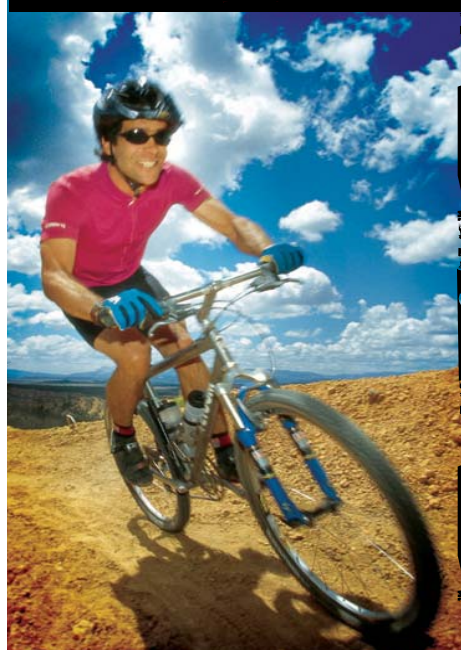


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MOAB HAPPENINGS

Volume 22 Number 8

NOVEMBER 2010

FREE COPY

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 Nov 5-7 pg 6

Moab River Rendezvous
 Nov 11-14 pg 12

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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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MOVIE STAR HAPPENINGS

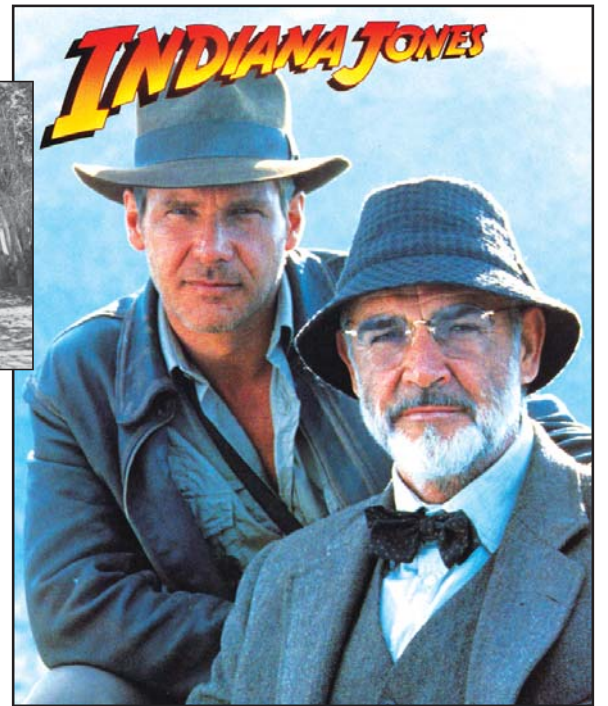
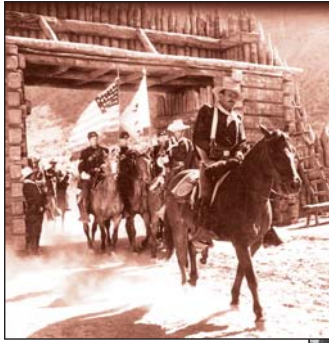
Movie & Western Memorabilia Museum at Red Cliffs Lodge

Red Cliffs Lodge, on the banks of the mighty Colorado river, is home for 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



Holiday Gift Fair
at The Grand Center

Friday, December 3, 4pm-8pm
Saturday, December 4, 9am-3pm

Variety of gifts from craft vendors and great food vendors

Fallen Arches Square Dance Club

Thursday Nights 7:30 - 9:30 p.m.
The Grand Center
182 N. 500 West, Moab, Utah

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Moab's TV Tour Guide

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- Hike • Shop
- Eco-Education
- Historical Info

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Volunteer for your favorite special event

November 2010

- 1-5 **Moab Folk Camp** Guitar, Vocal and Songwriting Workshops. www.moabfolkcamp.com
- 2 **Election Night Dinner**, St. Pius X Church, 44th Annual Community Celebration from 4:30 pm - 7:30 pm. Tickets available at the door Adults \$12 Seniors \$8 (65+) and Juniors \$8 (6-12) Children under 6 free.
- 2 **3rd Annual Folk Camp Staff Concert, 7:00 pm, Moab Arts & Rec Ctr.** Free Acoustic Concert. Featuring, Sloan Wainwright, Tom Prasada-Rao, Cosy Sheridan, TR Ritchie, Alisa Fineman, Kimball Hurd and more.
- 3 **Assessing Dog to Dog Behavior with Sue Sternberg, Moab BARKery** \$10 Donation per person, space is limited. 5:00 to 7:00 pm
- 4 **Moab Folk Festival 2010 Showcase Performance, Star Hall, 7-9 pm** Performers: Paradox Strings, Guy Benson, Marv Hamilton, Doug Wintch FREE Community Performance.
- 4 **Live Music at Eddie McStiff's** beginning at 6:30 pm with Mary Jane Page
- 4-7 **Canyon Country Photo Adventure** Join Bret Edge and Todd Caudie at this photography workshop to learn how to create dynamic landscape photos in Arches and Canyonlands National Parks. Visit moabphotoworkshops.com or call 602-571-4170 to learn more to to register. Fee charged.
- 5-7 **Moab Folk Festival** An exciting gathering of accomplished artists from the national, regional and local contemporary folk music community. See Article on page 6 and schedule of events on page 5
- 5-6 **Live Music at Eddie McStiff's starts at 6:30 pm with GiGi Love** Open Jam Session with all Moab Folk Festival musicians from 10 pm to 1 am.
- 6-7 **First Annual Action Shots Ice Cream Anti-Social** All the free ice cream you can eat! Noon to Six PM Saturday & Sunday, while it lasts.
- 6-7 **U.S.R.A. Season Final** - The Red Rock Dirt Riders have teamed with the St. George Motocross Club for this closing points race. For more info visit redrockdirtiders.com or call 435-259-2478, see article on page 20
- 7 **Great Worldwide Star Count @ 6:30pm** Join Red Rock Astronomers for an evening of stargazing and telescope viewing followed by participation in the GWWSC. Meet in the southwest corner of Old City Park. See Sky Happenings on page 21 or call 259-4743 or 259-3313 for more information. Sponsored by WabiSabi.
- 7 **Live Music at Eddie McStiff's beginning at 6:30 pm, The Porchlights**
- 7 **Daylight Savings Time ends.**
- 10 **Second Wednesday Book Club at the Library.** *So Much for That* by Lionel Shriver is November's book selection. All are welcome - 6:00 p.m. in the Library's Board Room.
- 11-14 **Moab River Rendezvous.** Join Plateau Restoration, a Moab based non profit, for their annual fundraiser. The event features expert speakers on river history, geology, conservation and wildlife. Both field trips and classroom presentations are offered during the four day event. For more information go to www.moabriverrendezvous.com or call 435.259.7733. See article on page 12 and ad on page 8.
- 11 **Moab Garden Club** meeting at 7p.m. on the second Thursday of each month to share ideas, plants and seeds. We get speakers, go on field trips or we will discuss a subject that pertains to gardening each month. Everyone is welcome to join us in our activities. We are a social club that hopes to learn something along the way. Please contact Tricia at 259-6342 for the location of our next meeting or any questions you may have.
- 11 **VETERANS DAY**
- 12 **Scotty's Sock Hop, Elks Lodge** Social hour 6 pm; Dinner (Steaks & Burgers) 7-9 pm, Music 8pm
- 13 **America Recycles Day with Canyonlands Community Recycling (CCR)!** We'll be at the recycling center (1000 E Sand Flats Rd) from 12noon-3pm, cleaning up the center grounds and neighboring properties, painting recycling drums, snacking, modeling the new CCR t-shirt, answering recycling and waste reduction questions, and helping the public sort their recyclables. For more information, contact Rani at 435-210-4996 or ccr@moabrecycles.org.
- 13 **Moab Art Walk. 6:00 - 9:00 pm** Stroll Moab's galleries, shops and cafes to view fine locally created art. See page 24 for map and article on locations.
- 17 **Moab Toastmasters Open House** at 5:00PM in Zions Bank, will offer a sample meeting, refreshments, and information to anyone interested. Toastmasters, dedicated to improving members' speaking and leadership skills, will launch a recruitment drive through the fall, culminating in an open house. Call Al Boyd at 259-5767 for more information.
- 18 **Interpreting Historic Photographs of Native Americans: *The New Illustrated Edition of Bury My Heart at Wounded Knee*** with Dr. Andrew Gulliford - Free! 6:30 pm 10:00 am - 12 Noon

For more info on events see www.moabhappenings.com

November 7

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MOAB

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2010 Moab Art Walk Fall Season:
November 13
December 11

www.moabartwalk.com

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November 20
Swanny City Park

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DEADLINE for DECEMBER Events Calendar: NOVEMBER 18, 2010

Listings in the Moab Happenings Events Calendar are FREE!!
Do you know of an event for the Happenings calendar??
Call (435) 259-8431 or fax us at (435) 259-2418
e-mail: info@moabhappenings.com

MORE MOAB AREA EVENTS

November 2010 events continued

- 18 Thursday Night Movie Night at the Library.** Sundance Film Festival Grand Jury Prize winner - "Winter's Bone" will be shown at 7:00 p.m. This event is FREE. Popcorn for this event is donated by the Moab Chevron. For more info visit the Grand County Public Library at 257 E. Center St. or call 435-259-1111.
- 20 Monthly Paper Recycling Drive** - An opportunity to recycle paper items not accepted at the recycling center. From 9am-1pm in front of the Moab Post Office. Bring us your phone books, magazines, catalogs, cereal boxes, egg cartons, books and other paper and we'll see that they get turned into insulation for homes and offices!
- 24 Seekhaven Book Club at the Library.** *Infidel* by Ayann Hirsi Ali is November's book selection. All are welcome - 6:00 p.m. in the Library's Large Meeting Room. Books provided by the Utah Humanities Council are available for checkout at the Library.
- 25 THANKSGIVING**

December 2010

- 3-4 Winter Sun Festival.** Holiday weekend events full of fun, festivities, food and activities. Winter Sun 10K, Electric Light Parade, Tree Lighting Ceremony, Arts & Craft Fairs, Community Dance, Main St. Merchant Specials, Santa visits, musicians & carolers., etc.
- 3 Christmas Tree Lighting,** 5:30 pm, County Courthouse (125 E Center)
- 4 Electric Light Parade.** The entire family will enjoy this amazing collection of lighted floats as they travel along Main Street in downtown Moab. For more info call 435-259-7814
- 4-5 Open Studio at Serena Supplee's** (10am - 4pm) 411 S. 400 E. in Moab
- 4 Winter Sun 10K Run.** Annual Winter Sun 10K road race is a fun-filled small town run in early December. for more info visit www.moabhalfmarathon.org or call 435-259-4525.
- 9 Winter Solstice Star Lab and Stories - Free!** Edge of the Cedars State Park Museum, **6:30 pm**, 660 West 400 North, Blanding, Utah. 435-678-2238.
- 11 Moab Art Walk**
- 18 Monthly Paper Recycling Drive** - An opportunity to recycle paper items not accepted at the recycling center. From 9am-1pm in front of the Moab Post Office. Bring us your phone books, magazines, catalogs, cereal boxes, egg cartons, books and other paper and we'll see that they get turned into insulation for homes and offices!
- 24 Christmas Eve**
- 25 WabiSabi's Community Christmas Dinner** from 2:00-5:00pm at the Moab Arts & Rec Ctr.
See article on this page for more info visit wabisabimoab.org or to volunteer, call 259-2553.
- 25 CHRISTMAS DAY**
- 31 NEW YEAR'S EVE**

Moab Citizen of the Year and Moab Business of the Year Chamber Awards
The Chamber of Commerce is asking Chamber members and the community at large to submit nominations for the 2010 Moab Citizen of the Year and Moab Business of the Year awards. Nomination forms for both awards are available at the Chamber office, 217 East Center Street, Suite #250, as well as attached to this email. The nomination forms are designed to provide information about the nominees for the award-selection committee. This committee is comprised of five community and business leaders and is chaired by Chamber President Jason Taylor.

The nomination form for Moab Citizen of the Year requests information on a nominee's contributions to the community, a list of organizations the nominee belongs to, and other areas in which the nominee has given community service. The nomination form for Moab Business of the Year requests information on the projects and services that the business has contributed to the community and the impact or influence that those have had.

The winners for both awards will be announced at the tree lighting Friday night during the Winter Sun Festival. Winners will be our Grand Marshals for the Electric Light Parade on Saturday, December 4th.

WabiSabi Presents

Come enjoy a sense of community and holiday cheer with a free **Thanksgiving dinner** organized by WabiSabi's Hands Up program. This meal is made possible through generous donations from the community and contributions from our sponsors. Thursday November 25th 2pm to 5pm at the Grand Center 182 North 500 West. For more information or to volunteer, call 259-2553.

Come enjoy a sense of community and holiday cheer with a free **Christmas dinner** organized by WabiSabi's Hands Up program. This meal is made possible through generous donations from the community and contributions from our sponsors. Saturday December 25th 2pm to 5pm at the Moab Arts and Recreation Center 111 East 100 North. For more information or to volunteer, call 259-2553.

The WabiSabi **Fashion Bizarre** pulls together local artists to create the most eye-popping and uniquely bizarre fashion styles all culled from Moab's WabiSabi thrift shops and other recycled materials. Saturday, February 26th 2011 from 7:30pm to 10:00pm at the Spansih Trail Arena, 21 and up. \$15 to \$75 for admission. For more information call 435.259.2553.



2011 MOAB ARTS FESTIVAL POSTER ART DESIGN COMPETITION

ALL SELECTED ENTRIES WILL BE DISPLAYED AT THE MARC JAN 15 TO JAN 29
PUBLIC ENCOURAGED TO VOTE FOR THEIR FAVORITE DESIGN
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\$200 CASH PRIZE

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SUBMISSION FORM CAN BE FOUND ON ARTS FESTIVAL WEBSITE
OR AT THE MARC

ARTWORK MUST BE READY TO DISPLAY
WIRING MUST BE IN GOOD CONDITION
AND SUBSTANTIAL ENOUGH FOR THE WEIGHT OF THE ARTWORK

AFTER EXHIBITION ART WILL NEED TO BE PICKED UP NO LATER THAN FEB 5
WINNER AGREES TO GIVE PERMISSION TO THE MOAB ARTS FESTIVAL
THE RIGHT TO REPRODUCE THE ART DESIGN IN ITS ENTIRETY
OR ANY PART FOR 2011 FESTIVAL PUBLICATIONS

QUESTIONS? WWW.MOABARTSFESTIVAL.ORG

2010-2011 Events

- November 5-7 Moab Folk Festival
- November 13 Moab Art Walk
- December 4 Electric Light Parade
- December 4 Winter Sun 10K
- December 5 Moab Studio Tour
- December 11 Moab Art Walk

- February 26, 2011 WabiSabi Fashion Show
- March 5, 2011 Puttin' On the Ritz

• MOAB FOLK FESTIVAL SCHEDULE •

| FRIDAY, NOV. 5 | SATURDAY, NOV. 6 | SUNDAY, NOV. 7 |
|---|--|--|
| Star Hall • 157 E. Center 7 pm Caroline Herring 8 pm Peter Mulvey 9 pm Patty Larkin GCHS • 608 S. 400 East 7 pm Tom Prasada-Rao 8 pm Sloan Wainwright 9 pm Loudon Wainwright III ★ 10:00 pm After Hours Jam Session @ Eddie McStiff's 57 South Main St. | Moab Ball Field Center St. & 200 East 12 pm Tara Shupe & Broken Pony 1:30 p.m. Elephant Revival 3 pm Darol Anger, Sharon Gilchrist & Scott Law Star Hall • 157 E. Center 7 pm Tom Prasada-Rao 8 pm Sloan Wainwright 9 pm Loudon Wainwright III GCHS • 608 S. 400 East 7 pm Caroline Herring 8 pm Peter Mulvey 9 pm Patty Larkin ★ 10:00 pm After Hours Jam Session @ Eddie McStiff's 57 South Main St. | Moab Ball Field Center St. & 200 East 12 pm The Mile Markers 1:30 pm Po'Girl 3 pm Eileen Ivers & Immigrant Soul • FESTIVAL RULES • • All venues are alcohol & drug free. • Sorry, no dogs or other pets allowed. • Indoor venue doors will close 10 minutes prior to performance. • Please, no glass containers or coolers. • PLEASE--no recording of any kind (sound, video, pictures, etc.) • PLEASE--turn off cell phones while attending indoor venues. For more Folk Festival info, please visit our website at www.moabfolkfestival.com or call 435-259-3198 • Schedule subject to changes • |

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Festival Workshops

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* Live recording sessions of the artists being interviewed by Vivian Nesbitt & John Dillon.

| ... AND AT STAR HALL • 157 E. CENTER | |
|---|--|
| Saturday, Nov. 6 | Sunday, Nov. 7 |
| 10 am Art of the Song* Loudon Wainwright III | 10 am Art of the Song* Eileen Ivers |
| 11 am Elephant Revival Percussion Discussion | 11 am Singer/Songwriters In The Round |

435-259-3198

www.MoabFolkFestival.com

FESTIVAL HAPPENINGS

Outstanding Moab Folk Festival Performers—November 5–7, 2010

Grammy-winning Loudon Wainwright III and Patty Larkin will be the featured acts at the 2010 Moab Folk Festival in Moab, Utah.

Wainwright, who has been performing for 40 years as both a musician and actor, won a Grammy earlier this year in Traditional Folk music for his album *High, Wide & Handsome*. Larkin, who is making her second appearance at the Moab festival, celebrated her 25th year as a performer by releasing her new album *25*, on which she performs with a roster of guest artists that reads like a music Hall of Fame.

Now in its eighth year, the Moab Folk Festival has grown into one of the nation's top music showcases and has expanded the definition of "folk" to include music that reaches beyond traditional boundaries – including bluegrass, indie folk-rock, folk-fringe punk, celtic-folk and modern acoustic artists.

In addition, the festival offers excellent education programs for kids of all ages, as well as a series of music workshops, free community concerts and numerous free jam sessions open to the public.

MOAB FOLK FESTIVAL

Loudon Wainwright III

A legend in folk music, Wainwright has been following his own iconoclastic musical path for the past four decades. His off-beat brand of singing and songwriting as been described by the London Times as "sardonic miniatures about the dreams and terrors of middle-class America."

His 1972 novelty song, *Dead Skunk In The Middle Of The Road*, was a breakout hit. He has released 27 albums and won a 2010 Grammy Award in Best Traditional Folk for *High Wide & Handsome: The Charlie Poole Project*. His most recent release is *10 Songs for the New Depression*.

In addition, Wainwright's acting career has included roles in early episodes of the *M*A*S*H* television series and, more recently, in such films as *The Aviator* and *Knocked Up*.

Patty Larkin

Winner of an unprecedented 11 Boston Music Awards, Larkin is a self-described "guitar-driven songwriter." Her uncompromising lyrics, inventive melodies and evocative vocals have redefined folk-urban pop music for the last 25 years.

She has released 12 albums, the most recent 2010's *25*, a collection of reworked love songs written between 1985 and 2010. The album commemorates Larkin's 25 years as a performer and includes collaborations with such legendary performers as Mary Chapin Carpenter, Shawn Colvin, Rosanne Cash and Janis Ian.

Eileen Ivers and Immigrant Soul

Eileen Ivers is the pre-eminent Irish fiddler in the world today. A nine-time All-Ireland Fiddle champion with an amazing talent and dexterity, she has played with a who's-who list of artists and symphonies throughout the world and has been described as "The Jimi Hendrix of the violin" by the New York Times.

She has released five albums and made countless live appearances, both solo and with her band, Immigrant Soul. Eileen takes traditional fiddle in a completely new direction with a virtuosity that must simply be seen and heard to be believed. Their Sunday afternoon performance outdoors at the Moab Ball Field will bring the festival to an electrifying close.

Darol Anger, Sharon Gilchrist & Scott Law

Three of the most electrifying folk musicians in the world team up for what promises to be a memorable landmark performance.

Fiddler extraordinaire Darol Anger's musical horizons seem limitless. In more than three decades of performing, he has played nearly all musical genres and has had a big hand in inventing new ones along the way. He has founded and led many different string ensembles and has brought to each a fresh, vibrant, innovative sound.

Mandolin master Sharon Gilchrist has a list of performing credits that would fill several pages. Currently based in Santa Fe, N.M., Gilchrist is also a sought-after bass player, and has performed in

numerous ensembles and recordings.

Guitar virtuoso Scott Law is another player whose talent and wide-ranging repertoire defy categories. He has performed with a veritable who's-who of rock, folk, jazz, bluegrass and classical legends and ensembles and his mastery brings audiences to their feet.

Po' Girl

Canadian quartet Po' Girl – Allison Russell, Awna Teixeira, Benny Sidelinger and Mikey August – play urban roots music, constantly reinterpreting, reinventing and redefining their fresh, unique repertoire for new audiences.

They have toured world-wide and have released seven

brother Loudon – 11 years her senior – become successful. Writing and performing, throughout the Greenwich Village hipster scene, Sloan developed her own unique style.

Sloan has released seven albums, most recently 2008's *Rediscovery*, which includes an evocative interpretation of Neil Young's *After the Gold Rush*. This is her second appearance at the Moab Folk Festival.

Tom Prasada-Rao

Born in Ethiopia but raised in Washington, D.C., singer/songwriter Tom Prasada-Rao has returned to touring after a long hiatus in support of his new album, his first such release in nearly a decade.



albums, including *Follow Your Bliss*, their most recent CD.

Peter Mulvey

Whether playing solo or with a band in tow, Mulvey has a rare ability to hold an audience's attention and transport them, using wit, humor, and a subtle but sophisticated melodic and harmonic sensibility to gracefully introduce complex and provocative concepts and characters.

He was named Best Solo Performer at the 28th Wisconsin Area Music Industry awards and has released 12 albums since 1997, most recently *Letters from a Flying Machine*.

Caroline Herring

From her 2001 debut release *Twilight* and its immediate successor *Wellspring* (2003) to the widely acclaimed *Lantana* (2008), Herring's music is distinctive for combining traditional sounds with striking, original observations into modern life and love.

A native of Mississippi, Herring gained a reputation as a top-ranked alt-country artist in Texas but returns to her folk roots in the sparsely arranged *Golden Apples of the Sun* (2009).

Sloan Wainwright

An outstanding and highly original singer, Sloan is a compelling performer best known for her rich contralto voice, intensely personal lyrics, and an innovative approach to song. Hard to categorize, her musical style melds the best of pop, folk, jazz, and blues to create a soulful hybrid.

As a teen-ager, she learned piano and watched her

Prasada-Rao is currently based in Texas, where he writes songs, produces recordings and teaches. His unique style and emotional singing have touched audiences around the world.

Elephant Revival

A young quintet from Nederland, Colo., Elephant Revival plays a brand of acoustic music it calls Transcendental Folk on traditional instruments with some electrification.

The group – Bonnie Paine, Sage Cook, Dango Rose, Daniel Rodriguez and Bridget Law – released its first studio CD in 2008 and has been regularly touring the West Coast and Rocky Mountain regions.

The Mile Markers

The group began in Denver as a duet of guitarist Julie Stratton and fiddler Bevin Foley but has expanded into a quintet with the addition of Sal Clark, Nathaniel Haas and Ryan Foley.

Its repertoire ranges from dark, haunting ballads to foot-stomping, high-energy dance tunes. The Mile Markers released their first CD, *Take To The Road*, in May 2010, available on iTunes and here.

Tara Shupe & Broken Pony with Nick Boyer

Fiddler and mandolinist Tara Shupe and her band play original and traditional bluegrass music on traditional instruments (fiddle, mandolin, guitar, bass, banjo). Sitting in with the band will be Nick Boyer of the Puddle Mountain Ramblers.



MOAB FOLK FESTIVAL

November 5–7, 2010

- Loudon Wainwright III
- Patty Larkin
- Eileen Ivers & Immigrant Soul
- Darol Anger, Sharon Gilchrist & Scott Law
- Po'Girl
- Caroline Herring
- Sloan Wainwright
- Peter Mulvey
- Tom Prasada-Rao
- Elephant Revival
- Tara Shupe & Broken Pony w/ Nick Boyer of the Puddle Mountain Ramblers
- The Mile Markers



Guitar by Ravenworks Lutherie



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GALLERY HAPPENINGS

Off The Wall Art Gallery

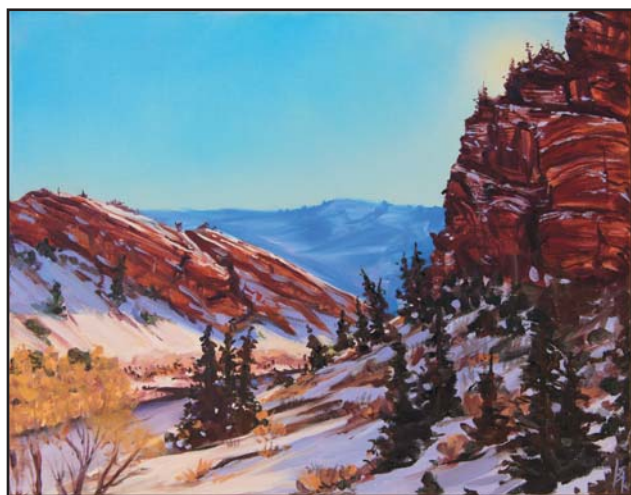
Off The Wall Art Gallery is Moab's newest art gallery. This month it is featuring two of its member artists - Kelly Krusnoski and J.C. Borders.

Kelly Krusnoski, a self-taught artist, grew up in Grand Jct., Colorado where she became immersed in the outdoors, which gave her the inspirations for her art. Painting came naturally to her because it was in her blood. Her Grandpa Rae and her uncle were also artists who encouraged her to be creative with her drawing at a very young age.

After finishing school, she lived in Telluride, Colorado for a few years and using the easel she had inherited from her grandfather, she completed her first watercolor. When she moved to Hawaii in 2003, a local artist and friend challenged her to pursue a career as an artist. Under the tutelage of some accomplished artists, she developed her skills until her dream of becoming a professional artist came true and people around the world began to recognize her talent by purchasing her paintings.

Coming full circle she's back in Grand Jct. Using oils she works full time to produce the seascape scenery of Hawaii and the landscape of the Rocky Mountains and the desert southwest as she expresses her love of the outdoors that surrounds her.

J.C. Borders, a self-taught artist, originally painted with oils. He always loved art but between raising a family and running a construction business in Portland, Oregon, he had little time to devote to it. While in Portland, he discovered that it was easier to find time for his art after he switched to pastels, which offer many advantages over oils. Pastels don't dry out and are less expensive. They are a great medium to learn color composition and are more forgiving because mistakes can be erased and easily corrected.



When he retired fifteen years ago, he moved to Moab where he devotes three to four hours every morning to his painting and starts his day very early while he's still fresh. His subjects are the outdoor landscapes of the Moab area from the grandeur of the La Sal Mountains to the striking beauty of the red rock desert.

J.C. has become very involved in the art community and for the last four years he's taught classes in pastels. He loves teaching and always welcomes beginners who have the desire to express themselves through art. Starting the first week of November, he will offer classes once a week at Off The Wall Art Gallery from 5:30 to 8:00 with room for six students. For more information on cost and materials stop by the gallery or e-mail Collette at offthewallartmoab@gmail.com.

J.C. and other artists will be giving demonstrations at Off The Wall's booth at the Moab Folk Festival on November 5th and 6th and J.C. will also present a demonstration in pastels at the gallery during the art walk on Saturday, November 13. To stay abreast on all the gallery's current activities, check the website – offthewallart.com.

Off The Wall Art Gallery, which offers a wide array of mediums in metal, clay, glass, watercolors, pastels and

oils is open Tuesday through Saturday from 10:00 to 6:00, Sunday from 10:00 to 2:00 and is closed on Monday. It is conveniently located at 225 South 400 East, not far from Milt's and Dave's Corner Market.



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The Bighorn Gallery at Dead Horse Point State Park

The Bighorn Gallery at Dead Horse Point State Park currently features a unique exhibit of photography and paintings by local artists, Catherine Holmburg and Melinda Redd.

Moab, UT – Inspired by the “harsh beauty of the desert landscape,” a duo of Moab-area artists have combined their talents to create a vibrant exhibit of paintings and photography. Catherine Holmburg and Melinda Redd's artwork will be on display in the Bighorn Gallery at the Dead Horse Point State Park's visitor center through Feb. 28, 2011.

Holmburg intends to evoke an emotional response with her large, colorful oil paintings. She studied art history at Milwaukee Institute of Art and Design and earned a master of fine arts degree from Claremont Graduate University in Claremont, Calif. She said cubism and Dutch still life influence her work, and describes her style as loose, abstract and focused on the process of glazing and impasto. Holmburg is an established artist at the David Barnett Gallery in Milwaukee. She currently teaches



art classes at Moab Charter School.

Redd said she attempts to capture the true symbols of the American west in her photographs, from the “subtle exquisiteness of desert blooms” to “the calloused hands of real, live cowboys.” Redd has won several awards at San Juan County Fairs, including best of show. One of her photos recently made the front page of the local newspaper, the San Jan Record. Several of her photographs are published in a fine art book, *Capture my Utah*. Redd currently lives on a cattle ranch in the desert with her husband, raising two young cowboy sons.

For more information visit CatherineHolmburg.imagekind.com and cowgirlmin.imagekind.com

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



HIKING HAPPENINGS

Seven-Mile Canyon – The North Fork

by Marcy Hafner

It's anyone's guess as to how Seven Mile Canyon received its name, but maybe, just maybe, at one time it was estimated to be seven miles long when it reached its terminal point at the confluence of Courthouse Wash in Arches National Park. Beneath the well-known landmarks of Monitor and Merrimac Buttes, the eastern portion of Highway 313 travels along its extremely wide bottom before leaving the canyon when the switchbacks start up to Canyonlands National Park and Dead Horse Point State Park.

There are two major forks at the beginning of Seven Mile - the North Fork and the South Fork - and both of them are easily accessible from Highway 313. The North Fork, with its intriguing history and side canyons to explore, is a hiker's delight that is a quick scenic drive from Moab. To get there, go north on Highway 191 for approximately nine miles and turn left on to Highway 313. Then drive three more miles and park at a pullout on the right just before the cattle guard. Pay attention – this pullout is easy to pass by!!

To make the descent, I climb over the sag in the metal fence and scramble down the rubble of rock that is piled up at the base of a huge culvert. An alternate route is to cross the highway and drop down via the culvert. No trail has been established through the wide girth of this canyon,

but with the wash in this drainage so easy to walk in who needs a trail? An old dirt road, however, does extend through this canyon and traces of it can still be found.

Kayenta Sandstone is the building block of these canyon walls. Exquisitely rounded and layered, they have a pleasing, gentle flow that creates an entirely different sensation from the awesome power of the sheer walls of Navajo and Wingate Sandstone.

The fast growing cottonwood trees like to keep their feet wet and in the dampness at the beginning of my walk they form a leafy tunnel. Strolling through the reedy water-loving grass, I am captivated



by the impression of walking under a giant, lacy umbrella. At this nostalgic time of year the stirring of yellowing foliage constantly whispers that fall has taken command. Related to aspens and poplars, the saw toothed cottonwood leaves share the same enchanting ability to shake and sway with the breeze. Some leaves have already turned; others haven't yet made that transition – green against yellow whispers that fall is just getting started.

The surface water quickly runs dry and the cottonwoods become more scattered until they are replaced by the juniper, sagebrush and rabbitbrush. The rabbitbrush in full bloom adds to my fallish mood. A recent rain has

enhanced the sharp intense fragrance of the sagebrush and pinching off some foliage I breathe deeply to inhale that wonderful pungent scent. This toxic bitter tasting desert plant seems to suit the palate of the pronghorn antelope and they browse on it extensively. Native Americans found sagebrush useful as a dressing to treat infections, an antidote for internal bleeding and a cleansing tonic to expel internal parasites.

Three-fourths of a mile into my walk, I swing right to explore a short side canyon and before long I am brought to an abrupt halt by a huge overhanging pour-off. After some internal debate, I spur myself up the steep trail to the left to the unexpected verdant growth of cottonwoods, thick grasses, skunkbush and oaks. Coming from the sparseness below, this is a pleasant surprise. Hemmed in by a short box canyon, however, it doesn't take long before the walls close in. Unless I sprout wings and fly, this is the end of the line.

Returning to the main fork, I continue moseying along towards the mouth of the canyon. Dryness gradually turns to dampness and then to wetness until the underground seepage forms large pools. Ahead of me a huge cluster of cottonwoods is a clue that I'm getting close to the end

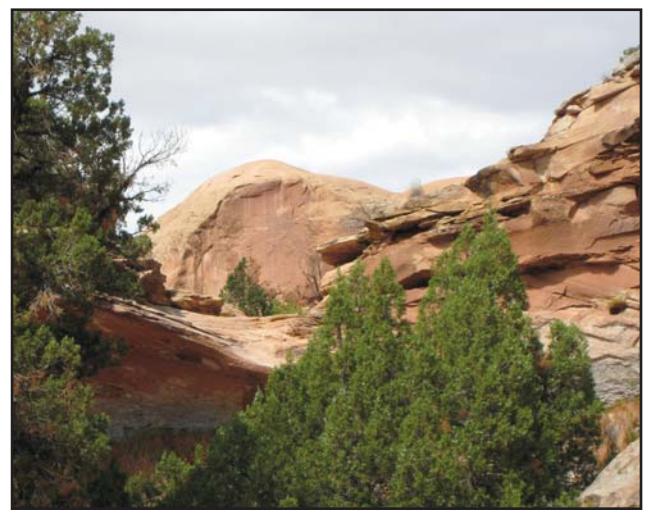


and soon I'm in a runaway growth of six-foot tall grass, cottonwood, willow, Gambels oak and skunkbush. In the streambed recent flash flooding has flattened the reedy, leafless scouring rush all in the same direction making that vegetation look like a big layer of green knitting needles.

All of a sudden what I'm hoping to find angles up in front of me - a heavy steel cable that remains visible along the canyon wall all the way to the rim. I have read that this cable was used to haul supplies for the stockmen who were herding cattle in the pastures above the canyon.

The pour-off at the mouth of the canyon is so tantalizingly close, but to make my way through this impenetrable jungle, I need a machete! If I had made the passage, I'd be looking for the trail to the left around the pour-off and the two wooden ladders that went from there straight to the top. Obviously a lot has happened since the placement of those two ladders and I suspect by now they are long gone.

On this perfect fall day the whole canyon has been empty and I find little impact from other hikers. But once upon a time, before the main highway made traveling quick and easy, it is obvious this route was traveled regularly through the North Fork and on up the rim – a feat that would quickly give me a severe case of vertigo!! I wonder what it must have been like back then during a more rustic era, when paved roads into these canyons didn't exist and could only be imagined in an old timer's daydreams.



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NATURE HAPPENINGS

Buteos of Fall

by Damian Fagan

As the climate of summer shifts from warming winds to the cold blasts of Arctic air, other telltale signs - golden aspens, burnt oakbrush and sienna-colored wild roses - indicate this seasonal passage. But these northern winds bring more than just chilling temperatures into Canyon Country; they bring a buteo from the Arctic tundra - the rough-legged hawk.

Rough leggeds get their name from their feathered legs that provide additional insulation in cold climates. Their scientific name *Buteo lagopus* reveals several characteristics of these redtail-sized hawks. First is the genus name, which places these birds in the group of soaring hawks, known as buteos. Most buteos have large broad wings designed for extended periods of soaring over open country in search of prey. Secondly is the species name, *lagopus*, meaning "hares foot," describing their feathered legs.

On their Arctic summering grounds,

Sal or pastures east of Monticello. Look for birds perched on phone poles, fence lines, on the ground, or in flight.

may also be seen while the birds hover in search of prey. In fact, this hovering flight pattern is another good clue that points to the rough-leggeds' identification from a distance - rough-leggeds spend a fair amount of time hovering while hunting.

In addition to the rough-leggeds and red-tailed hawks, the ferruginous hawk is another buteo that may be observed during the year in southeastern Utah. These long-winged birds nest in juniper trees, on hillsides, cliff faces or small rock spires in the area. Some breeding birds may remain year-round while others migrate south. Of course, birds from other locations may migrate to the Moab area where they also dine on the area's steady diet of small



ferruginous hawk

rough-leggeds ingest a steady diet of lemmings, voles, insects, small birds, and carrion. But as those tundra areas become blanketed with winter snows, these hawks head south to winter throughout the lower 48 states in habitats reminiscent of their arctic breeding grounds.

Good areas to observe wintering rough-leggeds are in open areas around the Cisco and Green River deserts, agricultural and fallow fields in the Moab Valley or in La

Rough leggeds come in two color plumages - light and dark. Light morph birds bear distinctive dark patches at their wrists called carpal patches, along with a light colored head and dark bellyband. When viewed while perched, this bellyband resembles a dark vest enclosing the belly but exposing the lighter and lightly streaked plumage on the chest and head.

Dark morph birds, more common in the eastern United States, may obscure their telltale dark carpal patch, but both morphs have a white tail with a large dark band near the tip.

Several other field marks may help to identify these birds. While soaring, the rough-leggeds hold their wings upward at an angle at the tips. This slight dihedral pattern may be reminiscent of how turkey vultures hold their wings, but the vultures have long departed for warmer climates. Another mark is the pale upperwing patch on the juveniles, a sort of semi-translucent like feathering, on the outer ends of the wings. Visible when the birds are soaring, this patch



rough-legged hawk

rodents and rabbits.

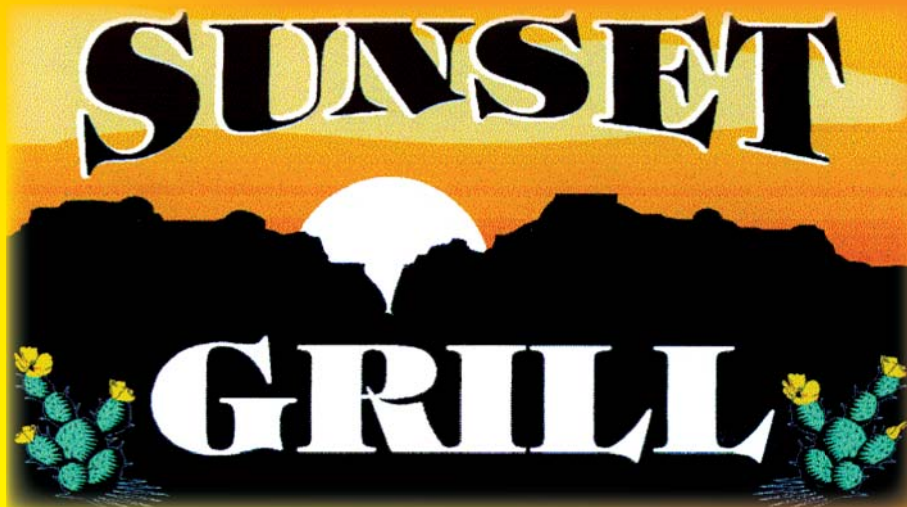
Ferruginous is a term that describes the burnt-reddish coloring of the bird's back, wings and leg feathers. And like the rough-leggeds, the "ferrug", as birders like to call them, also comes in light and dark color morphs. Although these "morphs" have been called "phases" in the past, that term indicates the birds switch between the light and dark forms which is incorrect. It's either or for these species throughout their lifetimes.

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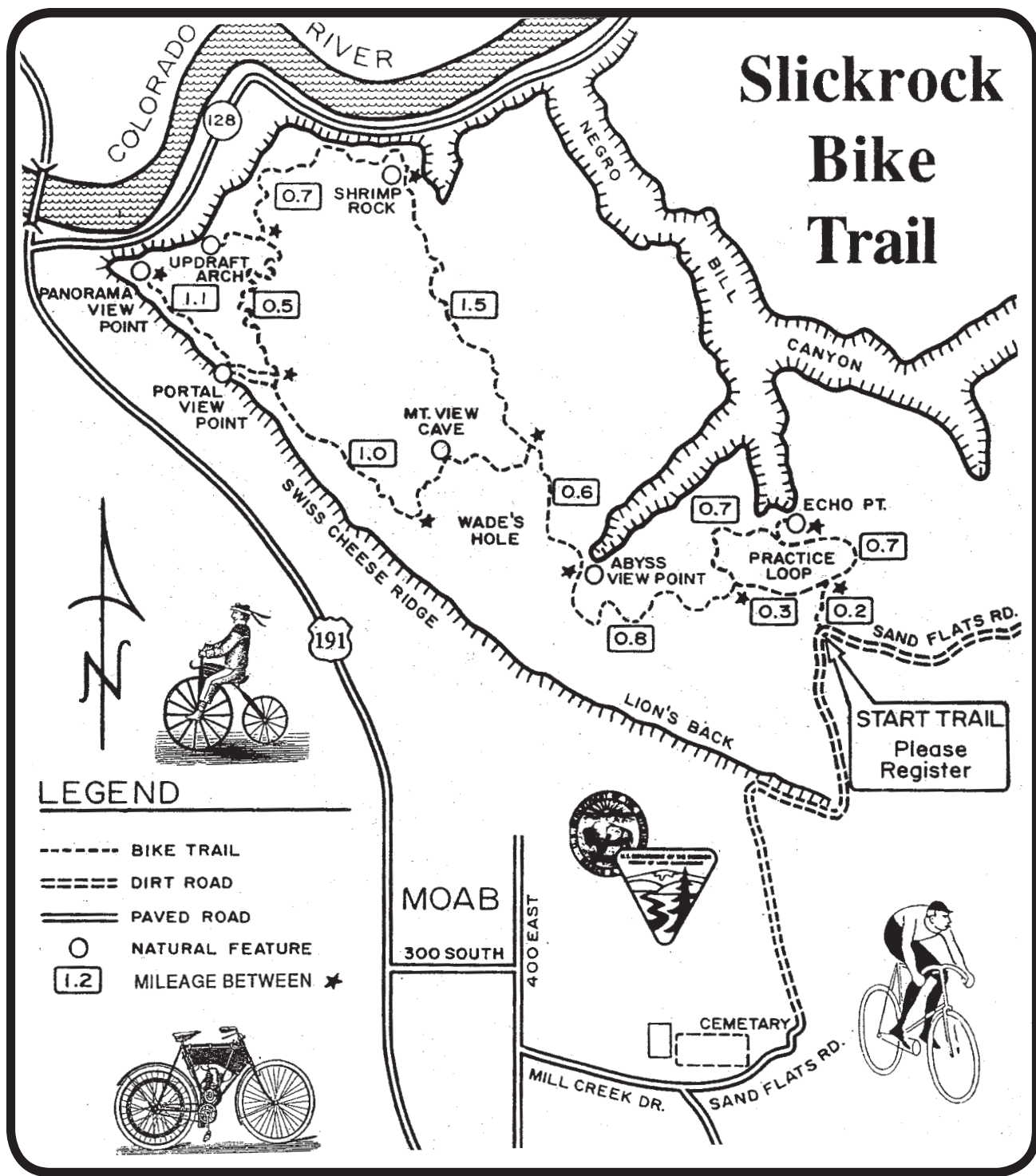
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MOUNTAIN BIKING



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

Mountain Biking Mecca

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

• **2ND ANNUAL GRAN FONDO MOAB May 7, 2011** - The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates. That said, as any serious cyclist knows, there is also satisfaction with not only completing an epic ride but with comparing your times with other riders afterward.

• **MOAB CENTURY TOUR September 16-18, 2011** - This annual event is a weekend packed with road cycling benefiting the Moab Cancer Treatment and Resource Center and other cancer survivorship Programs. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. Rolling and Climbing Routes ranging from 42 to 100 miles on this fully supported road cycling tour. Visit www.skinnytireevents.com or 435.259.2698.

• **OUTERBIKE October 5-9, 2011** - Outerbike Demo Days: October 7-9 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, and a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunch, shuttled rides, prizes, movies, parties, and beer! Outerbike Guided Rides and Clinics: October 5-6 Show up before the Demo Days and join us for guided rides and clinics that will range from the Whole Enchilada--an all day epic, to the new Intrepid Trails that even your kids would love. Sign up for these rides when you register for Outerbike Demo Days. Outerbike proceeds go to IMBA and the Moab Trails Alliance.

• **24 HOURS OF MOAB October 2011** - An endurance team race which is growing in popularity with each year. The four-man teams ride a rugged course approximately 12 miles south of Moab called the Behind the Rocks area. Produced by Granny Gear Productions. A world-class event that draws teams from all over the world. There is a field limit of 450 teams plus solos and the race books up faster every year, so get your team entered early. Don't miss this incredible race!

• **MOAB HO-DOWN Mountain Bike Festival - October 27, 28, 29, 30, 2011** Presented by Chile Pepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.

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TRAIL HAPPENINGS

Trail Mix Photo Gallery

by Sandy Freethey

JOIN THE FUN AND VOLUNTEER to help maintain our Grand County trails! Contact Sandy Freethey 259-0253. Come to the Trail Mix meetings held the 2nd Tues. of every month at the Grand Center. Trail Mix is a mixture of non-motorized trail users, and a variety of public land managers and private citizens. moabtrailmixinfo@gmail.com or www.grandcountyutah.net/trailmix/

Trail Mix Volunteers and Trail Builders Hard at Work

Pruning trail



Cutting-in Lazy EZ trail at Moab Brands mountain bike area



Erosion control along paved trail



National Public Lands day restoration project

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 Freethey 259-0253 or find us online at www.grandcountyutah.net/trailmix/. You may also reach us at moabtrailmixinfo@gmail.com.



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Shoring up eroded trail

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RIVER HAPPENINGS

Celebrate Our Rivers at the Moab River Rendezvous, November 11-14

It's time again to celebrate rivers and river communities with the 2nd Annual Moab River Rendezvous, a celebration fundraiser hosted by the Moab-based, non-profit conservation organization, Plateau Restoration. The event has broad appeal and is not just for river-runners. This annual fundraiser helps provide support for regional conservation projects that engage student and adult volunteers in service programs, which have contributed more than 60,000 hours to public lands in southeast Utah since 1995. This year's Rendezvous is an expanded version of the event held last year, adding a riparian restoration service project, more night venues and a land-based field trip.



Last year's event participants enjoy an early winter float on the Colorado River. Photo: Tamsin McCormick

The event kicks off on November 11 with a way for members of the public to give something back to our rivers through a revegetation project along the Colorado River near the Potash boat ramp. Rain or shine, volunteers will be out seeding a tamarisk treatment project area with native grasses and maintaining recent plantings. This part of the Rendezvous is open to everyone at no charge, although event organizers are requesting those interested in participating to contact them ahead of time at info@plateaurestoration.org or 435-259-7733.



The rest of this year's event, November 11-14, will be held in the field and in downtown locations. Last year, attendance at the historic film festival exceeded capacity at the Moab Arts and Recreation Center (MARC), so this year the historic Star Hall is the venue for all presentations, with the MARC being the location of lunch and displays on Saturday. Thursday evening (Nov. 11) welcomes presentations by renowned adventurer-author, Jonathan Waterman, recounting his 1450-mile journey down the Colorado River as outlined in his book "Running Dry", and environmental law scholar and University of Utah Law

Professor, Robert Adler discussing Colorado River water issues. The rest of the event features an early winter float on the Colorado River with presenters and several boats that are replicas of those that ran the Grand Canyon in the 1950's, a historic river film festival featuring University of Utah media archivist and author, Roy Webb, a naturalist guided trip of Arches National Park with Plateau Restoration's founder and former Park Ranger, Michael Smith, and geologist Tamsin McCormick, plus a full day and evening of presentations on Saturday, Nov 13.

Saturday's activities include presentations by Northern Arizona University river historian, Richard Quartaroli discussing aspects of J.W. Powell's trips, Dave Mortenson on replica wooden boats, ecologist Tildon Jones with the Endangered Fish Recovery Program, and Keynote speaker Wayne Ranney, returning from last year by popular demand, addressing geologic controls on the carving of the Grand Canyon. During the extended lunch period, included with the event, participants will be able to meet with authors,



Early commercial river-runner Harry Aleson. Photo courtesy of Roy Webb -Univ. of Utah, J. Willard Marriot Library



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

presenters and boat-builders, and view replica boats and displays relating to rivers. The evening will feature additional historic films, including footage from the 1957 high-water year on the Colorado River in Grand Canyon.

Registration is only \$120 for the whole event, including four days and nights of activities and lunch every day. Evening presentations on Thursday, Friday and Saturday are open to walk-in participants for \$5 at the door and there is a one-day rate for Saturday (includes daytime and evening presentations and lunch) at \$50 and the Sunday Arches tour at \$40 (includes lunch). Pre-registration is required for field trips. Employees or members of event sponsors receive discounts.

For more information about the speakers and event schedule, to view pictures from last year's event and for online registration, visit the event website www.moabriverrendezvous.com. For questions, please call Plateau Restoration at 435-259-7733 or 1-866-202-1847 toll-free or email info@plateaurestoration.org.



US Fish and Wildlife Service ecologist, and presenter, Tildon Jones shows off an endangered fish of the Colorado River basin.

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Bar opens at 11:30am
Restaurant opens at 1:00pm

STEAKS • BURGERS • BBQ • SALADS • SEAFOOD

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

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

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

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

Moab has two local wineries and two microbreweries.

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

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

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

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

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

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

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

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



Sports Bar & Grill

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

Nightly Entertainment

COLDEST BEER IN TOWN!
The Locals Bar

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



• Taste It •
• Love It •
• Crave It •

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

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

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




Espresso
Coffee
Gelato

Smoothies
Cold Drinks
Chocolate

Coffee Roasters

Offering Fresh Coffee Roasted In-House and Locally Made Gelato

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



Singha

Authentic Thai Cuisine

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

Now Serving Beer, Wine & Saki

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



BRANDING IRON

STEAKHOUSE, BBQ & GRILL

DINNER AT 5PM
7 DAYS A WEEK

Featuring:
Prime Rib
BBQ Baby Backs
Broiled Steaks

FULL SERVICE LIQUOR LICENSE

2971 So. Hwy 191 • 259-6275
3 miles south of Moab • NOW OPEN!

JAILHOUSE CAFE

101 NORTH MAIN STREET
Moab's Breakfast Place

CLOSED NOV 1ST FOR THE SEASON

Now Serving Espresso!
Open 7 am to 12 Noon

"Good Enough for a Last Meal"

Authentic Mexican Food

FIESTA MEXICANA

Tony and His Staff Welcome You

Patio Seating
Large Parties Welcome

Childrens Menu Available
Nice Atmosphere

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

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

Best Mexican Food in Town

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

Your Home Town



Pizza Hut

265 South Main, Moab
Open Daily • 259-6345

Sunday - Thursday 11 am - 10:00 pm
Friday/Saturday 11:00 am - 11:00 pm
Pick-Up or Delivery Available

RESTAURANT GUIDE



RESTAURANT

Celebrating 29 Years!
Spicing your Life since 1981



LA HACIENDA RESTAURANT
Mexican American

OPEN DAILY AT 11 AM • SERVING LUNCH AND DINNER
DAILY SPECIALS • VEGETARIAN FRIENDLY

574 NORTH MAIN • MOAB, UTAH • 435-259-6319
State Liquor Licensee

COWBOY GRILL
MOAB, UT

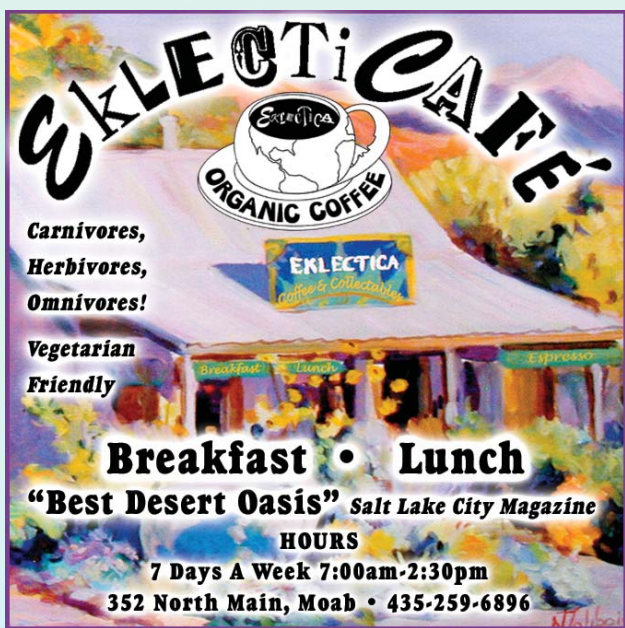


- BUFFET BREAKFAST
- BUFFET BBQ LUNCH
- FULL MENU PATIO DINNER

RIVERFRONT PATIO DINING

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

EklectiCafe
ORGANIC COFFEE



Carnivores,
Herbivores,
Omnivores!
Vegetarian
Friendly

Breakfast • Lunch

"Best Desert Oasis" Salt Lake City Magazine

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

PARADOX PIZZA
MOAB UTAH



EAST COAST STYLE, STRAIGHT FROM MOAB
WE DELIVER

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

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

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

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

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

Burger King
606 South Main 259-2700

Cassano's Italian Restaurant
11 East 100 North 259-6018
Open Wednesday thru Sunday 12-8
Come in and join us for home made sauces and hand tossed pizzas and paninis. Moab's new traditional Italian restaurant is located in the old Poplar Place. Patio seating available so you can dine alfresco and bask in splendid red rock views. Great choice for take out and catering. State Liquor License

City Market
425 S. Main 259-5181

Cowboy Grill at Red Cliffs Resort
16 Miles up Highway 128 259-2002
Lunch • Dinner
Breakfast Buffet 6:30 - 9:30 Sat & Sun only
RIVERFRONT TABLES inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make your reservations for weddings and private parties.

Denny's
989 North Highway 191 259-8839

Desert Bistro
1266 N Hwy 191 at Moab Springs Ranch 259-0756
Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at our new location. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Beautiful patio for outdoor dining. **Closed Mon, Tues and Wed nights in Nov, Thanksgiving Day and for the season beginning Nov 27.**

Eddie McStiff's Restaurant & Brew Pub
57 South Main Street 259-BEER
Lunch • Dinner
12 beers on tap. Brick Oven Organic Pizza. Southwestern, Pasta, Great Salads! Natural/Choice Aged Steaks, Burgers. Kids Menu. Hassle free cocktails, wine & beer. Pool Tables. Patio Dining. Discount for Seniors 62 and older. FREE WIRELESS INTERNET! Delivery to Main Street Hotels.

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

Fiesta Mexicana
202 South Main Street 259-4366
Sun - Thur 11am - 10pm, Fri & Sat 11 am - 11pm
Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Large groups are welcome. Children's menu. Patio Seating. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.25. Full bar.

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

Hogi - Yogi
396 South Main (next to Teriyaki Stix) 259-2656
Lunch • Dinner Open Daily
Sandwiches, Ice cream, Shakes, Frozen Yogurt & Smoothies. Over 15 great sandwiches. Low-fat icy, cold nutrient-packed line of real fruit smoothies. Try our new ice cream & cookie sandwiches made to order. Drive thru service. Call in & take-out orders welcome.

Jailhouse Cafe
101 North Main Street 259-3900
Breakfast **Closed November 1***
Moab's Breakfast Place located in Grand County's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts. Now Serving Espresso!

Jeffrey's Steakhouse
218 North 100 West 435-259-3588
Open Fridays & Saturdays at 5:00pm
Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American Kobe Beef. Tucked away upstairs is the Ghost Bar. State Liquor License. Heated patio dining. Party and event reservations available throughout the week. www.jeffreyssteakhouse.com

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

Leger's Sandwiches
817 So Main (inside the Moab Chevron) 259-2212
Deli Open 6 a.m. - 8 p.m.
Leger's Sandwiches, a favorite since 1977, is now OPEN inside the Moab Chevron. Leger's has five locations in Utah. Our Sandwiches are made to order. Call in orders welcome.

Love Muffin Café
139 North Main 259-6833
Breakfast and Lunch
Open every day from 7 a.m. - 2 p.m.
Fresh baked muffins and cupcakes every morning! Check out the vegan and gluten free selection. Breakfast burritos, Whole Wheat Waffles and more... Proud to use local and organic ingredients along with eco-friendly containers.

McDonald's
640 South Main 259-8800

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

Desert Bistro



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

We will be closed Monday, Tuesday and Wednesday nights in November, Thanksgiving Day and for the season beginning November 27.

1266 N Hwy 191 • 259-0756
STATE LIQUOR LICENSEE

Open Everyday 7am-5pm Mon-Sat 7am-3pm Sun



RED ROCK BAKERY
A Quality Scratch Bakery with fast, friendly service.
Internet Café • Dine-in or Take-Out
Now Serving Organic Fresh Moab Coffee
74 South Main • Moab, UT 84532 • 435-259-5941

For more information about these restaurants pick up a "Moab



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

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

Moab Brewery
686 South Main 259-6333
Lunch & Dinner
Open 11:30 AM DAILY. Whatever the season, whether you're hungry or thirsty, come in and enjoy the comfortable atmosphere. Food to go. Moab's only brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu. State Liquor Licensee.

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

Moab's Daily Grind
1146 South Hwy 191 #B 259-1115
Mon-Sun: 6 a.m. - 2 p.m.
FAST, FRIENDLY & AFFORDABLE Drive-Thru Coffee & Espresso. We serve up lattes, mochas, cappuccinos, breves, chai, hot & iced teas, iced & blended drinks, Italian sodas, and more. Featuring Ghiradelli chocolate sauces, including white and dark chocolate. We use fairly traded coffee from a small quality roaster. Iced & Blended Drinks.

Moab Diner & Ice Cream Shoppe
189 South Main 259-4006

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

Pantele's Desert Deli
98 East Center 259-0200

Paradox Pizza
702 South Main St 259-9999
Lunch • Dinner
Open daily 11:30 a.m. - 9:00 p.m.
At Paradox Pizza, everything is made in house, from our pizza dough to the New York Cheesecake. Join us for a slice and a beer after your day in the desert, or have dinner delivered to you. Voted Best Moab Pizza by Salt Lake City Weekly. Dine in, take-out or delivery. Family friendly. Order online at www.paradoxpizza.com.

Pasta Jay's
4 South Main 259-2900

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

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

The Rio Sports Bar & Grill
1 block west of Main on Center 259-6666
Sports Bar & Grill. Affordable drinks & food. Fully stocked bar, serving beer, liquor & wine. Nightly entertainment. Live music on weekends. 21 years and older. Sunday brunch at 11:00 am OPEN EVERY DAY AT 3:00PM

Singha: Authentic Thai Cuisine
92 East Center 259-0039
Lunch • Dinner
Lunch: Mon-Sat 11a.m. - 3 p.m.
Dinner: Mon-Sat 5 p.m. - 9:00 p.m.
For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Singha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

Slickrock Cafe
5 North Main 259-8004
Lunch • Dinner
CLOSED FOR THE SEASON.
Steaks, New & Improved Lunch & Dinner Menu, Atrium Seating, Appetizers, Gourmet Burgers, Sandwiches, Salads and Freshly Grilled Entrees. Ice cold beer. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License.

Smitty's Golden Steak
540 South Main 259-4848
Breakfast • Lunch • Dinner
Open 6am-9 pm 7 days a week
Next to Big Horn Lodge. Featuring steaks, prime rib, hamburgers, full breakfast menu. Prompt coffee shop service.

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

SUBWAY Sandwich Shop
299 South Main 259-SUBS
Breakfast • Lunch • Dinner
Open 8 a.m. everyday
NOW SERVING BREAKFAST UNTIL 11 AM! Create your own healthy sandwiches and salads. Five varieties of freshly baked bread. Load up your subs with lots of fresh veggies and one of SUBWAY'S special sauces. Located inside Walker's Convenience Store (corner of 300 South and Main)

Sunset Grill
900 North Highway 191 259-7146
Dinner
Steaks, Seafood, Pasta, Prime Rib. Fresh ingredients brought in daily. Children welcome. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. Open 5:00 daily. CLOSED SUNDAYS. State Liquor Licensee.

Szechuan Restaurant
125 North Main 259-8984

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

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

Wendy's
260 North Main 259-2595

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

EDDIE McSTIFF'S RESTAURANT, BREW PUB & BAR

Early Bird & Daily Specials

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

Center & Main
435-259-BEER (2337)

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

Hassle Free Cocktails

WiFi

SLICKROCK CAFE

Lunch & Dinner Menu

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

Closed for the Season

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

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

BUCK'S GRILL HOUSE
1393 North Highway 191
435-259-5201

MOAB, UTAH

VISTA LOUNGE

www.bucksgrillhouse.com

ZAX

Family Dining
Locally Owned
and Operated

OPEN EVERY DAY

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

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

GREAT OUTDOOR PATIO • LARGE GROUPS WELCOME

COME QUENCH YOUR THIRST AT THE WATERING HOLE
@ Corner of 100 South and Main • Moab, Utah 84532 USA
(435) 259-6555
Check Out Our Wet Spot Laundromat

CASUALLY UPSCALE CLASSIC STEAKHOUSE FARE

218 NORTH 100 WEST
259-3588
JUST SLIGHTLY OFF MAIN

PATIO DINING IS NOW HEATED

OPEN FRIDAY & SATURDAY AT 5:00PM
CALL FOR RESERVATIONS

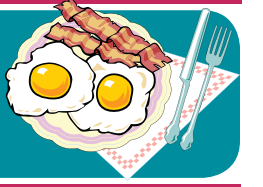
WWW.JEFFREYSSTEAKHOUSE.COM

State Liquor Licensee

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



RESTAURANT GUIDE



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



Open 7:00 - 2:00 Daily
139 n. main street
435.259.6833 lovemuffinCafe.com



540 South Main • Moab, Utah • (435) 259-4848
Next to BigHorn Lodge. Open 7 days a week, featuring steaks, prime rib, hamburgers, and a full breakfast menu. Prompt coffee shop service.
State Liquor Licensee
MOAB'S FINEST FAMILY DINING
COMPLETE CATERING SERVICES AVAILABLE.



November Special
Buy a breakfast burrito & a 32 Oz. drink. Get second burrito (equal or lesser value) for free.

Look for our lunch & dinner specials.

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

| | | |
|----------------------|--|--------------------------------|
| We also do catering. | • Breakfast all day • Lunch • Dinner | Free Delivery anywhere in town |
|----------------------|--|--------------------------------|

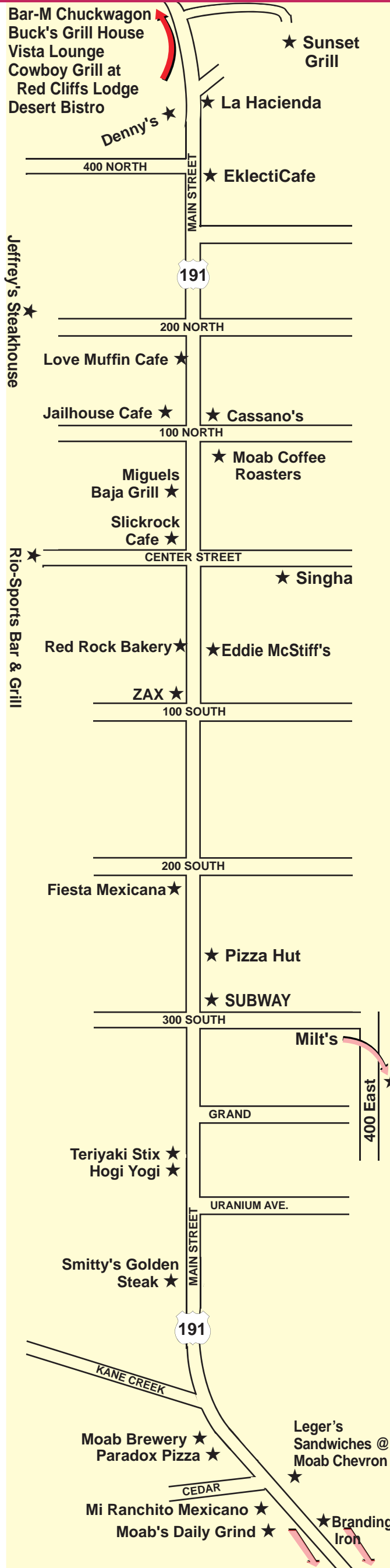
812 South Main St., Suite B
259-0550
Mon to Fri 8 am to 11pm
Sat 10 am to 11pm Sun 10 am to 9 pm



Located inside Walker's Convenience Store

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

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




"Dining with a Million Dollar View"
Open for Traditional Thanksgiving Dinner 3-9pm

Steaks • Pastas
Prime Rib
Fresh Seafood



259-7146
Patio • Catering
Family Dining
Open Nightly at 5:00 pm - Closed Sundays



Moab's New Italian Restaurant
In the old Poplar Place

Great Choice for Take Out and Catering

16" large cheese pizza 9.99 all day every day!

Traditional Italian Food

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

Patio Seating - Red Rock Views

Cassanos
Italian Restaurant
11 East 100 North
259-6018

Open Wed - Sun 12 - 8 State Liquor License

Established 1954



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

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

OPEN DAILY 11 AM - 8 PM

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

www.moabsandwiches.com

NOW OPEN!



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

LOCATED INSIDE THE MOAB CHEVRON
817 South Main Street



Chevron
FOOD COURT & DELI

Coupon at www.moabsandwiches.com/coupon.html



RESTAURANT GUIDE

THANKSGIVING HAPPENINGS

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

With the changing season, it can be challenging to figure out which restaurants are open and what hours for dining out in Moab. But do not despair, many of Moab's restaurants stay open year-round, but they do adjust their hours to meet public demand. Each month "Moab Happenings" endeavors to call around and update the restaurant guide to reflect this seasonal metamorphosis. This month we called around and as a service to those who would like to treat themselves, friends & families to Thanksgiving Dinner without the fuss of cooking and cleaning up after, here's a run-down of who is serving on this special day. **For more information, see the Restaurant Guide on pages 13-16.**



Buck's Grill House & Vista Lounge
Traditional Thanksgiving menu with a gourmet flair! *Reservations highly recommended!* Buck's has been serving dinner on this special day for years and it's always packed. (435) 259-5201

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

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

EklectiCafe
Open for breakfast only on Thanksgiving Day.

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

Frankie D's Bar & Grill
Serving a traditional Thanksgiving meal.

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

Mi Ranchito Mexicano
Thanksgiving dinner at Mi Ranchito Mexicano November 22 - 25. Turkey and all the fixings. Dine in or to-go. From 2 people up to 100. Call us ahead for your order. \$14.95 per person. (435)-259-0550

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

Pancake Haus
Open for breakfast only on Thanksgiving Day.

Red Rock Bakery & Net Cafe
Open at 7:00am until 1 pm. on Thanksgiving morning. Serving fresh baked muffins, pastries and locally roasted Fresh Moab Coffee. Pre-order pumpkin pies. (435) 259-5941

Sorrel River Grill
Open by reservations only. (435) 259-4642

Szechuan Restaurant
Regular menu and hours.

Sunset Grill
This will be the 17th year the Sunset Grill has been serving their traditional Thanksgiving Dinner featuring roast turkey or honey baked ham and all the fixings! Serving from 3:00 pm til 9pm on Thanksgiving Day. Call for reservations. (435) 259-7146

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

Zax
Special Thanksgiving dinner menu. Call for seating times. (435) 259-6555



Community Thanksgiving Dinner
Share a meal and a story with your neighbors at WabiSabi's Community Thanksgiving Dinner. A traditional feast will be served along with vegetarian options. Everyone is invited to this free community meal located at the Grand Center, 182 North 500 West. Serving from 2:00pm to 5:00pm November 25th. For more information call (435) 259-3313.

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

MILEAGES TO MOAB

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

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 | 137 | 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 | 401 | 237 | 509 | 434 | 270 | 396 | 344 | 236 | 361 | 370 | 123 | 347 | 466 | 413 | 127 |
| Grand Canyon South Rim | 407 | 325 | 242 | 220 | 159 | 359 | 314 | 320 | 259 | 324 | 367 | 681 | 337 | 261 | 214 | | 417 | 372 | 255 | 324 | 321 | 283 | 555 | 357 | 194 | 320 | 268 | 169 | 287 | 263 | 139 | 217 | 434 | 583 | 297 |
| Grand Junction, Colorado | 430 | 110 | 196 | 222 | 308 | 142 | 188 | 165 | 177 | 204 | 127 | 246 | 170 | 252 | 505 | 417 | | 101 | 241 | 286 | 283 | 510 | 782 | 233 | 247 | 115 | 170 | 248 | 243 | 168 | 395 | 590 | 163 | 285 | 493 |
| Green River, Utah | 415 | 49 | 130 | 152 | 221 | 80 | 126 | 103 | 75 | 158 | 78 | 346 | 271 | 186 | 404 | 372 | 101 | | 175 | 220 | 217 | 398 | 664 | 197 | 184 | 53 | 108 | 203 | 177 | 106 | 329 | 519 | 62 | 182 | 241 |
| Hovenweep | 291 | 116 | 45 | 35 | 320 | 158 | 113 | 119 | 199 | 47 | 156 | 468 | 92 | 65 | 277 | 255 | 241 | 175 | | 127 | 124 | 491 | 763 | 76 | 61 | 122 | 67 | 86 | 84 | 92 | 210 | 402 | 237 | 366 | 331 |
| Lake Powell Halls Crossing | 419 | 171 | 90 | 110 | 282 | 203 | 148 | 164 | 161 | 172 | 201 | 536 | 220 | 138 | 404 | 324 | 286 | 220 | 127 | | 90 | 562 | 838 | 201 | 134 | 164 | 112 | 155 | 43 | 137 | 281 | 471 | 171 | 411 | 400 |
| Lake Powell Hite Marina | 416 | 168 | 87 | 107 | 192 | 200 | 145 | 161 | 71 | 169 | 198 | 533 | 217 | 135 | 401 | 321 | 283 | 217 | 124 | 90 | | 559 | 831 | 198 | 131 | 161 | 109 | 152 | 40 | 134 | 278 | 468 | 96 | 408 | 397 |
| Las Vegas, Nevada | 587 | 447 | 358 | 332 | 205 | 478 | 524 | 501 | 336 | 566 | 392 | 758 | 575 | 439 | 237 | 283 | 510 | 398 | 491 | 562 | 559 | | 272 | 595 | 432 | 451 | 506 | 307 | 525 | 512 | 281 | 287 | 460 | 419 | 121 |
| Los Angeles, California | 805 | 722 | 630 | 604 | 477 | 750 | 796 | 773 | 608 | 838 | 664 | 1031 | 847 | 711 | 509 | 555 | 782 | 664 | 763 | 838 | 831 | 272 | | 867 | 704 | 717 | 779 | 579 | 797 | 784 | 553 | 376 | 602 | 691 | 393 |
| Mesa Verde N.P. Colorado | 278 | 149 | 99 | 125 | 390 | 180 | 135 | 141 | 273 | 29 | 178 | 550 | 54 | 168 | 434 | 357 | 233 | 197 | 76 | 201 | 198 | 595 | 867 | | 163 | 144 | 89 | 188 | 158 | 115 | 314 | 504 | 259 | 388 | 433 |
| Mexican Hat, Utah | 382 | 134 | 52 | 26 | 323 | 165 | 120 | 126 | 202 | 128 | 163 | 490 | 143 | 8 | 270 | 194 | 247 | 184 | 61 | 134 | 131 | 432 | 704 | 163 | | 129 | 74 | 25 | 91 | 99 | 151 | 341 | 240 | 373 | 270 |
| Moab, Utah | 362 | 5 | 74 | 103 | 356 | 36 | 73 | 50 | 239 | 115 | 34 | 361 | 160 | 101 | 396 | 320 | 115 | 53 | 122 | 164 | 161 | 451 | 717 | 144 | 129 | | 54 | 151 | 120 | 53 | 280 | 475 | 115 | 235 | 294 |
| Monticello, Utah | 307 | 60 | 22 | 48 | 301 | 91 | 46 | 52 | 184 | 60 | 89 | 416 | 105 | 78 | 344 | 268 | 170 | 108 | 67 | 112 | 109 | 506 | 779 | 89 | 74 | 54 | | 99 | 72 | 28 | 285 | 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 | | | |

MOAB AREA LODGING GUIDE



3

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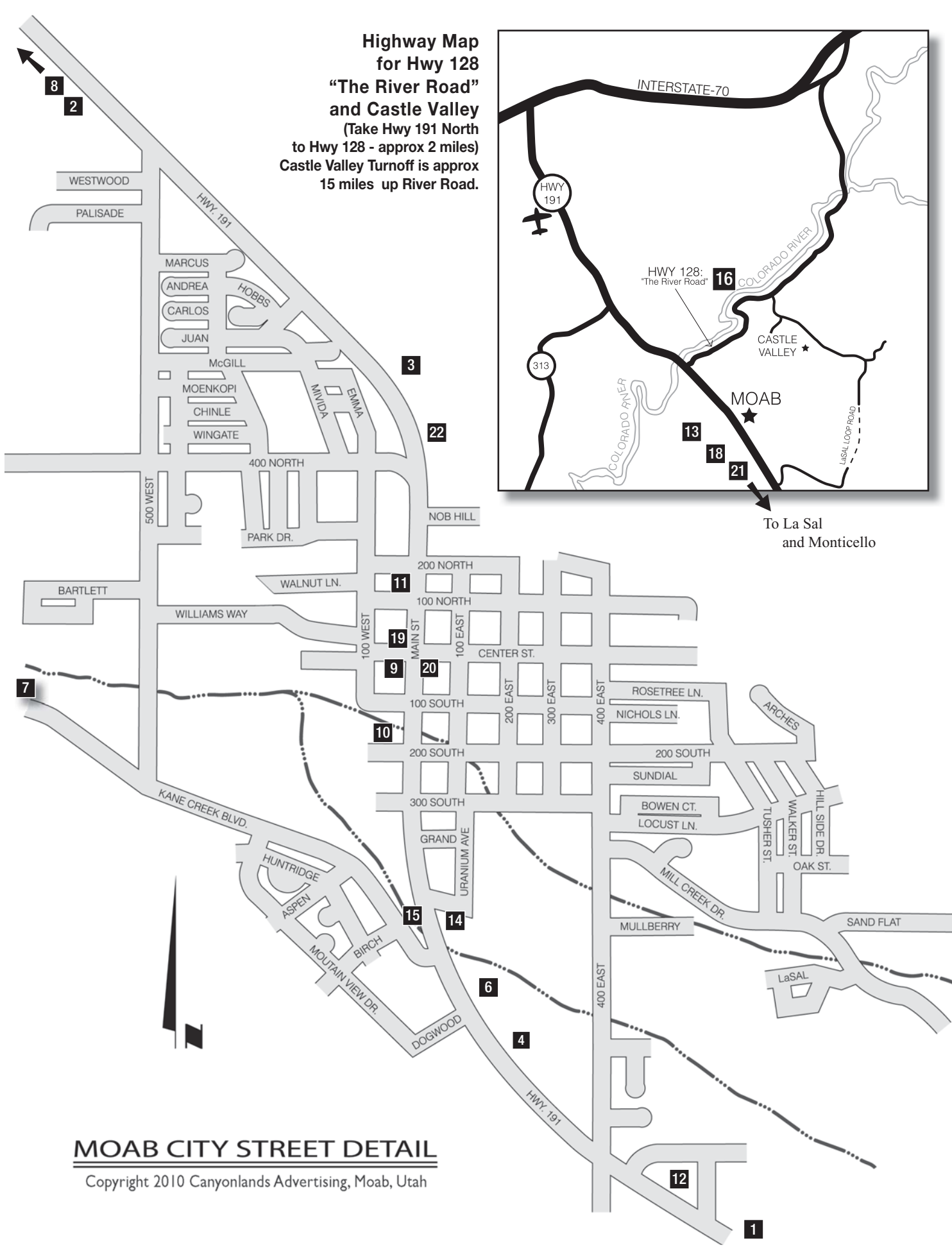
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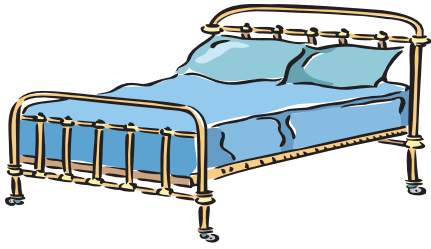
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MOAB AREA LODGING GUIDE



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Key to Lodging Guide

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

Motocross Race November 6th and 7th

From the minute you pull into the parking lot of a motocross race, you feel it. The understated excitement permeating the air. As the racers pull their bikes to the gates, it's more intense. The countdown begins. Clutch in, throttles open, waiting for the gates to drop. The sound of building thunder makes it impossible not to vicariously feel the nerves and excitement of the races. In a shot, the gates drop and the thunder turns into a wondrous roar that takes forces submission to the sport. Racers shoot down the track, jockeying for position before the first turn, somehow magically avoiding tangling bikes and sprawling across the track.

If you've never been to a motocross race, November 6th and 7th is your chance to experience one of the most exciting spectators sports you'll ever witness. The Red Rock Dirt Riders are hosting the Utah Sportsman Racing Association's (USRA) championship sanction race series finals. In a rare achievement, their relatively new track south of Moab scored the prestigious USRA opening and closing races of the year.

the famous Supercross tracks worldwide. And it shows. It has been praised for its high-banked berms which provide excellent cornering, long straight-aways which help racers pick up speed, ample passing opportunities, table tops, doubles, triples, step-ups and a fun whoops section all within comfortable views for the spectators.

Not only has the track attracted state-wide racers, it has also produced racers who compete across the state. Within a few years, Moab local Tanner Bisco took first place last year in two state-wide classes; 85cc 12-15 year old and in the Super Mini class. Ironically, the second place win in both classes was another Moab local, Derek Lema.

This local achievement creates inspiration for the endless amount of physical labor that goes into keeping the track operational.

"It's just the right thing to do," says Josh Bisco, Tanner's father. "It's what any parent would do." Bisco continues, "We're extremely lucky to have enough fathers involved to pull it off. Having heavy equipment from Chuck of Henderson Leasing is key. Without the generous equipment donation we couldn't have maintained this summer." Bisco adds.

"Chuck has been amazing. It's incredible to have such support," says Jason Parriott, another dedicated father who announces while his two sons Bryson and Brenner race. "Kelly Sheets of S&S Enterprises, Kevin of Grand Rental & Leasing, are two of the others that make it possible for us get the track ready for race day, it really is a community effort."

Brandon Jones agrees. "The track brings the community together to do family oriented activities," he says. Father of Dustin Jones who is in 2nd place 65cc 6-8 yr olds, and of Hailey Johnson who is competing in the Women and Mini Women's class. "Motocross is a great sport for girls, not only does it let them know they can hang with the boys, but it's a great way to spend time with their dads." Hailey has her sights set on a championship win



Anthony Alba, Arnie Alba and Sebastian Alba



"We were delighted when we were approached to host these events," said Mark Thayne of the Red Rock Dirt Riders. "Typically, it takes years and years to even be considered. It's unprecedented to secure both events in less than two years. We're extremely pleased to be able to bring riders and hundreds of fans to Moab."

The track was built by Dirt Wurx USA, builders of

next year and her current 3rd place position sets her well on her way.

Although the community effort is impressive, it is totally forgotten as you jump to your feet in the stands to get a better view of twenty bikes launching themselves in the air, competing for the best landing within inches of each other, only to pitch their bikes sideways and catapult themselves out of tight turns as they come up on the finish line.

Just as the excitement ends from one race, another begins. This time, it's kids barely three feet tall adorned in the latest safety gear and full of moxie. Surprisingly, spectators are just as attentive to the kids races as parents are allowed on the track to cheer on their kids as they bob from one obstacle to another.

But no matter what class the participants are in, there is a consistent theme after each race. Racers congratulate each other, help with their competitor's bikes and encourage the kids with stories and helpful tips. Underneath all of the excitement, roaring thunder, adrenaline-filled intensity, it truly is a surprisingly family-oriented sport.

Tickets are at the gates or more info at RedRockDirtRiders.com, don't miss your chance to experience a motocross race in person, and watch some of the fastest riders in the state.



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SKY HAPPENINGS

The Sky for November 2010

By Faylene Roth

NOVEMBER SUNRISE AND SUNSET TIMES

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

| DATE | SUNRISE | SUNSET |
|------|---------|--------|
| 1 | 7:45am | 6:18pm |
| 2 | 7:46am | 6:17pm |
| 3 | 7:47am | 7:16pm |
| 4 | 7:48am | 6:15pm |
| 5 | 7:49am | 6:14pm |
| 6 | 7:50am | 6:13pm |
| 7 | 6:51am | 5:12pm |
| 8 | 6:53am | 5:11pm |
| 9 | 6:54am | 5:10pm |
| 10 | 6:55am | 5:09pm |
| 11 | 6:56am | 5:08pm |
| 12 | 6:57am | 5:07pm |
| 13 | 6:58am | 5:07pm |
| 14 | 6:59am | 5:06pm |
| 15 | 7:00am | 5:05pm |
| 16 | 7:01am | 5:04pm |
| 17 | 7:02am | 5:04pm |
| 18 | 7:03am | 5:03pm |
| 19 | 7:05am | 5:02pm |
| 20 | 7:06am | 5:02pm |
| 21 | 7:07am | 5:01pm |
| 22 | 7:08am | 5:01pm |
| 23 | 7:09am | 5:00pm |
| 24 | 7:10am | 5:00pm |
| 25 | 7:11am | 4:59pm |
| 26 | 7:12am | 4:59pm |
| 27 | 7:13am | 4:59pm |
| 28 | 7:14am | 4:58pm |
| 29 | 7:15am | 4:58pm |
| 30 | 7:16am | 4:58pm |

Three seasonal signs highlight the evening sky: Summer Triangle (three brightest stars of Lyra, Cygnus, and Aquila) in the west; autumn's Great Square (Pegasus) overhead; and the Pleiades star cluster (leading edge of winter's constellations) in the east.

MAJOR CONSTELLATIONS OF NOVEMBER

Overhead
Andromeda
Aries
Pegasus
Pisces

Northward
Cassiopeia
Cepheus
Draco
Perseus
Ursa Major
Ursa Minor

Eastward
Auriga
Gemini
Orion
Taurus

Southward
Aquarius
Capricornus
Cetus

Westward
Aquila
Cygnus
Hercules
Lyra

Mountain Standard Time resumes on November 7.

Set clocks back one hour. Sunrise and sunset times are calculated for a flat horizon. Actual times may vary depending upon the surrounding landscape. Dawn and dusk extends the period of daylight. Civil twilight provides adequate light for most activity and extends daylight about one-half hour before/after sunrise. Nautical twilight reveals shapes and fading colors but loses detail and begins approximately one-half hour before/after civil twilight. Astronomical twilight illuminates the sky with a faint glow. It occurs about one-half hour before/after nautical twilight.

MOON HAPPENINGS

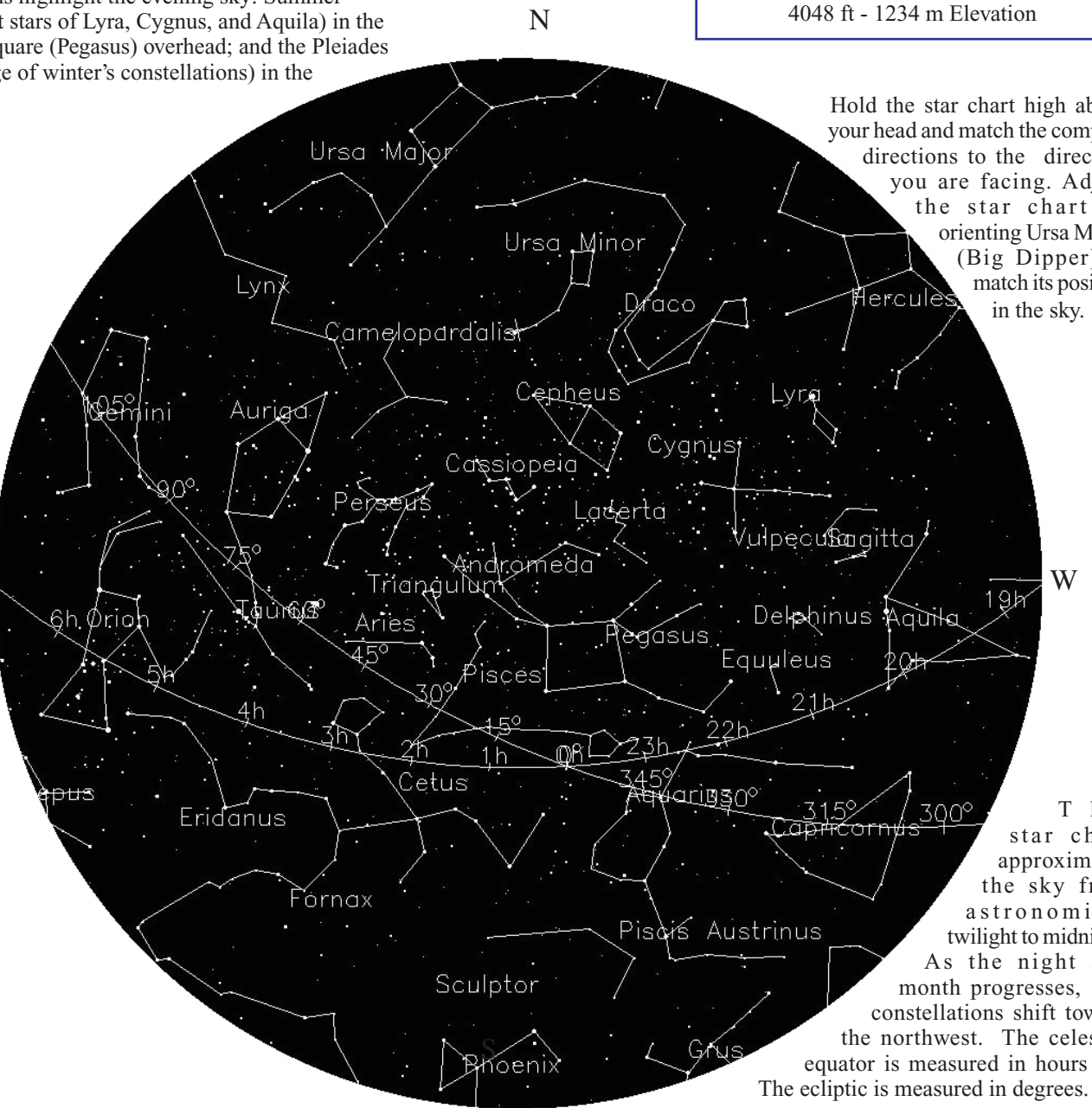
November 5— New Moon occurs at 10:52pm
November 13 – First Quarter Moon sets after midnight
November 21 – Full Moon rises at 4:56pm
November 28 – Last Quarter Moon rises around midnight
(The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

METEOR ACTIVITY

Two meteor showers radiate from Taurus during the first two weeks of November. The Southern Taurids peak November 5 on the night of the New Moon. The Northern Taurids peak November 12 with a waxing moon setting soon after midnight. While not prolific, the Taurids are known for bright, slow-moving meteors. Fireballs as bright as Venus (-4 magnitude) sometimes occur. The Leonid Meteor Shower peaks on November 17 just a few days before the Full Moon. Best time for viewing meteor activity is when the radiant constellation is overhead—usually between midnight and 4:00am.

MAGNITUDE OF THE STARS

Astronomers use the term magnitude to measure the brightness of stars. Absolute magnitude measures actual differences in size and intensity of a star's light as if all stars were the same distance from Earth. Apparent magnitude, more useful to stargazers, ranks a star's brightness based on what we actually see. A small star near Earth appears brighter than a large more distant



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.

star. The original magnitude scale had six ranks. The brightest stars were ranked 1st magnitude. Magnitude 1 stars are 2.5 times brighter than magnitude 2 stars; magnitude 2 stars 2.5 times brighter than magnitude 3 stars; etc. A magnitude 1 star is 100 times brighter than a magnitude 6 star, which is the faintest level that can be viewed without magnification. The current magnitude scale has been extended to -26.8 to accommodate the brightness of the sun and to +27 to accommodate the faintest objects seen with the largest telescopes. Some of the brighter stars like Rigel (Orion), Capella (Auriga), and Vega (Lyra) are now designated magnitude 0. Sirius, the brightest of all stars, is -1. (rises after midnight below Orion); Venus ranges from -3.9 to -4.7.

GREAT WORLDWIDE STAR COUNT

Join Red Rock Astronomers at Old City Park on Sunday, November 7, at 6:30pm for a tour of the night sky, telescope viewing, and the Great Worldwide Star Count. The Star Count is part of an international effort to raise awareness of the effect of light pollution on the night sky. It is sponsored by the University Corporation for Atmospheric Research in Boulder, Colorado. Join us in this year's star count as a citizen scientist. We will determine what magnitude of stars are detectable from Moab. Meet at the southwest corner of Old City Park below the bandstand and the duck pond. Bring a chair or blanket for comfortable viewing and dress warmly. Sponsored by WabiSabi. All ages are welcome. For information call 259-4743 or 259-3313.

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

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

VISIBLE PLANETS

Jupiter - This month Jupiter is high in the sky as evening twilight fades. Its brilliant yellow light dominates the night sky until after midnight. Look for it in Pisces, a faint constellation below the Great Square of Pegasus. On November 15 and 16 it moves across the sky with a waxing gibbous moon. (Magnitude -2.7)

Saturn - The ringed planet returns to view this month in the morning sky. It rises in Virgo a couple hours before Venus. By month's end, it crests the eastern horizon around 3:00am. (Magnitude +0.4)

Venus - Brilliant Venus escapes the glare of the sun this month and returns to view (below Saturn) in the morning twilight. By the middle of November it should be easily visible on the eastern horizon about one hour before sunrise. By month's end, it rises around 4:30am. (Magnitude -4.4)

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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Tower Theatre
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SHOPPING GUIDE



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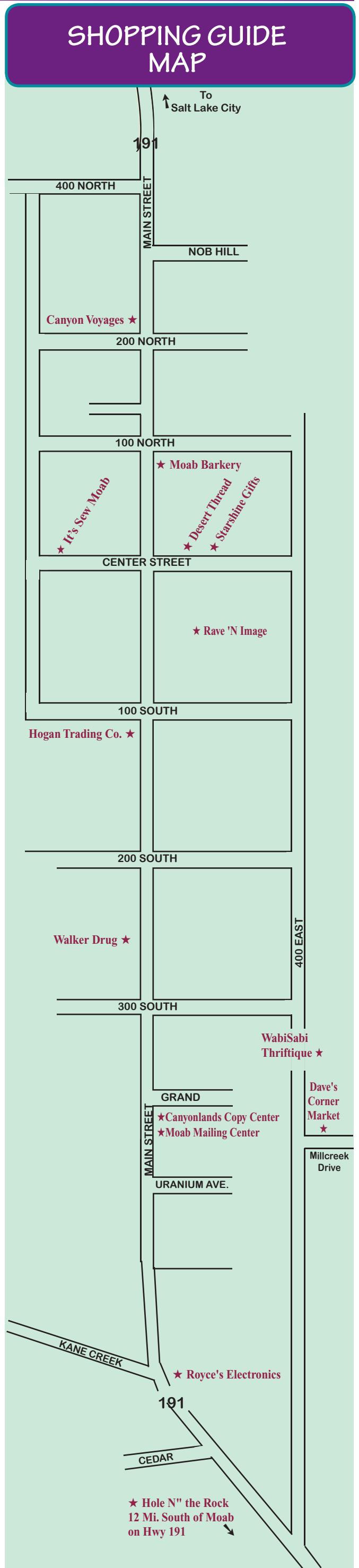


We shape the places where we live in crucial ways every day. Each time we purchase goods or services from a particular shop or office, we are making choices about our community. For every dollar they

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ART WALK HAPPENINGS

Moab Art Walk, Saturday November 13th from 6pm to 9pm

Moab Arts and Recreation Center

Bruce Hucko:



Bruce Hucko will exhibit Color and Black and White photographs of Moab area water forms. Hucko has been working his film and digital cameras on area waterways, especially Millcreek, expressing the flow and form of water over rock.
111 E. 100 N.
435-259-6272
www.moabmarc.com

Moonflower Market

Jim Aleff:



Jim Aleff creates landscapes and shamanistic "spirits" out of flat steel and recycled steel and found objects. Jim's inspiration for his art comes from the geography, texture and petroglyphs of the southwest. He also makes gates, bed frames, etc.
39 E 100 N
435-259-5712

Moab Coffee Roasters

Deborah North:



Local Artist/Writer, Deborah North, will feature oil monoprints, watercolors, pastels and photography. Visualization bubbles, Reiki infused cards and matchbox art also available. Follow the 'Bubbles' to Moab Coffee Roasters. Come enjoy the magic. 5% to Redrock Wilderness.
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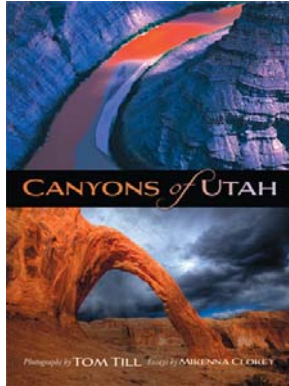
Serena Supplee:

Twenty-five years of living and loving the Colorado Plateau serves as the current of inspiration behind Serena Supplee's body of work. Her passionate palette explores the magic of moonlight, the transformative force of river currents, and the solace found in the landscape's expansive embrace.



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

Tom Till Gallery:



Featured at the Tom Till Gallery this month and just in time for the holidays is Tom's new book; Canyons of Utah. Tom will be happy to personalize your book and it will make a great gift for any fan of Utah's majestic gorges and Tom's amazing imagery.
61 N Main
435-259-9808
www.tomtill.com

Framed Image Fine Art

Jonathan Frank:



Framed Image presents "Random Acts of Beauty" by Jonathan Frank. In a new body of abstract work, Jonathan employs elements of volume, gravity, trajectory, viscosity, velocity, motion, time and space.
59 E Center
435-259-4446
www.framedimagemoab.com

Overlook Gallery

Chloe Hedden:

A young painter of exceptional skill and passionate expression, Chloe Hedden presents the unveiling of her latest body of work



exploring the patterns, luminescence and movement found in the living forms of flowers and vegetation.
83 E Center
435-259-3861
www.moabarts.com

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Robin Straub and Eric Odenthal:

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2 MOON FLOWER MARKET
39 E 100 N

3 MOAB COFFEE ROASTERS
90 N Main St

4 ARCHES BOOK COMPANY & BACK OF BEYOND BOOKSTORE
83-89 N Main St

5 TOM TILL GALLERY
61 N Main St

6 FRAMED IMAGE FINE ART GALLERY
59 E Center St

7 OVERLOOK GALLERY
83 E Center St

8 Healing Arts Center
50 E Center St

9 OFF THE WALL GALLERY
225 S 400 E

www.moabartwalk.com

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| 100 N | 2 | 1 | | | |
| CENTER | 4 5 | 3 6 7 | 8 | | |
| 100 S | | | | | |
| 200 S | | | | | |
| 300 S | | | | | 9 |

HEALTHY HAPPENINGS

Join a ZUMBA Fitness Party!

Zumba (pronounced zoom-ba), the latest fitness craze offered in over 75 countries is shaking hips in Moab and taught by licensed Zumba Instructor Sandi Snead. Bearing a slight resemblance to the old jazzercise class in the 80's it's been injected with high energy Latin and International music and has coined the concept of "fitness party."

Zumba got its start when a Columbian aerobics instructor Alberto Perez (Beto) went to teach his aerobics class one day and realized he had forgotten the music. His only option was to grab whatever tapes he had in his car



Sandi Snead - Zumba instructor

While participating in the one hour fitness class your heart rate continues to go up and down as Zumba combines the laws of aerobics with the laws of interval training for what is called "intermittent training." The choreography is designed for that and uses basic rhythms like Meringue, Salsa, Cumbia, Hip Hop, Samba, Belly Dance and more. Most of the steps have been simplified and are designed for folks who have never danced before. It is geared for all age groups and can be modified further for those with physical limitations.

Snead has been a dancer all of her life and Zumba is something she is extremely passionate about. She is a member of the Zumba Instructors Network and attends additional training classes when possible. "I use Zumba choreography as well as my own but I am not trying to teach you how to dance a certain way. I want you to move the way that is right for you. I want you to express yourself! Zumba has had a profound effect on my life and my goal is to share those possibilities with others."

Zumba doesn't acknowledge color, religion, gender, age or style. If you can bring people together through a powerful action such as Zumba it can be a major source for change!

Wear cross trainers or low tread sneakers, bring water, a towel and a mind, body and soul ready for a great time! Classes are held at the MARC Wednesdays @ 6:00 pm and Fridays @ 5:30. Drop in rate is \$10 / class. Buy a 5 punch card with no expiration for \$40 or a 10 class punch card for \$60 with a 10 week expiration.



which were Salsa and Meringue tapes and to gear his class with Latin moves. This brought a new flair to a dreary workout and the Zumba revolution began! The exhilarating, energizing, sexy movements inspire and uplift you!

Like the Latin rhythm that is its backbone Zumba transcends all linguistic and physical barriers, killing off any dance floor shyness and propelling bodies to its infectious music. It is about movement and bringing people together through rhythm and fun. It is about unlocking your mind and your body. Zumba is based on easy and natural movements. Participants follow the instructors steps and then interpret them their own way "or add their own flavor."

Zumba makes you feel good and you don't realize you are working out. Combined with a reasonable diet it can have astonishing results. Participants can burn 400-1000 calories depending on their fitness level and intensity put forth. When you are physically empowered you are mentally and emotionally empowered too. That creates lifestyle changes!



classes at the MARC
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Sandi Snead
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ASTROLOGY HAPPENINGS

Your Monthly Horoscope - November 2010

By Rob Wells

Oct. 24 - Nov. 22



Scorpio: Happy Birthday Scorpio. This month it's all about communication and you. Think twice about everything before saying it. Think and re-think all plans, as they may change suddenly. Romance is great, but be careful with what is said coming and going. After the 22nd, the Sun moves into your Money house and things pick-up quickly. Re-arrange a payment plan to your liking before the month's end.

Nov. 23 - Dec. 21



Sagittarius: Your energy level is running hot and cold this month so stay in communication with your body and don't over do it physically. Know when to quit to avoid a health issue. Use care in what you say to others this month and weigh incoming information for falsities. After the 22nd your energy level should start to return to normal as you brace for the coming season. Don't let an issue over your home cost you health wise on the 29th.

Dec. 22 - Jan. 20



Capricorn: This is your month to dream your future for the year, so dream big. Let friends show you a good time this month if they're willing to foot the bill, but not the other way around. Take some behind the scenes action to keep your finances on an even keel on the 14th. After the 22nd the Sun moves into your behind the scenes house and you're going to need some extra rest for a time. Take it easy this year and don't try to do everything at once.

Jan. 21 - Feb. 18



Aquarius: Your career looks rosy and it's time to take a bow or two for work you've done that is worthy of applause. Something you've done has the boss' approval and the results have paid off well for everyone. It's time to step up and claim your prize. Guard against a sudden urge to spend this month that could hurt you later. After the 22nd, the Sun moves into your house of hopes and wishes as you should start planning and making dreams for your future. Dream now, manifest later. That's how it works.

Feb. 19 - Mar. 20



Pisces: Church or social activities, or even a chance to make a trip out of town could have your attention this November. If it's a business trip you'll be able to combine business and pleasure without complications, so do consider it. Avoid over-indulging this month, though. Too

much food or drink and you'll pay the price. After the 22nd, the Sun will light up your career sector and this year it's going to be fabulous. Introduce some cost cutting measures to really score some points with the boss.

Mar. 21 - Apr. 20



Aries: Totaling the joint assets and setting the checkbook in order isn't all that bad this month. You know it has to be done and you may find you are in better stead than you thought. Your partner will be grateful you've taken the responsibility and let them off the hook for the task. If you find extra cash, don't let your friends try and spend it for you. After the 22nd, the Sun moves into your churchy house and you get all spiritual as usual for the coming holidays. No one does it better than you when it comes to the holiday spirit. Just don't go overboard on the 29th with it.

Apr. 21 - May 21



Taurus: Your committed partnerships are highlighted this month. With Mercury and Venus there to help the Sun you have the chance to talk, feel and grow closer than usual at this time. Don't waste this energy by saying nothing. Let it out. Avoid the urge to go on a pre-holiday spending spree. Wait a bit. After the 22nd, the Sun moves into your joint money house and then you can survey your assets and plan your assault on the shopping mall for the holidays. Just don't spend the bonus until you have it in your hand.

May 22 - June 21



Gemini: You're busy in the office this month. Not so bad though. It's a good time to be had as things seem to go so very well and you accomplish a ton of work. It's a great time to get your health checked if you haven't lately. After the 22nd, the Sun moves into your marriage house to brighten the partnership. Holiday shopping is such fun with your partner, as you tell everyone, every year. A word of advice, keep your career and you time spent with your partner in balance this year. If it gets out of balance, the short side will suffer and you'll pay a price.

June 22 - July 22



Cancer: You get so romantic this time of year and you've got good reason this year. The Sun, Venus and Mercury are jointed to shine a happy light on the sector of your life. If you're single, accept every party invite you get this year. You will not be sorry. After the 22nd, the Sun moves into your Employment house and things get a sprucing up there for the next month. Be careful not to over do it though, as you could run out of gas and hurt yourself having a good time.

July 23 - Aug. 24



Leo: For you the home is your anchor this time of year. This month and next you'll be planning and inviting all your friends and family to share under your roof. This could prove to be one of the most memorable holiday seasons you've seen in a long time. My only caution is to keep a very close eye on the funding. After the 22nd, the Sun moves into your romance sector and if you're single it could be the right time to find romance and pick-up your love life a bit.

Aug. 24 - Sept. 22



Virgo: An easy month, this November, awaits you Virgo. As the Sun, Mercury and Venus pass through your house of communication, it will prove to make those matters pleasant and agreeable. There can be problems if you choose to over look any health issues; by thinking they are unimportant because they are debilitating you. Don't let that happen. Get it checked out. After the 22nd, the Sun moves into your house of Home and you will start to feel the warming feelings of the coming holiday season. Pay attention to your partner this year and be ready to respond quickly to their needs.

Sept. 23 - Oct. 23



Libra: You spend this month counting your cash and making plans on how to spend it wisely in the coming holiday season. Budgeting is never easy, but if you can know how much is coming in and going out to cover what you want to do ahead of time, it makes things smoother. After the 22nd, the Sun passes into your house of communication and your spirits will rise with the yuletide. Be sure to spend time sending out those greeting cards and caroling, as these are the matter ruled by the stars at this time for you.



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



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PET HAPPENINGS

“Winterize” Your Dog

by Kaye J. Davis of Moab BARKery

As the temperature drops, dog owners need to take special precautions to protect their canine companion from winter's unique challenges. While it is easy to think that dogs are immune to cold because they have fur, it is a fact that more dogs perish in the winter than any other time of the year. Frostbite, hypothermia, and antifreeze poisoning present the biggest winter threats to dogs. By taking a few precautions, dog owners can help keep their dogs safe and comfortable in the winter.

Beware of cold temperatures - While many dogs can be safe down to 20 degrees with proper shelter (see below), puppies, smaller and older dogs should not be left outdoors when the temperature falls below 40 degrees. Shorthaired dogs, such as Dachshunds or Greyhounds, can become immediately chilled upon leaving the warm house, so they will need a sweater put on before going outside. I know not everyone agrees with dressing dogs but keep in mind you are not “playing dress-up” with your dog but rather providing them an extra layer of protection against the cold.

Watch for signs of frostbite, injury and hypothermia – Dog's ears, paws and tails are very susceptible to frostbite. Initially frostbitten tissue may appear pale or grey in color and the area will be cold and hard to the touch. In severe frostbite cases, within several days the tissue will begin to appear black. If you suspect frostbite contact a veterinarian. If your dog plays on ice or hard frozen dirt their paws are susceptible to cuts as they slide across these surfaces,

so always wipe their feet after a walk to remove snow, dirt and salt deposits used to remove snow from sidewalks or driveways. Salt irritates the dog's paws and can be toxic if ingested – use only pet-safe ice melt. Your dog may be experiencing hypothermia if you notice shivering, lethargy, low heart rate and unresponsiveness. If you notice these symptoms bring your dog into a warm area, place a light blanket over them, and call your vet immediately.

Eliminate the possibility of poisoning – Unfortunately dogs like the sweet taste of antifreeze which can cause sickness or death if ingested. Make certain that all antifreeze is well out of reach of dogs and clean any spills immediately. During the holiday season be sure to keep poisonous plants like poinsettias, holly and mistletoe out of reach, if ingested these can cause vomiting, diarrhea and nausea. It is also very important to keep human holiday treats like alcohol and chocolate out of reach as well as they are toxic to dogs.

Provide a protective shelter – If your dog stays outside much of the time in winter, make certain that their doghouse meets certain minimum criteria. It needs to be raised a couple of inches off the frozen ground or concrete, the inside needs to have a blanket that is covering straw, which should be changed frequently to keep them warm and dry. The size of the doghouse should be large enough so your dog can sit and stand, but small enough that their body heat will be retained in the house. If your dog stays in

the garage make sure you have them leave before you start your car and run it to warm it up as this can cause your dog to be exposed to excess levels of carbon monoxide from your vehicles exhaust.

Supply fresh water and provide an appropriate amount of food– Use a plastic water bowl to ensure that your dog's tongue does not stick to a metal bowl. Change the water often to stop it from freezing or consider getting a heated water bowl that will also stop it from freezing. If your dog remains active in winter, they will burn more calories in the cold and needs about 10% more food to compensate. If your dog becomes less active in the winter, try to keep them from gaining extra weight by cutting back their food and making sure you continue taking them for walks and playing with them.

Exercise - Shorter, more frequent walks will keep both of you warmer than one long walk during the worst of the winter weather. Train your dog not to pull and drag you on the leash, quite often injuries happen to people walking their dog in the winter not because they slip on ice but because they trip over their dog. Also if your dog walks calmly next to you they are also less likely to slip and fall. If you do not feel safe to exercise outside find another way to exercise your dog. Some people have trained their dogs to walk on a treadmill, alternatively find a doggie daycare facility that has an indoor facility so your dog can play and socialize with other dogs, this will provide them with exercise

and combat boredom that often manifests as destructive behavior. Turning your dog out to play in the yard unsupervised is not providing exercise, most likely the dog will sit by the door waiting to come back inside where it is warm!

Winterizing your dog is something all dog owners need to think about to help them during the cold winter months. If you

have any concerns or questions about how to help your pet contact your veterinarian, however, the rule of thumb is to put yourself in your dog's environment and build from there to make it a safe and comfortable winter season for your pooch!



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Oct 30th - Nov 30th Bring all dog and cat food donations to the HSMV office inside the Moab Animal Shelter.

Thanks for all of your support!

Nov 3rd - Seminar with Sue Sternberg
Assessing Dog to Dog Behavior
5pm - 7pm @ The Moab BARKery
\$10 Donation Per Person - Space Is Limited!

NOVEMBER ADOPTION DAYS

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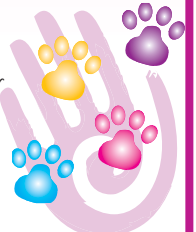
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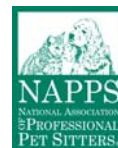
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| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | |
|-------|---------------------------------------|---|----------------------------------|--------------------------------------|-----------------------|---------------------------|-------------------------------------|---------------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

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