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MOAB HAPPENINGS

Volume 30 Number 6

SEPTEMBER 2018



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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.

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Canyonlands Natural
 History Association
 1967-2018

Join us at the
 Moab Information Center
 to celebrate
 National Public Lands Day!



Friday September 21st 4:30-7:00 pm
 At the Moab Information Center
 Center and Main, Moab UT 84532

There will be Live Music, treats, and Partner appreciation, including the National Park Service, US Forest Service, and the Bureau of Land Management.

Fun for all ages
All events are open to the public

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GREEN RIVER
Melon Days

SEPTEMBER 14-15 2018
 OK Anderson City Park
 Green River, UT

Saturday Sept 9th

- Melon Cruise @ 10:30 am
- Green River Princess and Queen Pageant @ 7:00 pm (at the John Wesley Powell River History Museum)

Friday Sept 14th

- Three-man scramble @ 9:00 am •
- Vendors/food trucks/Zipline/Bounce houses @ 12:00 pm •
- Softball tournament @ 6:00 pm •
- Jeff Keele Band @ 7:00 pm •

Saturday Sept 15th

- Melon Run 5k @ 6:45 am
- Scout Pancake breakfast @ 7:00 am
- Parade @ 10:00 am
- Vendors/food trucks/Zipline/Bounce houses @ 12:00 pm
- Melon Games @ 1:00 pm
- Softball tournament (all day)
- Code Blue Revival @ 6:00 pm
- Light the Night for Deklan/Leukemia Awareness @ dusk

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River Road Happenings

Colorado River Clean Up

Join Canyonlands Field Institute (CFI) on Saturday, September 8th, for a fun-filled service project on the Colorado River! After a long summer of heavy use, the daily section of the river and its beaches, campgrounds, and banks need some cleaning up. Removing litter from these areas keeps the river ecosystem healthy for the wildlife that depends on it and the people that enjoy it.



This is your opportunity to give back to public lands and experience the feeling that comes with volunteering your time for a great cause, just two weeks before World Rivers Day. This activity is open to volunteers ages 8 and up – come with family and friends! Each service hour earned through CFI can be applied as a \$15 credit toward any of our outdoor education programs for up to 40% of the trip cost, and parents can apply it to next year's summer camps.

CFI will provide transportation, lunch, personal protection equipment, and boats and guides. Volunteers should be prepared for a full day on the river and bring water bottles, closed toed shoes or sandals with ankle straps, sun protection, and clothes that can get wet.

Spots are limited! RSVP by September 3rd. Please call 435-259-7750 or email vista@cfimoab.org to sign up.

Canyonlands Field Institute is a non-profit outdoor education organization with a mission to provide quality outdoor education on the Colorado Plateau, to inspire care of wild places and to renew the human spirit.



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September Events

Sep 1 Young Eagles Rally- 8:30am-1:30pm at the Monticello Utah Airport U64, 7624 US Highway 191. Free airplane ride for kids 8-17 with parental permission. For info: 435-580-5051

Sep 1 Moab Music Festival TAKE 6- 6pm at Red Cliffs Lodge, mile 14 off highway 128. TAKE 6 have known no musical bounds. Heralded by Quincy Jones as the "baddest vocal cats on the planet!" they are the most awarded a cappella group in history. For info: 435-259-7003 or moabmusicfest.org. See article & ad pg 9A

Sep 1 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S. See article pg 9B

Sep 1, 2 & 8 Moab Artists Studio Tour- visit 12 Moab & Castle Valley artists in their studios from 10am-4pm. For info: moabstudiotour.com. See ad pg 9A

Sep 2 Moab Music Festival Time For Three- 6pm at Red Cliffs Lodge, mile 14 off highway 128. Time for Three (Tf3), is an exciting blend of virtuoso string playing & male voices. The ensemble breaks new ground with the addition of their latest original songs. For info: 435-259-7003 or moabmusicfest.org. See article & ad pg 9A

Sep 3 LABOR DAY (HOLIDAY)

Sep 3 Rocky Mtn. Power Free Family Concert- 2pm at Old City Park. Bring a blanket & a picnic, or just lie on the grass in the shade of the cottonwood trees as the husband & wife duo of Broadway & opera star Lauren Worsham, & Kyle Jarow (SpongeBob SquarePants) bring their family friendly, unique talents to Old City Park for the annual Labor Day free concert. Baritone Andy Garland adds his own contribution from the American Songbook. Other surprises to come! For info: 435-259-7003 or moabmusicfest.org.

Sep 3-6 Splore Outdoor Adventure Program- featuring Women's Art, Yoga & Rafting on Ruby, Horstthief & Westwater Canyons. 4 days, 3 nights for ages 5+, scholarships available. Includes all food, camping equipment & instruction. For info: 435-649-3991 or discovernac.org/programs/splore-adventure

Sep 4 Moab Garden Club- 6:30-8 pm at the home of Kathy Grossman & JC Borders. Our property & Santa Fe style house are surrounded by pastures with horses, Cheviot & California red sheep. Sandhill cranes regularly visit during flood irrigation (every eight days). White-faced ibis visit the pastures during their migration. Our front yard (north), is mostly native and desert plants. Our south, east & west gardens are full with everything from asparagus to zinnias. Too many to mention! Our home is at 1010 Pear Tree Lane, a gravel road west of Mill Creek Road, between Sand Flats Road & Powerhouse Lane. Once you make the turn you go about 100 yards, & it's the first house on the left. For info: Tricia Scott 303-880-9158

Sep 4, 11, 18, 25 Castle Valley Farms Farmstand- 4-7pm at the Youth Garden Project behind Grand County High School. See ad & article pg 22A

Sep 4, 11, 18, 25 Swing & Blues Dance Night- at the Moab Arts & Recreation Center, 111 E. 100 North. Join the Moab Swing Dance Community every Tuesday for lessons & social dancing. Styles include: East Coast Swing, Lindy Hop, Charleston, Blues, solo Jazz, & more. All ages welcome! No partner needed! \$5.00 suggested donation. Lessons begin at 8pm. Social dancing 9pm.

Sep 5 Farm to Table Garden Dinners- at Sorrel River Ranch, 6-9pm. For info: 435-259-4642. See ad pg 8A

Sep 5, 22 Weed & Feed at Youth Garden Project- 6pm at the Youth Garden Project, 530 S. 400 East, next to the high school. In exchange for 1.5 hours of weeding you will receive a garden fresh meal prepared on site. Everyone is welcome. For info: 435-259-2326

Sep 6 Free Lecture Series- Michael Matthes, *Message in a Bottle*. In the summer of 1977, the twin spacecraft Voyager 1 & Voyager 2 set off on a journey to explore the intriguing worlds of our solar system. The mission yielded scientific discovery & connected people to the cosmos. On board the spacecraft was a golden record designed to communicate the story of Earth to extraterrestrials. The record, like a message in a bottle, carried sounds & images to portray the diversity of life and culture on Earth. What messages would you send into the Universe and how do you think they've changed since 1977? 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands Natural History Assoc & Museum of Moab.

Sep 6 Fermentation Basics with Kaki Hunter- 6-7:30pm located at Kaki's Kitchen, 256 East 100 South (on the south side of the ball field across from the library). Learn the tricks, tools & techniques for making your own powerful probiotic-rich fermented vegetables! We will make a variety of fermented vegetables from simple Sour Kraut to mixed Asian combos like Kim Chi. Kaki Hunter makes her own brand of KAK CHI designed to remain crisp to the last bite. For info: 435-259-5712

Sep 7 Moab Living Future Symposium- 1-5pm for a presentation & training about creating living & more efficient buildings. Open to the public. For info: Jessica Clark 201-924-5000 or jclark@archnexus.com. Visit their website to view their projects at archnexus.com

Sep 6 JW Frank Photo Exhibit- 5-8pm at the Canyon Country Discovery Center, 1117 N. Main St, Monticello. See article pg 8B

Sep 7 Moab Music Festival We Are Women: A Berstein Cabaret- 7pm at Star Hall, 159 E. Center. Conceived of by narrator Jamie Bernstein & MMF Music Director Michael Barrett, this evening of songs for or about women by Leonard Bernstein weaves together a story through the lens of a mother & daughter. For info: 435-259-7003 or moabmusicfest.org. Article & ad pg 9A

Sep 7, 14, 21, 28 Moab Farmers' Market- Fridays 4-7pm, Swanny City Park at 100 W & Park Drive. See ad 5A

Sep 7, 14, 21, 28 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1078 Millcreek Drive.

Sep 7 Free Moab Movie: CHEAPER BY THE DOZEN - 8:30pm. Bring your blankets & chairs, we'll provide the popcorn. Showing at Swanny City Park. Sponsored by Moab City Recreation & Moab to Monument Valley Film Commission.

Sep 7, 8 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S. See article pg 9B

Sep 7-8 Kokopelli Mountain Bike & Ultra Marathon/Relay- from Fruita to Moab. For info: kokopelli100.com

Sep 7-9 Blazer Bash- this is the 16th edition of the annual CK5.com meet for owners of fullsize GM Blazers, Jimmy's, Suburbans, and Trucks. Test your vehicle against demanding technical challenges, and measure your driving skills on the world-class rock-crawling trails. For info: blazerbash.com

Sep 8 Colorado Daily Cleanup- join Canyonlands Field Institute (CFI) for a fun-filled river clean-up on the Colorado Daily. Volunteers ages 8 & up are welcome - come with family & friends! CFI will provide transportation, gear, boats & guides. RSVP to 435-259-7750 or vista@cfimoab.org. See article 3A

Sep 8 Moab ArtWalk- 5-8pm. Visit up to ten venues, see many art displays & enjoy refreshments. Enjoy Art Walk on the second September, October & November, For more info visit moabartwalk.com or call 435-259-6272. See map & article 10A

Sep 8 Gallery Moab Artist Reception- during the ArtWalk from 5-8 pm. Viewers of all ages will enjoy Cynthia's colorful, animal-themed paintings. Gallery Moab, located at 87 North Main Street, is open daily from 12-9 pm. See article pg 8B

Sep 8 Sri Lankan Garden Dinner Buffet! 6pm at Youth Garden Project, 530S 400E, next to the High School. Did someone say, "Curry!?" Come enjoy a Sri Lankan Buffet featuring 5 different curries

DEADLINE for OCTOBER Events Calendar: SEPTEMBER 20, 2018

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

email: info@moabhappenings.com

More Events

September Events con't

prepared by Moab's Lal Sigiriya in a fun, outdoor, cultural food experience. Guests will enjoy fresh, local produce combined with Sri Lankan spices shared at a large family-style table surrounded by garden beauty. Lal is the chef at Moab Kitchen Vegan Food Truck & Lal's Curry at the Moab Farmer's Market. He is excited to share his passion for Sri Lankan cuisine while spotlighting locally grown produce in a fundraiser to benefit Youth Garden Project programs. Price is \$40/person. All proceeds go to support Youth Garden Project youth & community programs. Don't miss this savory, late-summer dining opportunity! For info: 435-259-BEAN or youthgardenproject.org/gardendinner/ to reserve a spot.

Sep 8 Second Saturday Swing- Join us for some fun swing dancing! No experience or partner necessary. Lessons starting at 7pm. DJed music till 10. \$5 suggested donation. For info: moabswingdance.org

Sep 8 Moab Music Festival New World Assembly: Scotland meets Quebec & Appalachia- 6pm at Sorrel River Ranch, mile 18 off highway 128. Travel through the wilds of the southwest with us & we'll take you on a music and dance journey from the Old World to the New. Traditional fiddle tunes from Scotland cross the Atlantic, stopping first in Québec for a taste of new France, then heading south into the Appalachian mountains where fiddle & dance styles meld with the music of the African slaves to create old-time American music. For info: 435-259-7003 or moabmusicfest.org. See article pg 1B, ad pg 2A

Sep 8-9 Moab Golf Club Tournament- Steak & Sudsfest Mixed Bestball. For info 435-259-6488

Sep 9 Moab Music Festival Closing Night: Coming to America- 7pm at Star Hall, 159 E. Center St. Pianist Michael Brown & cellist Nicholas Canellakis curate a program based on composers who came to America in the first half of the 20th century—Korngold, Mahler, Weill, Bloch, Foss, Prokofiev—and those who were children of immigrants. For info: 435-259-7003 or moabmusicfest.org. See article pg, ad pg

Sep 11 Dinner with a Doc- Desert Venom: Snakes, Spiders & Scorpions with Dr. Joshua Canning from the Department of Medical Toxicology at University Medical Center Phoenix. 6-7pm at Moab Regional Hospital in the Hospital Education Rooms. Please RSVP for dinner & presentation (435) 719-5580 or vista@mrhmoab.org See ad pg 19B

Sep 12-15 San Juan ATV Safari- a 3-day adventure that will leave you breathless. See ad pg 9B, article pg 15A

Sep 14, 15 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 South. See article pg 9B

Sep 14-17 Green River Melon Days- see article and ad for a full description of activities pages 2A & 7A

Sep 15 Canyon Country Music Experience- a annual multiple performer country music concert at Centennial Park in Blanding, Utah. We seek to promote a positive visitor experience & to support various worthwhile causes in our area. In 2018 some of our proceeds will go to support San Juan High School student activities. We will also auction signed guitars as a fund raiser for the Utah Food Bank in Blanding. For more info: canyoncountrymusicexperience.com

Sep 15 Monument Valley Community Celebration- 10am-5pm at the Monument Valley Welcome Center. Free Food! Bingo! Games for Kids! Raffle! Voter Registration too. Sponsored by Rural Utah Project & Navajo Nation Human Rights Commission.

Sep 17 Movement as Medicine with Christina Myers- 6-7:30pm at Moonflower Community Co-op. Explore simple, easy, gentle, everyday movements that can help you relax, reduce stress, ease pain, & increase your energy! In this class, you will learn movement practices that can help you: increase body awareness, elevate your mood from anxious to calm, from depressed to enlivened, address tension, pain & stiffness, & promote health of multiple body systems.

Sep 17-21 Solihull Society 2018 Land Rover National Rally- the Solihull Society is committed to the enjoyment, sharing of goodwill & fellowship engendered by owning a Land Rover or other four wheel-drive vehicle to engage in social, educational, & recreational activities which adhere to the Tread Lightly principles. For info: soluhullsociety.org

Sep 18 Bag of the Month- at It's Sew Moab, 40 W. Center St. Class starts at 5:30pm. See ad pg 6A, article pg 14A

Sep 19 Farm to Table Garden Dinners- at Sorrel River Ranch, 6-9pm. For info: 435-259-4642. See ad pg 8A

Sep 19-23 Mother of All Boogies -inviting skydivers from all over the world to converge on beautiful Moab for 4 full days of high altitude skydiving from turbine aircraft! Non-skydivers are welcome as spectators & will have the opportunity to make a tandem skydive during the event. For info: motherofallboogies.com or call 435-259-5867. See ad pg 24B & article pg 18A

Sep 20 The Root Cellar Project- the Museum of Moab's new monthly oral history project. Tell a story or just listen to others every third Thursday of the month. 5-8pm at the Helipad, 239 W. Center St. Free for members, \$5 for non-members. This month's theme is "The Harvest". All stories are recorded & transcribed for inclusion in the Museum of Moab's Oral History Archives. For info: 435-259-7985. See ad & article pg 21A

Sep 20 Free Lecture Series- Charmaine Thompson & Donald C. Irwin ~ Ancestral Puebloan Social Change & Climatic Variability in the Abajo/Elk Ridge Uplands. The uplands of the Abajo Mountains & adjacent Elk Ridge on the Manti-La Sal National Forest are an alpine island in the desert. The cooler summer temperatures, higher snow & rainfall, & has plant communities not available at lower elevations. Past fluctuations in temperature & precipitation opened the door to ancient farming peoples. Come and learn how settlement in the Abajo's 7 & Elk Ridge illustrate the ability of Ancestral Puebloans to change their social organization as a tool in adapting to climatic fluctuation. 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands Natural History Assoc & Museum of Moab.

Sep 21 Open House at the Family Support Center, The Christmas Box House- special guest will be Richard Paul Evan the President of Christmas Box International & American Author. It will be at 180 South 300 East, Suite 1 from 10am to 2pm. Light refreshments & book signing by Richard Paul Evans. See the interesting things we have done with the Moab Center. For info: Sherilyn Sowell at 435.259.1658 or 970.986.9766

Sep 21 Dancing with the Moab Stars- a local favorite, what some call the "event of the year for locals", Dancing with the Moab Stars or Bailando con las Estrellas de Moab is back again for it's 5th year! Featuring local community stars & instructors, at Grand County High School at 7pm. For info: 435-259-5444. Tickets available at Moab Valley Multicultural Center & Back of Beyond Books. See ad pg 7A, article pg 9B

Sep 21 National Public Lands Day- 4:30-7pm at the Moab Information Center, corner of Center & Main. See ad pg 2A

Sep 21 Fall Equinox at Canyon Country Discovery Center- 8-9:30pm. See ad pg 23A

Sep 21 Rock the MIC- come one, come all! Doors open at 7pm, MIC talent starts at 8pm. Stories, comedy, poetry, music for all ages at the Moab Arts & Recreation Center, 111 E. 100 North. For info: 435-259-6272

Sep 21, 22 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 South. See article pg 9B

Sep 21-23 Moab Golf Club Tournament- Men's Red Rocks Amateur. For info 435-259-6488

Sep 22 Utah High School Cycling League- is the governing body for interscholastic cycling for students grades 7-12. For more info see pg 2B or visit utahmtb.org

Sep 22 National Park Service Fee Free Day- the Southeast Utah Group of the National Park Service (Arches & Canyonlands national parks and Hovenweep & Natural Bridges national monuments) is joining national parks across the country in waiving entrance fees several days in 2018 as a way to encourage people to get outdoors & spend time with their friends & family in the national parks this year.

Sep 22-23 Moab Century Tour- Ride one or two days! Every registration includes a donation to the Moab Cancer Treatment Center. For more information visit skinnytireevents.com or call 435-260-8889. See ad pg 22A, article pg 1B

Sep 22, 23, 29, 30 Welding Workshop for the Creative- with Ekaterina Tatarovich Harrison. In this class you will learn over 4 different types of welding (stick, MIG, TIG, & oxy-acetylene) as well as how to use some basic metal working tools. This will be a hands on class. For registration or info: 803-272-8578 or ekaterina@sculptureadventure.com

Sep 23-27 Women: Wild by Nature Rafting on the upper San Juan River- join Executive Director & Co-founder of Canyonlands Field Institute on this yearly women's river retreat. CFI women's trips provide a time & place for deepening connections to the wild & trying out new skills. To learn more either email info@cfimoab.org, call 435-259-7750, or go online cfimoab.org.



Edge of the Cedars State Park Museum

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

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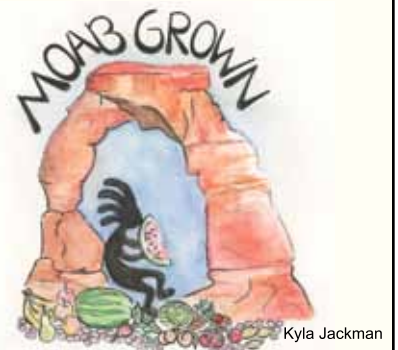
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FARMERS' MARKET

Fridays 4-7 • May 4 - Oct 26
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More Moab Area Events

September Events con't

Sep 24 League of Women Voters Candidate Forum- 6:30-8:30pm at Star Hall, 159 E. Center. Meet candidates for County Council, County Attorney & School Board. Discussions include ballot initiatives & questions on HB224.

Sep 27 Year of Technical Education Event - at Grand County High School Technology, Science, & Art Center from 1-3PM & 6-8PM. Information on career opportunities for students in technical education programs, local employer booths, free grilled burgers & hot dogs. Come learn about the high-wage, high demand jobs available for students in the skilled trades! For info:

Sep 27 Resiliency Hub Tea & Topic- 6pm at the CommuniTea Garden, corner of 100 West & Walnut Ln. The Resiliency Hub works to enhance well-being on the Colorado plateau by integrating infrastructure, ecosystems & economy. We provide education & practical opportunities to rethink, retrofit & regenerate our community. Email at resiliencyhub@gmail.com or follow on facebook

Sep 27 Chakra Balancing for Emotional Well-Being- 6-7:30pm at Moonflower Community Co-op. Learn about the chakras, their psychology, how to work with chakra energy to support emotional & psychological well-being. This will be a hands on-interactive workshop with practical tools you can take home & use on your own to support your happiness & emotional wellbeing. Elana is the best-selling author of Finding Your Own Happy: The Soul Searchers Guide to Peace & Happiness in Everyday Life.

Sep 27-29 Moab Pride - Save the date for our celebration of loving consensually & living authentically. In the face of hate, creating space to love. www.facebook.com/moabpridefestival. See ad & article pg 20B

Sep 27-30 200 Hour Teacher Training with Jeanie Manchester- For info: moabyoga.com

Sep 28 Skate Night! Pop Up Roller Rink! 6-9pm at the Old Spanish Trail Pavilion, 3641 S. Highway 191. FREE for locals on final Fridays of the month! Out-of-towners, just \$5 for a skate rental. Disco ball? Check. Dance Music? Check check. Classic suede rental skates & roller blades? We've got those too! (Bring your own skates if you got 'em). Skate mate walkers & instruction available. Follow Skate Moab on social media to learn more. This is an all-ages, family-friendly event.

Sep 28 Free Moab Movie: WILLOW - 8:30pm. Bring your blankets & chairs, we'll provide the popcorn. Showing at Swanny City Park. Sponsored by Moab City Recreation & Moab to Monument Valley Film Commission.

Sep 28, 29 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 8pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 South. See article pg 9B

Sep 29 Gran Fondo Moab- A timed road bicycle event up and over the La Sal Loop road. The 65-mile long route follows the Colorado River for a while, then it heads to the La Sal Mountains through beautiful Castle Valley. For info: granfondomoab.com

Sep 29 Annual River Runners Hall of Fame Induction- at the John Wesley Powell River History Museum. For info: 435-564-3427

October Events

Oct 4 Free Lecture Series- Jody Patterson ~ Public Archaeology & Citizen Science in Nine Mile Canyon. The BLM-Price Field Office, in conjunction with Arizona State University, Montgomery Archaeological Consultants, USU-Eastern, & the Colorado Plateau Archaeological Alliance, initiated a public archaeological project in Nine Mile Canyon with the primary purpose of introducing students and local adult volunteers to archaeology & the importance of conserving cultural resources. Secondary purposes beyond community engagement include interpretation, stabilization, sustainability of Cottonwood Village in the face of increasing tourism & development. This presentation describes the public archaeology project, highlights some of its successes, & discusses some of the issues involved in these types of large participatory efforts. 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands Natural History Assoc & Museum of Moab.

Oct 3-7 Third Annual Moab Festival of Science- connecting & inspiring the citizens of southeastern Utah with the wonders of science & the thrill of scientific discovery. Festival features events for both kids & adults including exhibitions, lectures, hands-on activities, a star gazing party, & guided field trips. For info: moab-scifest.org. See ad & article pg 20A

Oct 4-6 Three Day Plein Air Workshop- Don't miss your changece to learn from one of the best, Clive Tyler! His under-painting techniques & color theory is stunning to watch. His workshops are relaxed, fun and full of information. All mediums can benefit. For info: redrockartsfestival.com/workshops

Oct 5-7 OuterBike Fall- If you've been in Moab in the fall, you know what we're talking about. Experience the red rock beauty without blasting summer heat & bask in some desert sunshine before winter sets in. You get to be the first to experience the latest & greatest bikes hitting the market. Attendance is capped, so register early to get your spot! For info: outerbike.com

Oct 6-7 Moab Golf Club Tournament- Moab Senior Amateur, Men's & Women's. For info 435-259-6488

Oct 6-7 The Banff Mountain Film Festival- features the years best films on mountain sport, culture, & adventure. This is the 15th year in a row for Banff in Moab. The event is a benefit for the Utah Avalanche Center-Moab & Second Chance Wildlife Rehabilitation. Saturday & Sunday, October 6 & 7 at 7pm (doors open at 6:15pm) at Grand County High School (608 S 400 East). For info: facebook.com/banffmoab

Oct 6-13 Red Rock Arts Festival-Plein Air Moab- celebrating open air painting in breathtaking Moab environments. The colorful, week-long gathering of artists & art lovers features workshops, competitions, awards, public art sales, & culminates with a street festival celebration. For info: redrockartsfestival.com or 435-259-6272. See ad pg 11A

Oct 7 Paint & Float on the Colorado River- paint 360 degree views! For info: cfimoab.org/trips/plein-air-moab-colorado-river-paint-float

Oct 8 COLUMBUS DAY (HOLIDAY)

Oct 9-13 North American XJ Association (NAXJA)- 2018 marks the 35th anniversary of NAXJA. For info: naxja.org

Oct 11 Free Lecture Series- Scott Chandler ~ Light of Our Lives. Despite so much of our lives hinging upon its relentless energy, how much do you know about our glorious sun? It burns our skin, wakes us up, & shines in our eyes, yet in every way we are lucky to have it. Let's gather together in learning

about this glowing ball our lives would be less brilliant without. 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands Natural History Assoc & Museum of Moab.

Oct 11-13 Range Creek Utah Archeology- join Canyonlands Field Institute (CFI) with guest expert Dr. Kevin Jones to explore the beautiful & rarely visited Range Creek Canyon. Managed by the University of Utah this living museum holds many artifacts of the Fremont Culture where they have sat for hundreds of years. For info: visit cfimoab.org, call us at 435-259-7750, or email us at info@cfimoab.org.

Oct 12 Free Moab Movie: LIFE OF PI - 8:30pm. Bring your blankets & chairs, we'll provide the popcorn. Showing at Center St Gym. Sponsored by Moab City Recreation & Moab to Monument Valley Film Commission.

Oct 12-14 Rock, Gem & Mineral Show- at the Old Spanish Trail Arena, 3641 S. Hwy 191. See beautiful rocks, minerals, & gems. From rare fossils to plastic toys for the kids, we have a little bit of everything! Great family fun!

Oct 12-16 Moab 240 Endurance Race- 238+ mile footrace through desert, canyons, slick rock, two mountain ranges surrounded by Canyonlands and Arches National Parks. For info: moab200.com

Oct 12-20 KZMU's Fall RadioThon- watch for the bright orange tent downtown, listen for special programming & pledge to keep public radio alive.

Oct 13 Musical Story Hour at the Grand County Public Library- join us at 10:30 am for a music-themed story with live musical accompaniment. Introduces young children, with their parents, to a wide variety of musical instruments, sounds & genres. Appropriate for children newborn & up. Sponsored by the Moab Music Festival. For info: 435-259-7003.

Oct 13 Red Rock Street Festival- Noon-7pm. See article pg 20B

Oct 14 The Other Half- a fall companion to the popular Canyonlands Half Marathon, this road half marathon might just be one of the most scenic races in the country. Starting at the Historic Dewey Bridge, The Other Half travels through the well known "scenic alley," past the rising red rock formations of Fisher Towers and Castle Valley. For info: madmooseevents.com



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More Moab Area Events

October Events con't

Oct 14 Ride of the Ancients- experience the beauty of Southwestern Colorado as you ride 100 miles, solo or as a team member, around Canyons of the Ancients National Monument. Proceeds will go to the Montelores Cancer Care Fund. See ad pg 5B

Oct 18 Free Lecture Series- Mathew Wedel ~ Lost Worlds of the Jurassic: Diverse Dinosaurs & Plants in the Lower Morrison Formation of South-Central Utah. The Morrison Formation is famous for Late Jurassic dinosaurs like Allosaurus, Stegosaurus, Apatosaurus, & Brachiosaurus. Most of the famous Late Jurassic localities in the American West are from the upper part of the Morrison Formation, particularly the Brushy Basin Member. Fewer fossils from the lower parts of the Morrison could give us insights into the origin of Morrison ecosystems. New fossil discoveries in the Salt Wash Member of the Morrison reveal a surprising diversity of dinosaurs, particularly long-necked sauropods. These fossils suggest that dinosaurs were highly diverse earlier than we suspected. 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands Natural History Assoc & Museum of Moab.

Oct 18-20 Jeep Jamboree- off road adventure weekend that brings together the outdoors, down-to-earth people & their Jeep 4x4s. For info: jeejamboreeusa.com/trips/moab

Oct 18-21 Cedar Mesa & Comb Ridge Archaeology- Learn about the Cedar Mesa & Comb Ridge area & its fascinating history that spans thousands of years with Canyonlands Field Institute & guest expert Jonathan Till. Explore the natural beauty of the landscape, side canyons, & learn about geology, desert ecology, & more during this three day, three night guided tour. To enroll either go online cfimoab.org, email info@cfimoab.org, or call 435-259-7750.

Oct 19 Moab Regional Hospital Fundraising Golf Tournament

Oct 24-27 Seventh Annual Moab Senior Games- pickleball, golf, table tennis, track & field, swimming, tennis, canasta, racewalk/powerwalk, dancing & more. For info: 435-260-0161 or moabseniorgames.com. See ad pg 1B

Oct 25 Free Lecture Series- Janet Buckingham 2018 SE Utah Community Artist in the Park. Created in 2009, the Community Artist in the Parks program fosters inspiration & appreciation of the landscape among visitors by giving them the unique opportunity to watch local artists translate the scenery of the parks into a work of art. Join Janet as she talks about her many experiences interacting with the visitors to the SE Utah Group parks. 6pm at the Moab Information Center, corner of Main & Center. Sponsored by Canyonlands Natural History Assoc & Museum of Moab.

Oct 25-27 Moab Jeep Jamboree- Moab is one of the most breathtaking 4x4 destinations in the nation – if not the world. Many movies, including a host of John Ford Wild West classics, have been filmed in these otherworldly environs. A high percentage of the maintained and primitive roads are actually remnants of the area's uranium prospecting & mining past. Potash Road just outside Moab features petroglyphs and several dinosaur tracks. Be sure to also take in the spectacular terrain of neighboring Arches National Park & Canyonlands National Park. For info: jeejamboreeusa.com

Oct 25-28 Moab Ho Down- is 100% non-profit & benefits the Moab Bike Park! Start planning for the best bike festival weekend of the year! Bike Riding, Enduro Racing, Jump Jamming, Partying, & Bike Movie Watching! Sign up early to make sure you get a spot at moabhodown.com.

Oct 26-28 The Moab Craggin' Classic- uniting climbers around the campfire at a world renowned destination to celebrate all things climbing. From learning new skills & techniques, to sharing stories, sharing the rope & inspiring one another, from drinking beers & howling at the moon, to giving back & caring for our local crags, this event is the real deal! Featuring climbing clinics & new this year, we are hosting Adventure Film Fest. For info: americanalpineclub.org/moab-craggin-classic

Oct 27 Taste of Moab Fundraiser- for the American Cancer Society. This year we will be fundraising for transportation needs to assist cancer patients needing transportation for treatment. There will also be a Survivor ceremony honoring all the fighters of this terrible disease. The Grand Center will be hosting this event. Look for more details soon. For info & how you can help email Yordy at YORDYE1@msn.com.

Oct 28 Día de los Muertos Festival- the Moab Valley Multicultural Center celebrates Día de los Muertos or Day of the Dead with the Moab community -featuring delicious food, mariachi, traditional altars, cultural kids crafts & MORE! Come celebrate & learn about this festival of life & death. Located at 156 N. 100 West. For info: call 435-259-5444.

Oct 31 Fourth Annual Trunk or Treat- 4pm to 7pm at the Old Spanish Trail Arena, 3641 S. Hwy. 191. Sponsored by the Family Support Center at The Christmas Box House. If you would like to donate or sponsor a trunk call 435-259-1658

Green River Melon Days 2018

For the past 112 years the City of Green River Utah has been celebrating their melon harvest with a festival. This festival has grown and attracts visitors from all over Utah and Western Colorado. The melons grown in the area are known for their sweetness. There are a wide variety of melons grown in this special valley which include watermelon, cantaloupe, honeydew, crenshaw, casaba, and others.

This year's celebration kicks off the weekend before Melon Days with the Melon Days Queen and Princess Pageant September 9th at the John Wesley Powell Museum. The Melon Cruise Car show will also be that day at the City Park.

Friday, September 14th begins with a golf tournament with a softball tournament in the evening. The vendor booths in the park open at noon along with bounce houses and a zipline (for kids and adults), providing entertainment for all age groups. That evening finishes off with a concert at 7 pm by the Jeff Keele Band at the JWP museum and square dancers at the park.

Saturday, September 15th begins with a 5k race and pancake breakfast. The parade will begin at 10 am on main street. The vendor booths will be open, along with the bounce houses and zipline again! Stop at the city booth to learn

about the area and vote for your favorite melon carving. The softball tournament will continue and the fun shoot at the sports park will begin at noon. The Melon Games will be from 1 – 3, on the hour with the participants having a chance to earn cash prizes. A concert at 6 pm by Code Blue Revival and the square dancers at 8 pm wrap up the evening. The final event of the evening is a walk held at dusk, starting on the north side of the City Park: Light the Night for Deklan/Leukemia Awareness.

There is always fun for all at Green River Melon Days. Log on to melon-days.com for more details.



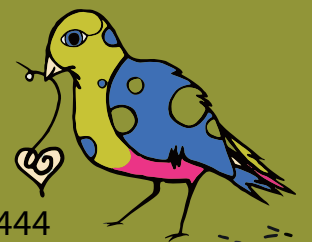
MOAB VALLEY MULTICULTURAL CENTER PRESENTS THE 5TH ANNUAL



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7PM GCHS Auditorium

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 ★ Available for presale at MVMC
 or Back of Beyond Books ★
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WEDNESDAY | 6-9 PM | SORREL RIVER RANCH
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1ST AND 3RD WEDNESDAY OF THE MONTH
 UNDER THE STARS AT THE HOMESTEAD GARDEN

FARM TO TABLE

A COMMUNAL 4-COURSE CHEF'S TASTING DINNER
 FEATURING LOCAL INGREDIENTS AND PARTNER FARMS



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MENU INCLUDES

BBQ CHICKEN, PORK LOIN, BRISKET,
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 MIXED GREEN SALAD, COBBLER AND ICE CREAM
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JOIN US FOR A FAMILY PICNIC SEATING BBQ
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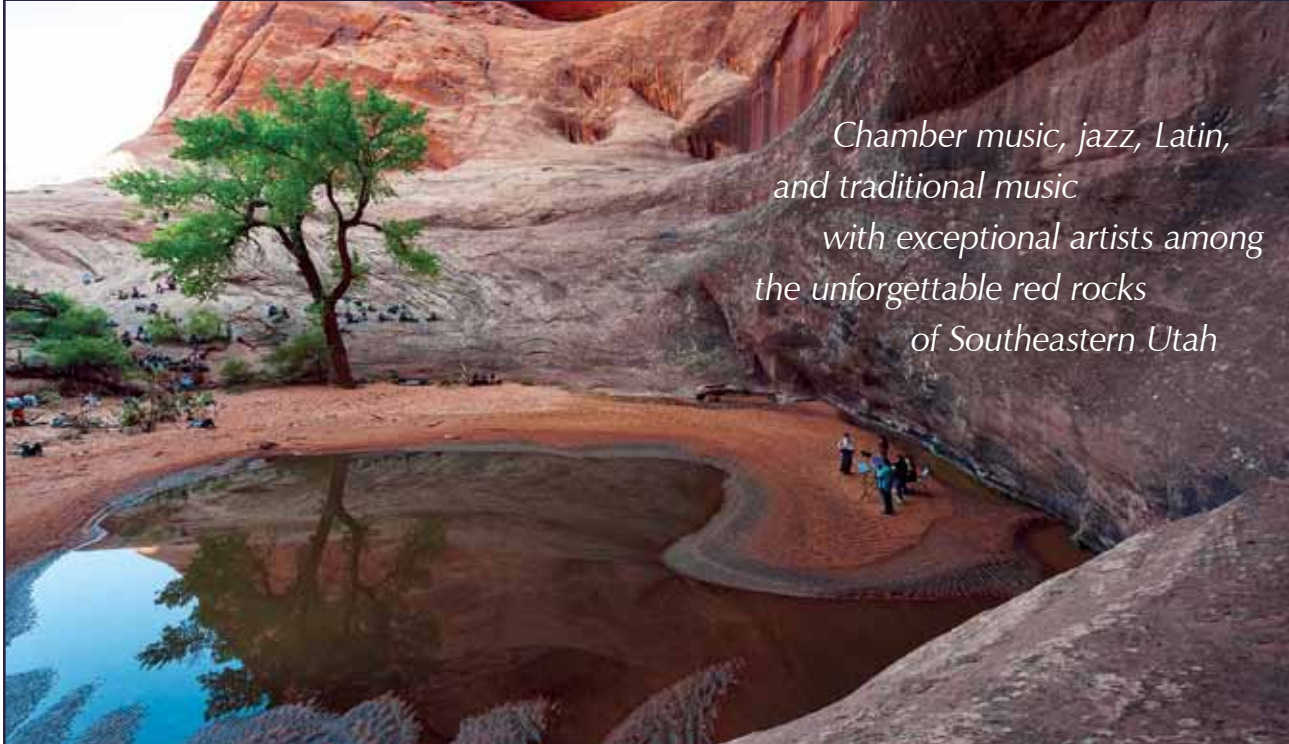
Concert Happenings



MOAB MUSIC FESTIVAL *music in concert with the landscape™*

August 27–September 13, 2018

Michael Barrett, Music Director • Leslie Tomkins, Artistic Director



*Chamber music, jazz, Latin,
and traditional music
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Moab Music Festival 26th season

With the canyon walls still echoing from the breathtaking music of Moab Music Festival's first week of music in concert with the landscape™, get ready for another whirlwind week. The musical gems heard this week have an expansive, and typically Moab Music Festival, variety of artists and repertoire. September 4 - September 13 boasts Tony-nominated Broadway stars Lauren Worsham and Kyle Jarrow, the dynamic Jamie Bernstein, award-winning pianist, Claire Huangci, and the jubilant Haas

sisters on the cello and violin, to name a few. The array of musical delights stretch from the lights of Broadway, to the emotional and sometimes tricky terrain of women's relationships, through the trails of Appalachia, and across the world to composers who have immigrated to the United States in the second half of the 20th century.

The first stop on this musical adventure is the Ranch Benefit Concert on September 4, set on the banks of the Colorado River. Lauren Worsham and Kyle Jarrow snuggle

up with "Married with Music," an evening of classic Broadway tunes and some of their personal favorites.

It is always a treat to visit one of Moab's treasured homes for the House Benefit Concert on September 5, and this season Chopin Competition winner Claire Huangci will perform in a setting evoking the Paris salons in which Chopin himself performed his own 24 piano Preludes, followed by a rousing performance of Beethoven's virtuosic string trio and a scrumptious gourmet dinner.

Journey to the Grotto on September 6 for one of the Moab Music Festival's signature concerts. This one offers audiences another chance to hear Claire Huangci in works of Scarlatti and Chopin, before she closes the concert with Moab Music Festival's stellar artists in Fauré's lush Piano Quintet. Truly a perfect afternoon that Fodors calls a "once-in-a-lifetime" experience.



"We are Women: A Bernstein Cabaret" is next up on this thrill ride on September 7. Conceived by MMF co-founder and Bernstein protégé, Michael Barrett and the maestro's daughter, Jamie Bernstein, the concert exemplifies Leonard Bernstein's humor and wit through songs that melt your heart.

The Sorrel River Ranch Resort & Spa hosts an exciting program on September 8 with Franconian dance rhythms and fiddle reels from Scotland and Appalachia, performed by top-tier artists Alasdair Fraser, festival favorite sisters Natalie and Brittany Haas, Yann Falquet, and dancer Nic Gareiss.

September 9's closing night concert, "Coming to America," is a tour-de-force of quintessential American music from composers who are first and second generation immigrants to America including Korngold, Mahler, Prokofiev, Bernstein, Gershwin, and Copland.

Finally, the season send off is the Cataract Canyon Musical Raft Trip, filled with unparalleled music, epic canyon scenery, and rapids to remember. This year the Moab Music Festival earns its reputation, yet again, as the "coolest outdoor fest around." (Afar Magazine)

15th Year!
**2018 MOAB ARTISTS
STUDIO TOUR**

September 1, 2 & 8
Moab and Castle Valley artists open their studios from 10 a.m. to 4 p.m.

For information and to download a map:
moabstudiotour.com

Over 3 days visit 12 artists in 9 studios, buy original art, and see artist demonstrations.

Thanks to the Moab Music Festival and the Moab Arts Council.

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MOAB ARTWALK • SATURDAY, SEPT 8TH 5PM - 8PM

Enjoy September's YOUTH ART themed ArtWalk! Be sure to pick up a postcard at any ArtWalk destination and have it punched at all TEN locations for your chance to win a prize! Turn in your full punch card at your final art destination to enter.

Museum of Moab 1
(View at the Multicultural Center)

The Museum of Moab teams up with the Moab Valley Multicultural Center to host Phil Wagner's art at the MVMC building. Come see his wonderful exploration of art through shape and color.



MARC (Arts & Rec Center) 2
111 E. 100 N. St. • 435.259.6272

Celebrate the creativity of Moab's youth at the MARC this ArtWalk! Every summer we host 3 weeks of art camp for kids. Here is your chance to check out a beautiful display by our community's youngest creatives!



Moonflower Co-Op 3
39 E. 100 N. St. • 435.259.5712

Visit Moonflower Community Co-op throughout the month of August to browse youth art from students at the Moab Charter School, Grand County Middle School, and Grand County High School.



CommuniTea Garden 4
165 E. 100 S. • 435.260.8931

Resiliency Hub's CommuniTea Garden is showcasing local high school students' contest posters that promote clean air. Through clever and creative design, these students are helping shape a healthy, clear-sky future. Thanks to USU Moab and Grand County High School for initiating this project and loaning them to Resiliency Hub for Art Walk.



Multicultural Center 5
156 N. 100 W. • 435.259.5444

Check out the Museum of Moab's exhibit in addition to to visiting the Multicultural Mural! Free audio tours and learning activities. Learn about important social justice leaders painted by local artists! Receive your stamp and get more info about Moab Valley Multicultural Center at the CommuniTea Garden.



Gallery Moab 6
87 N. Main St. • 435.355.0024

Gallery Moab features the brightly colored animal pastels and acrylic paintings by September guest artist, Cynthia Sampson, an award-winning Colorado artist whose work will spark creativity in viewers of all ages. A reception will be held for Cynthia during ArtWalk.



Tom Till Gallery 7
61 N. Main St. • 435.259.9808

Bring your young ones by Tom Till Gallery and take them on a scavenger hunt around the world with Tom's photographs from 117 countries around the globe (or challenge yourself with our adult scavenger hunt).



Moab Made 8
82 N. Main St. • 435.261.3570

A grand selection of elementary, middle school and high school artists will be spotlighted during the September art walk at Moab Made. Come enjoy and support the talented works of our local youth!



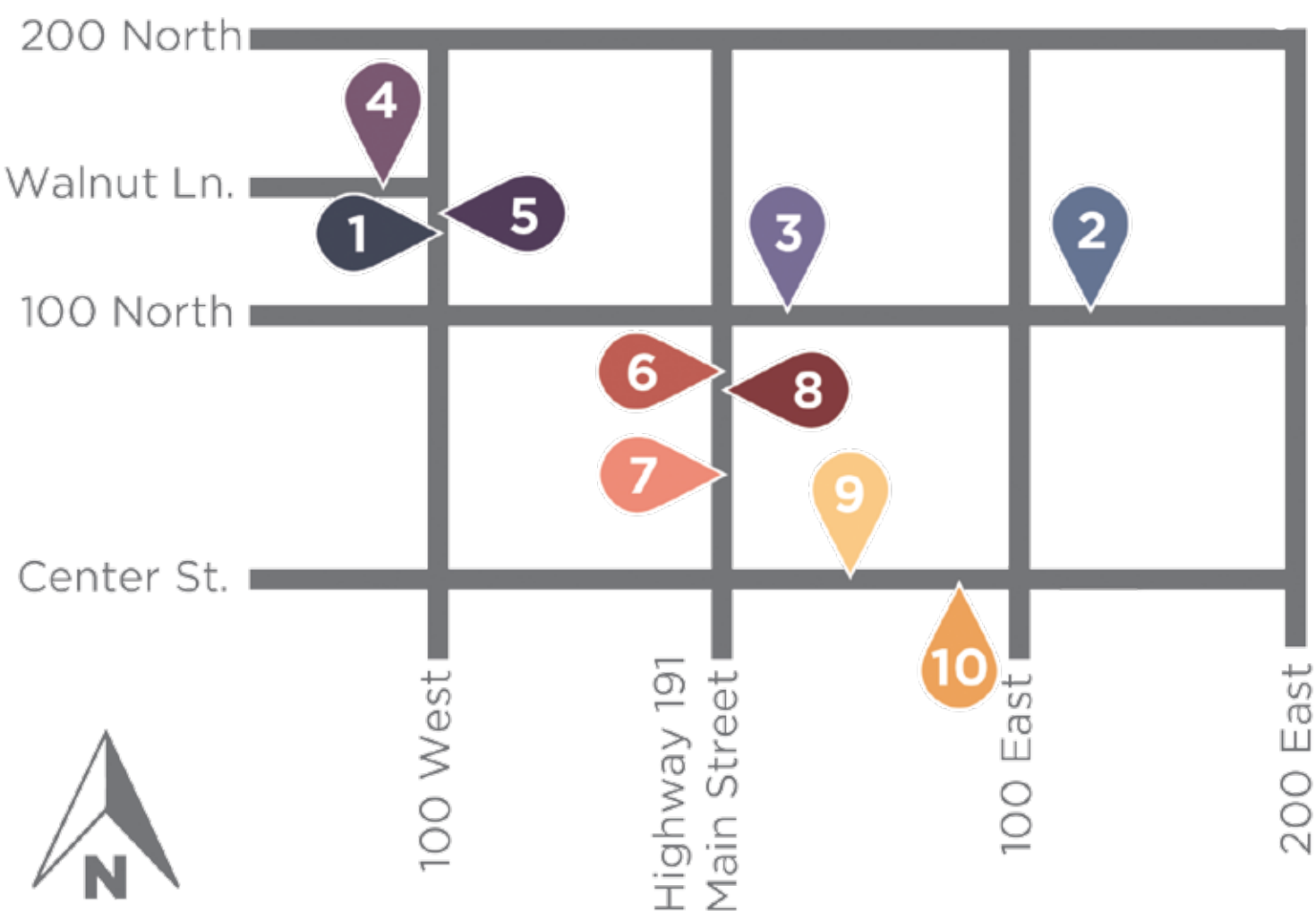
Desert Thread 9
29 E Center St. • 435.259.8404

Felting has been a passion for Rosie Boone for the last 15 years. Come see the beginning of her new collection "Earth Forms." She will also have a demonstration where all ages can participate "hands on" in this ancient art form.



98 Center 10
98 E Center St. • 435.355.0098

98 Center Restaurant is excited to be part of Art Walk! We invite you to make us your last stop and to "STAY LATE AT 98". We will feature LIVE entertainment and rotating Vietnamese "street food" specials.



Public Art Happenings

Joe Norman, Loveland, Colorado



I enjoy honest welds and allen head bolts, the joy of struggle and walnut oil on smooth sanded wood. My best work has regret and relief and sometimes I throw wrenches.

I steal natural shapes for my sculpture. Animal bones and river stones feel familiar in my gut. They're all over the place, and they're beautiful.

I take emotional resonance and apply it to beautiful shapes. The right emotion AND the right shape just might be powerful to the right person. Maybe it is a small example of how to practice BOTH AND in addition to EITHER OR.

My intent is to make art that contributes to a wider conversation about justice and care and our impact on the world. I hope it helps people think and be happy; I hope it helps people be important to each other.

See more work at joenormansculpture.com.

'Hip Bone' is an abstraction of an elk hip bone I found while lost and thirsty in the desert canyons of southern Colorado. I used custom car and motorcycle fabrication techniques to shape the metal.

'Spine II' is an abstraction of a spinal column, using brackets and parts from off-road vehicle fabrication. It was inspired by a set of deer bones I found in the west desert of Utah along the Nevada border while I was the Artist-in-Residence at Great Basin National Park.



Hipbone, Main & 100 N
Media: steel, patina
Dimensions: 68" h x 24" w x 30" d
 \$7400

To purchase call 435-259-2709



Spine II, Millcreek Parkway
Media: steel, off road vehicle parts
Dimensions: 84" h x 36" w x 20" d
 \$7200

To purchase call 435-259-2709



All Works are for sale throughout the year.



Take a moment
 and enjoy public art.
 View 2 or 3 sculptures
 or all 16.



Maps are available at the
 Moab Information Center (MIC),
 Moab Arts & Recreation Center, (MARC),
 Canyonlands Copy Center,
 and Gallery Moab

Moab ArtTrails is pleased to announce the installation of 16 outdoor sculptures along an art trail in central Moab. Eleven artists selected from a national call installed their work in the heart of Moab for a year. All works are up for consideration for the public's permanent collection. This first ever event of its kind in Moab is produced with the kind support of the Moab Arts Council, the Moab Arts & Recreation Center, the MARC, Grand County, the City of Moab, and the grace of a whole host of totally wonderful artists, contributors, arts lovers, civil servants, builders and friends. Enjoy the exhibition!

You can find brochures that include a complete map of all the art locations at the Moab Information Center, Moab Arts & Recreation Center, Copy Center and Gallery Moab. Take the tour and vote for your favorite art installation at moabarttrails.org.

Moab ArtTrails is...

Moab ArtTrails is a non-profit organization that celebrates the vibrant culture and resilient beauty of place through the exhibition and procurement of artworks for the public's permanent collection.

Moab ArtTrails launched its program in 2015 with a permanent gift of art to Grand County. Forces At Play. 4 large scale stone and steel sculptures stand at the Moab Crossing at the Colorado Riverway Bike and Pedestrian Bridge.

The mission of Moab ArtTrails is...

Moab ArtTrails celebrates and preserves the community's cultural and economic health through the exhibition and acquisition of enduring works of art that connect beauty, people and place on shared trails through time.

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STREET FEST

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Open Tuesday - Saturday 4pm - 9pm

Authorized & Trained Handi Quilter Retailer
 This is your shop to rent or purchase Handi Quilter longarm quilting and sewing machines. Take a test drive and see firsthand why quilters love our longarms. Checkout the website for workshops and fabrics. We will also sell kits, panels, and Moab-themed fabrics.



Mile 14, Hwy 128
435-259-3332
Open Daily
Wine Sales 10am - 7pm
Wine Tasting 11am - 7pm

Castle Creek Winery offers wine tasting and sales seven days a week in our new tasting room. Our gift shop has everything from gourmet cheeses and snacks to t-shirts, hats and wine trinkets. Stop by and sample some of our award winning wines and enjoy the breathtaking views surrounding our vineyards. We are located 14 miles upriver from Moab on Scenic Highway 128.

DAVE'S CORNER MARKET

400 EAST & MILLCREEK DR. 259-6999


4th East & Millcreek Dr. 259-6999
Open 6am - 10pm

Dave's Corner Market is serving Espressos and Lattes and has the largest selection of whole-bean coffee in Southeast Utah. We carry over 70 varieties of coffee. Whether you are hiking, biking or jeeping, stop by Dave's to stock up! We sell a wide variety of cold beverages, snacks, fruit, cigarettes, beer, ice, bread, ice cream, bottled water and more! Dave's friendly, old fashioned, neighborhood market is your last stop before the Slickrock Bike Trail!


Royce's Electronics

435.259.6630
 611 South Main Street
 across from McDonalds
Open Monday - Saturday 9AM - 6PM
 Closed Sunday

CB Radios & Parts
 Sirius XM
 Cellular Accessories/Bluetooth
 Phone Chargers & Auxiliary Cords
 Batteries
 Memory Cards



Broadband Internet
www.rivercanyonwireless.com



29 East Center
435-259-8404
Tuesday - Saturday
10am - 5:30pm

A luxurious oasis of rich colors and fibers for knitters, crocheters, spinners, weavers and felters. Featuring local farm-raised spinning fibers and yarns, accessories for every project, inspirational patterns and books, friendly atmosphere, helpful staff and a great selection of locally handmade gifts. Join us Wednesday evenings from 7-9 pm for a stitching social and enjoy getting to know other fiber artists. Visit us online at www.desertthread.com.

GALLERY MOAB LCA

87 N. Main St.
435-355-0024
Open Daily
Noon - 9pm

Gallery Moab features original art from 20 local artists. We are certain to have something to inspire you! Relax in one of our sitting areas and enjoy the art. Shop for a one of a kind gift or watch the artists of the day paint. We have art for every budget. Find that special painting or sculpture or take home some cards, prints and tile coasters from some of Moab's most talented artists. Visit us on Facebook!



471 South Main
435-259-4327
8am - Close
Every Day

Backpacks | Hydration | Hiking Poles | Hiking & Running Footwear | Clothing | Hats | Maps | First Aid & Survival | Guidebooks | Helmets | Tools Tubes | Lighting | Accessories Clothing, Socks & Gloves | Tents | Sleeping Bags & Pads Stoves | Camp Fuel | Food & More | Shoes | Cams | Carabiners | Harness Rope | Belay Devices | Guide Books & More | Yeti Coolers | Fuel Cans | Ammo Cans Camp Chairs | RV Supplies & More




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 We've added Party Supplies to our Ever-Growing Art & Craft Supplies
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Cottons from around the world, Batiks, and SW inspired fabrics. Patterns, Notions, & Happiness! The only quilt shop within a 2 hour drive. Gift certificates available. www.itssewmoab.com



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8am - 9pm Everyday

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Shopping Guide



**375 S. Main in front of City Market
259-8432**

The Moab Mailing Center is an authorized shipping outlet for UPS and FedEx. Mailbox rentals - private & secure with mail forwarding service available. Shipping supplies, boxes, packaging materials, bubble wrap, & tape.

PINYON TREE

Gift Shop

**82 South Main
435-719-2086**

Our friendly staff will show you our wide variety of gifts and home decor. We have an awesome selection of t-shirts, hoodies, hats and footwear. Come check out our metal art, pottery, and unique locally made items. Hey kids, we have toys!



**Rave 'N Image
59 South Main, #5
LOCATED IN
McStiff's Plaza
259-4968**

**Unique New Clothing, Jewelry,
Accessories & Gifts arriving weekly**

The Rave'N Image Boutique carries a wide variety of **STYLISH CLOTHING, GORGEOUS JEWELRY, FASHION ACCESSORIES, BATH/BODY PRODUCTS & UNIQUE GIFTS** (including, many wonderful things Made in Moab). With a focus on **FAIR TRADE** items & **Socially-Conscious** companies that give back, we combine **Style with Care**. We have something for everyone (even a fun **USED** Section)! Come by the Eddie McStiffs Plaza (59 S. Main St. #5) to see what people are **"RAVE'N"** about!!



**23 N. Main 435-355-0889
Open Daily 9am - 9pm**

Redtail Air Adventures Store has atmosphere and merchandise designed to delight aviation and travel enthusiasts. From National Park Air Tours, to toys, books, apparel, home decor, and a wide selection of leather and canvas bags, Redtail has something for everyone!

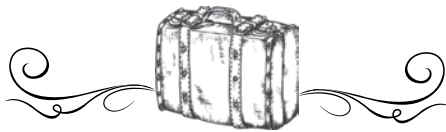


Batteries, hard drives, routers, cable, memory, speakers, stereos, adapters, cable, headphones, satellite radio, town's best selection of watch batteries. Surge protectors, accessories for cell phones and CB's, DVD players, microphones and much more. Home of River Canyon Wireless, Broadband Internet in Moab, Castle Valley, La Sal & Monticello. Monday - Saturday 9AM - 6PM Closed Sunday



**59 S. Main St. Suite #7
Located in McStiff's Plaza
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Tech Zen is now open to assist with all of your mobile device and computer needs! Our 600 sq/ft shop is ready to repair your broken iPhone or Samsung Device with a full inventory of replacement parts and accessories. Screen protectors and rugged cases are in stock from many premium brands like Otterbox and Lifeproof.



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(Old WabiSabi location)

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~ women's clothing - activewear to dressy,
shoes - athletic to dressy, purse - casual to designer.
~ unique home decorating and housewares items.
~ locally made lavender products.



**31 North Main
435-259-0099**

www.tumbleweedmoab.com

Located in a beautiful historic building, tumbleweed features the work of many local & regional artists. In our bright and colorful shop you will find hand crafted gifts and works of art including pottery, jewelry, recycled & repurposed art, original paintings, home & garden décor, photographs and so much more.



Moab's Community Thrift Store: We have everything you forgot to pack! Come see us one block from Main St.

**Open 10am-7pm everyday! 160 E. 100 South
Donations accepted 10am-5:30pm**

www.wabisabimoab.org

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& GENERAL STORE

290 South Main • 259-5959

Mon-Sat open at 7:30am Sunday open at 8:30am

Walker Drug is not an ordinary pharmacy. With 23,000 sq. ft. of merchandise overflowing from the shelves, Walker Drug is more like a general store with personality. Bikers, runners, jeepers, campers, river rafters, photographers, young & old alike, will find an endless variety of merchandise. From bathing suits, hats, fishing tackle, knives, toys, housewares, shoes, spaghetti sauce to socks & underwear, Walker Drug has something for everyone.

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GEARHEADS

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Moab's largest inventory of camping & climbing gear, clothing, supplies & footwear.

Huge selection!
Unique hard to find items

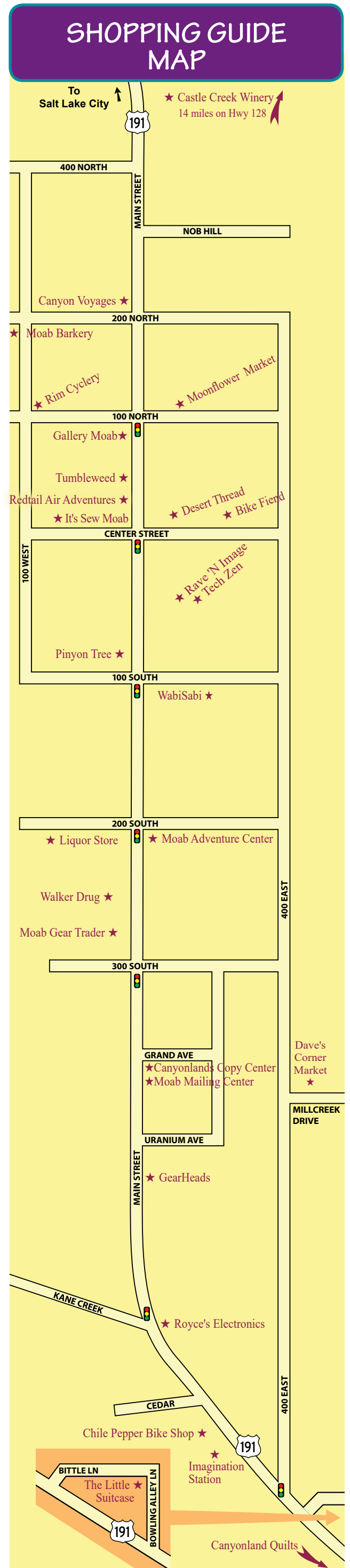
Everything you need for your next outdoor adventure!

FREE FILTERED WATER

Come in and fill up your water bottles, hydration cells, and large containers. Three faucet water station. No purchase necessary

Open 8:00 AM - CLOSE every day
471 S. Main St. #1 Moab, UT. 84532

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Retail Happenings

Fiesta Wear from Redtail Air Adventures Store

Though it has embellished the gowns of queens, embroidery on modern apparel suggests folk festivals rather than palaces. If you looking for apparel that clearly says “fiesta,” come see what we have at Redtail Air.

Our beautiful light weight cotton and denim shirts are embellished with bright, fanciful embroidery. “Poetic, bohemian, girly and free,” they are made with the traveler in mind—practical, versatile, and easy to wear for the traveling girl. Take a festival with you wherever you go!

Embroidery emerged as decoration for clothing in the very ancient past. It, and most other fiber and needlework arts, are thought to have originated in the middle east and China. Fine embroidery on clothing, religious objects, and household items became a mark of wealth and status throughout history in Asia and Europe. Traditional folk techniques were passed down and kept alive in cultures as diverse as in northern Vietnam, Mexico, and eastern Europe. Less expensive than jewelry but adding a great deal of permanent beauty and interest to clothing, its association with festival wear is obvious. Techniques and material have changed over time, but the result of the addition of embroidery to garments remains true to the meaning of its name (in French) “broiderie”—embellishment, making beautiful!



Redtail also has acquired naturally colored Peruvian cotton shirts from a fashion house that are intricately trimmed with crocheted lace. The romantic designs of



these tops compliment their ethnic roots, and they too speak “celebration!”

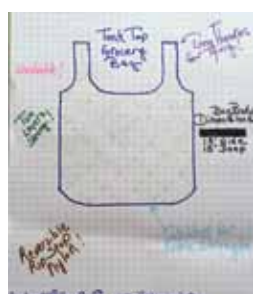
The origin of crocheting is mysterious, but is thought to have come from Arabia, South America (is that the source of the crocheting on these Peruvian shirts?), or China. It made its appearance in Europe between the 16th and 19th centuries. Unlike embroidery or lace making, it is done “in the air,” but unlike knitting, it uses only one tool rather than two. It can vary from large net-like design to work that is so tight and fine that it is difficult to distinguish it from lace. Adding crochet trim to plain fabric, like embroidery, changes a garment from ordinary to very special.



It’s All Happening at It’s Sew Moab

by Deborah Slechta

You won’t need to fret over the possible plastic bag ban in Moab when you have your own designer bag! It’s Sew Moab LLC is now offering Bag of the Month classes.



Catch the first class on Tuesday, September 18, at 5:30pm. Called the TANK TOP GROCERY BAG, this bag is strong due to it’s rip-stop nylon construction and its simple quilting (of course). Who cares if there is a ban or not when you can whip up this packable, washable bag for so many other uses.

Many of you already are aware of the pretty plastic bags you get when purchasing from the shop. It is amazing of all the stories customers tell me about their bag ‘adventures.’ Nobody wants to get rid of their bags! The designs you can get now are the Statue of Liberty, Tower of London, and the Eiffel Tower. Why are there three different designs? They help us to distinguish which size to use- small, medium, or large. Tourists come in to purchase at different times during their vacation to ‘collect’ all three bags! Heck, if the shop is using plastic



Her charitable sewing of the many quilts she designed and made will be sorely missed. Laura is irreplaceable for showing how to live in the Lord’s WAY. May the Lord have Mercy upon her and may her soul rest In Peace. As always keep that needle moving.

www.itssewmoab.com



bags, they may as well be fun, and re-useable. Get these special bags before the ban.

Newest J. Wilson Druid Arch pattern and kit! J. Wilson Patterns have become collector items!!!

I wish to thank you all for your continued patronage while I am going through some stressful times. The shop is operating Mondays through Thursdays, 10:00am - 5:00pm. This does not mean that the shop isn’t offering any new and exciting fabrics for your project needs. Many children fabrics have arrived, including soft books to sew. Batiks are arriving often and primary colors are being shown. Come in to see the beautiful map fabric!

Lastly, I wish to say a fond ‘farewell’ to a very special lady, Laura Senter. Laura was known to be an avid quilter.

Come in and see our diverse and unique inventory, and add a little fiesta to your wardrobe! Redtail Air Adventures Store at 23 North Main Street. Open from 9-9 daily. 434-355-0889

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tumbleweed

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Motorized Happenings

Experience nature on four wheels at the San Juan ATV Safari

Join a three-day adventure that will leave you breathless as you travel by ATV from the top of the Blue Mountains in the center of Utah's Canyon Country to the depths of the canyons. The San Juan ATV Safari event is from Wednesday, September 12 to Saturday, September 15 in Blanding, Utah.



This annual extravaganza gives riders the opportunity to pick from 18 trails, making each participant's safari experience unique. Trails vary in mileage, difficulty and location. Each rider will choose three trails, one per day of the safari event.

All of the trails have exciting sights and different environments within the county that most don't realize exist. From towering red rocks to alpine forests, and from creeks in the mountains to arches and canyons, riders won't want to miss the fun no matter the age, experience level or trail-type.



Riding one trail each day of the event, groups of riders are led by three experienced, ATV guides who are familiar with the trails and sights, and most of whom are volunteers and long-time residents of San Juan County. Starting at 8 a.m., riders and their guides will start the excursion in Blanding and Monticello and return to the town at the end of the day. Trail rides last most of the day and riders should bring their own lunch and water.

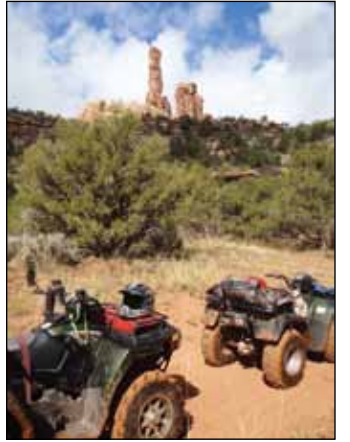
On the last day of the event, September 15th, a closing banquet with entertainment will be held at the Utah State University (USU) campus in the Arts and Events building.



Those interested in attending the banquet do not have to participate in the ATV rides to attend, but still need to register for the banquet online.

Pricing for the ATV Safari event is \$125 per rider, \$200 per couple (rider and passenger) and \$300 per family or group of four. The safari event will accept registrations until all 350 spots are filled. Registration for the trails are also limited, so sign up soon to get the trail you want!

To register for the San Juan ATV Safari, call 435-459-9789 or register online at sanjuansafari.com/register. Follow @SanJuanATVSafari on Facebook to stay up-to-date with current information.



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CANYONLANDS BY NIGHT & DAY

Moab Area Lodging Guide



3

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- Cloud 9 beds
- Guest laundry
- Fitness center
- Meeting room
- Free high speed internet
- Hot breakfast
- Free secure bike storage
- Studio suites
- Hot Tub & Pool

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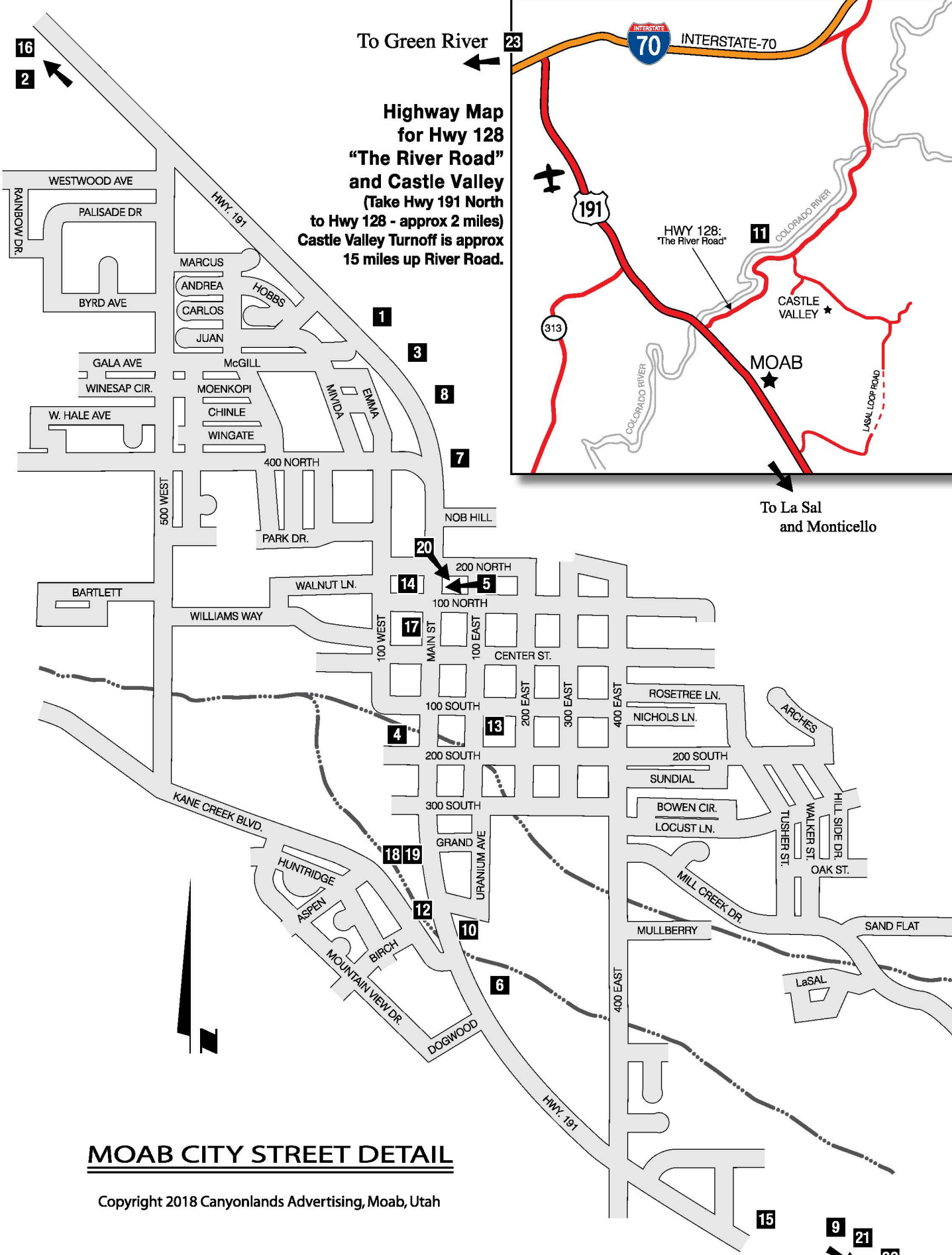

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Highway Map for Hwy 128 "The River Road" and Castle Valley
 (Take Hwy 191 North to Hwy 128 - approx 2 miles)
 Castle Valley Turnoff is approx 15 miles up River Road.

MOAB CITY STREET DETAIL

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Moab Area Lodging Guide

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18 **19**

Key to Lodging Guide

1	Inca Inn	435-259-7261	www.incainn.com
2	Holiday Inn Express	435-259-1150	www.HIExpress.com/moabout
3	Hampton Inn	435-259-3030	www.hampton.com
4	Gonzo Inn	435-259-2515	www.gonzoinn.com
5	Homewood Suites by Hilton	435-259-7000	www.homewoodmoab.com
6	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
7	Comfort Suites	435 259-5455	www.comfortsuites.com
8	Days Inn	435 259-4468	www.daysinn.com
9	Redcliff Condominiums	801-243-2022	www.stayinmoab.com
10	Redstone Inn	435-259-3500	www.moabredstone.com
11	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
12	Big Horn Lodge	435-259-6171	www.moabbighorn.com
13	Moab Rustic Inn	435-259-6177	www.moabrusticinn.com
14	Bowen Motel	435-259-7132	www.bowenmotel.com
15	Quality Inn	435-259-4655	www.choicehotels.com
16	Aarchway Inn	435-259-2599	www.aarchwayinn.com
17	Vacasa	435-728-2415	www.vacasa.com / www.moabcondorentals.com
18	Sleep Inn	435-355-0909	www.choicehotels.com
19	Mainstay Suites	435-355-0910	www.choicehotels.com
20	Expedition Lodge	435-259-6147	www.expeditionlodge.com
21	ACT Campground	435-355-0355	www.actcampground.com
22	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
23	iCamp Green River	435-564-8372	www.icampgreenriver.com



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15th Annual Skydiving Festival! September 19-23

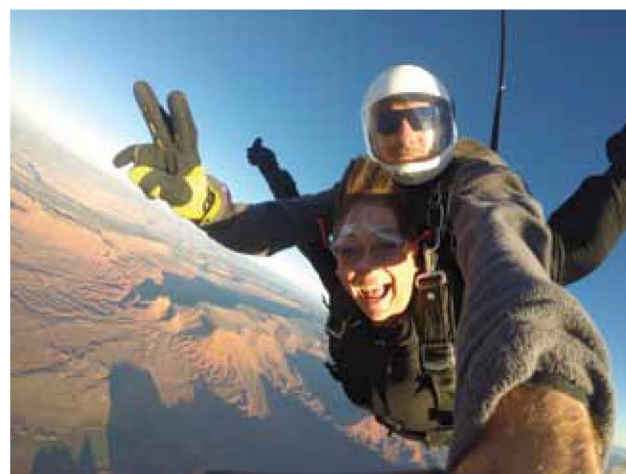
The MacBeth family brought skydiving to Moab, Utah by opening Skydive Moab's doors in November of 2003. Since its opening Skydive Moab has expanded each year and is now the solo skydiving center and continues to have a five star rating on tripadvisor.com. It is the original skydiving center in Moab and has over 50,000 plus skydives to its credit!

Skydive Moab offers a welcoming atmosphere and some of the most unique scenery in the country for skydivers to enjoy! The landscape presents one of a kind opportunities for adventure that "we think will take the sport

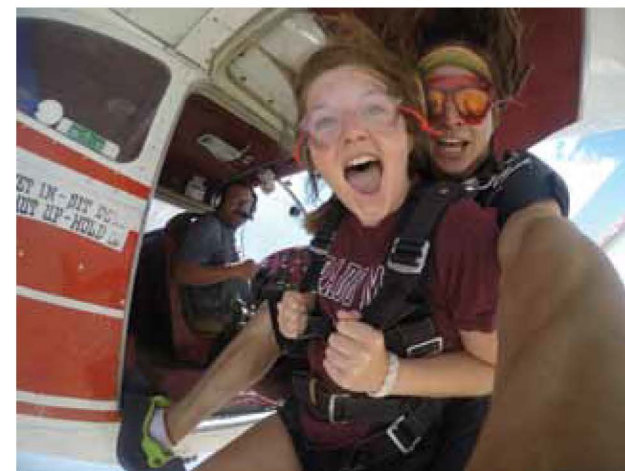
to the next level." Skydive Moab offers its customers an amazing, once in a lifetime experience in a warm, family friendly atmosphere.

You don't have to be an experienced skydiver to enjoy the festival! Make a reservation for a tandem skydive and we will welcome you to our world, the sky! Tandem skydives will be only \$235 for the weekend with locals rates of \$175. After enjoying a 15-minute scenic flight, jumpers will exit

the aircraft at 13,000 feet above the ground and free-fall for a full minute before the instructor deploys their parachute! During the free-fall they will reach speeds of up to 120 mph and will be falling at 174 feet per second. That's almost 6 seconds every thousand feet! After the instructor pulls the ripcord at 5000 feet, the parachute opens and student and instructor float gently back to earth. During the 5-7 minute



canopy ride the pair will again experience the beauty of the Colorado River, Dead Horse Point, Castleton Tower, Arches and Canyonlands National Parks and so much more! If you haven't seen Moab from a birds-eye-view, you haven't



really seen Moab!

During the four-day festival, skydiving will take place at the Moab Airport, located just 15 minutes north of the Colorado River. So, whether you want to make your first skydive or just want to enjoy lunch under a sky full of brightly colored canopies, come out and share in the excitement!

Sept 19 – 23, 2018. 8 AM to Sunset

Hope to see you there!

For more information go to www.SkydiveMoab.com or www.motherofallboogies.com call 435-259-JUMP. Please be sure to mention that you read about it in *Moab Happenings*.

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Dead Horse Point Happenings

Batty About Bats

Ranger Brian Moore

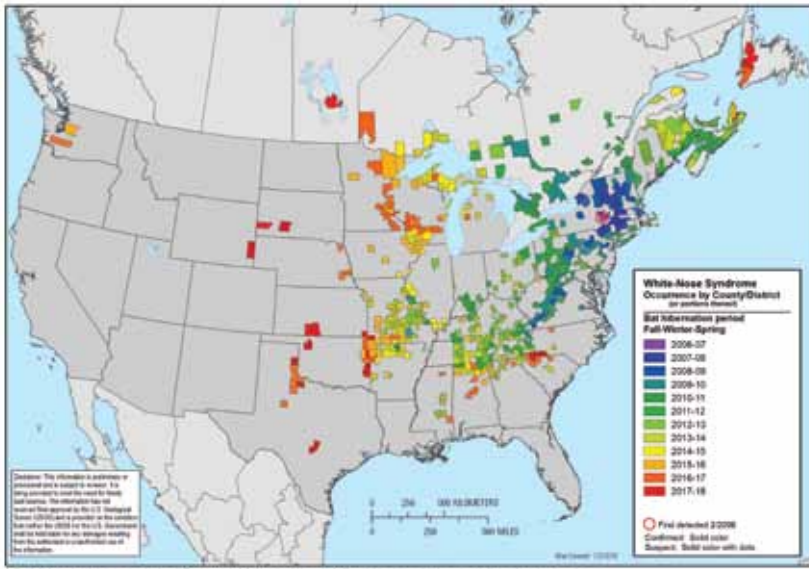
As the sun sinks below the western skies and night takes the world you might have noticed a small creature flying around in the failing light of dusk. Where daytime skies are dominated by feathered birds, night time skies become the realm of the only flying mammal: bats. Bats are the second largest group of mammals on the planet, smaller only to the true rodents and belong to the order Chiroptera. Out of an estimated 1,000 species of bat, 11 call Southeast Utah home.

Bats are an incredible but often misunderstood group of animals. In movies and popular media bats are often portrayed as monsters, creatures of Halloween, vampires. However; when you peel away the myths about them we see the true side of bats. A caring, inquisitive creature, they produce so many ecosystem services that life on Planet Earth would be a lot harder for us if they were to disappear. So let's start with debunking some of the myths about bats.

- Bat will suck my blood, Busted! Out of all 1,000 species of bat, there are 3 vampire bats. Where vampire bats have bitten humans it is uncommon as they mostly target cattle and even then only take a small amount of blood. And relax, there are no vampire bats in the United



UDWR biologists examine the wing of a bat for damage. Photo Credit: Utah Division of Wildlife Resources



A map of White Nose Syndrome's spread. Photo Credit: whitenosesyndrome.org

States, they are all native to Central and South America.

- Bats are blind, Busted! All bats can see just fine; in fact old world fruit bats rely solely on their eyesight to look for fruit to eat.
- All bats have rabies, Busted! Only about 5-6% of bats tested by the CDC had rabies.

These are just some of many myths that surround bats. So what are the truths about bats.

One important truth about the world's bat populations is how critical they are to Earth's human populations. Many of us have had a camping trip, barbecue or picnic ruined by tiny annoying mosquitoes. But, did you know, on average one big brown bat will eat up to 500 mosquitoes an hour all night long? That's a lot of bugs! This pest control isn't only important to our comfort as we enjoy the outdoors, but provides incredible protection to our crops. In a 2006 study, Southern cotton farmers saved \$724,000 in pest control cost because of bats. It has been estimated that bats provide \$23 billion in pest suppression services worldwide.

Sadly, bats face many threats. Many bats are killed because of fear, many of us just don't seem comfortable around bats. In Utah and other western states, habitat loss and destruction of roost sites is causing steep population declines. Even worse than what we humans are doing to bats though; entire Eastern U.S colonies have died off



A bat found at Dead Horse Point State Park. Photo Credit: Dead Horse Point State Park

because of White-Nose Syndrome; a fungal disease that is devastating bat populations. This fungus is spreading at astonishing rates and once a colony becomes infected its chances of survival are slim. Luckily there are no endangered or threatened bats in Utah, however; the state recognizes them as a species of concern with the threats that are so prevalent in other states.

Bats truly are an amazing group of animals. They are not monsters to be feared but incredible flying mammals that provide humans with billions of dollars in ecosystem services. Human fear and misinformation may sadly be distracting us from caring about the crashes occurring in worldwide bat populations. We now have to choose if we want to continue to see these amazing creatures flying across our night skies. While they are a frequent sight up at Dead Horse Point State Park and our neighboring public lands, that could potentially change if we don't take time to care for and understand these fascinating animals.

Dead Horse Point State Park is located 32 miles from Moab heading north on US 191 and west on SR 313.

The park fee is \$20 per vehicle and valid for three days.

If you have questions about your visit, contact the park at 435-259-2614 or visit deadhorsepoint.utah.gov.

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"We've been lucky enough to fly with Pinnacle Helicopters twice now and both times were an absolute blast. The Moab desert is very beautiful and even better from the sky. Do yourself a favor and book a trip."

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Science Happenings

3rd Annual Festival of Science

October 3rd through the 7th, 2018 marks the 3rd Annual Festival of Science in Moab. The Festival Committee has organized a variety of fantastic and free events showcasing the wonders and value of science with a focus on science on the Colorado Plateau. The goal of the event is to connect and inspire citizens and visitors of southeastern Utah with the joy of science, the importance of our regional research, and the thrill of scientific discovery.

The Festival kicks off on Wednesday night (Oct. 3) with the film *Into the Inferno* – a timely documentary about our relationship to one of nature’s most violent wonders – volcanoes! The film starts at 6 PM at the Grand County Library.

On Thursday, Oct. 4th at 6 PM at the Moab Information Center, Dr. Jody Patterson will present on an incredible public archaeology project in Nine Mile Canyon where a team of 72 volunteers worked alongside archaeologists from the Bureau of Land Management (Price, UT), Arizona State University, Montgomery Archaeological Consultants, Utah State University (Eastern, UT), and the Colorado Plateau Archaeological Alliance. The presentation will focus on the excavation of half of a large pit structure at a Fremont site.

On Friday, Oct. 5 is one of our most popular activities and an event unique to the Festival of Science, a guided tour of the Uranium Mill Tailings Remedial Action (UMTRA) site; a U.S. Department of Energy cleanup of the former Atlas Mine site. Participants must be US citizens and at least 18 years old. Because space is limited, free tickets are required and starting in September will be available at the Moab Information Center and the Grand County Library. This may be the last year for this tour so be sure to get your free tickets early!

Come join regional educators, geologists, archaeologists, paleontologists, biologists, astronomers, and other scientists, and science aficionados at 5 PM on the Museum of Moab Lawn (Center St.) for the annual



Moab Mingle. Light refreshments will be provided. Immediately following the Moab Mingle is the Keynote Presentation at 7PM at Star Hall, hosted in conjunction with Utah Humanities. Nicole Walker, a well-known writer and professor at Northern Arizona University in Flagstaff will be discussing her book, *Sustainability: A Love Story*, released August 2018. Walker is a recipient of the National

Endowment for the Arts fellowship, the nonfiction winner of the Best of the Net, and a Best American Series notable essayist. In her talk, “Braiding a Broken World”, Walker will explore how the natural world shapes the way we tell our personal stories, how metaphors taken from images in the natural world help us understand ourselves, and how our work to write and revise our stories teaches us to revere and repair the natural world. Walker will speak to how nonfiction writing offers a way to re-see and revise our relationship to the planet and to ourselves.

At 9 AM on Saturday, Oct. 6th, come join National Park Service interpretive ranger Will Leggett on a geology walk and talk. Leggett and a group of up to 20 participants (FREE ticket required) will hike along Moab’s Old Mail Trail above Mill Creek (park at Powerhouse Lane) to discuss how geologic forces forged Moab’s unique landscape. At 11 AM at the Sun Court and City Gym, we are happy to host our annual STEMonstrations! This kid-focused science activities event will include, among other things, an opportunity to learn about what is living in those rare desert potholes, constellation viewing in an inflatable planetarium, hands-on sediment (that’s science-speak for dirt) tables, and elephant toothpaste with a side of bubbles!

At 5 PM on Saturday, join us for a fascinating eco-friendly, entrepreneurial adventure at Star Hall where James Rolin of Cowboy Cricket Farms will tell us why we should care about entomophagy and what is in those delicious Chocolate Chirp Cookies you are eating!

Saturday will close out with a Telescope Star Party with constellation tours. The Star Party will take place at the Brand Trails parking area off of UT-191 between 7:30 and 10 PM. Night sky-loving experts from the National Park Service and Utah State Parks will use their incredible telescopes to highlight some of the wonders of viewing the night sky from southeastern Utah. Because the number of telescopes available for the Star Party is limited, free tickets are needed and will be available at the Moab Information Center and the Grand County Public Library.

On Sunday, the final day of the Festival, start your morning with us at 9 AM to learn about plants and biological soil crusts along the Hidden Valley trail with US Geological Survey biologists. At 11 AM learn about dinosaurs at the newly discovered Mill Canyon Dinosaur Track site with a Bureau of Land Management paleontologist. At 2 PM, take a tour of the cultural landscape of lower Courthouse Wash and the American Indian Crossing of the Colorado River (aka “The Old Spanish Trail”) with NPS archaeologist Laura Martin, and at 4 PM, learn about Wildlife Rehabilitation, what it IS and what it ISN’T from Second Chance Wildlife Rehabilitation at Star Hall.



FESTIVAL OF SCIENCE
3rd Annual • October 3-7, 2018
www.moab-scifest.org

WEDNESDAY Oct. 3rd
6 PM Science Film: *Into the Inferno* @ Grand County Public Library

THURSDAY Oct. 4th
6 PM Public Archaeology and Citizen Science in Nine Mile Canyon, Dr. Jody Patterson @ Moab Information Center

FRIDAY Oct. 5th
10 AM * UMTRA Site Tour, US Dept. of Energy @ Lions Park
5 PM Moab Mingle with local scientists/educators @ Museum of Moab Lawn
7 PM Keynote: Nicole Walker, *Sustainability: A Love Story* @ Star Hall

SATURDAY Oct. 6th
9 AM * Geology Walk on Old Mail Trail with NPS Geologist @ Powerhouse Lane
11 AM STEMonstrations - Hands-on, Kid-friendly Activities @ Sun Court/Center St. Gym
2 PM Permaculture Walking Tour with USU Environment & Society Professor @ Sun Court to Tea Garden to USU (or meet at 3pm at USU)
5 PM Cowboy Cricket Farms Presentation by James Rolin @ Star Hall
7:30 PM * STAR Party with Night Sky Experts @ Brand Trails Parking lot

SUNDAY OCT. 7th
9 AM Plant and Soil Crust Walk with USGS Biologists @ Hidden Valley Trailhead
11 AM Dinosaur Walk with BLM Paleontologist @ Mill Canyon Rd. (Hwy 191)
2 PM Cultural Landscape Tour with NPS Archaeologist @ Lower Courthouse Wash
4 PM Raptor Talk with Second Chance Wildlife Rehabilitation @ Star Hall

* Attendance is limited, FREE tickets available at the Moab Info Center and Grand Co. Library

For more information and a complete schedule of events, please visit www.moab-scifest.org, facebook.com/moab.scifest/ or contact the organizers at moab.scifest@gmail.com.



Revealing Jurassic Femurs

Right here in Moab, you could be the one to free a sauropod femur (that’s a dinosaur thigh bone) from the rocky matrix that has encased it for 155 million years. The catch, you must be trained well-enough to be entrusted to do the work without damaging the fossil.

Your volunteer efforts can be tedious but gratifying. You are helping the professionals advance the science of paleontology. A fossil preparation laboratory was set up last year at the Museum of Moab. This “prep lab” was first proposed two years ago by Museum Director John Foster, a recognized expert in Cambrian and Jurassic paleontology and author of two paleontology books.

Prep labs aren’t cheap but Foster knew what was needed. He secured \$20,000 in grants from benefactors in Minnesota and Iowa to purchase most of the necessary equipment. Utah Friends of Paleontology (UFOP),



a non-profit that supports public education, science and preservation of paleo resources in Utah, provided another \$2,400 for purchase of a few more tools and supplies. The lab became operational in December and John trained six local members of UFOP to run it safely and properly.

So where do the fossils come from and how do they get to our prep lab? That brings up the case of the “Wiren femur.” This spring, Ms. Wiren was hiking near Capital Reef National. She noticed two strangely-shaped rocks eroding out of a hillside. As she neared she saw the two rocks seemed to be broken parts of a large fossil bone, each about eighteen inches long with an oval cross-section about ten inches across.

If you discover a meaningful fossil like this, you too can gain fame (and do the right thing) by reporting it to a local museum or agency paleontologist to make sure it is properly and legally recovered by experts. In this case, the site was reported to Carrie Levitt-Bussian of the Natural History Museum of Utah, who then alerted Bureau of Land Management officials, since the bone was discovered on federal land managed by that agency. Carrie also alerted Museum of Moab Director Foster who assembled a field crew of other experienced paleontologists to go retrieve the fossils. They found the site, thanks to directions from Ms. Wiren, and after two days of work were able to recover the remaining portion from the cliff face.

The fossil pieces turned out to be from a late Jurassic sauropod and John’s team had recovered the 85% of the entire femur, albeit in three pieces. The embedded portion

by Lee Shenton, 2018 State President, Utah Friends of Paleontology



had to be covered at the site with a plaster and burlap “jacket” to protect it during transport to the prep lab. The proximal end, or portion that connects to the hip socket, had been broken off prior to the fossils discovery, and was not located.

You can see the Wiren femur being slowly revealed at the Museum of Moab on most Fridays, Saturdays and Mondays from 10 AM until noon when UFOP volunteers are usually working on the fossil to carefully remove the surrounding matrix from the fossil.

UFOP holds monthly meetings, January through October at 6 PM in Zions Bank, in downtown Moab. Members of the public are welcome to attend to hear presentations from paleontologists, many of whom do their field work in our area.

Museum Happenings

Root Cellar Project: "The Harvest"

The Moab valley has long been used for agriculture. Hikes along the river and in canyons tell the story of the first farmers in the area with granaries, seeds, and tools. In the early 1900's settlers in Moab started planting peaches which did so well they planted other fruit trees and vines. Agriculture in the desert is a tricky prospect. But the area's farmers and ranchers have survived hundreds of years of our



fickle arid climates through ingenuity and careful planning.

Moab was once known for the fattest and juiciest melons, apples, peaches, grapes, and pears in Utah. Many are familiar with the Mayberry Preserve on Hwy 279, but there were other orchards. Where the Moab Regional Hospital sits now was a large orchard as well as on 500 West where the Orchard Villa Apartments are. Remnants of Moab's fruit growing days can still be found in people's yards and various other sites.

Museum of Moab
est. 1958

The Museum of Moab is the center for cultural and natural history of eastern Utah and the Moab area. The exhibits include everything from a Jurassic dinosaur found just outside Moab to artifacts of the earliest human inhabitants of the region. See our website, www.moabmuseum.org, for information on our exhibits, tours, and programming.



Do you have a story about farming or ranching in Moab? We would love for you to come tell your story or those of your ancestors at our next Root Cellar Project: "The Harvest", Bounty or Blight. What have you learned about growing things in the desert? September 20 5-9pm at the Helipad, 239 W Center.

The Museum of Moab preserves artifacts and information, and promotes research and education, which accurately reflect the natural and cultural history of Southeastern Utah. More information about programs and events can be found at www.moabmuseum.org and find us on Facebook!

Fruit wasn't the only agricultural commodity. A jaunt along Spanish Valley Drive will provide views of alfalfa fields and small farms. They number fewer than they were, but are enough to hint at what the valley used to look like. Castle Valley abounds with farms, fields, and greenhouses. Most of this local agriculture provides food for Moonflower Market, many local restaurants, and the Farmer's Market as well as for local livestock.

Movie & Western Memorabilia Museum at Red Cliffs Lodge

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



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

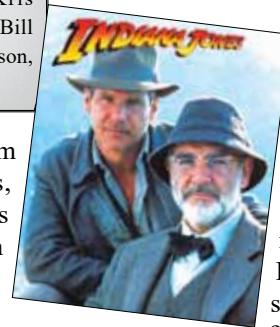
In the museum one can learn more about film locations, how the sets are built, and how the filming process is managed on

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.

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.

Become a Museum Member Today!

Museum of Moab
est. 1958

Be part of the Museum's Oral History Collection

Root Cellar Project "The Harvest"
September 20th
5-9pm at The Helipad
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Sustainable Happenings

Cycle September

by Rosemarie Russo

September is National Workplace Bike Challenge month and the City of Moab has set up a team to participate. The community is invited to be part of the City's team or establish teams for local businesses and join as a member. This is not a slickrock type of challenge – participants can ride as little as 10 minutes per week, or as many miles as they wish. All efforts will help their team. Local bike shops may also benefit because the national organization that sponsors the event, Love To Ride, purchases prizes from local bike shops in participating communities across the country.

“Riding a bicycle, even for only a short time each week, helps people stay fit while also reducing carbon emissions and helping save money on gasoline,” said Moab City Sustainability Director Rosemarie Russo. She added, “If you haven't been riding because your bike needs a repair, check out the new bike repair kit at Swanny Park.”

“Cycle September” is part of the May through September National Bike Challenge organized by Love to Ride. The City of Moab Team participated in the May Team Bike Challenge, resulting in estimated energy savings of \$798 and a reduction of 3 metric tons of air pollution.

The Moab Team winner in May received a local prize of a collapsible, waterproof, rechargeable solar lantern and carrier.

Cycle September will also feature a variety of prizes given out by Love To Ride, including bike bags, trips to the Grand Canyon, bike shop gift certificates and a New Zealand vacation. The City of Moab's Sustainability Director, Rosemarie Russo, will also hold a local prize drawing on Oct. 1.

To participate in Cycle September, simply register on the website www.lovetoride.net (enter your information or sign up through Facebook). Create your own team or under “Join a Team” enter City of Moab to join the City's team.

Help the effort by riding at least 10 minutes per week and recruiting friends, businesses and customers to sign up.

Participants are encouraged to share their favorite pictures of riding to work on the National Bike Challenge photo gallery page and on the City's sustainability website, www.sustainablemoab.com.

For more information email Russo at: rrusso@moabcity.org, or call 435-259-5121.

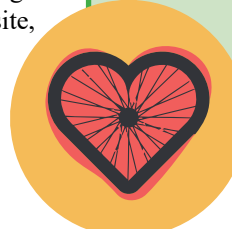


Share your favorite picture of riding to work on the National Bike Challenge photo gallery page and on the www.sustainablemoab.com



National Bike Challenge 2018 Stats

37,019 Participants
1,302 New Riders
3,782,265 Miles
407,834 Trips



Castle Valley Farms

More than 90% of the produce consumed in the state of Utah comes from out of State, most of which travels hundreds and sometimes thousands of miles from farm to plate. To make this long journey, produce is picked green and



very early to ensure it makes it to market. Mass agricultural practices in this country have rendered our food devoid of

essential nutrients and are riddled with pesticides and herbicides. This situation has had grave effects on our health. This is why we, at Castle Valley Farms, are dedicated to bringing fresh, chemical free, nutrient dense produce to the people of Moab.

For the past month we have been operating a local farm stand each Tuesday evening from 4-7pm on the grounds of the Youth Garden Project. We are well into a full range of summer crops which include: heirloom tomatoes, cucumbers, peppers, red velvet okra, radish, beets, carrots, yellow summer squash, zucchini, salad mix,



arugula, kale, garlic, eggplant, peaches, and melons. We have also recently added micro-greens (which have 10 times the nutrient value of their full grown counter parts!), to our offerings. These include the shoots of: sunflowers, peas, radish, kale, arugula, broccoli, kohlrabi, and rainbow chard.

Alongside the farm stand, we have been serving our famous Castle Valley Carrot Hot Dog! That's right, a hot dog made with a whole carrot! Now, this isn't just any carrot, we lovingly steam and marinate each carrot in a homemade sauce, giving it a wonderful smoky flavor, resembling very closely the taste of a hot dog. Each dog is served on either a whole wheat or gluten free bun, starting with Veganaise, on up to all the toppings you can handle: from catsup and mustard to cultured sauerkraut, Bubbies dill relish, vegan chili and grilled onions. So come on down Tuesday evenings to support your local farm and get a nutritious homemade dinner. You won't regret it!



CASTLE VALLEY FARMS
FARMERS MARKET
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Glass ~ Office Paper ~ Aluminum
Tin Cans ~ Cardboard
Electronics Recycling 2nd Saturday every month
*Donations cannot be accepted outside of posted business hours

Dark Sky Happenings

Healthy Night Skies

by Kalen Jones

As the summer of 2018 winds down we're enjoying cooler weather, clearer air, and the return of longer nights and the opportunity to appreciate the starry views we enjoy even in one of the urban hubs of the Colorado Plateau. Beyond the aesthetics of living in place with a mostly-dark night sky, artificial light (and natural dark) impacts our health in different ways. The glare of a light outside one's bedroom interfering with sleep is obvious. Humans, and many other animals, evolved with the the natural light-dark cycle of day and night. We adhere to a circadian rhythm – a sleep-wake pattern governed by the day-night cycle. Our biological clocks interact with our body systems, changing our hormone levels and even modifying our genetic code. Natural light helps set our clocks to Earth's day-night cycle. Exposure to artificial light at night disrupts this process, increasing our risks for cancers and other potentially deadly diseases.

More subtly, artificial light at night impacts complex ecological interactions, with the potential to

have other health effects. This years low river flow spared Moab from mosquitos, which many years plague parts of Moab to varying degrees. Mosquitos have had a significant impact on some Moab residents via transmission of West Nile Virus (WNV). According to the CDC, "WNV is most commonly spread to people by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes then spread WNV to people." Recently Meredith Kernbach, an eco-immunologist, conducted a study that investigated the effects of artificial light at night on sparrows with WNV. Birds infected with WNV and exposed to light at night stayed infectious for four days, double the length of birds not exposed to light at night, and potentially doubling the number of mosquitoes a sick bird could infect.

Fortunately, outdoor lighting is something we can take responsibility for, individually, and locally. Last year U of U students completed an inventory of local government owned lighting. The City of Moab is now part way through a process of retrofitting its lights to reduce night sky impacts, as well as improving energy efficiency and operating and maintenance costs. Even as Moab grows we can improve the quality of our outdoor lighting to retain the benefits of our dark skies.

The Moab Dark Skies was established by the Friends of Arches and Canyonlands Parks in conjunction with the National Park Service and Utah State Parks Division of Natural Resources.



SEPTEMBER EVENTS

JACOB FRANK OPEN HOUSE & RECEPTION
Thursday, September 6, 5-8 pm
 Spectacular photography exhibit featuring incredible area landscapes from around San Juan County, Utah.

NEPTUNE AT OPPOSITION ASTRONOMY EVENT
Friday, September 7, 8:30-10 pm | FREE
 What does it mean when a planet is at opposition? Come check out our solar system's farthest planet when it's most easily viewed from Earth.

FALL EQUINOX ASTRONOMY EVENT
Friday, September 21, 8-9:30 pm | FREE
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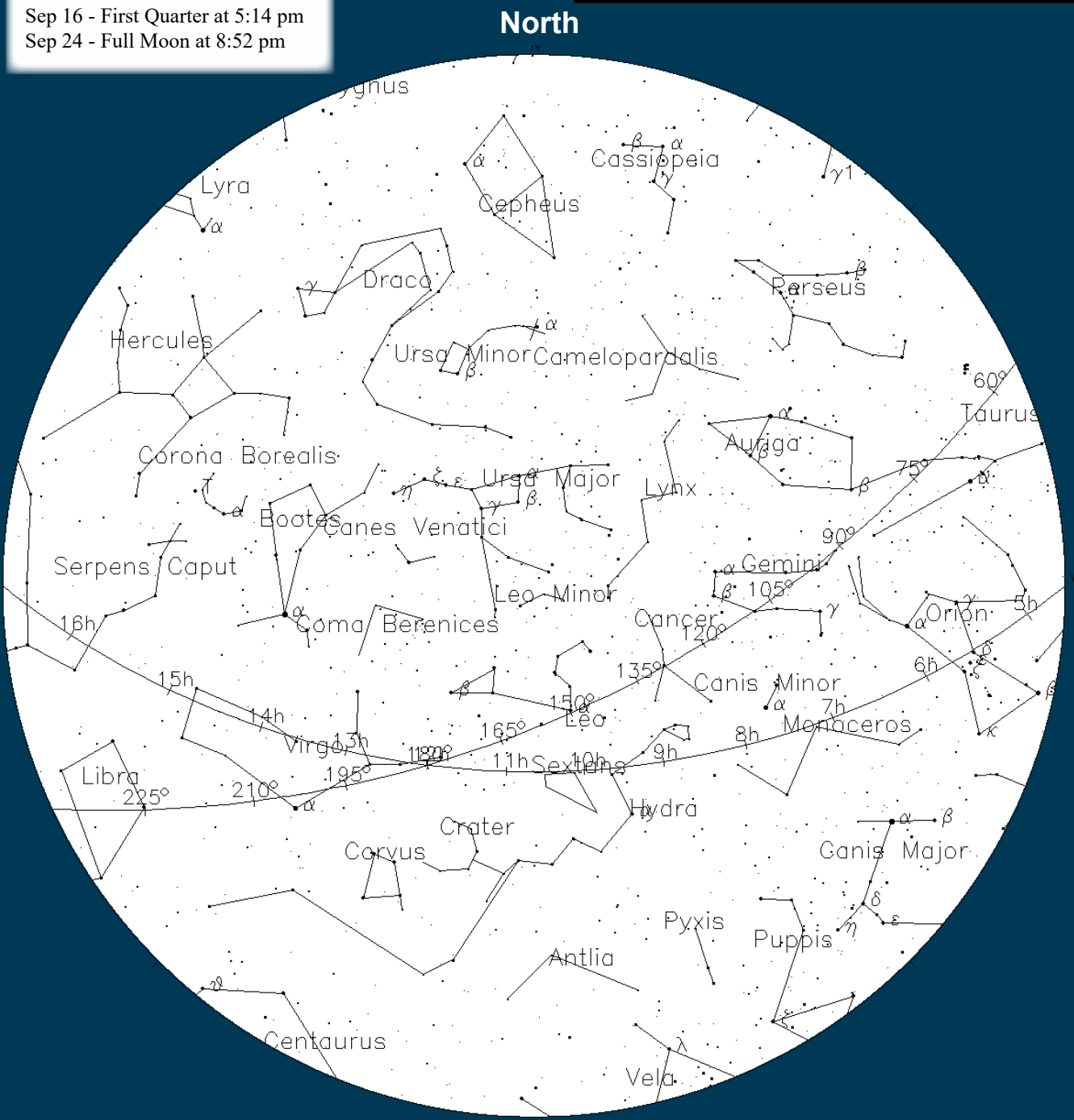
Moab Dark Skies
Live and Play under the Milky Way

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

Look up at the stars tonight!

MOON HAPPENINGS
 Sep 16 - First Quarter at 5:14 pm
 Sep 24 - Full Moon at 8:52 pm

DATE	SUNRISE	SUNSET
1	6:48 am	7:47 pm
2	6:49 am	7:45 pm
3	6:50 am	7:44 pm
4	6:50 am	7:42 pm
5	6:51 am	7:41 pm
6	6:52 am	7:39 pm
7	6:53 am	7:38 pm
8	6:54 am	7:36 pm
9	6:55 am	7:34 pm
10	6:56 am	7:33 pm
11	6:57 am	7:31 pm
12	6:57 am	7:30 pm
13	6:58 am	7:28 pm
14	6:59 am	7:27 pm
15	7:00 am	7:25 pm
16	7:01 am	7:23 pm
17	7:02 am	7:22 pm
18	7:03 am	7:20 pm
19	7:04 am	7:19 pm
20	7:05 am	7:17 pm
21	7:05 am	7:15 pm
22	7:06 am	7:14 pm
23	7:07 am	7:12 pm
24	7:08 am	7:11 pm
25	7:09 am	7:09 pm
26	7:10 am	7:07 pm
27	7:11 am	7:06 pm
28	7:12 am	7:04 pm
29	7:13 am	7:03 pm
30	7:14 am	7:01 pm





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Volume 30 Number 6

Section B

September 2018

LANDSCAPE WORTH TRAINING FOR

by Beth Logan and Christi Griffith

Fall. The changing of seasons signals the time of year when life in Moab enjoys cooler temperatures, autumn foliage, and the beginning of crisp evenings. It's a good time to take a deep breath and get out into the desert or the mountains. At the Moab Century Tour, you can do both! Road cyclists from around the country relish in the amazing landscapes Moab has to offer September 22-23 at the fourteenth annual cycling event. From gaining elevation into the La Sal Mountains and Dead Horse Point State Park to carving down red rock canyons and finishing along the Colorado River, this event has landscape worth training for!

You'll appreciate the grand scale of this place once you've ventured far from town under your own 'skinny' power down byways known only to a lucky few. Your mind naturally slows down to enjoy the sights, and in the slowing down, you'll unwind a little. This shift in perspective from the fast pace of our modern lives soaks in slowly and happens best when it's cool enough to be present in the desert comfortably and enjoyed with close friends.

Steve Braun, from Tucson, Arizona returns to the Moab Century Tour with 17 friends hailing from Arizona, South Dakota, and Colorado. "We're ready to enjoy great riding and all the hospitality Moab has to offer" says Steve.



Jessie Walsh and Carrie Walsh



Ryan Gale, Carrie Walsh, Katrina Lund, Jim Baskin, Barry Stokes, unidentified photobomber.

The Moab Century Tour is the fall road cycling event Skinny Tire Events organizer Mark Griffith founded after losing his older brother to cancer. Along with the spring Skinny Tire Festival, the events have been organized to support the fight against cancer, creating an experience where survivorship and research toward a cure is the focus. Every participant contributes to the Moab Healthcare Foundation/Cancer Treatment Center and many groups use the events to fundraise for cancer survivorship programs in their own communities.

Attending the Skinny Tire Festival in 2019 is Ironman Certified Coach and Owner of BarryS Triathlon and Endurance Coaching Barry Stokes. "Riding the four different routes offered by the Skinny Tire Festival gives an opportunity to see and experience unique places around Moab in a way folks driving in a car never can ... we see rock formations and look deep into canyons as we ride past. We get to see, smell and hear the area in a unique way," says Barry. And all for a good cause. "I know of very few organized rides of this caliber dedicated 100% to helping raise money for the local community. The Festival provides an opportunity to reconnect and riding with friends and family makes the trip even more special". And Barry should know. He brings a team of athletes and family members to the Festival, including his niece Jessie who lives in Moab.

Jessie Walsh, Moab local and registered nurse at the Moab Regional Hospital says "I feel so fortunate to

have this event right here at home. It draws my friends and family from near and far. We ride miles and miles through beautiful, awe-inspiring red rock country with lots of support and great food!!! The impact of the event reaches far beyond the participants. As a nurse at the hospital I am privileged to see daily how this one event directly effects our local community. The money raised allows our people, who are already suffering, to stay home to receive their chemotherapy treatments, instead of traveling for miles while burdened by their cancer diagnosis", adds Jessie.

Whatever your reason for coming to the Moab area this fall or spring, be it the physical challenge of a bike ride or the chance to make a difference against cancer, let yourself relax into the beauty and be restored. For more information visit skinnytireevents.com. Be sure to mention that you read about it in Moab Happenings.



Dr. Angie Alexander, Jessie Walsh, Dr. Nicole Priest, Dr. Sarah Lebrec, Paula Cook.

Road & Mountain Biking

Dead Horse Point State Park

BIKING & HIKING

This map represents just one of many trail systems available in the Moab area.

Biking Skill Level

- Intrepid ●
- Raven Roll ●
- Great Pyramid ●
- Big Chief ●
- Crossroads ●
- Whiptail ■
- Twisted Tree ■
- Prickly Pair ■

Hiking Trails

- ALL TRAILS ■
- Bighorn Overlook ●
- West Rim ●
- East Rim ●
- Colorado River Overlook ●

Map includes labels for Grand County, San Juan County, Shafer Canyon, East Fork, Campground, and Dead Horse Point. A scale bar and north arrow are also present.

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. Many trail systems have been developed in the area to provide a variety of mountain biking challenges. Several companies in the area can provide rentals and information.

THE UTAH HIGH SCHOOL CYCLING LEAGUE
September 22, 2018. The Utah High School Cycling League is hosting races in Moab at the Bar M Trailhead. Approximately 800 students will be racing each day from the north and south regions starting at 8am. The Utah League is the governing body for interscholastic cycling for students grades 7-12. They currently have close to 2400 students on 81 teams across the state. Please see their website www.utahmtb.org for more information.

• **MOAB CENTURY TOUR - Road Cycling Tour, Sept 22-23, 2018.** Ride one or two days! On Saturday, choose from 40-100 mile paved routes with breathtaking views of Moab's sandstone marvels and the Colorado River. On Sunday ride the newly-paved La Sal Loop Road through the mountains with 5550' elevation change and views of fall colors before carving down through red rock canyons and finishing along the Colorado River. Every registration includes a donation to the Moab Cancer Treatment Center. For more information visit skinnytireevents.com or call 435-260-8889.

• **6th ANNUAL GRAN FONDO MOAB, Sept 29, 2018.** 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.

• **OUTERBIKE FALL October 5-7, 2018.** Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. See next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL**
October 25-28, 2018. Presented by ChilePepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.

• **POISON SPIDER BICYCLES SPRING THAW,**
March 8-9, 2019. A fun, long weekend with demo bikes, women's ride, shuttles, frame giveaway and guided group rides on the Bar-M and the Mag 7 Trails. Food and parties included for \$40. Preregister for free t-shirt! For more info visit poisonspiderbicycles.com or call 435-259-7882.

• **MOAB SKINNY TIRE FESTIVAL - Road Cycling**
Tour, March 9-12, 2019. Jumpstart your spring training and tour along the Colorado River, Dead Horse Point State Park and Arches National Park. Routes average 50 miles/day and are fully supported with food, SAG vehicles, lunch, 5-star communication, and post-party entertainment. Every registration includes a donation to the Moab Cancer Treatment Center. For more information visit skinnytireevents.com or call 435-260-8889.

• **MOAB ROCKS MOUNTAIN BIKE STAGE RACE,**
March 30-April 1, 2019. Takes some of the regions best classic & new routes including Klondike, Porcupine Rim & Mag 7 combining them into a 3-day masterpiece of cross country & timed descents in a fully supported format. All this wrapped up in a fun & friendly atmosphere, combining camaraderie & competition. For info: transrockies.com/moab-rocks or 403-483-9977.

• **OUTERBIKE SPRING April 5-7 2019.** Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah.

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Cycling Happenings

Moab's Most Popular Fall Mountain Bike Trips

By Franklin Seal and Rim Tours

Fall has always been super popular for Moab visitors, especially for those who are mountain biking. So, we here at Rim Tours thought it would be interesting to see which mountain bike day tours are the most popular during the fall season.

Seasonal Shifts

While almost all of Moab's 150 miles of singletrack mountain bike trails are open year round, a few trails are partially closed during certain seasons. Others are simply less desirable or logistically difficult for a few months each year.

The following ranking reflects our very **unscientific survey**. It is based on the number of guests with advanced reservations, as of mid-August, for guided mountain bike day tours during fall 2018 at just one company – Rim Tours. There are a number of other companies that also provide guided mountain biking tours in the Moab area, and their numbers may be different. In addition, guided tours are only a portion of all mountain biking activity, obviously. Nevertheless, this list is probably a good representation of more general trends.



#8 Desert Sunrise (Easy)

Even though this tour leaves town at the crack of dawn, the magnificent views and desert sunrise are worth waking up for! This memorable sunrise tour includes a delicious continental-style breakfast, unparalleled scenic vistas and a fun easy route through amazing desert terrain (with some sections of Moab's famous "slickrock.") It's perfect for those without a lot of mountain biking experience (though all riders need to be comfortable using hand brakes as well as be fit enough to pedal up some rising terrain.) It includes about 2.5 hours of pedaling time, advanced booking is required and it is available only through September 30.



#7 Amasa Back/Captain Ahab Trail (Advanced/Intermediate)

Amasa Back had been a favorite ride since the beginning and now has a world class upgrade with singletrack routes uphill on the Hymasa Trail, and downhill on the much buzzed-about Captain Ahab Trail. The classic technical jeep trail still challenges any rider's ability and climbs for 1,200 vertical feet over ledgy slickrock offering amazing views of the Colorado River, "Behind the Rocks" and La Sal Mts. at the top.



#6 Slickrock Trail (Advanced)

The Slickrock Trail is one of the most unique rides anywhere and has helped make Moab the mountain biking Mecca that it is. (Click here for an interesting read about the history of the trail.) A series of petrified sand dunes has formed the trail into an 11 mile long roller coaster ride. This trail has incredible vistas as well as steep ascents, descents and side slopes that will test your mountain bike skills and fitness.



#5 North Klondike Singletrack (Intermediate)

Top riders from around the world proclaim the North Klondike trails as some of the best and most fun in Moab. Trails such as Alaska, Mega Steps and Dino Flow wind through narrow wedges in towering rock outcroppings, rip along buffed mesas and roll over perfectly designed drop-offs. There is plenty of climbing and descending to satisfy all types of riders and the variety of trails allows for moderate to more extreme experiences within the same area.



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#4 Courthouse Loop (Easy)

This tour is a great introduction to mountain biking in Moab! Spectacular views of Arches National Park and gently rolling terrain on wide, double-track trails make this ride perfect for beginners and families. Many riders are able to try the Rusty Spur Trail, just off the main loop, as their first foray into singletrack terrain. Whether you're new to the sport or just looking for an easy cruise, this is an awesome place to improve your skills.



#3 Navajo Rocks (Intermediate)

This trail system opened up in 2014 and has introduced yet another "Wow!" factor to Moab mountain biking. The trails offer gorgeous slickrock terrain challenges as well as twisting and turning dirt singletrack. Riding along the upper end of Sevenmile Canyon and soaking in views of the Monitor and Merrimac buttes with La Sal Mountains in the background will not disappoint. The trails are extensive enough to make a great Full Day Tour as well.



#2 Whole Enchilada / Porcupine Rim (Advanced)

This world renowned epic ride has it all – rugged and remote mountain terrain, flow to technical singletrack and unforgiving rock drops on the Porcupine Rim section. During late fall, after the snow begins to fly, the upper sections close. A shuttle is required to get to the start, and Moab's several shuttle companies will take riders to the highest starting point possible, depending on trail conditions. The Whole Enchilada (typically July – September) starts at 10,600 ft, climbs to 11,200 ft. and (after much up and down) drops to 4,000 ft. at the Colorado River. Essentially the Whole Enchilada combines several sections of trail: Burro Pass, Hazzard County, Kokopelli Trail, Upper Porcupine Singletrack (UPS), Lower Porcupine Singletrack (LPS), Porcupine Rim proper, and finally, Jackass Canyon Singletrack. It is only offered as a full-day tour, which includes lunch. Shuttle fees are extra.



#1 Dead Horse Point Singletrack (Moderate / Intermediate)

Dead Horse Point is one of Utah's most spectacular state parks and offers a great taste of what Moab mountain biking is all about. Towering 2,000 feet above the Colorado River, the park provides a breathtaking panorama of the Canyonlands area with sculpted pinnacles and buttes. This super fun introduction to singletrack has rolling terrain, mixed with some short climbs and lots of fun sections to cruise on. Some previous mountain bike experience is highly recommended.

The list above reflects day tours only. It does not include multi-day tours. If it did, the most popular mountain bike tour in the Moab area, measured by the number of advanced reservations, is, hands down:



#1 + (what's better than first place?)

The White Rim Trail (Moderate / Intermediate)

Usually done as either a 4-day or 3-day camping-based tour, The White Rim Trail, located in the Island in the Sky district of Canyonlands National Park, is truly a special place.

Nature Happenings

Watchable Wildlife: The Hooved Ones

By Damian Fagan

Mule deer and the other large hooved animals such as bighorn sheep, pronghorn, mountain goats, and elk roam the canyons, plateaus, and mountains of southern Utah. Moose are nearby, having migrated from the state's northern mountains down into the Book Cliffs, north of Interstate 70.

The commonly observed mule deer gets its name from the large mule-like ears. These animals are widespread in the mountains, sagebrush flats, and canyons where they browse on shrubs and forbs.



Bucks grow antlers that are shed each year, often in the winter. By the end of summer, the males have antlers covered in velvet which is a thin layer of skin rich in blood vessels and nerves. Once the antler stops growing, this velvet covering will be shed and the bony antler exposed.

The males use these antlers to joust during the rut when they gather a harem of does together.

Pronghorn live out in the open grasslands along Interstate 70 where they may be observed foraging on



mountains and high plateaus of the region. Their long legs enable the elk to move about in snowy areas where they feed on exposed shrubs and trees. During the growing season, these ungulates feed on grass and forbs. Like a mule deer, elk shed their large antlers after the breeding season. The La Sal and Abajo mountains are good places to see these large animals, but sometimes they come down into the foothills around Monticello.



Desert bighorns may seem scarce during the summer, but groups gather together during the rut which takes place in the late fall. Males vie for dominance as they gather

A NATURAL HISTORY WRITER. Former Moabite, now based in the Pacific Northwest, Damian Fagan is a freelance natural history writer and nature photographer who focuses on the flora and fauna of the American Southwest and the Pacific Northwest. Of course, this gives him a good excuse to go hiking.

Follow Damian's writing adventures at damianfagan.blogspot.com



Mountain goats are new to the desert scene. Recently introduced into the La Sal Mountains, these animals survive at higher elevations, eating alpine plants and lichens. An extinct Pleistocene species, the Harrington Mountain Goat, inhabited the region some 15,000 years ago, identified by fossil remains unearthed in nearby caves.

Keep an eye out for all these magnificent desert-dwelling creatures as you visit Canyon Country. Knowing where to look is key. Sometimes you might only see prints in the sand or droppings that indicate the passing of these animals through the area, but know that these hooved animals are out there and it just takes some time, luck, and patience to see them.



grasses or forbs. Their excellent eyesight enables them to detect predators from a distance, then leave them in the dust with the fast speed. The "horn" is a sheath that covers a bony core and is pronged at the tip giving these creatures their common name.



Rocky Mountain elk inhabit the

harem together. Younger males may be tolerated by the older males which sometimes engage in classic head-butting rituals that sounds like a rifle shot when they crack heads together. Potential places to view bighorn are in the Windows Section at Arches NP, the White Rim trail in Canyonlands NP, and in the talus slopes below Dead Horse Point SP (don't lean too far over the edge!). Females have short horns and may be confused for a young ram.



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An exciting new aircraft is now in operation at Canyonland's Field. It is rugged, roomy, and safe: designed by bush pilots for Australia's tough outback. This is GippsAero's Airvan, the GA8-TC 320, a turbo charged utility aircraft. Redtail Air Adventures has put it into



service for scenic flights, shuttles and charter flights.

The high wing design of the Airvan and its double back door that make loading and unloading easy, combined with all its internal comfort features might lead a person to think this aircraft was designed strictly for tourism. It seats seven passengers in its spacious and quiet cabin, and each passenger has a large window perfect for taking in panoramic views of SE Utah's red rock country. For chartered photography tours, the door in the rear of the plane can be opened during flight to enable exceptionally clear aerial shots. Mark Finley of Finley-Holiday films captured our astonishing photo of a photographer using this open door.

But there is more! Because of its excellent back country capabilities, the Airvan is great for Redtail's river shuttles. Its STOL (short take-off and landing) capabilities for short, undeveloped airstrips are ideal for rough terrain, and it can carry a lot of cargo. It has been purchased by governments all around the world for search and rescue work, and six of these aircraft have been delivered to the Mission Aviation Fellowship in Papua New Guinea for humanitarian aid duties.

In the year 2010, when the Airvan had been on the market for 10 years, two missionary pilots working in Papua New Guinea observed the terrible toll that malaria takes among the young. Whole age groups of children were missing. In response, they formed "Missions Against

Malaria" to raise both awareness about malaria and money to fight it. They made an around-the-world flight to visit some of the equatorial nations most affected by the disease. The flight lasted 59 days, covering 28,000 nautical miles. The pilots made this trip in an Airvan, and their choice proved to be a wise one. It was built to negotiate the rough airstrips on their itinerary, and it survived two massive storms. The pilots, Ken Evers and Tim Pryse, thought they were going to die. "But the aircraft came through without any problems at all. It's an amazing aircraft," said Tim. The flight brought world-wide attention to the ongoing problem of malaria, and proved that the Airvan, the first Australian designed and manufactured aircraft to fly around the world, is one of the most durable and safe utility aircraft in the world.

Redtail pilot Desi Malan says of the Airvan, "I LOVE flying this airplane. It's easy to fly, it's stable, great center of gravity, big bubble windows great for passengers' scenic view. It's a beautiful bird!"



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The Geology of the Uranium Capital of the World

by Allyson Mathis

Today, Moab is known worldwide for its two national parks, for Dead Horse Point State Park, and for the surrounding public land with its superlative scenery. People also treasure these lands for their ample opportunities for exploration while hiking, mountain biking, four-wheel-driving, rafting and climbing and even through a simple scenic drive. Yet, before Moab gained its current reputation as one of the most scenic areas in the United States and as a mecca for a variety of outdoor pursuits, Moab was known across the country for the occurrence of a single element found in deposits in some of the rocks that make up the canyons and cliffs in the surrounding countryside: uranium.

Moab earned the nickname “the Uranium Capital of the World” in the 1950s after geologist Charlie Steen literally went from rags to riches by locating what he named the Mi Vida Mine, which was to become the single most important uranium discovery in the United States. Uranium-bearing ore had been known from the Colorado Plateau since approximately 1900 when it was mined on a small scale to pigment ceramics and porcelain and then for the production of radium after Marie Curie discovered that element. Later these ores were mined for vanadium, which hardened steel, which was important during World War I.



Charlie Steen the day after his discovery at Mi Vida. Photo credit Andrew Steen, Creative Commons

The main uranium-mining era in Utah didn't start in earnest until the 1940s, when uranium was needed for the atomic bomb and national security.

A later boom followed in the 1960s for nuclear power. The uranium boom was the only mineral rush in nation's history that was created, promoted and supported by the federal government, with bonuses offered for new discoveries and minimum prices established. Most uranium prospectors weren't geologists like Steen, but ordinary citizens who were armed with Geiger counters and information from the Atomic Energy Commission. They had their eye out for the tale-tell canary yellow color of carnotite, an important uranium ore. Carnotite is a strong pigment, and carnotite concentrations as low as 1% are enough to color a sandstone bright yellow.

Carnotite is just one of many uranium minerals found on the Colorado Plateau. Most of these minerals are brightly-colored and have very complex chemical formulas, consisting of some combination of uranium with potassium or calcium, oxygen, hydroxide, carbonate, phosphate or sulfate, and sometimes containing vanadium, copper or arsenic.



Carnotite on dinosaur bone from the Morrison Formation. Photo by James St. John

A mineral called uraninite, also called pitchblende for its earthy black color, makes up the richest ores, as it is almost pure uranium oxide. Until Charlie Steen's discovery, pitchblende wasn't known in Utah. Steen didn't use a Geiger counter to locate possible uranium deposits like other prospectors. In fact, he didn't own one, and this along with his search for uranium in areas not considered ore-bearing by the Atomic Energy



Uraninite from the Mi Vida Mine. Photo by Ken Farmer, used with permission

Commission caused his effort to be termed “Steen's folly.” Steen staked claims based on the characteristics of regional geology, and prospected like a wildcatter explored for oil. Steen encountered unusual black rocks while drilling his claims in search of carnotite deposits deep below ground level. Steen set aside these black rocks and continued drilling, thinking that carnotite deposits were deeper but his drilling rig broke a few feet short of his goal. Dejected, he grabbed the strange black samples before heading back to town to see if he could repair his drill, thinking that his dream of striking it rich was over. When he pulled in to a gas station, he joked with the owner that he had some samples that would set off his Geiger counter, still not realizing that he had drilled through a thick lens of high-grade ore.

It wasn't until the counter's needle jumped that he realized that he had found pitchblende, a mineral that he had never



Uranium mineralization at the Mi Vida Mine

previously seen. Soon thereafter, Steen began mining, built himself a mansion on a hill (now the Sunset Grill where diners can view mementoes from Steen's life and Moab's uranium heyday), and became a national celebrity.

Steen discovered uranium in the Chinle Formation, one of the two main rock layers in the Moab area that have zones of uranium mineralization. The other unit is the Morrison Formation. Although these two rock layers are separated in age by some 50-80 million years, they both include ore-bearing sandstones that were deposited in ancient river channels.

Uranium wasn't present in these coarse sands when they were originally deposited. What was important to their later mineralization was that they were highly permeable, so that groundwater could easily flow through them. They also contained fragments of dinosaur bone, logs and other organic material.

The uranium was deposited by circulating groundwater at some point after the rock layers were deposited. The ultimate source of the uranium is not definitely known, but it likely was from volcanic ash that was deposited across Utah. Uranium is present in minute amount in volcanic ash, and it can be easily leached by circulating groundwater. Uranium is highly soluble in water, but will precipitate out of solution when it encounters a reducing environment (e.g.,



The Mi Vida Mine in 2014

one low in oxygen), such as that occurs in the presence of the organic debris in the Chinle or Morrison sands. In fact, some of the earliest ores discovered in Utah were petrified wood or dinosaur bones where uranium minerals replaced organic material, and both petrified wood and dinosaur fossils may be radioactive.



The Oyler Mine in Capitol Reef National Park is in a river channel sandstone at the base of the Chinle Formation



An uranium ore-loading bin in the Chinle Formation used during the boom days when many small mines were active near Moab

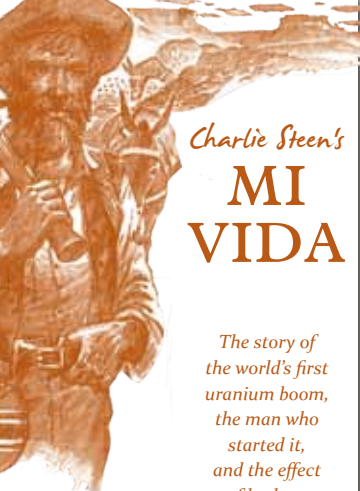



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Gallery Happenings

August at Gallery Moab

Gallery Moab has been a cool retreat this summer for local residents and visitors from all over the United States and the world. Members of the gallery take pride in showing the public how this magnificent landscape inspires our creativity. We also enjoy selling our work and having it taken home to far off places as a reminder to visitors of the magic of red rock country.

The gallery's September guest artist is Colorado resident Cynthia Sampson, an award-winning artist who



specializes in brightly colored, vibrant pastels and acrylic paintings of animals. In her website artist's statement she writes, "I use pure brilliant color in layers juxtaposing color opposites to create a

bold unique style of painting. My artwork becomes a visual record of my emotions and memories of the individual animals that I have had the pleasure of experiencing in life."

Cynthia is often asked how she comes up with her colors. "The painting "Horsing Around With Pastels" is a

fun play on that question. It is a portrait of two wild horses from the Book Cliffs herd by Grand Jet. who are coloring themselves and drawing on the walls. The palomino horse is rolling on my pastel painting "Wild Horses" that is on the 14 Hands wine label." By giving viewers a glimpse into her world through her imagination, Cynthia hopes to spark their own creative journeys.

Her bold use of color expresses the excitement and wonder she feels when she looks at life. Even as a child Sampson was drawn to use the brightest crayons in the box. She would draw zebras in vibrant colors and tigers in purple and yellow. It was her intense use of color that grabbed the attention of Ste. Michelle Wine Estates. Cynthia Sampson's pastel painting "Wild Horses" graces their 14 Hands wine labels, as well as their new Stampede wine label.

Cynthia's Sampson's artwork continues to win awards. It has been published in the Wildlife Art Magazine, the Pastel Journal, Horses in Art, Spirit of the Road RV Magazine, and Telluride Style,

as well as numerous newspaper articles. She has also had several solo shows and has paintings in private and corporate collections across the United States, Canada, and Europe. To view more of Cynthia's artwork, go to www.zebrajazzstudio.com.

On Saturday, September 8, between 5 and 8 pm, Gallery Moab will host a reception for Cynthia Sampson during Moab's September ArtWalk. Viewers of all ages will enjoy Cynthia's colorful, animal-themed paintings. Gallery Moab, located at 87 North Main Street, is open daily from 12-9 pm. Visit gallerymoab.com and Facebook to see art by all gallery members, in addition to newsletters and upcoming events.



JW Frank Photo Exhibit

On September 6th the Canyon Country Discovery Center is very pleased to be opening a new permanent photo exhibit celebrating the work of Jacob W. Frank. Over the last decade, Jacob has utilized his talents as a photographer in conjunction with being a ranger and volunteer photographer for the National Parks Service, to capture a stunning collection of images that celebrates the beauty of the American landscape. His photographic work spans the National Parks and Monuments system from Denali National Park, Alaska to the Everglades National Park, Florida, and through out the American West.

In 2013, Jacob became a part of the Canyon Country Discovery Centers team as an Americorp Vista member. During his time in Monticello Jacob wasted no time exploring every corner of the Colorado Plateau and beyond.

Our permanent exhibit is a collection of over 90 stunning images by Jacob from the surrounding national parks and monuments, including but not limited to...



Canyonlands, Arches, Great Sand Dunes, Bryce Canyon, Black Canyon Gunnison, Dinosaur, Capitol Reef, Mesa Verde, Rocky Mountain, and Cedar Mesa.

Located in our interactive exhibits rotunda, Jacobs images are displayed in direct correlation to their geographical location and the viewers' gaze. As a result, when you are looking at the photograph of Inspiration Point in Bryce Canyon National Park,

you are facing in the direction you would travel from the Discovery Center to find yourself in Bryce Canyon National Park. Please join us for this celebration of Jacob W. Frank and the spectacular landscapes of the Colorado Plateau.

For more information on Jacob W Frank and to view his portfolio, please visit: www.jwfrank.com

To learn more about visiting the Canyon Country Discovery Center, please visit: www.ccdiscovery.org And be sure to mention you read about it in *Moab Happenings*



Ladies of the Canyon

3 Women Artists at Dead Horse Point State Park

The Bighorn Gallery at Dead Horse Point State Park is exhibiting original paintings by three women artists entitled "Ladies of the Canyon." The exhibit is a collection of plein air oil paintings by Carolyn Dailey, pastels by Sonya Johnson and watercolors by Barbara Klema, and is on display from September 7th through October 31st, 2018. An opening reception will be held in the Bighorn Gallery on Saturday, September 8th from 3:00 to 5:00 p.m. Tom Klema will be playing original songs on acoustic guitar during the reception and refreshments will be served.

Carolyn Dailey grew up in the east but came to college in Boulder, CO to be near the mountains. Taking art classes while working on her degrees in psychology, Carolyn left a career in educational research to become a fulltime artist in 1987. Her primary training using oils in the plein air tradition was by workshop study at the Fechin Institute of Taos, NM with Mark Daily, Michael Lynch and Ned Jacobs. Carolyn lived in Durango, CO and Moab, UT before moving to Guatemala in 1990 for 16 years. Carolyn has participated in numerous one woman and group shows in the USA and Guatemala, including a one



Painting by Carolyn Dailey



Painting by Carolyn Dailey

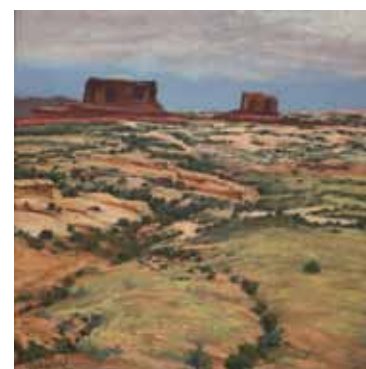
woman show at the National Ixchel Museum in Guatemala City in 1999. She moved back to the states to Crestone, CO in 2006 and then to Moab in 2010 where she enjoys painting outdoors in the spectacular canyon country, as well as the greater Southwest. She frequently wins top awards at regional juried art shows.

Sonya Johnson is a pastel painter living in Durango, CO. Despite a lifelong interest in art, her path as an artist was anything but direct. While attending the University of Arizona, she took two art classes that gave her a foundation with drawing skills and exposed her to color, but she is otherwise primarily self-taught. Later, while attending podiatry school in San Francisco, she did commissioned scientific illustrations for journal articles and presentations. Since 2011, landscapes have been her preferred subject, and, specifically, the canyon country of the Colorado Plateau.



Painting by Sonya Johnson

Preferring to paint on location when possible, she will sometimes hike several miles with her gear to paint. She has had work accepted into numerous juried shows and has won several awards, including a Best in Show. Her work in the Bighorn Gallery show is a combination of plein air and studio



Painting by Sonya Johnson

works, many based from images taken on backpacking and hiking trips.

During the last 40 years of working as a professional artist, Barbara Tobin Klema has been the former owner of two art galleries and one teaching studio. She has worked with botanical illustration and graphic design, taught watercolor, drawing, and design in many venues as well as at Fort Lewis College in Durango, Colorado. Barbara has had paintings shown in the prestigious Rocky Mountain National Watercolor Society Exhibit and the very competitive Colorado Open. The current exhibit at Dead Horse Point reflects her appreciation of the canyons of southwest Utah. Barbara loves living and working in these dramatic and beautiful southwest landscapes.

During the exhibit, both framed and unframed original paintings and cards are available for purchase. Dead Horse Point State Park is located nine miles north of Moab on US 191 and then 23 miles south on SR 313. The Visitor Center is open daily from 8 a.m. to 6 p.m. and the Bighorn Gallery is downstairs. Park admission is \$10. For more information, contact the park at 435-259-2614.



Painting by Barbara Klema

Performance Happenings

Dancing with the MOAB Stars 2018

by Rhiana Medina

Whether you're a native Moabite, recent arrival, or visiting tourist, Moab Valley Multicultural Center's (MVMC) version of "Dancing with the Stars" is sure to delight! You may cry, you may gasp, but no matter what, you laugh and go home feeling impressed and surprised that so much fun can cost a mere \$13 per ticket. Just like the show, a panel of 3 judges will be scoring each competing dancing couple for a chance to win a trophy for 1st, 2nd, 3rd place, best costume or best production. Last year, the winning dance couple had 8 back-up dancers and set up a 20' by 10' "swimming pool" for their synchronized swimming routine. A professional lighting designer is coming from Las Vegas to donate his professional theater lighting services for the show. Don't worry for those who think that \$13 just isn't enough, MVMC will be collecting tax deductible donations at intermission for its crisis support program ;-).

Yes that's correct, when the MVMC isn't putting on fantastic community dance competitions, they're busy serving their community with crisis resource and advocacy, youth programs, and language and life skills services. To put the work of the Moab Valley Multicultural



Center in perspective, their 2017 annual report boasted 3,076 hours of direct service and had 208 volunteers. In addition to the 8 competing stars, MVMC plans to "wow" the audience with 4 exposition dance numbers. Sticking with a multicultural theme, the dance styles will vary with each and every routine, bringing something fresh and new. The Multicultural Center's mission is to build bridges across language and culture through family support, community collaboration and education. Since every nonprofit organization must fundraise to keep their people employed, MVMC enjoys finds creative ways to meet its

mission. Dancing with the Stars is a perfect example of how a small organization can raise critical funds while bringing everyone together for an evening of community pride and laughter.

Don't miss one of the most exciting events of 2018! Get your tickets now at the MVMC office: 156 North 100 West or at Back of Beyond Books, 83 N. Main Street in Moab. Don't live in Moab? Call us and we'll put your tickets at will call: 435-259-5444. To learn more about the Moab Valley Multicultural Center visit our website, moabmc.org.



There's Magic in Moab at the Backyard Theater

Everybody knows that Moab is a magical place. But did you know that Moab has its very own magic man? Rick Boretti has been wowing audiences throughout the west for years. Now he brings his jaw-dropping illusions every Friday and Saturday at 7pm to Moab Backyard Theater, an outdoor venue located in the heart of downtown. The theater also hosts a free Bluegrass Night on Wednesdays.

"I love doing magic at the theater," Rick says. "It's great to see people laugh, have a good time and the adults become kids again. People come back that have seen me over the years and become like family."

A working member of the International Brotherhood of Magicians, Boretti has been perfecting his craft over the years at festivals, theaters and private functions. He also specializes in the difficult sleight of hand known as "close-up magic",



creating illusions that can leave audiences gasping. His fascination with magic started early.

"I was bitten by the magic bug when I was 6. Later when I learned to do a cut and restored rope my life was never the same. I like to have fun and for people around me to have fun. Magic is one great way to do this."

When he's not doing magic, Boretti is a Ranger and wildlife biologist in the heart of the Canyonlands wilderness, helping keep people and animal populations safe on the San Juan river. But he's mostly famous around these parts for one thing: magic.

"I'm always working on creating new miracles," he says. It is family fun with lots of laughs but hopefully strong magic."

You can catch Moab's magic man this September every Thursday, Friday and Saturday at 7pm at



Moab's Backyard Theater, located at 56 W. 100 South, just behind Zax. Admission is ten dollars for adults and 5 dollars for kids 5 and over. It's worth every penny to see the premiere magician in Southeastern Utah.

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| <p>Aug 31 Blu Bar, War Eagle, 7pm</p> <p>Aug 31 Moab Music Festival at Star Hall, Opening Night: New Americans, 7pm</p> <p>Sep 1 Blu Bar, Andrew Wynne, 7pm</p> <p>Sep 1 Moab Music Festival at Red Cliffs Lodge, TAKE 6, 6pm</p> <p>Sep 1 The Alley, Karaoke, 8pm</p> <p>Sep 2 Blu Bar, Kyle Miller, 7pm</p> <p>Sep 2 Moab Music Festival at Red Cliffs Lodge, Time for Three, 6pm</p> <p>Sep 3 Blu Bar, Jon O, 7pm</p> <p>Sep 3 Rocky Mtn Power Free Family Concert, Old City Park, 2pm</p> <p>Sep 4 Club Rio, Karaoke, 9:30pm</p> <p>Sep 4 Peace Tree Cafe, Andrew Wynne, 6pm</p> <p>Sep 4 Blu Bar, Meander Cat, 7pm</p> <p>Sep 5 Backyard Theater, Bluegrass Night with Quicksand Soup, 7pm</p> <p>Sep 5 Blu Bar, Community Music Night, 7pm</p> <p>Sep 6 Club Rio, Karaoke, 9:30pm</p> <p>Sep 6 Blu Bar, Lost Buffalo, 7pm</p> <p>Sep 7 Moab Food Truck Park, Dan Lavoie, 7-10pm</p> <p>Sep 7 Blu Bar, Lost Buffalo, 7pm</p> <p>Sep 7 Moab Music Festival at Star Hall, We Are Women: a Bernstein Cabaret, 7pm</p> | <p>Sep 8 Blu Bar, Dan Lavoie, 7pm</p> <p>Sep 8 Moab Music Festival at Sorrel River Ranch, New World Assembly: Scotland Meets Quebec & Appalachia, 6pm</p> <p>Sep 8 The Alley, Karaoke, 8pm</p> <p>Sep 9 Blu Bar, Danny Rose, 7pm</p> <p>Sep 9 Moab Music Festival at Star Hall Closing Night: Coming to America, 7pm</p> <p>Sep 10 Blu Bar, Jon O, 7pm</p> <p>Sep 11 Club Rio, Karaoke, 9:30pm</p> <p>Sep 11 Blu Bar, Meander Cat, 7pm</p> <p>Sep 12 Backyard Theater, Bluegrass Night with Quicksand Soup, 7pm</p> <p>Sep 12 Blu Bar, Community Music Night, 7pm</p> <p>Sep 13 Club Rio, Karaoke, 9:30pm</p> <p>Sep 13 Blu Bar, Lost Buffalo, 7pm</p> <p>Sep 14 Blu Bar, Lost Buffalo, 7pm</p> <p>Sep 15 Blu Bar, Lost Buffalo, 7pm</p> <p>Sep 15 The Alley, Karaoke, 8pm</p> <p>Sep 16 Blu Bar, To Be Announced, 7pm</p> <p>Sep 17 Blu Bar, Jon O, 7pm</p> <p>Sep 18 Club Rio, Karaoke, 9:30pm</p> <p>Sep 18 Blu Bar, Meander Cat, 7pm</p> | <p>Sep 19 Backyard Theater, Bluegrass Night with Quicksand Soup, 7pm</p> <p>Sep 19 Blu Bar, Community Music Night, 7pm</p> <p>Sep 20 Blu Bar, Lost Buffalo, 7pm</p> <p>Sep 20 Club Rio, Karaoke, 9:30pm</p> <p>Sep 21 Blu Bar, Donnie & The Blackhats, 7pm</p> <p>Sep 22 The Alley, Karaoke, 8pm</p> <p>Sep 22 Blu Bar, Donnie & The Blackhats, 7pm</p> <p>Sep 23 Blu Bar, Dave Steward Trio, 7pm</p> <p>Sep 24 Blu Bar, Jon O, 7pm</p> <p>Sep 25 Club Rio, Karaoke, 9:30pm</p> <p>Sep 25 Blu Bar, Meander Cat, 7pm</p> <p>Sep 26 Backyard Theater, Bluegrass Night with Quicksand Soup, 7pm</p> <p>Sep 26 Blu Bar, Community Music Night, 7pm</p> <p>Sep 27 Blu Bar, Stonefed & Friends (Angel Davis Charity Fund), 7pm</p> <p>Sep 27 Club Rio, Karaoke, 9:30pm</p> <p>Sep 28 Blu Bar, Jack Ellis, 7pm</p> <p>Sep 29 The Alley, Karaoke, 8pm</p> <p>Sep 29 Blu Bar, Jack Ellis, 7pm</p> <p>Sep 30 Blu Bar, Status Crowes, 7pm</p> |
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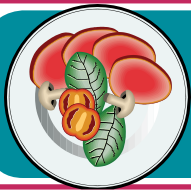
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Pick up a copy of the **Moab Menu Guide** at many businesses around town. It can help you choose a place to eat or order your meal for take-out. The Moab Menu Guide is also online at www.moabmenuguide.com

MOAB MENU GUIDE 2018

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Restaurant Guide



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Getting A Drink in Moab

Although Utah sometimes has a reputation as a state where it is difficult to purchase or consume alcoholic beverages, Moab has both a microbrewery and two local wineries, a number of lounges and many restaurants serve beer and wine.

The **Moab Brewery** is Moab's only on-site microbrewery and offers a variety of locally-brewed beers in their bar and Package Agency. Their award-winning beer is also available at other restaurants in Moab and at retail stores in town and in Salt Lake City. They also distill and bottle *Class 5 Vodka* and *Spot On Gin* on site. You can also enjoy these spirits in specialty cocktails served in their restaurant and tavern.

Moab has two local wineries. **Castle Creek Winery** is located at Red Cliffs Lodge, 15 miles from Moab on Scenic Highway 128 (the River Road).

Spanish Valley Vineyards is located just off Highway 191, about 6 miles south of Moab on Zimmerman Lane. Both wineries have on-site tasting rooms and wine available for sale. Utah State Liquor Stores also sell many local wines.



Moab boasts several upscale lounges. **98 Center** specializes in craft cocktails in a casual atmosphere. The **Atomic Grill & Lounge** offers a beautiful cocktail lounge with their unique brand of crafted libations, in addition to their drive up coffee service. The **Sunset Grill** has an outdoor patio with a view of the Moab valley where you can relax and wait to be seated for dinner (pending weather). To just stop in at the end of the day and have a drink to unwind, try the **Blu Bar** located at **The Blu Pig**, **The Alley Sports Bar** next to Gravel Pit Lanes or the beer and wine garden at **Moab Garage Co.**

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 Monday through Saturday (11am to 7pm). It is closed on Sundays and holidays. The **Moab Brewery Package Agency** sells their full-strength beers (in 16oz cans and 22oz bottles) and unique spirits to go every day including Sundays, opening at 11:30am. **Castle Creek Winery** also sells wine on Sundays and Holidays from 10am to 7pm.

Beer (3.2% alcohol content) for take-out can be purchased at grocery 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.

State law places some restrictions on where you can sit in an establishment when consuming alcohol and whether or not you need to consume food with your drink. For example, **Zax**, a locally-owned full-service restaurant, has an adult atmosphere in the **Watering Hole**, although children also allowed, where you can order a cocktail and watch your favorite sporting event on their 13 TVs, with or without ordering food from their full menu. However, if you sit in the family dining restaurant, you need to order food to consume an alcoholic beverage. Other restaurants that serve drinks with meals include the **Moab Grill**, **Peace Tree**, **Desert Bistro**, **Fiesta Mexicana**, **The Spoke** and **Susie's Branding Iron**. See the Moab Menu Guide for more information about restaurants that serve beer, wine and other alcoholic beverages.

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) is the maximum allowable under Utah Code to be declared "driving under the influence."

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Hot breakfast & lunch served daily
Rotating hot soups
Freshly baked pastries
GRAB & GO sandwiches & salads

Open Daily 8am to 8pm

39 E. 100 N. Moab, 259-5712 moonflower.coop

El Charro
Mexican Grill Loco

*** Serving Lunch and Dinner ***

¡El Arte De Comer Bien!
The Art Of Good Eating!

812 S. Main Street
435-355-0854

ANTICA FORMA
WOOD FIRED NEAPOLITAN PIZZA & PASTA

267 N. Main, Moab UT
435-355-0167
anticaforma.com



Restaurant Guide



Restaurant

Desert Bistro

*Casual Fine Dining
Contemporary Southwestern Cuisine*



Now located
in the heart of downtown
36 South 100 West
Open Daily at 5pm

Reservations Highly Recommended
435-259-0756 FULL LIQUOR LICENSEE

EKLECTiCAFE

ORGANIC COFFEE

Carnivores,
Herbivores,
Omnivores!
Vegetarian
Friendly

Breakfast • Lunch
"Best Desert Oasis" Salt Lake City Magazine
Daily 7:00am - 2:30pm
352 North Main, Moab • 435-259-6896



98 E CENTER ST.
98CENTERMOAB.COM
435-355-0098

LUNCH & DINNER
OPEN WED-MON 11:30-CLOSE
CLOSED TUE.

CHECK INSTAGRAM
FOR FUN SPECIAL EVENTS

WEEKLY DRINK AND FOOD SPECIALS

HIRING FOR FALL SEASON
APPLY IN PERSON

HOMEMADE DESSERTS

LOCAL INGREDIENTS
FAST FRESH LUNCH & CASUAL LOUNGE
PHO • BANH MI • SALADS • SANDWICHES • SMALL BITES
CRAFT COCKTAILS • MOCKTAILS • BEER AND WINE
ELEVATE YOUR PALATE,
ELEVATE YOUR EXPERIENCE!

Find us on Facebook
tripadvisor
yelp

Authentic Mexican Food

FIESTA MEXICANA

Best Margaritas in town, using fresh squeezed limes.

NEWLY REMODELED

Check **The Ad-Vertiser** for Weekly Specials

Lunch Specials - All \$8.25
All Served with Rice & Beans

Monday: Burritos ~ Beef or Chicken
Tuesday: Enchiladas ~ Beef or Chicken
Wednesday: Chimichanga ~ Beef or Chicken
Thursday: Enchiladas Suiza ~ Beef or Chicken
Friday: Taco Enchilada ~ Beef or Chicken

Best Mexican Food in Town
Sun-Thurs 11-10 Fri & Sat 11-11

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

98 Center
98 E. Center St. 435-355-0098
Lunch • Dinner Open Wed - Mon 11:30am - close
Elevate your palate, elevate your experience We offer a fun, fast, fresh lunch that boasts homemade Pho, Bahn Mi sandwiches, salads and cold brew, pour over and Vietnamese coffee. At night, 98 Center transforms into a casual lounge offering craft cocktails, beer, wine and delectable small plates. Our distinct atmosphere is our specialty—a place to gather and enjoy good conversation with friends.

All Good Super Fresh (Behind Zax)
56 West 100 South 972-742-6041

Antica Forma
267 North Main Street 435-355-0167
Lunch • Dinner Open Daily 11am - 10pm
The name Antica Forma means "The old form." We serve pizza made by master pizzaiolo (pizza maker) Israel Hernandez who was trained in the art of pizza made in its birthplace: Naples, Italy. Authenticity and quality are important to us, so our ingredients are either imported from Italy or made fresh in house everyday.

The Alley Sports Pub & Grill
1078 Millcreek Drive 435-259-4748
Open Daily
The newest sports pub & grill inside Gravel Pit Lanes. Come enjoy the game on our 80" Ultra HD TV and our other 14 screens. Serving delicious pub grub along with beer, & handcrafted sodas. 50 beers to choose from, 24 on tap. Under 21 welcome. www.gravelpitlanes.com.

Arches Deli 218 North 100 West 435-355-0555

Arches Thai 60 North 100 West 435-355-0533
Lunch • Dinner
Open 6 days a week 11am - 9pm • Closed Tuesdays
Authentic Thai cuisine and our style Pho with fresh and healthy ingredients as well as our friendly service. Our extensive menu includes choices of organic chicken, pork, beef, seafood mix, tofu, vegetarian, squid and shrimp. We use cage free eggs. Now serving beer & wine.

Atomic Grill & Lounge
1393 North Hwy 191 435-259-5201
Morning Coffee • Lunch • Dinner Open Daily at 11:30
The ATOMIC is an eclectic eatery owned and operated by Chef Tim Buckingham offering specialty coffee drinks in the morning, quick bites to go and lunch and dinner creations (small plates, gourmet burgers, BBQ, street tacos and more). The ATOMIC has a warm dining area, a beautiful secluded patio and a lounge with unique craft cocktail creations. See full menu at atomicmoab.com.

Bangkok House Too, Sushi Bar & Asian Bistro
59 South Main St. Suite 8 435-355-0168
Lunch • Dinner • Take Out • All Day Delivery
Open Daily Mon 5pm-10pm Tues-Sun 11:30am-10pm
Our chefs prepare authentic dishes using the highest quality ingredients. We have a large menu including Sushi, Thai, Bento Boxes, Pho and Seafood. There are vegetarian options, gluten free and a kids menu. We offer take-out lunch specials.

Bike Fiend/Coffee Fiend
69 East Center 435-315-0002
Open 7 days a week, 9am to sundown
Classic Bikes, Classic Coffee. Professional barista creating specialty hot drinks using Moab's finest locally roasted coffee (FMC) and Organic milk. Free WiFi and newly renovated seating area. The fiend is a full service bike shop featuring new, used, vintage, custom builds & rentals. All bikes welcome. Perfect for an after dinner espresso. www.facebook.com/moabbikefiend

Blu Pig & Blu Bar
811 S. Main 435-259-3333
Lunch • Dinner • Take Out Open Daily 11:30-close
Moab's only BBQ and Blues destination with ribs to write home about. Smoking your favorites all day, every day. Casual, laid back establishment that you'll want to visit time and again. Covered patio dining and internet bar. Large Screen HD TV's. Take out available. Blu Bar specializes in Whiskey and Tequila with over 60 Ice Cold Beers. State liquor license. Live Music Daily.

Broken Oar
53 West 400 North 435-259-3127
Lunch • Dinner Open 11am Daily Closed Sunday
Come visit us at our beautiful log building and try our wide selection of beer and wine next to our giant fireplace inside, or on our enormous deck outside. Steak, seafood and meals straight from the smoker with a variety of gluten-free options in a great dining atmosphere. To Go Orders Welcome. Full menu at www.thebrokenoar.com.

Burger King 606 South Main 435-259-2700

Club Rio
2 South 100 West 435-259-2654
Lunch • Dinner Open everyday Till 1:00am
Open Sunday Noon. 11am for Football
Late Night kitchen, featuring specialty Burgers, sauces and dressings made in house. Sandwiches - Burgers - Full Dinners. Great food. Great drinks. Great service. To go orders welcome. Live music, DJ, Karaoke. 21 years and older with valid ID.

Cowboy Grill at Red Cliffs Resort
16 Miles up Highway 128 435-259-2002
Breakfast • Lunch • Dinner
River front tables inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make reservations for private parties.

Denny's
989 North Highway 191 435-259-8839
Breakfast • Lunch • Dinner Open 24 Hours
Family dining at affordable prices. Over 100 menu items including Seniors menu, Daily Special and Fit Fare for the health conscious. Ask about "Kids eat Free". Take out menu available. Reservations for large parties and buses welcome. Great food and Great Service by Great People. EVERYTIME!

Desert Bistro
36 South 100 West 435-259-0756
Dinner Open Daily at 5pm
Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at the Bistro. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Covered, secluded patio dining. Full liquor license. Reservations highly recommended.

Domino's Pizza 702 South Main, Ste 100 435-259-5555

EklectiCafe
352 North Main Street 435-259-6896
Breakfast • Lunch Open Daily 7:00am - 2:30pm
Daily Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! "Wakame" recently featured in Sunset Magazine, April 2012. Also named the "Fan Favorite" in the March/April issue of 2014 AAA magazine.

El Charro Loco Mexican Grill
812 S. Main Street 435-355-0854
Lunch • Dinner / Open daily 11am
Serving authentic Mexican cuisine 7 days a week. Family owned and operated using the freshest ingredients and traditional recipes. Lunch Specials served daily from 11am-3pm. Come enjoy our intimate and friendly atmosphere. ¡El Arte de Comer Bien! The art of good eating! Patio dining.

Fiesta Mexicana
202 South Main Street 435-259-4366
Lunch • Dinner Sun - Thurs 11-10 Fri & Sat 11-11
Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio and interior. Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$8.25 Full bar.

Gilberto's
396 South Main 435-259-1678
Breakfast • Lunch • Dinner Open 6am-2am
Newest location of family owned chain of restaurants. Enjoy the same authentic Mexican cooking as our other restaurants in Arizona, Colorado and Utah. Traditional Mexican recipes including Lengua and Menudo. Mexican bottled Coca Cola, Horchata, Rica Jamaica and Tamarindo.

Hidden Cuisine
2740 South Highway 191 435-259-7711
Breakfast • Lunch Open Daily at 6:30 am
Breakfast and lunch all day, everyday! We pride ourselves in serving fresh, healthy and homemade dishes for our discerning customers. Choose favorites such as Southwest Country Fried Steak, Crepes, Omelettes or delicious sandwiches, wraps and salads. Try our smoothies, fresh squeezed juices, coffee or espresso anytime. Please call us for catering and onsite events.

Jailhouse Cafe
101 North Main Street 435-259-3900
Open 6:30am - noon
Moab's Breakfast Place located in Grand County's historic first Courthouse. Features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

La Sal House 11 East 100 North 435-259-5725

La Hacienda
574 North Main St. 435-355-0529
Lunch • Dinner Dine In • Take Out
Wednesday-Monday Noon - Close
Southwest Cuisine! We strive to provide excellent service and an inviting atmosphere, while using the freshest ingredients available. Full liquor license. Gluten free and vegetarian options available.

Love Muffin Café 139 North Main 435-259-6833

McDonald's 640 South Main 435-259-8800

Miguel's Baja Grill
51 North Main 435-259-6546
Dinner Open Daily 5pm
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. Vegetarian, Vegan & Gluten Free items available. Proud to cook with zero trans fat.

Milt's Stop & Eat
400 East and Millcreek Drive 435-259-7424
Lunch • Dinner
Tue-Sun 11am - 8pm Closed Mondays

Moab's oldest restaurant, since 1954. Milt's serves local grass-fed, hormone-free beef burgers, classic diner sandwiches, buffalo burgers, shoestring fries. Enjoy our soft serve ice cream, shakes and old fashioned malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. Daily Specials. See ya'all at Milt's! www.miltsstopandeat.com.

For more information about these restaurants pick up a "Moab



Guide

Moab Brewery

686 South Main 435-259-6333
Lunch • Dinner Open daily 11:30 a.m.

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

Moab Coffee Roasters

90 N. Main St.
Open everyday 7am - 9pm

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. Organic gelato made with all fresh ingredients, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference! Check out our selection of Republic of Tea!

Moab Diner & Ice Cream Shoppe

189 South Main 435-259-4006
Breakfast • Lunch • Dinner
Mon-Thurs: 6am - 10pm
Fri-Sat: 6am - 11pm Closed Sundays

Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners. Our Ice Cream Shoppe features Blue Bunny ice cream.

Moab Food Truck Park

39 West 100 North

Big Don's Pizza Bus

Delicate Donuts

Delicate Donuts offers hot, fresh, mini donuts topped with homemade original toppings and icings. Our best seller specials include the Cinnabomb, Coconut Cream, and Boston Cream. Weekend only specials include Strawberry Shortcake and Peach Cobbler served with fresh fruit and whipped cream. Catering also available.

Downtown Dawgs

Hermanos Taco Co

435-724-7348

Hōkūlia Shave Ice

Hawaiian-inspired soft-and-fluffy-as-snow shave ice, generously flowing with one of our 50 flavors imported from Hawaii. Hokulia's ice is not ground or gritty, but shaved into ultra thin ribbons. Add a scoop of ice cream in the middle, creamy Sno Cap topping or a Hawaiian favorite Li Hing Mui Powder or Coconut Flakes sprinkled on top.

Moab Waffle Co

Red Wok Kitchen

Tacos El Gordo

T-Mike's Krusty Krab

Moab Garage Co.

78 North Main
Breakfast • Lunch • Dinner
Open Wed-Mon 8am-9pm Closed Tuesdays

The Moab Garage Co. is a full service cafe offering specialty coffee, breakfast, lunch, and dinner, as well as beer on tap and an excellent wine selection. And of course our made to order liquid nitrogen ice cream. Come see all the exciting changes at The Garage. Beer & Wine Garden now open 5-10pm Wed-Sat. Must be 21+ for Beer & Wine Garden.

Moab Giants Cafe

112 West SR-313 435-355-0288

Moab Grill Steakhouse

540 South Main 435-259-4848
Breakfast • Lunch • Dinner • Catering
Open 6:30am

Enjoy our home-style cooking ranging from 'Cowboy Benedict' in the morning to hand-cut steaks and seafood. Homemade soups, pies, cobblers, espresso and crazy juicy burgers. Friday Steak and King Crab. Prime Rib Friday, Saturday and Sunday. New pasta dishes. Small private meeting room. Internet service, and 2 flat screens. Full wine and beer menu. Vegetarian and gluten free dishes. Counter Dining. Burgers cooked on the Patio 3-5pm April thru Sept.

Moab Kitchen

239 W. Center St.

Moonflower Community Cooperative

39 East 100 North 435-259-5712
Hot breakfast & lunch • Fresh coffee • Grab and go
Open daily 8am-8pm

Moonflower offers breakfast sandwiches & burritos, a hot lunch bar featuring a freshly baked entree and rotating soups, and a wide selection of grab & go sandwiches, salads, spreads, and snacks. Our deli bakes a variety of muffins, scones, cookies, cakes, and breads every day. Gluten-free and vegan options are always available. For catering, email catering@moonflower.coop

MOYO – Moab Frozen Yogurt

331 N. Main St. 435-355-0010
Open Mon - Sat 12-10 & Sun 1-10

Self-serve frozen yogurt with 14 delicious flavors of yogurt, including low fat and no-sugar added, custard and Italian ice. Our topping bar offers over 30 choices. All of our yogurts and sorbets are real dairy, live and active culture certified as well as OU-D Kosher certified. Indoor seating or covered, lighted patio with misters. Plenty of parking in back. Enjoy a free sample and meet our friendly staff.

Pancake Haus

196 South Main 435-259-7141

Pasta Jay's

4 South Main 435-259-2900

Peace Tree Juice Cafe

20 South Main 435-259-0101
Breakfast • Lunch • Dinner

Welcome to the healthy restaurant. We have full Breakfast and Lunch menus in addition to our Dinner menu. Good pasta selection. Beer, Wine, Cocktails, Fresh Juice, Fresh Fruit Smoothies, Green Smoothies.

Pizza Hut

265 South Main 435-259-6345

Quesadilla Mobilla

89 N. Main 435-260-0289

Red Rock Bakery & Net Cafe

74 S. Main Street 435-259-5941
Breakfast • Lunch
Open Daily 6:30am - 3pm

Made in Moab since 1997. Serving an array of fresh made products including bagels, scones, muffins, cinnamon rolls, cookies, brownies & other treats. Full espresso bar with locally roasted Fresh Moab Coffee. Great sandwiches. Private Conference Room available. Order ahead for faster service. Free WiFi with purchase. Featuring artwork from local artist Greg McDonald along with black & white photographer Victoria Dempster.

Sabaku Sushi

90 East Center 435-259-4455

Singha Thai Cuisine

92 E. Center 435-259-0039

Spitfire Smokehouse

221 S. Main St. 970-618-4274

River Grill at Sorrel River Ranch Resort & Spa

Mile 17 Highway 128 435-259-4642

Breakfast • Lunch • Dinner
Reservation Recommended

Feast on Southern Utah's spectacular scenery while enjoying delicious, locally-sourced fare. Dine indoors or al fresco by the riverside. Full liquor license and extensive wine list.

The Spoke On Center

5 North Main 435-260-7177
Lunch & Dinner Open daily 11:00 a.m.

Located right in the middle of town, corner of Center and Main Street. Delicious gourmet burgers, brews and shakes. Our menu uses the freshest ingredients available. We have something for everyone including freshly made salads, barbeque pork, fish and chips and several build your own options. Gluten free and vegetarian options are available. Full service liquor license. Take out available.

Stu's Deli (Inside Moab Chevron)

817 South Main 435-259-2212
Breakfast • Lunch • Dinner
Deli Open 5am-6pm (Sun/Mon 5am-4pm)

Featuring Moab local's favorite fried chicken, sandwiches (gluten-free option), Taco Thursdays, and Daily Specials. New on site garden plot providing in season "farm-to-fork" veggies on our sandwiches, in our specials, and for sale! Call in sandwich orders at 435-259-2212. Store, fuel and car wash open 24 hrs.

Sunset Grill

900 North Highway 191 435-259-7146
Dinner • Open 5 pm daily. Closed Sundays

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. State Liquor Licensee. Call for free Shuttle Service: 435-259-7777

Susie's Branding Iron

2971 South Highway 191 435-259-6275
Lunch • Dinner Open Daily 11:30am - Close

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

Sweet Cravings Bakery & Bistro

397 North Main 435-259-8983
Breakfast & Lunch Open daily 8am - 4pm

A local's favorite featuring fresh baked goods made onsite (cinnamon rolls, cookies, pies, etc) with incredible breakfast and lunch selections. A full menu to dine in or take out on the trails. Choose from our wide selection or build your own sandwiches, wraps and paninis. Gluten Free & Healthy Options. Catering available

Szechuan Restaurant

125 North Main 435-259-8984

Wake and Bake Cafe (inside Eddie McStiff's)

59 S. Main, McStiff's Plaza 435-259-2420

Wendy's

260 North Main 435-259-2595

Wicked Brew Espresso Drive Thru

1146 South Highway 191
Open at 6am - 3pm

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

Zax

96 South Main Street 435-259-6555
Lunch • Dinner Open Daily 11am

Our extensive menu includes the best burgers in Moab, sandwiches, pastas, salads, seafood & our famous All-You-Can-Eat pizza buffet & salad bar. Dine inside or on our all-weather covered patio. 50" flat screen and 22 TVs. Full liquor license. Locally owned and operated. Call us to host your event on our patio, or in our tavern. Catering available.

Open Daily 11:30am - Close

Susie's BRANDING IRON

Plenty of Parking

Prime Rib - Wed., Fri. & Sat. **Ribs - Tues. & Thurs.** **Serving Beer & Wine**

COME TASTE THE WEST

2971 South Highway 191 3 Minutes South Of Town
* (435) 259-6275 * We welcome to go orders

Sweet Cravings Bakery + Bistro



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

Now Delivering

Open Daily 8am - 4pm

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

90 N. Main St. • Moab, UT
open everyday 7am - 9pm

REPUBLIC OF TEA OUTLET

Now Serving Cold Brew Coffee
Organic Gelato Ice Cream
Espresso Coffee

www.ZAXMOAB.com
96 S Main St
Moab, Utah
(435) 259-6555
Largest selection of local Utah microbrews on tap!

PIZZA • BURGERS • PASTA • STEAKS

FOOTBALL SEASON IS BACK

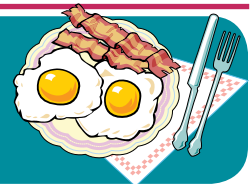
COME HAVE GREAT FUN!
GREAT FOOD!
WATCH THE GAME
ON OUR BIG SCREENS!

GREAT OUTDOOR PATIO • LARGE GROUPS WELCOME
COME QUENCH YOUR THIRST AT THE WATERING HOLE

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



Restaurant Guide



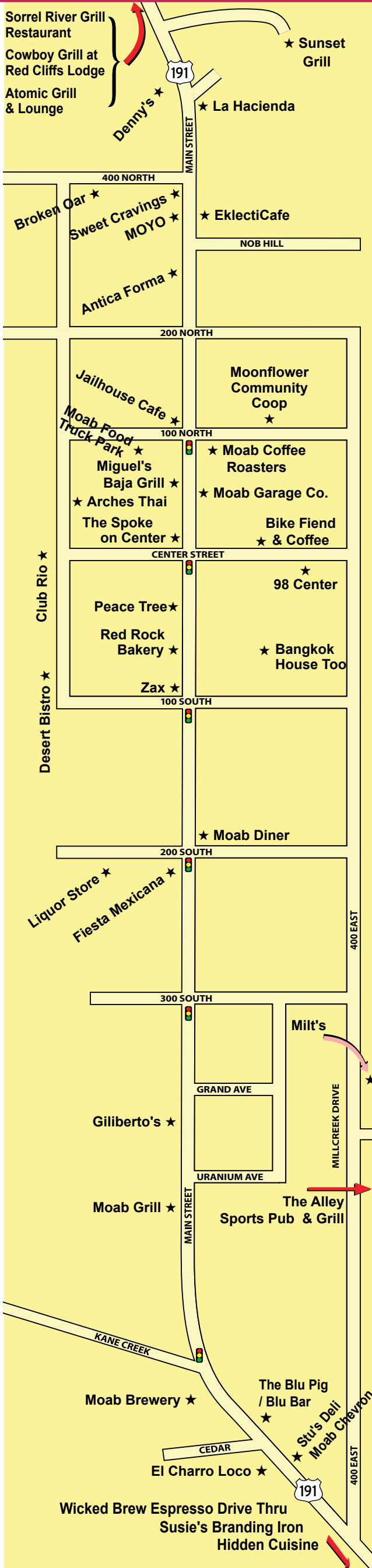
BROKEN OAR RESTAURANT

HOME OF THE FAMOUS SWEET POTATO FRIES!

JOIN US FOR
**STEAKS
BBQ
BURGERS
SEAFOOD
AND MORE!**

53 WEST 400 NORTH
435.259.3127

Open 11am Daily - Closed Sundays - To-Go Orders Welcome
For our full menu, visit www.thebrokenoarmoab.com



SUNSET GRILL

"Dining with a Million Dollar View"
Former Home of "Uranium King"
Charles A. Steen

FREE SHUTTLE 435-259-7777
Open Nightly at 5:00 p.m.
Closed Sunday

900 North Hwy 191 • 435-259-7146

Authentic Thai Cuisine

Open 6 Days a Week Closed Tue.
Tel: (435) 355-0533
www.ArchesThai.com
60 N 100 W Moab UT 84532

Our menu items are made of the highest quality and freshest ingredients. Each of them is made to order to meet your every expectation. Now serving beer and wine.

MOAB Garage CO.

CAFE & ESPRESSO

LIQUID NITROGEN ICE CREAM
PASTRIES • SANDWICHES • SALADS
BEER & WINE GARDEN 5-10PM

78 North Main

Giliberto's
Authentic Mexican Food

Open 6am-2am
Large servings

Taco Salad Ground Beef or Chicken w/small soda \$8.50
Try our Sopas and Gorditas \$4.00ea
Try our Super Fries (like Nachos but with French Fries)
Breakfast All Day Mexican bottled Coca Cola

Menudo Sat. & Sun. \$9.00

Mexican juices
Horchata - Rica Jamaica - Tamarindo

396 South Main Street 435-259-1678

Established 1954

Milt's Stop & Eat

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

FEATURING

- LOCAL GRASS-FED, HORMONE-FREE BEEF BURGERS
- NATURAL BUFFALO BURGERS
- SHOESTRING FRIES
- CLASSIC DINER SANDWICHES
- HAND SPUN SHAKES & OLD-FASHIONED MALTS

OPEN TUE - SUN 11AM - 8PM
CLOSED MONDAYS

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

Coffee-shop steakhouse for over 40 years!

MOAB GRILL

ESPRESSO • STEAK • SALADS • BURGERS • SEAFOOD
PASTA! AND KING CRAB LEGS ANYTIME!

\$10 DOUBLE BURGER SPECIAL EVERYDAY!
HOMEMADE SOUPS • NEW PASTA DISHES
\$1 PANCAKES EVERY SATURDAY MORNING
FULL BEER AND WINE SELECTION

Bring in this ad for 10% OFF
Dine between 4-5pm and receive additional 10% OFF

South of downtown, next to the Big Horn Lodge
themoabgrill.com • 259.4848 for takeout and reservations

WICKED BREW

ESPRESSO DRIVE-THRU
CAFFEINATING DAILY

Open Daily 6am - 3pm
1146 S. Hwy 191 Moab UT



Restaurant Guide

Restaurant Guide

HOMEMADE • FRESH • HEALTHY



Hidden CUISINE
MOAB, UT

BREAKFAST & LUNCH

OPEN 6:30 AM

4 Miles South of Downtown
2740 S Highway 191
#4352597711
www.hiddencuisinemoab.com



Castle Creek Winery Utah's Most Renowned Winery



When asked to list some of the more famous areas for the world's best wine, a lot of places come to mind: Italy, France, Napa Valley California, but most people won't immediately think of the American Southwest. In fact, the dry but cool desert around Moab provides nearly-identical growing conditions to some of the Mediterranean region's top vineyards. Grape vines require a minimum of 1300-1500 hours of sunshine during the growing season and a long, warm summer to perfect the sugar and acid levels in the grapes themselves. At our local vineyards at the Castle Creek Winery, we consistently have fruitful and ideal growing conditions with our long, dry summers and plentiful sun. Not only do our grapes thrive, but we thoroughly enjoy growing them in the beautiful desert we call home.



Since our founding in the year 2000, we have perfected eight different varieties of wine, Merlot, Cabernet Sauvignon, Chardonnay, Chenin Blanc, 2 red blends – Outlaw Red and Monument Red, and 2 white blends, Lily Rose White and Petroglyph White. We have quickly become Utah's largest and most renowned winery, producing more than 15,000 gallons of wine each year. By keeping our output low we can focus on the quality of the wine we produce and use the most locally sourced and ethically produced ingredients possible. This also keeps our prices low and our taste and quality incredibly high, while maintaining the principles of local production and labor throughout our production process. We grow grapes in our local vineyard and combine them with locally sourced grapes from other small vineyards nearby in Western Colorado. From the growing process, to crushing and fermenting, to the delicate bottling, we artfully prepare our wines to preserve the smooth and bold flavors of the desert and to bring your dinner table to life. It's the adventure you find in Moab, right in your glass.

Castle Creek winery is located at mile post 14 on scenic byway 128. Wine tasting daily from 11am - 7pm. Wine sales daily 10am - 7pm.




COWBOY GRILL
MOAB, UT

- BUFFET BREAKFAST 6:30 - 10 AM
- SUNDAY BRUNCH 7 AM - 2 PM
- FULL MENU PATIO DINING 5PM

CALL FOR RESERVATIONS 435-259-2002

RIVERFRONT PATIO DINING

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



MoYo's Frozen Yogurt promotes good health and wellness without sacrificing flavor or texture.

Choice of 30 toppings including

- granola
- fresh fruit
- candy pieces
- syrups

Also offering yogurt smoothies, custards, italian ice, gelati.

Monday-Saturday 12-10
Sunday 1-10

435-355-0010 • 331 N. Main • Moab, Utah



25th year



JAILHOUSE CAFE

Moab's Breakfast PLACE

Moab's Breakfast Place
6:30am - noon

"Good Enough for a Last Meal"

101 NORTH MAIN STREET

Welcome to **BURGER TOWN**







BACON AVOCADO CHEESEBURGER

AMERICA'S DINER CHEESEBURGER

SPICY SRIRACHA BURGER

NOW HIRING

989 North Hwy 191
OPEN 24 HOURS

LA HACIENDA
Southwest Cuisine

LUNCH & DINNER
OPEN WED-MON NOON-CLOSE
CLOSED TUE.

FULL LIQUOR LICENSE
TAKE OUT AVAILABLE

574 NORTH MAIN STREET
435-355-0529
LAHACIENDAMOAB@GMAIL.COM



World Class Bike Shop
and Great Coffee.

435-315-0002
69 E. Center Street Moab Utah 84532




NEW Espresso Bar

- Fine Classic Bikes
- Handcrafted Bicycles
- Full Service! All bikes welcome.




BANGKOK HOUSE TOO
SUSHI BAR & ASIAN BISTRO

Sushi • Thai • Pho
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Education Happenings

School Days Blues

Audrena Apadaca

Every August when I see all the school supplies come out in stores and the children looking all spiffy in their new school clothes. This year my excitement is both amplified and slightly diminished as my daughter is starting kindergarten this year. When I told her that I was “happy-sad” that she was starting school and that I would miss her she just sighed and looked at me exasperated and said “But Mom, don’t worry.



I will always come back to you!” Though I know it won’t always be the case for now it gives me comfort that I still get my little one back at 2:15 every day and that I still have a little more time to prepare her for the day she will be on her own and not come back to me in quite the same way.

For me the day I truly started out on my own was when I went off to college. My sweet mother prepared me as well as any mother could, and

I knew how to cook. She just failed to prepare me for the adjustment of cooking for just one as opposed to cooking for an army like I was used to doing at home. However, I adjusted and learned how to cook for a smaller crowd, though if I am honest my family still says that I error on the side of “too much” 90% of the time. This month I want to share a simple recipe a college student that won’t break the bank or the time clock while adjusting from being away from home.



The first recipe I want to share is a classic comfort food that can’t help but make you feel at home. This one is from my dad; the man is and will always be, the reigning champion of Biscuits and Gravy. It was the one meal my mom could never replicate to his level of perfection and that is saying something. We always thought my dad



would take this recipe to the grave, but he finally gave it up a few years ago and I’ve never been so happy! You can tell the recipe is written by a man who didn’t know where the measuring cups and spoons were and there is a bit of guess work involved, but if you do as instructed it is well worth it.

Dad’s Baking Powder Biscuits

1 c. Flour
1 Tbsp Baking Powder (Heaping)
½ tsp Salt
1 tbs. Shortening (rounded)
1/3 c. Milk or a bit more (it should make a moist dough)

Mix dry ingredients well. Add milk and melted shortening. Mix thoroughly and roll out and cut into biscuits as thick as you desire. Bake at 400 degrees for 20 min or until golden brown.

While biscuits are cooking fry your choice of sausage don’t remove the grease. Add a tablespoon or two of flour to the grease. This makes a paste or rue, add 2-3 cups of milk and bring to a boil until it thickens. Season with salt and pepper and serve over hot biscuits or eat them with butter honey or jam and it will make you feel right at home.

If you need a place to sooth your school day woes come on into The Broken Oar Restaurant where all our recipes are made daily! In case you haven’t heard yet The Broken Oar is now open for Lunch. We have daily specials for locals and nightly features, so you never get bored. The Broken Oar is open daily at 11:00 a.m., closed Sundays.

We are located at 53 West 400 North Moab, Utah. Drop on in or visit www.thebrokenoarmoab.com or call 435-259-3127 for a reservation. We look forward to serving you!



Technical Education Fair at Grand County High School

What if a local student could leave high school with the skills and credentials to take on a high demand, well paying job in our area? Or a worker drawn by our region’s beauty could earn a professional certification that allows them to stay and work in Moab for years to come? Later this month, community members will have the chance learn about these opportunities through the Year of Technical Education event.

On Thursday, September 27th, from 1-3pm and 6-8pm, Grand County High School will be hosting a technical education fair, providing the opportunity for students, parents and workers to meet with employers and learn about the opportunities available in the trades, both in the Moab area and beyond. This event is a collaboration between the Grand County School District, USU-Moab, Grand County Community and Economic Development, Custom Fit, and the Small Business Development Center to educate both workers and employers on the opportunities available through technical education. At the end of last year, Governor Herbert declared 2018 the Year of Technical Education in Utah, emphasizing the important role that these educational programs have in providing a qualified and productive workforce for Utah’s economy, and enabling Utah’s citizens to take on high-pay, high-demand jobs in the changing economy. In light of this, Moab’s event is an example of communities across the state are holding events to communicate the benefits of

technical education and put employers and workforce in contact with one another.

Due to the efforts of USU-Moab and Grand County School District, technical education provides a variety of opportunities at various skill and education levels for students and adults in Moab. The concurrent enrollment program allows high school students to take classes through and earn certificates from USU-Moab while satisfying the course requirements of their high school degree. The creation of stackable credential allows students to pursue varying levels of education and build on their previous experience,



enabling, for example, a student to earn a 15-credit certificate in professional bookkeeping and gain employment based on that certification, with the opportunity to later build on the credits earned in this certificate to earn associates, bachelors, or even masters degrees in business technology or business administration, and the higher level jobs associated with these degrees.



This event is just one facet of the larger effort by economic stakeholders to create an economy that works for the benefit of all of our citizens, including supporting local businesses as they emerge and grow, diversifying our economy to better withstand economic cycles and create high-wage jobs, and allowing our citizens to become skilled and qualified employees, whether before they enter the workforce or through continuing education once they are part of it. For information on our ongoing economic and workforce development efforts, and how you can benefit, reach out to Grand County Community and Economic Development at 125 E Center Street, grandcountyutah.net, or 435-259-1371. For information on the event, contact Jim Stocks at 435-259-8567 or stocks@grandschools.org. We hope to see you there, at the high school’s Technical, Science, and Art Center at 608 South 400 East on Thursday, September 27, 2018 1 - 3pm & 6 - 8pm!



Utah State University MOAB



DOES YOUR BUSINESS NEED HELP GROWING IN GRAND COUNTY?

The Grand County Community and Economic Development Department is your go-to resource for:

- Business Development and Expansion
- State Funding Opportunities
- Employee Training and Workforce Development
- Land Use Development

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Moab, UT 84532

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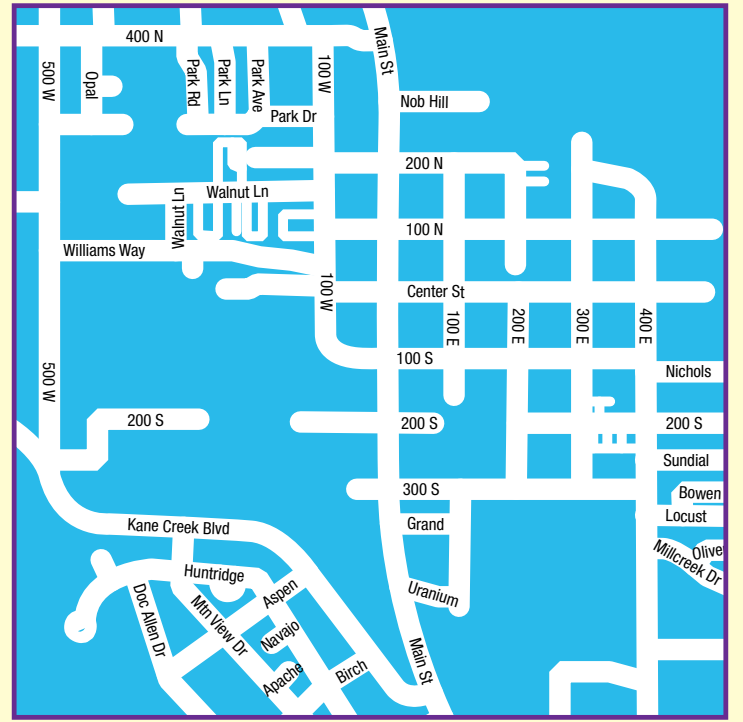
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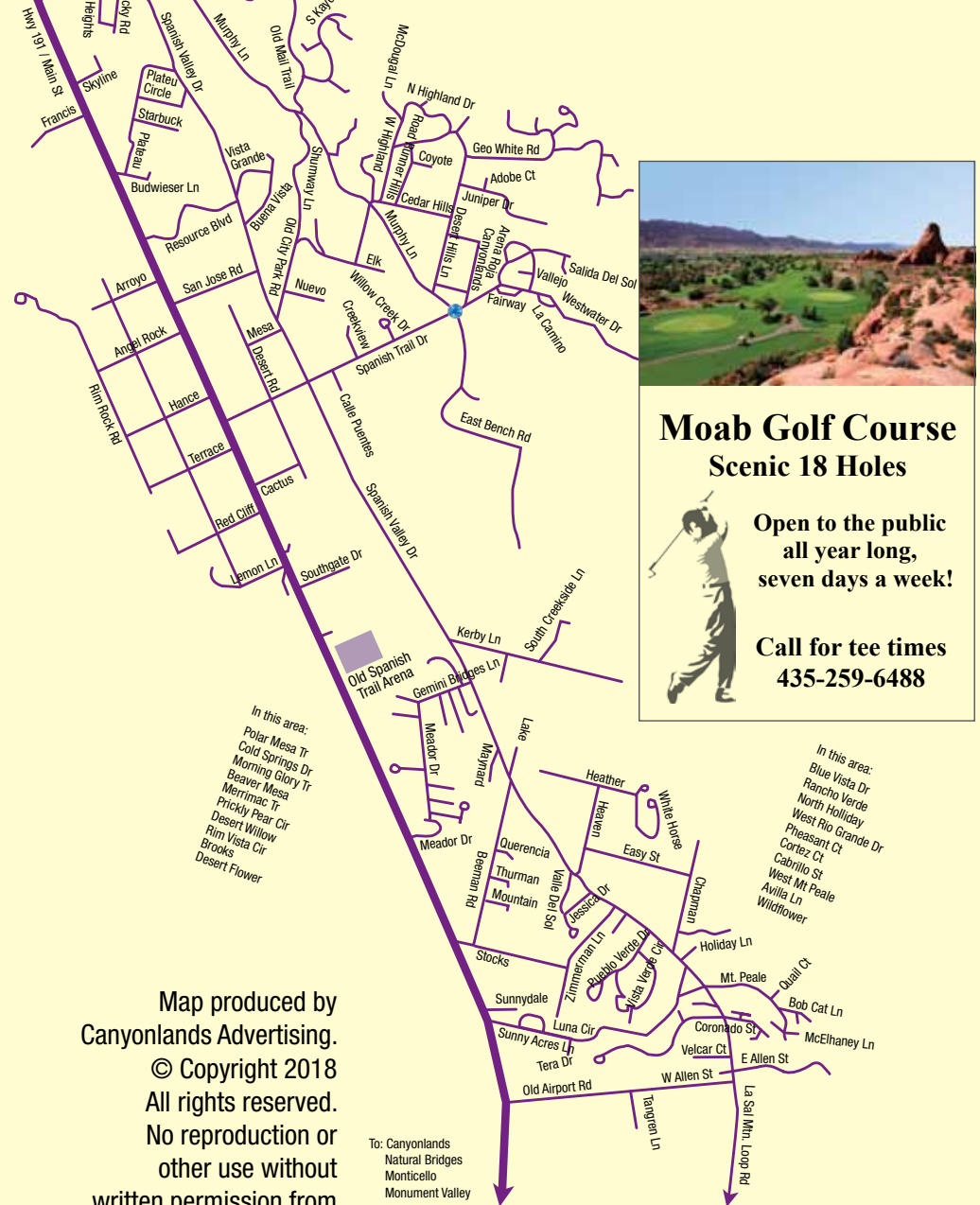
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Moab Church Services Directory

Assembly of God 1202 South Boulder Avenue	435-259-7747
Bahá'í Faith	435-650-5778
Canyonlands Fellowship 111 East 100 North	435-260-2434
Church of Jesus Christ of Latter-Day Saints	
First & Second Wards 475 West 400 North	435-259-5566
Third, Fourth & Fifth Wards 701 Locust Lane	435-259-5567
Community Church 544 MiVida Drive	435-259-7319
Episcopal Church of St. Francis 250 South Kane Creek Blvd	435-259-5831
First Baptist Church SBC 420 MiVida Drive	435-259-7310
Friends in Christ Free Lutheran Church 1240 South Highway 191	435-259-4378
Grace Lutheran Church 360 West 400 North	970-946-4740
Jewish Interfaith Beit Moabi	435-260-0241
Moab Baptist Church 356 West Kane Creek Blvd.	435-259-8481
Not So Churchy in Moab notsochurchyinmoab@gmail.com	435-210-0183
Quaker Worship Group 81 North 300 East	435-259-8178
River of Life Christian Fellowship 2651 East Arroyo Rd.	435-259-8308
St. Pius X Catholic Church 122 West 400 North	435-259-5211
Seventh Day Adventist 4581 Spanish Valley Drive	435-259-5545
The Church of Christ 456 Emma Boulevard	435-259-6690



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What To Know About A Broken Toe

by Dr. Selina Sekulic of Final Kick Ankle & Foot.

WHAT DOES A BROKEN TOE LOOK LIKE?

When you look down at your foot, your toe will appear bruised and swollen. The toe might even look crooked. The toenail may appear discolored. This is due to blood accumulating under the nail (aka subungual hematoma).

On x-ray, there will be an obvious fracture line. The fractured bone might be in two parts, or in multiple parts. The fracture might even extend into a joint. The bone that has been fractured may appear well aligned, or it may be displaced by several millimeters.

CAN A BROKEN TOE GET INFECTED?

Yes! If your skin was cut during the time of injury, or the nail was damaged, then bacteria can enter the toe and cause an infection. If your skin is cut at the time of injury, it is important to wash the wound well with soap and water. Avoid hydrogen peroxide. I also highly recommend going to an urgent care or foot doctor immediately for a proper washout, and to evaluate the severity of the fracture.

WILL A BROKEN TOE ITCH?

As the broken toe is healing, it might start to itch. This is due to your body releasing histamines to the area during the inflammatory phase of healing. Just think of this as a signal that your body is in the process of remodeling your broken toe.

HOW TO HEAL A BROKEN TOE FASTER?

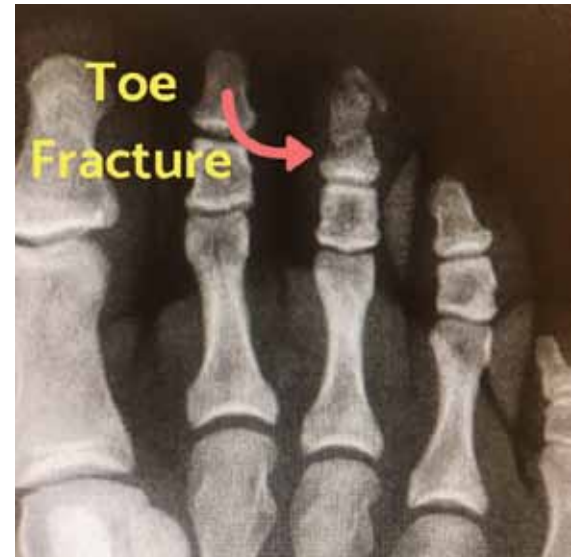
See a foot specialist immediately! It's best to get your broken toe evaluated as soon as you can to determine the severity of the fracture. If the fracture is displaced by several millimeters, it should be reduced and then taped in the proper anatomical position. Occasionally, a severely displaced fracture might even require surgery.

The foot specialist can also evaluate the toenail as well as any cuts that might have occurred when the toe was injured. Preemptive measures can then be taken to make sure the toenail is cared for properly, and avoid potential toe infection.

Expect your toe to take at least 6 weeks to be fully healed.

WHY BUDDY TAPE A BROKEN TOE?

Buddy taping is essential for healing a toe fracture. Taping helps to stabilize the two ends of the fracture so that the bone can heal without excessive movement. Think of buddy taping as a cast that you would wear on your broken arm or leg.



It's always best to tape the 2nd, 3rd, and 4th toes together for stability. For example, if you break your 4th toe, then tape it to the 3rd toe, rather than the 5th toe. The 1st and 5th toes are attached to other bones that have more motion than the bones attached to the 2nd, 3rd, and 4th toes. Excessive motion can impede healing of the 2nd or 4th toes if they were to be buddy taped to the 1st or 5th toes.

WHAT SHOES FOR A BROKEN TOE?

Stiff soled shoes are recommended. This can include supportive sandals, or enclosed shoes. Avoid shoes with narrow toe boxes, and high heels. These types of shoes will not accommodate for swelling, and could displace the fracture even further.

WHY IS MY BROKEN TOE STILL SWOLLEN?

Whenever you have a fracture in your foot, your body will increase blood flow to the area to help with healing. When the extra blood gets congested, it increases pressure in the capillaries (tiny blood vessels), which causes fluid to leak into the surrounding tissues. This results in the swollen appearance of your toe. The swelling will continue to be present until the fracture is healed. This may take 2-3 months.

Dr. Sekulic is a Podiatrist at Moab Regional Health Center's Specialty Clinic. To make an appointment call (385) 770-7203.

Yoga Everyday.

by -B.K.S Iyengar

A daily practice of any kind can seem intimidating at first, let alone yoga. Yoga carries so many ideas of what it is, that one must be able to touch their toes or stand on their head. The beauty of Yoga is that it can be practiced by all; you can be lying in bed, sitting at a desk, climbing a mountain, and all the points between. Truly the first step is the desire and then turning your desire into an action. It is a choice to become present with your body and breath and then overtime, this creates moments that quiet the constant noise of life. We often say we will try something new, "soon or tomorrow".

How about we practice yoga right now! Wherever you are reading this article:

- Make a commitment for the next two minutes that you will focus on your breath.
- Let the eyes close or rest on a single point.
- Bring a hand to your belly and a hand to your chest.
- Inhale through the nose, exhale out of the nose or the mouth.
- Take five steady breaths into your belly.
- Take five steady breaths into your chest.
- Now five breaths bringing those two areas together.
- Use the remainder of the your time to sit quietly.
- How do you feel?

Fantastic! You just practiced Yoga, a limb of the practice called Pranayama.

The daily practice of yoga strengthens and relaxes the physical body, the muscles, cleanses the organs, improves digestion, sleep, and balance, as well as, steadies the mind. Yoga has been practiced for thousands of years. In recent years the studies by doctors and universities are astounding and they conclude that the benefits range from relaxing, enjoyable, healing, and profound.

Whether you are new to yoga or experienced in yoga we look forward to practicing with you. Join us any day or everyday of the week at Moab Yoga 37 E Center St. 435-259-2455. www.moabyoga.com

"Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no

one in this world would ever move forward to become the person they're meant to be."

Moab Yoga Class Schedule September-November 2018

Monday:		
8:30-9:30am	Pilates	Jenna
10-11:30am	Gentle Yoga	Star
noon-1pm	Lunch Flow	Courtney
5:30-6:45pm	All Levels Yoga	Angela
7:15-8:30pm	Unwind from a Active Lifestyle	Michelle
Tuesday		
9-10:30am	Yoga Basics	Star
6-7:30pm	Yoga	Porscha
Wednesday		
9-10:15am	All Levels Yoga	Meagan
noon-1pm	Prana Flow	Jess
5:30-6:45pm	All Levels Yoga	Kristi
Thursday		
9-10:30am	Unwind & Renew	Porscha
noon-1pm	Lunch Flow	Chelsea
5:30-6:45pm	All Levels Yoga	Chelsey
Friday		
12:30-1:30pm	Lunch Flow	Jill
6-7:30pm	Restorative Yoga	Jill
Saturday		
8:45-10am	Primal Flow	Natali
10:30-11:45am	Hatha Yoga	Courtney
Sunday		
9-10:15am	All Levels Yoga	Kristi
11-12:15pm	Level 2	Kristi

www.moabyoga.com
37E Center St. 435-259-2455

Healthy Happenings

Moab Regional Hospital Names New Chief Medical Officer



Dylan Cole, DO, has been selected as the new Chief Medical Officer for Moab Regional Hospital. He will replace Steven Rouzer, MD, who recently completed his two-year term.

The Chief Medical Officer provides medical leadership on the MRH executive team, and works closely with CEO, CFO, CCO and Director of Physician Services to ensure quality hospital

operations, develop and drive the strategic plan, provide leadership to the medical providers and improve community health.

Dr. Cole listed his three top priorities as CMO to expand and enhance the services provided, maintain the quality of patient care and improve access to care within the Moab community. "I would like to see our hospital continue to explore opportunities to reduce costs and enhance our charitable mission" Cole stated.

A native of Utah, his education began at University of Utah and continued at Touro College of Osteopathic Medicine in California. He completed his residency at Idaho State University Family Medicine in Pocatello. Dr. Cole and wife Desiree Westfall, PA (also a provider at Moab Regional Health Center) are raising their children Galen and Mia here in Moab.

Dr. Cole will continue to see patients at Moab Regional Health Center, providing family medicine services and obstetrical care and delivery. To make an appointment with Dr. Cole, call (435) 719-5500, option 1.

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Dinner with a Doc September 11th 6:00pm - 7:00pm

Joshua Canning M.D. is a medical Toxicologist and ER Physician in Phoenix. He is giving a free lecture on identification and first aid of snakes, spiders, and scorpions bites. This presentation promises to be of interest to guides, outdoorsmen, and anyone who lives in the desert and has the potential of encountering "snakes, spiders, and scorpions".

RSVP requested vista@mfhmoab.org
or call (435) 719-5580



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Meet Greg & Marty: The Farmers of Paradox Produce

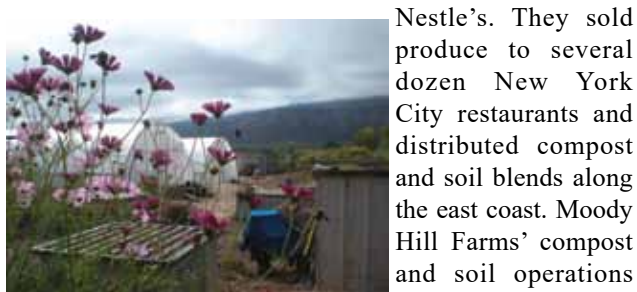


Humility, tenacity, and deep compassion. Greg Spaulding and Marty Warner, dedicated farmers of Colorado's Paradox Valley and active members of the Paradox community, embody these characteristics in all aspects of their lives. On June 21st, 2018, I spent a couple hours learning more about these inspiring humans and their impressive farming and beekeeping operations. They

only work with wild honeybee colonies by setting several traps in the area.

Driving into Paradox to meet them at their farmstead required traversing along steep switchbacks and somewhat treacherous segments of road under construction. I greeted Greg and Marty and immediately felt welcome. We discussed their individual journeys that led them to Paradox and their motivations for farming, especially in a contemporary food system which presents challenges to the average small-scale farmer.

Marty and Greg both grew up with a deep admiration for and gravitation toward growing food. Marty, a Midwesterner born and raised on a farm in Ohio, moved to Manhattan immediately after high school and eventually landed in the Hudson Valley. She worked on Moody Hill Farms, the largest certified organic farm in New York State. Founded by compost expert Karl Hammer, they boasted a massive composting operation using scraps from the nearby Culinary Institute of America and used coffee grounds from



Nestle's. They sold produce to several dozen New York City restaurants and distributed compost and soil blends along the east coast. Moody Hill Farms' compost and soil operations would eventually evolve into McEnroe Organics. Greg grew up in the Montrose Country region and spent a substantial amount of time in the area despite moving around often as the child of a military father. He attended high school and college in Indiana but continued spending time in western Colorado. He decided that he wanted to permanently reside in the area

instead of merely visiting on occasion. He worked in the forestry field for about 10 years. Ultimately, they both ended up in Lake Powell. She decided to follow the splendor of the southwest and accepted a temporary job there, where she met Greg. She noticed the abundance of potted peppers and tomatoes on his small porch when she first visited him and thought, "Uh oh... this might be him." They bonded over their passion for growing food and decided to dedicate their lives to farming.

As they began their quest to establish a farm, they settled on Paradox, one of the most affordable area throughout the region, from southeast Utah to western slope Colorado. Fortunately, they own water shares in the spring, which often remain unaffected by fluctuating drought patterns. They were impacted heavily by the 2008 financial crisis, and Greg faced the consequences of the boom and bust cycle of the mining industry and lost his job. They decided to reinvent themselves and focus primarily on growing produce and beekeeping. They typically grow produce year round, focusing on lettuce, cucumbers, and several nightshade varieties. They did sell at farmers' markets for several years in Norwood, CO but ultimately decided to focus on selling to Moonflower Co-op and local restaurants through USU Extension's Farm-Chef-Fork program developed by Shiree Duncan.

Greg and Marty, like many farmers with small-scale, sustainable, and chemical-free operations, experience the impacts of the industrialized food distribution system. They struggle to compete with distributors who have monopolized both the conventional and organic produce markets, but they continue to dedicate themselves to producing nutritious, tasty vegetables for their local community. By adapting to the challenges of the food system and experimenting with different models, techniques, and ideas, they continue to grow and thrive within a challenging profit-driven system. They plan to construct another greenhouse and work toward opening their Paradox Mercantile in the near future. Anyone can visit Moonflower Co-op to buy some of their lovingly cultivated produce and directly support the dedicated growers in our local foodshed.

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HEALTHY CLASSES

TUESDAYS

Sheng Zhen Tuesdays with Lisa- two meditation forms from 1:-1:45 seated from a chair and a standing form taught from 2:00-3:00 pm at the Grand Center Vitality Room at 182 North 500 West. Contact certified teacher, Lisa DeRees 435-260-9678 for details.

Kundalini Yoga & Gong Meditation- 5:30pm at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. By donation. For info: 713-817-7859

THURSDAYS

All Levels Sheng Zhen Gong - every Thursday 5:30-7pm with certified teacher Don Leathers at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Kundalini Yoga & Gong Meditation- 5:30pm at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. By donation. For info: 713-817-7859

SATURDAYS

10am Kundalini Yoga & Gong Meditation at Red Moon Lodge, 2950 Old City Park Rd. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. By donation. For info: 713-817-7859

Erectile Dysfunction got you down? Looking for a long-term solution?

Call for an appointment in Moab or Springville.



(435) 259-4008

Festival Happenings

8th Annual Moab Pride Festival September 27th – 29th, 2018

The Moab Pride Festival will kick off Thursday, September 27 and keep the rainbow rollin' through Saturday, September 29, 2018. Events include after school and pre-festival morning workshops, a community improv music and dance jamboree, drag performances, Spit Love: a queer poetry slam, Visibility March around downtown Moab, Saturday Afternoon Festival in Swanny Park, and evening events with live music, DJs, performances, and more! Be SURE and mark your calendar to join us for the visibility march, leaving Swanny Park at 12pm, and the FESTIVAL, both on Saturday, September 29th. Visit moabpride.com for detailed schedule and more information.

Moab Pride is organized by local volunteers who seek to create safe spaces for LGBTQ community members and allies while celebrating and encouraging uniqueness. The festival weekend features many local and regional queer artists:

- DJ Matt Pierce: Headlining the first ever contact improv dance and musical jam!
- Ashley Finley & Cali Bee: Hosting Spit Love: a queer poetry slam
- Haven of Hues, AmiLee, & JordiRoc: Headlining the Orange Party Friday night at Woody's
- Talia Keys: Headlining Saturday evening at Woody's
- Forbidden Fruits: Drag & Performance Art at the all ages dance Saturday, 8pm at the Helipad

Moab Pride Festival is creating queer visibility while providing accessible LGBTQIA+ programming and safe spaces for the community. Accessible LGBTQIA programming means creating awareness, dialogue, safe spaces and visibility through art, workshops, and celebrations that are inclusive for all ages. All funds raised beforehand and during will go towards supporting Moab Pride programming, Gay Straight Alliance initiatives in our public schools, as well as LGBTQIA programming throughout the year in Moab.



Studies have shown that in the last year hate crimes have been on the rise. It is now more important than ever to visibly celebrate love. We must make it clear that we are queer and we are here the best way we know how: with poetry, music, dance, art, and community. MPF aims to support the local LGBTQIA community by creating inclusive, interactive environments for all ages and identities.

Moab Pride Festival takes place at a variety of locations in downtown Moab: Moab Arts & Rec Center: 111 E. 100 North / The Helipad: 239 W. Center St. / Woody's World Famous Tavern: 221 S. Main St (Hwy 191) / Swanny City Park: 400 N. 100 West / CommuniTea Garden: Corner of 100 W. & Walnut Ln.

If you are in need of more information or interested in getting involved, please visit moabpride.com or email moabpridefest@gmail.com.



Thursday, September 27th

- 3 PM @ MARC: Poetry in Motion with Cali Bee
- 4 PM @ MARC: DIY Book Binding with Wanting to Die Poetry
- 7 PM @ HeliPad: JAMboree: a musical and contact improv JAM ft. DJ Matt Pierce

Friday, September 28th

- 2 PM @ MARC: Mini-Musical Creation Station with EmiLow
- 3 PM @ MARCH: Consent 101 with Asch
- 7 PM @ Star Hall: Spit Love: A Queer Poetry Slam
- 10 PM @ Woody's Tavern: Orange Party with Hue of Havens, JordiRoc, and AmiLee

Saturday, September 29th

- 10 AM @ Resiliency Garden: Intersectionality and Queerstory with Ashley Finley
- 11 AM @ Resiliency Garden: Persona with the Forbidden Fruit
- 12 PM @ Swanny City Park: Visibility March - leaves at 12:30 PM from the park
- 1 PM-5 PM @ Swanny City Park: Festival!
- 8 PM @ Helipad: All-Ages Moth Closet with Forbidden Fruit, Willow, and BrockBrock 8-10 pm: All Ages 10 pm-12am: 18+

MOAB PRIDE FESTIVAL

SEPTEMBER 27-29, 2018

WWW.MOABPRIDE.COM
FOR DETAILS ON WORKSHOPS & EVENTS

THUR 8PM JAMBOREE
AN IMPROV JAM FT. LOCAL TALENT!

FRI 7PM SPIT LOVE
A QUEER POETRY SLAM

FRI 10PM ORANGE PARTY
FT AMILEE & JORDIROC

SAT 12PM VISIBILITY MARCH & FESTIVAL

SAT 8PM MOTH CLOSET
ALL AGES DANCE FT. FORBIDDEN FRUITS

LIFE GETS BETTER TOGETHER OTs

2nd Annual Red Rock Street Fest, October 13th

The second annual Red Rock Street Fest will be Saturday, October 13th, 12-7pm, 100 North & 100 East, Free! Join the fun for Live Music, Art Market, Food Court, Beer Garden, Chalk Art, Painting Demos, Activities for all ages!



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For more information visit: www.redrockartsfestival.com.



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DESERT QuTes: WHAT IT'S LIKE TO BE QUEER IN MOAB

By | **Stephanie Hamborsky**

Being a queer and/or trans individual in rural communities can be a challenge, especially as a young adult. Moab Pride is working to help queer and/or trans youth exist safely and proudly in the Moab community. By organizing a support system and events for the queer community throughout the year, Moab Pride is striving to offer a space where individuals can not only exist, but thrive in our community.

Some Moabites may recognize the acronym "QTs" from Moab Pride-related events, flyers, and zines.

An inclusive umbrella term used to describe those who identify as queer and/or trans and the straight folks who stand in solidarity with them, QTs simplifies the ever-expanding alphabet soup used to describe anyone who deviates from straight or cis-gender identities. Some folks may understandably refrain from using "queer" due to its historical use as a pejorative term. However, most contemporary movements comprised of people with diverse gender identities and sexualities prefer "queer." Broadly, it entails not only a departure from heterosexuality but also a rejection of traditional gender roles, heteronormativity—the way in which our culture revolves around heterosexual norms and assumptions—and even prescribed ideas about relationships, such as monogamy.

Existing as a QT in a rural Utah town presents a unique set of challenges. This is especially true for the youth in our community. While Moabites boast about this town's relatively progressive attitudes, conservative, rigid, and hateful mindsets persist all around us. The transgenerational trauma of this community certainly includes the impact of queerphobia and bullying in our schools. Last year, numerous community members realized the tremendous need for safe, accepting spaces for queer and trans youth in our community. To meet this need Moab Pride initiated the Rainbow Clubs (Gender-Sexuality Alliances* [GSAs]) at the Grand County High School

(GCHS) and Grand County Middle School (GCMS).

The Rainbow Clubs focus on empowering youth and celebrating however they choose to identify. Along with MaryAnne Russell, I co-facilitated the Rainbow Club at GCMS. During the 2017-2018 school year, we worked with over a dozen different students who consistently attended our after school meetings at the Grand County Library and other spots throughout Moab. Some of these students rarely leave the Moab city limits, so we enjoyed taking them to Castle Valley, Lions Park, and Left Hand. We worked toward cultivating a space where they felt comfortable and open with us. We hosted impromptu talent shows, created collages, practiced for individual and group drag performances, engaged in storytelling, and baked rainbow colored cookies and cupcakes in the Youth Garden Project's kitchen space. Over the past year, I grew to love and appreciate the Rainbow Club kids.

Through working with the Rainbow Club this year I realized that the youth in our community naturally lead the way on queer thought. They dismiss the importance of rigid gender identities and often embrace fluidity. They understand that many of us may feel differently about our gender and sexuality on a daily basis. Youth consistently pave the way toward radical acceptance in our society; they challenge our assumptions, stretch the limits of our conceptions of identity, and encourage us to develop humility. We must continue to value and engage with the fresh, critical perspectives of the youth in Moab. The relationships we cultivate with young people consist of a balance between enforcing boundaries, expectations, and structure and allowing them to teach us new ways of being.

Tangibly supporting queer youth entails a radical acceptance of their chosen identity, including their preferred pronouns and gender expression. We should create spaces where youth of all ages and identities can freely express themselves. Targeted bullying of queer, trans, and gender fluid youth in our schools continues to create an unwelcoming environment for these students—students who merely wish to authentically exist in this community, just as we all do!



Photo by | Stephanie Hamborsky

If we strive to support youth no matter how they choose to identify, we build a community founded on compassion, trust, transparency, and solidarity. We will only fail if we do not allow full, free expression and a radical transformation of our conceptions of identity.



Not a Playground

By | **Pragmatic Wolf**

Of all the tribulations and pain we've felt
It's all been polished like slick calcite that smooths the grit of the rough rock

The weathering of life has adorned us with a deep black varnish

Baked on us by years of the elements pouring over us

We retreated within you to find ourselves
And instead we found community
I can be singled out by my characteristics
But I am not one
I am part

The canyons taught me this
Through thirst and scrapes and weakness
The canyons taught me this
Through the hanging garden and the wren's song and the sego lily

I as one
Am none
I as all
Am whole

Experience and love can come from one
That's why I have attached my soul to you
Inside of you
All around you
I need no other
They are beautiful

But knowing your deepest secrets, slots and canyons will take a lifetime

A soul
I freely give it to you
Experience is what we seek
But not what you need
True care, attention and protection
Or truth, love and affection

Of all the beauty we've seen and love we've felt
They've all been etched in my soul by the fullness of your light and the perceptions of your rock

I am more than me
I am here for you



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Astrology Happenings

Your Horoscope for September 2018

Mar. 21 - Apr. 20



Aries – Surround yourself with people who have more experience than you and can offer advice. Listen to the pearls of wisdom they may share with you. You may want to be everywhere at once when the social invitations arrive. But this month you will have to pick your RSVPs carefully. Spend time with close friends. Things that may have confounded you in the past will be much clearer. Someone comes into your life and will explain what you need to know. You may want to pull the covers over your head and stay in bed, but that's just not possible. If you dust yourself off and get out there, you'll get back on track.

Apr. 21 - May 21



Taurus – A new coworker may come to you with questions because you are an expert in a particular area. This presents a good opportunity to serve as a mentor. You may have a lot of things on your mind. The best way to handle this kind of situation is to find a quiet place and think about all the answers you need. Conversations with friends the next few days prove to be a great mood-lifter. Things in your life will continue in a positive direction for some time afterwards. Don't lose your patience if you need to repeat yourself a few times before your point comes across to others. Eventually, others will start to come around.

May 22 - June 21



Gemini – Expensive items have been on your mind. However, this may not be the best time to make big financial decisions. Give them a little more thought. A spending spree is not the way to go right now. You have to be more responsible with your money. Ask a relative or friend to help you work on a budget. Even though work life and home life are separate, there are some instances when they might overlap. Use this time wisely to build deep relationships. Do not worry even if your workload seems overwhelming. Relief is on the way. A hero will swoop in and take some of the responsibility off your shoulders.

June 22 - July 22



Cancer – Sometimes going about the same schedule day after day can put you in a rut. Change up one aspect of your daily life, and you may notice a big difference in your mood. Problems have a funny way of sticking around even when you try to avoid them. Rather than running from difficult decisions, it is time to meet them head on. You have a trustworthy circle of friends. If the going gets a little tricky this month, call upon the people who just can't wait to support you. Happy times in your life have you exhibiting good will toward others. Maybe you'll give a coworker a break or cast some good vibes on a friend.

July 23 - Aug. 24



Leo – If you have been mulling over going back to school, then now is your opportunity to enroll in a vocational class or take college courses for more credit. If you have had an overwhelming month, you can find a restful spot to recharge. Plan a spa weekend or even just a quiet hike through a state park. Let supervisors know just how much you have been contributing at work and how it has been beneficial to their bottom line. This can be the doorway to a pay increase. It is important to have goals, but not at the expense of friendships. If you have to put success over the needs of others, it may not be worth it. Wait until everything jibes.

Aug. 24 - Sept. 22



Virgo – Your creative side will be on display this month as you can showcase crafts or artwork that is inspired by the colors of autumn. Put your thoughts in motion. A change of scenery is something you can use right now. Pack up an overnight bag or backpack and hit the road for some spontaneous adventures. Do not feel like you have to change much about yourself to fit the mold others have created. It is okay to be unique and be proud of your differences. Having a plan in place at all times is your saving grace. When something unexpected happens this month, you will be able to handle it without breaking a sweat.

Sept. 23 - Oct. 23



Libra – You are very good at compromising. This is one reason why people like you as a friend. However, do not compromise your own ideals to go along with every plan. Focus most of your energy on a work assignment that has been looming for some time now. Once it is off your plate, you can focus your energy on everything else. You are naturally trusting of others. But keep a small amount of skepticism going so that no one takes advantage of you. Once you vet friends, keep them close. Two friends or family members may try to put you in the middle of their quarrel. This is an unenviable situation. Try to remain as neutral as possible.

Oct. 24 - Nov. 22



Scorpio – Enjoy socializing with your friends this month. You have been on the go so much that it is time to settle down and enjoy a break and some good conversation. Don't worry if people do not always understand your intentions. You are a natural born leader, and you have to make some challenging decisions from time to time. Spending too much time worrying about what others are doing or what they think of you is not productive. Focus on what makes you happy and don't worry about others. Though it may be challenging, spend more time engaging in frivolous activities this month rather than more serious pursuits. Show others you can let loose.

Nov. 23 - Dec. 21



Sagittarius – Try your best to turn a situation that could easily get out of control into one you can manage more easily. It will probably require some quick thinking. You may find yourself as the life of the party sometime this month. Embrace the limelight but make sure to set aside some time for rest and relaxation. You may

have taken on too much, and now you think you can't get it all accomplished. It may take a few long nights, but your initial goal is still attainable. You may get an inkling that change is ahead, but you can't pinpoint which direction it's coming from. Just be at the ready for anything that seems unusual.

Dec. 22 - Jan. 20



Capricorn – Family matters come to the forefront this month. You may find yourself in the middle of a siblings squabble. Fortunately, things will blow over quickly. You have a big event on the horizon that you have been planning. If it has been taking up too much of your energy, try delegating a few tasks to get some relief. It is okay to seek perfection, but not when others are helping out. Be grateful of all they have to offer, even if you may need to fix something along the way. When someone challenges you, it's best to not get defensive. This may seem like you are admitting guilt. Instead, do not engage this person much.

Jan. 21 - Feb. 18



Aquarius – A series of events at work may have you thinking about a change in position and/or career. Don't make any rash moves just yet. Try to be supportive of those around you even when you may not agree with all of their reasoning. Diplomacy will help you keep a good group of friends. You must follow through when you say you are going to do something this month. If not, others may associate you with empty promises, and that reputation is not easily remedied. When work pressures get to you, it's best to take a little time off on the weekend to think about anything but work. Immerse yourself in a hobby.

Feb. 19 - Mar. 20



Pisces – Try to take emotion out of all your decisions this month. Lead with your head instead of your heart, especially where work is concerned. If you can't figure out something that is puzzling you, it's best to take it to a few other people who may offer a fresh perspective. This is a time for kicking back and relaxing. If you feel like hosting, open your home to some guests for even more fun. Travel plans may be slightly delayed, but they're not completely off the table. Don't worry about having to unpack those bags just yet.




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Pet Happenings

The "Grain-Free Food" Panic

By Kaye Davis
co-owner of Moab BARKery

At the Moab BARKery we have been getting calls, social media messages and countless articles from differing websites and publications, perhaps even from you, regarding the recent FDA warning that it is investigating a possible link between grain-free diets and dilated cardiomyopathy (DCM) in dogs.

The warning spread at an insane rate through social media and what some would consider legitimate media channels, but unfortunately, it also rapidly got simplified and dumbed down to a ridiculous level and quickly evolved into something like "grain-free foods cause canine heart disease," or worse statements like "boutique foods might kill your dog."

If pet parents are relying on this information being disseminated, then the ensuing panic makes sense, however its important to note that the whole picture is not being represented in these articles and that the FDA is only investigating the issue as a potential association between diets with very specific attributes, not all grain-free diets, and DCM not a cause.

Please note that the FDA warning did not say anything about grain-free diets causing heart problems, though almost all of the blogs, posts and articles in most publications have been saying exactly that. If you read that actual statement from the FDA, you will see that they said there may be a link between some grain-free diets and canine DCM, but there are also many other things going on that may be responsible for an observed rise in cases of canine DCM. Breeding, genetics, vaccine protocols, food ingredient quality and exposure to environmental toxins are all things to also consider when investigating the cause of a rise in canine disease of any kind.

Grain-free diets have gotten inordinately popular, for no apparent reason other than consumers mistakenly equate grain-free as equaling better quality than their grained counterparts. When the first few grain-free dry foods began appearing on the market about 10 years ago, it provided a product that could be fed to dogs that were allergic or intolerant of grains, these dogs are in the minority.

People who suspected their dog might have an allergy to or intolerance of some grain could try these foods and see for themselves: if their dog improved, got worse or made no difference at all. Lots of people tried grain-free foods and some of them noticed that their dog's allergy symptoms or digestive problems went away. When you have been dealing

with a chronically itchy dog or one with gas that could clear a room, and these symptoms cease, it is like a miracle and they will advocate for the cure, in this case grain-free food. Between the feeding successes of these foods in some dogs, the enthusiasm of the owners of the success-story dogs, grain-free just took off.

So why does the FDA suspect that a grain-free diet contributes to the development of canine heart disease. The dogs in the reports have something in common; they all are eating foods that contain specific ingredients; peas, lentils, potatoes and other legumes. The dogs in the reports ate grain-free foods "as their primary source of nutrition" for months to years. The FDA has not shown how these foods are linked to DCM and they have also not named any specific brands.

More research is needed to determine if the way in which the offending ingredients are being grown. The fertilizers, the chemicals and the growing conditions may all be factors. There is also the potential for some of those chemicals that remain in the product to be taken in by your dog. This could alter your dog's ability to metabolize potential toxins or chelate important minerals. Feed-grade fillers that are not suitable for human consumption could also play a role. These may be immature, carry imperfections or could be contaminated with mycotoxins, a dangerous mold. They could even been tainted with some of the chemicals used to grow them, like we are seeing with the pervasive presence of glyphosphates (a toxic herbicide) in our own food system. It is not a simple study; researchers are going to have to consider many variables to get a concrete answer.

The most significant thing to consider in this FDA



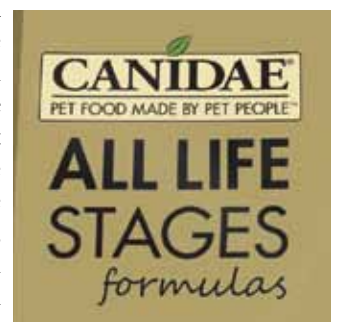
investigation is that all of the dogs were fed the same food for a period of months or years. Feeding any type of dry dog food every day, all year, for years and years, goes against our longest-standing food recommendation. We have always encouraged owners to switch food regularly, at least

several times a year and switch manufacturers, too. More importantly we encourage our customers to incorporate whole fresh food, raw foods and whole food supplements.

Dry dog food, whether grain-free or not is not good for your dog when fed exclusively. Kibble is cooked and extrusion is the main method used for making kibble. For most kibbles, the manufacturing process requires the food to be heated four times. That means, by the time it hits the bag, virtually all of the nutrition is gone. To put the nutrition back in, vitamins and minerals are added to the food, but these are not real vitamins and minerals, they are synthetic. They are manufactured in a lab and contain a fraction of what is found in naturally occurring vitamins. Many food makers use the same vitamin and mineral premix in all their products, making us worry that any nutrient excess, deficiency, or imbalance would become essentially entrenched in the body of a dog fed an exclusive diet of that company's foods.

When providing nutritional recommendations for your dog, we suggest that you...

- Feed a variety of products, rotating both among and between several manufacturers of products, for nutritional balance over time, and to avoid problems caused by long-term exposure to any formulation problems or nutritional imbalances/excesses/inadequacies in your dog's diet.
- Feed the best food you can afford and that your dog does well on. This doesn't mean spend the most that's possible; if your dog does great on mid-range foods, great! But super cheap food should be avoided. The difference in the ingredients of cheap foods versus mid-range foods is staggering.
- Feed grain-free foods only for good reason (dog intolerant of/allergic to multiple grains) not because you equate grain-free with high quality. There are many high quality grain friendly foods available on the market and at the Moab Barkery. We recommend Canidae All Life Stages, FirstMate Grain Friendly and Nutri Source.
- DO READ ingredient labels. You should recognize most of the foods in the food; if things are weird, and only sound sort of food-like, they are likely highly processed food fractions. You don't want to see a lot of those. If the front of the label says the food is "chicken and rice" you had better see chicken and rice high up on the ingredient label, not buried four ingredients back below chicken by-product meal, corn, wheat, beet pulp and pea protein.
- Incorporate raw and whole foods as part of your dog's regular diet. There is already plenty of research about the drawbacks of feeding a highly processed, shelf stable diet as your dog's only nutrition. Your dog's diet should keep them healthy, not lead to further damage and disease.

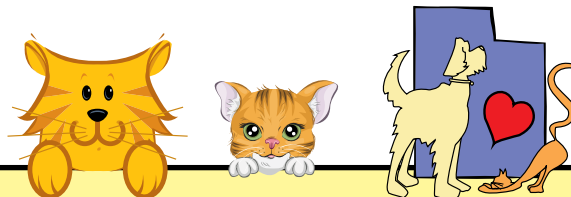


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