not require radiation exposure or breast compression, however the Society for Breast Imaging does not currently support the use of thermography imaging of the breast as either a screening tool in the detection of breast cancer or as an adjunctive diagnostic tool. According to the FDA, there is no valid scientific evidence showing that thermography, when used alone, is effective in screening for breast cancer. To date, the FDA has not approved a thermography device for use as a stand-alone to screen or diagnose breast cancer.

Is radiation exposure during a mammography an issue?

Mammograms require very small doses of radiation and digital mammograms require even less, and although occasionally additional digital images are needed, they still average 17% less radiation exposure than traditional film units. We are exposed to radiation from natural sources all the time. The average person in the U.S. receives an annual dose of about 3 mSv from naturally occurring radioactive materials and radiation from outer space and people living in the plateaus of Colorado, Utah or New Mexico receive about 1.5 mSv more per year than those living near sea level. The exposure from a Mammogram is about 0.7 mSv which is comparable to natural background radiation for two to three months, depending where you live. The benefits of mammography, however, nearly always outweigh the potential harm from the radiation exposure, nevertheless, women should talk with their health care providers about the need for each x-ray. In addition, they should always let their health care provider and the x-ray technician know if there is any possibility that they are pregnant.

I don't have insurance. How much does a mammogram cost. Do I need a referral from my doctor?

Mammograms can range in price. The Southeastern Utah Health Department offers vouchers for women under 250% of the Federal poverty guidelines. For example, a single woman making less than \$28,725 or a woman in a four person household making less than \$58,875, may qualify for a free mammogram. Call the Southeastern Utah Health Department at 259-5602 for more information. Moab Regional Hospital is offering vouchers for \$175 screening mammograms during the month of October. The voucher can be used any time during the year, at your regular mammogram time. This is more than 50% off of the regular price of a mammogram. Contact the radiology department for more information at 719-3690. In Utah you do not need a referral from a physician to schedule a mammogram, however, it is good to work with a primary care provider that can help you navigate a care plan if your mammogram comes back with an abnormal finding.

Tips from Cindy Hirschfeld, MRH Mammography Technician

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

Menopause is more than just mood swings and hot flashes. Don't forget memory loss, heart disease, breast cancer, osteoporosis, and much more. Don't despair! We can help.

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ASTROLOGY HAPPENINGS

Your Horoscope for October 2013

By Robert Wells

If we set our egos aside on the first day of the month we could receive some amazing energy for creative endeavors. By the 3rd we realize how foolish the ego can be when we see how counter-productive it is. We move in the direction of doing what is best for everyone involved to finish out the first week of October. The mood is serious on the 8th and it reveals the hidden agendas of others on the 10th. We begin to see how at times we are our own worst enemies by the 12th. Might does not make things right on the 13th, either. Venus and Uranus team up to give us all some room for humor and romance on the 16th, just when we need it the most. Then Mars and Neptune warn us all about drugs both medicinal and recreational on the 19th. Accidental over medication on this day is a real possibility. Mercury turns retrograde on the 21st and every electronic and matters of communication and planning go haywire for the next three weeks. Double-check everything you do, say or sign during this time. We get bolts from the blue regarding self-awareness on the 25th. The last day of the month we all have the will and the energy to make things better and move forward into November in a positive way.

New Moon: 4th, Full Moon: 18th.
Holidays: Columbus Day 14th

Sep. 23 - Oct. 23 Libra: Happy Birthday Libra!!! Your thinking is inspired but you act out of insecurity on the 1st. It may take you until the 3rd to realize this. Re-align your thinking and attitude from the 3rd to the 6th. Be aware that things told to you may not be as honest as you would like them to be on the 10th. If you overreact to what you hear it could work against you by the 12th. From the 13th to the end of the month remind yourself that freedom comes from responsibility, not because you take it. Your spouse could brighten your day on the 16th. Just say NO on the 19th. Your personal worth improves on the 25th and by the last day of the month you are ready to make constructive changes.

Oct. 24 - Nov. 22 Scorpio: October is your time to sit back and mellow out. If you can let go of your immediate problems you receive some impressive ideas from the Universe on the 1st. By the 3rd you can see ways to improve your standing in the world. On the 6th to the 8th do some serious personal planning for the your future. Don't deal in lies on the 10th. Be above dishonesty. You can see by the

12th how it works against you. An outburst comes the 13th on the job, causes others to shy away from you for the rest of the month. Is that what you want? A new romance can blossom in the work place on the 16th. Avoid friends who are looking for a drunken evening with you on the 18th. As you reflect upon the month past on the 25th, try to see things differently so you can move to the next level to find peace and happiness in November.

Nov. 23 - Dec. 21



Sagittarius: Your friends inspire your thinking about the future on the 1st of October. Remember, they can see you much better than you can see yourself, so listen carefully. What they say could sink in on the 3rd and cause you to re-assess your direction for the coming year on the 6th to the 8th. However, on the 10th you could also be guilty of self-deception which is as bad as not listening. From the 13th to the end of October concentrate on seeing the truth of things around you and how you fit in. On the 25th to the 29th have a serious talk with someone you trust about your career. You bolster your energies on the 31st and make a new plan for the future that will be both pleasing and workable.

Dec. 22 - Jan. 20



Capricorn: Don't let big ideas and what they bring regarding your career go to your head on the 1st. If you do, you'll hear all about it by the 3rd. Adopting a more conservative mental state on the 6th will carry you further by the 8th. A friend may not be all they appear to be and you find out on the 10th. Try to curb your rebellious spirit from the 13th to the end of the month. There's a time for it, but this time isn't it. There's a possibility of a new love interest finding you on the 16th. If you say No to drugs, it's not going to kill you on the 19th. It may do the opposite. On the 25th you catch a glimpse of who you are. Let's hope you like the view. On the last day of the month, changes you make in your life work well for you in the future.

Jan. 21 - Feb. 18



Aquarius: You set the bar pretty high on the 1st for those in your church group. Just avoid thinking whatever you said doesn't apply to yourself, as you could be tested with it on the 3rd. Solid planning and serious thinking are on the bill from the 8th to the 10th. Take what you hear with a grain of salt on the 10th. Rumors cannot be trusted. Your friend could introduce you to a new romance on the 16th. Be careful with your cash on the 19th. If you don't need it, don't buy it. You get one of those big AHA moments from the Universe on the 25th. The last day of October could bring you sudden riches and boundless energy to enjoy your wealth. Trick or Treat!

Feb. 19 - Mar. 20



Pisces: You could get rattled over the checkbook on the 1st. Try to keep a cool head about it all. You may find out that the fault is all yours by the 3rd. Set a budget for yourself from the 6th to the 8th. You may be guilty of self-deception on the 10th, so be careful with your thinking processes as they could work against you by the 12th. You could receive a bonus on the job on the 16th. You could assess your personal progress on the 25th and find you're not doing too badly. Set some new goals for yourself on the last day of October. Aim high!

Mar. 21 - Apr. 20



Aries: You could find that your spouse or your business partners aren't the only ones in a relationship on the first day of the month. So are you! The awareness of this settles in on the 3rd and prompts you to do some serious thinking on the 6th to the 8th, on the 10th be leery of authority figures and what they tell you. They don't have all the answers, but allow room for yourself on the 12th, as you do either. If you're single a new romantic interest could appear on the 16th. Be careful with any medications you take on the 19th. Make sure you only take them as prescribed on that day. You could find a pleasant mistake in your checkbook on the 25th in your favor. If you feel there are things



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."

about yourself you would like to change, the last day of the month is a good day to start making those changes.

Apr. 21 - May 21



Taurus: You could get a great idea about your job on the 1st, just be careful about not cramming it down anybody's throat to promote it. Think it through on the 3rd and find ways to seriously promote it on the 8th. Don't believe anything you hear second hand on the 10th. Avoid making moves on the 12th that will windup looking like you shot yourself in the foot. A secret little flirt on the 16th may be more serious than you may think. Use real care if you handle drugs for your children on the 19th. The 25th could bring a moment of clarity that you may find useful. A new diet or exercise program you start on the last day of the month has a very good chance for success.

May 22 - June 21



Gemini: A great idea on the job is over shadowed by your display of egotism with a lover or child on the first day of October. It may not sink in until the 3rd what has happened but you should take the time on the 6th to set matters right. From then until the 8th your thinking is very serious and somber. It allows you to see through a deception that is being used on you. Be careful how you handle the situation as it could work against you on the 12th. Bide your time, as things will come around shortly. A new friend is possible on the 16th. Be mindful and cautious with drugs of any kind on the 19th. There is the danger of misuse on that day. You manage to clear the air finally on the 25th. The matter that has had you going all month long is resolved to your liking. On the 31st you garner your energies to move forward into November with a bright outlook.

June 22 - July 22



Cancer: You start a new project on the 1st. Don't let your over-confidence ruin the moment by offending those around you. Someone acts as a mirror for you on the 3rd and you question how you may appear to others in your life because of it. Focus your activities and mind on what you are trying to achieve on the 6th to the 8th. Don't allow anyone to give you a line of untruth on the 10th. Near the 16th a new face in the workplace could turn your head romantically. Make sure you understand your doctor's instructions regarding any new drug you may be prescribed on the 19th. You experience a moment of clarity on the 25th. See yourself as others see you. On the last day of October, plan and move into a new and brighter future.

July 23 - Aug. 24



Leo: You offer words of encouragement to those around you on the 1st. Be careful about it and remain humble in your offering. With a serious mind on the 6th you are able to solve problems in a very constructive manner over the next four days. You see through someone's deception on the 10th. Don't let your disappointment in the matter ruin your sunny disposition on the 12th. You could draw the attentions of someone new at school or in a church setting on the 16th. Guard your resources very carefully on the 19th. Remember a fool and his money are easily parted. Deal with a real estate matter quickly on the 25th, and be done with it. You should take the last day of the month and use it to launch a new beginning. November looks much brighter than the month just passed.

Aug. 24 - Sept. 22



Virgo: You could be dealing with an unhappy child or lover on the 1st. Trying to control or dominate them will not make your problems go away. You see the root of it all on the 3rd and you can take action or talk it out on the 6th through the 8th. Disregard any rumor or gossip you hear on the 10th. Careful with those promises you make on the 12th. Be sure you can follow through. On the 16th you could come upon something that will be ideal for your home. Make doubly sure you are clear about what you say to your spouse or partners on the 19th. There's a chance of serious confusion on that day. Assessing your life on the 29th paves the way to constructive changes you can make on the 31st. Plan your future and then claim it as you move past October into November.

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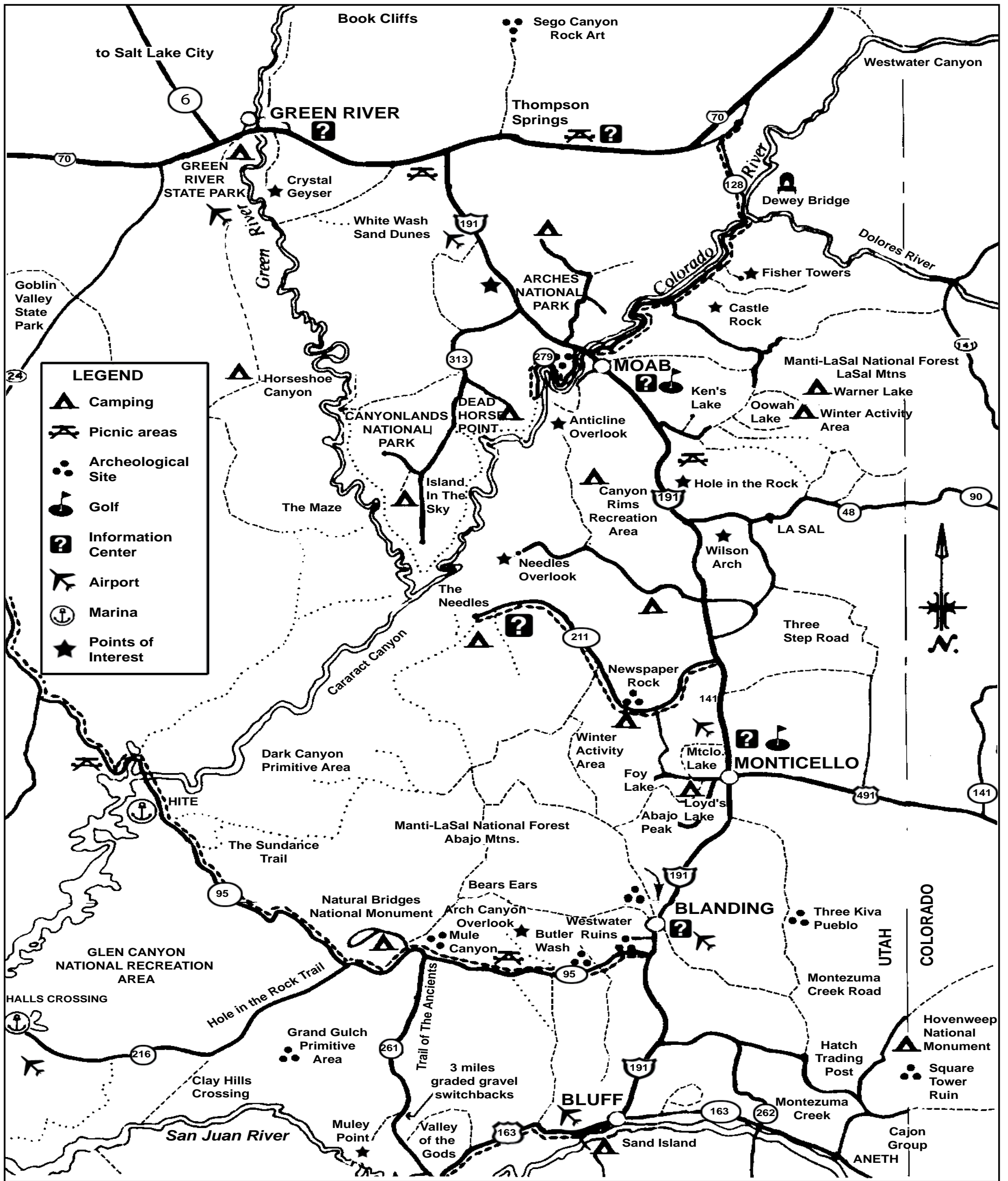
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MOVIE HAPPENINGS

Movies Made in Moab

articles and drawings by John Hagner

This is the 17th 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.

GERONIMO: AN AMERICAN LEGEND (1993)

Filmed in Moab ... This is a story to be told about Geronimo, who confounded 5,000 U.S. cavalry men between 1885 and 1886 with only 34 men, women and children.

This is a touching story about the man who went from Apache chieftain to a circus has-been, selling his autographs.

In the depths of his worst depression, Geronimo could never have anticipated the pain he would go through in this Walter Hill-John Milius classic.

Wes Studi as the main character, Milius centers things on Charles Gatewood (Jason Patric), the U.S. Cavalry lieutenant charged with capturing the Apache leader.

Gene Hackman (Brig. Gen. George Crook), Robert Duvall (good-old-boy Apache hunter Al Sieber) are also featured.

The production employed an array of Native American performers.

Geronimo is the prey, not the protagonist ... even though Studi's presence as the Apache leader (he was Magua in "Last of the Mohicans") is the best thing of all. His riveting gaze and halting, effective bursts of speech are evident.

Duvall, one of Hollywood's greatest journeymen, weighs in memorably with old-salt mannerisms. He may have the best moment in the movie, when he surveys a burning village of slaughtered Indians, the work of bounty hunters, and wonders



Wes Studi

WES STUDI
"GERONIMO"



John Hagner

who would sink to such depths. "Must be Texans," he says. "Lowest form of white man there is."

The Hollywood Stuntmen's Hall of Fame was privileged to have the opportunity of footprinting and honoring several stuntmen by inducting them.



Sonny Skyhawk



TOP LEFT: JASON PATRIC, ROBERT DUVAL & GENE HACKMAN
MIDDLE: WALTER HILL (DIRECTOR), WES STUDI & WES ON HORSEBACK
BOTTOM: WES & JASON -- A MONTAGE DRAWING BY "ARTIST OF THE STARS!" - JOHN HAGNER

Stunts Stars And Legends: Allan Graf

Allan Lee Graf was raised in Sylmar, California, but moved to San Fernando High School in the tenth grade. In 1973, Graf attended the Los Angeles Rams fall training camp as a free agent. Playing behind All-Pro Tom Mack in camp, he asked to be traded, but was the last man cut from camp, leaving him without an NFL contract. Graf was one of several Trojan graduates to join the Portland Storm franchise in the new World Football League, but after the league folded, he thought his football was over.



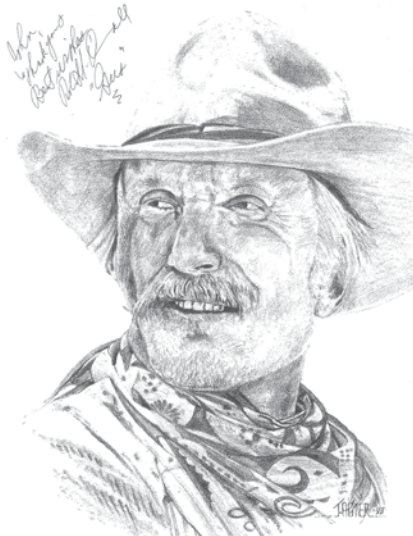
While still playing for the Portland Storm, Graf had taken side work with Disney in Santa Clarita, acting as stunt double to Chicago Bears player Dick Butkus on a children's sports comedy "Gus" about a field goal-kicking mule. Butkus invited Graf to double for him on television projects several times in the following years.

Frequent collaborations with director Walter Hill gave Graf the experience to do more than just stunt work; in 1989 he was asked to coordinate stunts for Hill's new film "Johnny Handsome" and to direct its second unit.

Graf's stunt coordination received much attention in Walter Hill's 1990 film "Another 48 Hrs.," after he performed a "cannon-roll" using a school buss at speed, lifting the bus 17 feet in the air with dynamite, and rolling it down the highway for 285 feet.

In 1993, when Walter Hill directed, "Geronimo: An American Legend", Allan Graf was Second-unit director of all the action. It was filmed here in Moab, and starred Wes Studi as Geronimo, and featured Robert Duvall, Gene Hackman, Jason Patric and a host of stunt people. I had the privilege of working in this classic action-packed Western, playing the role of one of the miners at the mining camp.

It was then that several of the people on the film came to be footprinted at the Hollywood Stuntmen's Hall of Fame, including those mentioned above and more than twenty others to be so honored, including Allan Graf and Walter Hill.



Robert Duvall



Stuntman and actor Sonny Skyhawk, visiting with John Hagner.

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SKY HAPPENINGS

The Sky for October 2013

By Faylene Roth

SUNRISE AND SUNSET TIMES FOR OCTOBER

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

Date	Sunrise	Sunset
1	7:14am	7:00pm
2	7:15am	6:59pm
3	7:16am	6:57pm
4	7:17am	6:56pm
5	7:18am	6:54pm
6	7:19am	6:53pm
7	7:20am	6:51pm
8	7:21am	6:50pm
9	7:22am	6:48pm
10	7:23am	6:47pm
11	7:24am	6:45pm
12	7:25am	6:44pm
13	7:26am	6:42pm
14	7:27am	6:41pm
15	7:28am	6:40pm
16	7:29am	6:38pm
17	7:30am	6:37pm
18	7:31am	6:35pm
19	7:32am	6:34pm
20	7:33am	6:33pm
21	7:34am	6:31pm
22	7:35am	6:30pm
23	7:36am	6:29pm
24	7:37am	6:27pm
25	7:38am	6:26pm
26	7:39am	6:25pm
27	7:40am	6:24pm
28	7:41am	6:22pm
29	7:42am	6:21pm
30	7:43am	6:20pm
31	7:44am	6:19pm

Find the loneliest star in our night sky by locating the NW corner of the Great Square of Pegasus. Draw a line to the SW corner of the Square and continue south—through faint Aquarius—to lone 1st magnitude star Fomalhaut (30° S of the celestial equator) in the constellation Piscis Austrinus. At midnight face north and find Ursa Major sitting upright low on the horizon.

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

MAJOR CONSTELLATIONS OF OCTOBER

Overhead

- Aquila
- Cygnus
- Delphinus
- Lyra
- Pegasus

Northward

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

Eastward

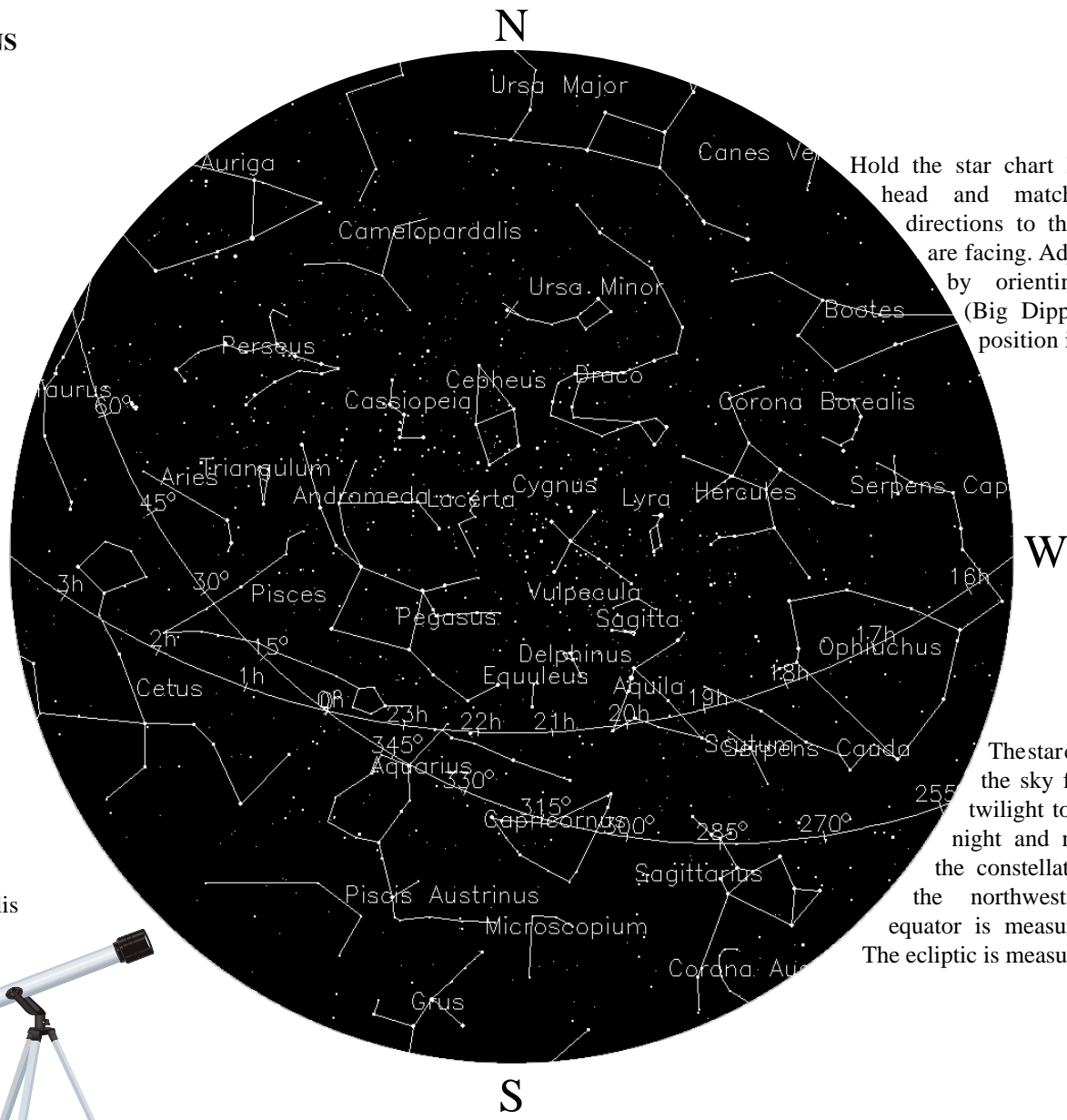
- Andromeda
- Aries
- Auriga
- Perseus
- Pisces
- Taurus

Southward

- Aquarius
- Capricornus
- Cetus
- Sagittarius
- Scorpius

Westward

- Corona Borealis
- Hercules
- Ophiucus



Hold the star chart high above your head and match the compass directions to the direction you are facing. Adjust the star chart by orienting Ursa Major (Big Dipper) to match its position in the sky.

The star chart approximates the sky from astronomical twilight to midnight. As the night and month progresses, the constellations shift toward the northwest. The celestial equator is measured in hours (h). The ecliptic is measured in degrees.



DAYLENGTH

Without missing a beat, the sun rises one minute later each morning during the month of October. Days shorten more quickly at sunset, which arrives 41 minutes earlier by the end of the month. The lingering twilight effect of summer nights also ceases—delivering a 10 hour 35 minute day by month's end. Twilight fades quickly now. Thirty minutes of sufficient light during civil twilight allows time to complete outdoor chores. Then nautical twilight transitions quickly to a dark landscape in the next 30 minutes. Overhead skies, too, darken rapidly as astronomical twilight erases ambient light from the horizon. The skies are dark one and one-half hours after sunset. Stargazing is at its best. The reverse progression applies to dawn.

MOON HAPPENINGS

- October 4** – New Moon occurs at 6:34pm.
- October 11** – First Quarter Moon sets soon after midnight.
- October 18** – Full Moon occurs 5:38pm and rises at 6:28pm.
- October 26** – Last Quarter Moon rises soon after midnight. (The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

ZODIACAL LIGHT

The zodiacal light continues to be visible in October. It is best seen in the morning sky before astronomical twilight brightens the eastern horizon (1-1/2 hours before sunrise). The zodiacal light is a cone of white light emanating from the sun before it crests the horizon. It extends almost 60° into the sky on a line almost perpendicular to the horizon. The light illuminates dust particles in space between earth and sun.

METEOR EVENTS

October offers numerous meteor showers, although none of them are major meteor producers. The Draconids are active October 6-10. October 7-8 provides the best opportunity to view up to 10 meteors per hour. Occasionally, this shower proves to be a bonanza that produces hundreds of meteors, so it is worth watching. A circumpolar constellation, Draco

is high in the sky early in the evening; however, viewing still improves after midnight. The Piscid Meteor Shower produces up to 15 meteors per hour throughout the month radiating from the Pisces-Aries border beneath Pegasus. The Geminids and the Orionids are most active October 19-22. Meteors will be seen in all regions of the sky for all these meteor showers. Their sources can be determined by tracing their path backwards to the originating region of the sky, hence their names.

Note: Hold your hand at arm's length to measure apparent distances in the sky. The width of the little finger approximates 1.5°. Middle, ring, and little finger touching represent about 5°. The width of a fist is about 10°. The fist with the thumb extended at a right angle equals 15°. The hand stretched from thumb to little finger approximates 20-25°. The diameter of both the full moon and the sun spans only 0.5°. 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 rises around midnight and appears high in the overhead sky in morning twilight. Look for it about 7° SW of the twin stars (Pollux and Castor) in Gemini. On the night of October 24/25 a waning gibbous moon rises about one-half hour (seven degrees) ahead of Jupiter. The following night Jupiter rises before the moon. (Magnitude -2.1)

Mars begins October below the lion's head in Leo. On October 15 it rises within 1° of 1st magnitude star Regulus, the heart of the lion. Mars rises (on the horizon) around 3:00am. Look for its small red-orange disk high in the eastern sky in early morning twilight. (Magnitude +1.6)

Saturn sets in the evening twilight with Libra. By month's end it disappears into the sun's glare as it approaches conjunction with the sun (its pass around the far side of the sun). (Magnitude +1.2)

Venus rises earlier each day (before noon) which positions it a little higher in the western sky each evening. On October 8 Venus, Antares, and a waxing crescent moon form a triangle above the western horizon. Midmonth Venus sweeps quickly through Scorpius as it passes from Libra to Ophiucus. On October 16 Venus appears within 1.5° of the red-giant Antares (Scorpius). (Magnitude -3.9)

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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PET HAPPENINGS

Natural vs. Organic – the debate over Fido's bowl

People are getting wise to what they are eating. Hopefully you are checking labels for unwanted and bad ingredients. What about your pets? Over the last few years we have seen a big upswing in the demand for better pet food, and now people are looking for “natural” and organic ingredients in Fido and Fluffy's food. Pet food manufacturers are meeting that demand, and new products are being introduced regularly but how many of them are truly organic versus “natural”. I will attempt to explain the difference between natural and organic pet food as well and what that means for their health and your pocketbook.

Natural:

In the Human food industry today, there's NO official FDA (Food and Drug Administration) definition of “natural.” It means whatever the food companies want it to mean. It can mean, for example, that all the chemicals found in the product simply aren't listed on the label. (There's no requirement for food companies to list chemical contaminants found in their foods.)

A food labeled “all natural” is better than just “natural”, but can still contain pesticides, herbicides, toxic heavy metals, trace amounts of PCBs, toxic fluoride, hidden MSG, high-temperature cooking byproducts, synthetic chemical vitamins, other non-natural substances.

According to the FDA – their loose definition of “natural” foods is ingredients that are processed without preservatives or additives, but may have been grown with the use of pesticides or other conventional methods. The FDA “regulates” the term ‘natural’ only as it applies to added color, synthetic substances, and flavors in the ingredient list. In truth there is no regulation nor any oversight to qualify that food companies are producing something naturally. If the ingredient started as something from nature it qualifies as natural, the FDA doesn't regulate any of the processing to that ingredient, only how it is listed on the actual food labels.

So what does this mean for your pet? Well “all natural” is a step in the right direction, but doesn't prevent many of the nasty ingredients we all know can be dangerous for your pets. Dyes, MSG, and harsh preservatives can still be in all natural foods. Often human food companies use the term all natural as an advertising gimmick rather than an indication they are producing a high quality food. Checking the label is more important than relying on the phrase all natural, if there are ingredients that you can barely pronounce or don't recognize it's probable that you are being duped and also being charged more for it too!

Organic:

Definition of “Organic” refers to ingredients that are grown without synthetic pesticides, insecticides, herbicides, fungicides, hormones, fertilizers or other synthetic or toxic substances. No artificial flavors or colors have been added. Organic food does not include foods that have been irradiated or Genetically Modified Organisms (GMOs).

Organic food IS regulated by the FDA and the USDA (United States Department of Agriculture). It is not only complicated to qualify for USDA organic designation, but there is regular oversight for organic food production. A food that is filling 99% of the organic requirements is still only considered natural. When a company has done

everything they need to be organic they will put the USDA organic seal right on the front of the packaging. Because of the oversight and regulation, organic foods are often more expensive. That expense ensures they are as close to the original ingredient composition as possible and have a much larger guarantee of being healthy than something that says it's “Natural” or “All-Natural”.



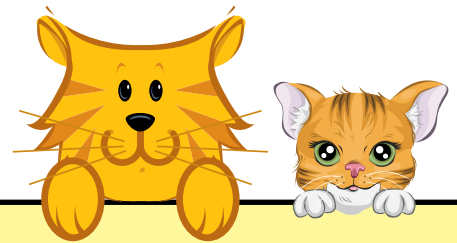
There are currently only three brands of pet food that we know of that make an organic pet food. We only carry one of them too! Why? Well organic is a new “thing” in the pet food industry and frankly there are not that many options right now. There is also the cold fact that these types of food demands compete with human foods, and that makes them expensive. Therefore the other reason for carrying only one brand is cost. There are also fewer options in organic pet food because common ingredients that you normally find in pet food are not available as an organic option (ex. salmon or whitefish). When you do see organic pet food it is usually chicken, beef or pork which poses a problem for dogs with protein sensitivities.

We carry Natural Planet Organics pet food produced by KLN a small family owned pet food business. Currently we carry a chicken and rice option, but coming this fall is a grain-free turkey option that will fill a niche nobody else has filled, the rare protein and organic dog food. Will it be more expensive, yes. Will it be worth it, yes! There is already a long list of people looking for this type of food. We always advocate feeding your pets a high quality pet food and we also realize that these are more expensive options. What we have discovered is that most often when you pick a better quality food, they are meeting “natural” requirements without advertising it and your pet needs to eat less food to get the same amount of calories. With organic pet foods the same is true, less food for the same amount of calories with the extra bonus that all the ingredients are as healthful and beneficial as possible.

Does any of this matter for pets? Depends on your morals and how you view your pets. What we have noticed at the Moab BARKery that even the most cash strapped person cares deeply for their pets, and wants the best for them. Do you have to buy organic for them? Only if organic is top priority when it comes to what you eat, otherwise reading the back of the bag and ensuring that the food contains ingredients you can actually pronounce with few preservatives is a great start to buying the best for your cat or dog. I personally haven't found a raw pet food that is exclusively organic to feed my pets. I use an “all natural” raw food. They use meat that is hormone and antibiotic free. I personally have met the people that make this food, and I know they are using the highest quality ingredients possible. If there were an organic option I would use that instead, but so far they only way to have my cake and eat it too is to make it myself. If you are not finding a pet food that gives you everything you need, consider making your pets food. There are some excellent recipes out there. Otherwise know that if you fall for the “all-natural” without reading the ingredient list you may be overpaying. Organic is the only guarantee that all the ingredients are the best possible, and know that you will have limited option for now.



by Jessica Turquette, co-owner of the Moab BARKery



Humane Society of Moab Valley

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October 2013 Events

- October 5- Cat Adoption Day at the Moab BARKery from 11am - 1pm
- October 12 - Dog Adoption Day at City Market from 10am -12pm
- October 19 - Cat Adoption Day at the Moab BARKery from 11am - 1pm
- October 26 - Dog Adoption Day at City Market from 10am -12pm

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

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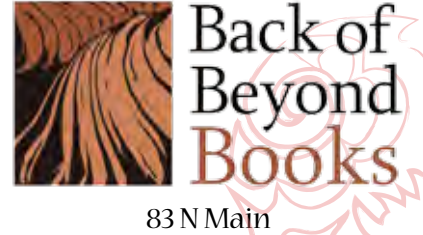
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SCHEDULE OF EVENTS

Please Note: Evening performances are held at two different venues on two different nights.
Please select either Star Hall or Grand County High School (GCHS) as your evening venue.

Friday, November 1
Evening

STAR HALL

- OR -

GCHS

7:00 PM Moors & McCumber
8:15 PM Ellis
9:30 PM David Lindley

7:00 PM Joshua James
8:15 PM Gregory Alan Isakov
9:30 PM Elephant Revival

Saturday, November 2
Daytime

MOAB BALL FIELD

12:00 PM 3 Penny Acre
1:30 PM Marley's Ghost
3:00 PM The Steel Wheels

Saturday Evening

STAR HALL

- OR -

GCHS

7:00 PM Joshua James
8:15 PM Gregory Alan Isakov
9:30 PM Elephant Revival

7:00 PM Moors & McCumber
8:15 PM Ellis
9:30 PM David Lindley

Sunday, November 3
Daytime

MOAB BALL FIELD

12:00 PM Parker Millsap Trio
1:30 PM Eliza Gilkyson & Nick Forster
3:00 PM Tom Russell