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RIVER ADVENTURES

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COLORADO RIVER MORNING HALF-DAY Raft the river from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 5)	\$70	\$60
COLORADO RIVER MID-DAY HALF-DAY Raft from Rocky Rapid to Takeout. Includes BBQ lunch along the river. (min age: 5)	\$85	\$75
WESTWATER CANYON FULL-DAY Enjoy exciting whitewater rapids & lunch in this unique Canyon. (min age: 10)	\$190	\$190
STAND UP PADDLEBOARDING Transportation, board rental, instruction, guide, snacks and water are included. (min age: 10)	\$85	\$75



CANYONEERING & CLIMBING

	ADULTS	YOUTH
EPHEDRAS GROTTO CANYONEERING Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels! 4 hrs (min age: 10)	\$104	\$99
DESERT ROCK CLIMBING Climbing, instruction, and fun on rope and rock! All equipment provided. 5 hrs (min age: 5)	\$104	\$99

AIR TOURS & HORSEBACK

	ADULTS	YOUTH
HOT AIR BALLOON RIDES Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx 3.5 hours)	\$299	\$279
ARCHES & FISHER TOWERS FLIGHT See all highlights of Arches & Castle Valley in just over an hour with a bird's eye view! (30 min)	\$99	\$99



HUMMER SAFARIS

	ADULTS	YOUTH
SLICKROCK SAFARI Incredible 4x4 experience over a landscape of petrified sand dunes. (2 hrs)	\$85	\$55
GRAND SAFARI Further explore the backcountry in the world's most serious 4x4. Departure times vary by season. (4 hrs)	\$175	\$125
SUNSET SAFARI The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)	\$96	\$73

MTN BIKING & HORSEBACK

	ADULTS	YOUTH
HALF-DAY MOUNTAIN BIKING Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)	\$103	\$99
CASTLE VALLEY HORSEBACK RIDE 2.5 hours plus instruction on horses, with a stunning red rock backdrop. (min age: 8)	\$120	\$120

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ARCHES N.P. ADVENTURE TOUR Explore fins, arches & chasms with easy guided hikes in the morning hours. (4 hrs)	\$85	\$75
ARCHES N.P. SUNSET DISCOVERY Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs)	\$85	\$75

RESERVE 3 OR MORE ADVENTURES AND SAVE 10%

MoabAdventureCenter.com 435-259-7019

MOAB HAPPENINGS

Volume 30 Number 7

OCTOBER 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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Table Of Contents

Art Walk.....8A	Live Music..... 10B
Astrology 22A	Lodging/Camping Guide ..16-18A
Churches..... 15A	Moab City Map 19A
Cycling Happenings3B	Motorized Happenings..... 18B
Dark Sky Happenings 14A	Nature Happenings..... 15A
Dead Horse Point4B	Pet Happenings23B
Economic Happenings 18A	Public Art Happenings.....9A
Events Calendar..... 4-7A	Restaurant Guide..... 11-15B
Gallery Happenings.....8B	Road & Mountain Biking.....2B
Geology Happenings..... 7B	Shopping Guide 11-14A
Healthy Happenings 20-21B	Sustainable.....21A
	The Dust Magazine 22B

59th Annual Rock and Gem Show

The Moab Points and Pebbles 59th annual Rock Gem and Mineral Show will have something for everyone. The show presented by the local Rock, Gem and Mineral Club is the 12th, 13th and 14th of October. The show has always been a much-anticipated event. We will again have vendors exhibiting and selling lapidary, geology, paleontology and gemology items from many countries and states. There will be Ethiopian gemstones, Mexican Fire agate and European as well as local La Sal Mountain Azurite and Malachite. Local area vendors will have custom Native American jewelry, the highly prized Yellowcat redwood,



and numerous handmade items. Out of area vendors from Colorado, Idaho, California to name a few will have beads, lapidary tools, specialty lubricants and a variety of hand made and natural products.



The clubs spin table and door prizes are a special treat for kids of all ages.

Field trips this year will be announced at the show. Field trips leave the arena at 9 a.m. sharp on Saturday and Sunday.

The La Sal Lodge F & AM and the Arches Shrine club will again be the food concession. They have been getting rave reviews for great, simple food at very reasonable prices. Come support them and what they do for our children.

The show is FREE. Hours are 10 a.m. to 6 P.m. on Friday and Saturday, 10 a.m. to 4 p.m. on Sunday at the Old Spanish Trail arena 5 miles S. of Moab on Highway 191.



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FESTIVAL OF SCIENCE

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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

BLUFF ARTS FESTIVAL

2018

OCTOBER 19TH - 21ST

ARTIST MARKET
 WORKSHOPS
 LIVE MUSIC

**FRIDAY
 OCT. 19TH**

6:30pm STORYTELLING BY THE RIVER
 8:30pm MOAB TAIKO DAN DRUMMING

**SATURDAY
 OCT. 20TH**

6:00pm - 8pm TASTE OF BLUFF
 7:00pm Live Music by DDAT
 8:30pm Live Music by THE CRAGS

Schedule & Workshop Registration:
BLUFFARTSFESTIVAL.ORG

River Road Happenings

The Other Half Turns 15 on October 14, 2018

Featured as one of the 'Best Destination Half Marathons' in Runner's World Magazine, the 15th annual Canyonland-The Other Half is scheduled for Sunday October 14, 2018. Athletes from all over will make the trip to Moab this fall to run this point-to-point half marathon.



The course will start at the historic Dewey Bridge and finish at the Sorrel River Ranch Resort, following the Colorado River through gorgeous red rock terrain. Near mile 5 of the course, runners enter the famous "Post Card Alley" with views of prominent landmarks such as Fisher Towers, Castle Rock, and the La Sal Mountains.



Begun as a companion race to the popular Canyonlands Half Marathon, *The Other Half* offers a more intimate opportunity to experience the Moab magic. This year is special, as it will be the last year the event will go by *The Other Half*. The 2019 event will go by the name Arches Half Marathon.

Participants will be shuttled to the course start from Moab, and shuttles will continuously run throughout the day for both racers and spectators between the finish at Sorrel River Ranch Resort and a parking lot 1 mile west

of the finish venue. State Highway 128 will be closed to traffic between mile point 16 and mile point 31 from 8 AM—12 PM.

Race amenities for all participants include a long sleeve soft-tech race shirt, a unique finisher medal, a commemorative pint glass, a fresh variety of post-race food, along with locally brewed beer from the Moab Brewery. Along the course, Moab Taiko drummers will pound their hearts out and dedicated volunteers will provide course support and well stocked Aid Stations every 2 miles. Spectators and racers can enjoy the post-race expo featuring live music by 'Jack + Jill Band' of Grand Junction, Colorado. Dogs are not allowed at any of the race venues, so both participants and spectators should make other arrangements for their pets. For more information, visit www.madmooseevents.com.



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SUNDAY BUFFET BRUNCH 7AM - 2PM

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Moab Area Events Calendar

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CASTLE VALLEY FARMS

FARMERS MARKET

WHEN: TUESDAYS 4-7PM
WHERE: YOUTH GARDEN

Jump on your bike and come on down to the Youth Garden Project on the bike path for some fresh veggies and a carrot hot dog!

October Events

Oct 2, 9, 16, 23, 30 Castle Valley Farms Farmstand- 4-7pm at the Youth Garden Project behind Grand County High School. See ad this page.

Oct 2, 9, 16, 23, 30 Lindy Hop Level One- In this October series, we will explore the fundamentals of Lindy Hop & how it fits alongside East Coast Swing & Charleston. All levels are welcome! No partner needed. \$50 for 5 weeks. 7-8:30pm For info: facebook.com/moabswingdance

Oct 2, 9, 16, 23, 30 Tuesday Swing Dance Night- Beginner lesson at 8:30pm, social dancing till 10 pm. All levels welcome! No partner needed. Donations accepted. More info: facebook.com/moabswingdance

Oct 3 Deep Sky Objects Star Party- 8-9:30pm at the Canyon County Discovery Center, 1117 N. Main St, Monticello. See ad pg 14A

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 pg 2A, article pg 5B

Oct 3, 17 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

Oct 4 Reusable Bag Workshop- 6-7:30pm, at the Moab Arts & Recreation Center, 111 E. 100 North. Did you know Moab is moving away from plastic bags? That's right, the City of Moab passed a resolution to ban plastic bags. Instead of disposable, bring your own! At this workshop, we will make reusable shopping bags made from upcycled t-shirts, with materials donated by Wabi Sabi Moab. This project is easy, with no sewing required. Anyone able to use a pair of scissors can do it. Enjoy snacks donated by Moonflower Community Cooperative. For info: 435-259-5712

Oct 4 Moab Area Housing Task Force- meets on the first Thursday of every month at 11am at the Grand County Public Library.

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 4 Media Hive Mix & Mingle- Work in film? Want to work in Production? Interested in connecting with other media professionals? Come 7-9pm & schmooze on First Thursdays, at The Parlor, behind Moab Garage Company. Hosted by the Moab to Monument Film Commission. For info: 435-259-4341

Oct 4 A Town Hall Meeting- 5:30pm to discuss & clarify the facts regarding Immigration issues & ICE in Moab. Location: St. Francis Episcopal Church, 250 Kane Creek Road. For info: 530-306-5865

Oct 4-6 Three Day Plein Air Workshop- Don't miss your chance 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 4, 11, 18, 25 Desert Sun Ceramics Class- Tile Study: Using Stamps, Textures & Patterns. Noon-3pm at 1320 S. Hwy 191. Class includes tools, instruction, glazes, firings & some clay. No prior experience needed. For info: 970-819-7938 or DesertSunCeramics@gmail.com

Oct 5, 6 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 7pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100S.

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! For info: outerbike.com. Article pg 20A

Oct 5-7 Adventure Mamas- grab your patched puffy, an old flannel, & that threadbare tent then roadtrip with the fam down to Moab, UT to meet up with Adventure Mamas for the DIRTBAG FAMILY BASH! The Bash is the first-ever family adventure festival. For info follow us on facebook.

Oct 5, 12, 19, 26 Moab Farmers' Market- Fridays 4-7pm, Swanny City Park at 100 W & Park Drive. See ad 5A

Oct 5, 12, 19, 26 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.

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 See ad pg & article pg 9B

Oct 6-7 Barrel For Bucks- come watch some of the fastest horses & their riders compete for top spot in barrel racing. It is free to come & watch. We love the support! For info: 970-210-6712

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 9A, 1B, 8B, 16B & article pg 16B

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 8, 15, 22, 29 Desert Sun Ceramics Class- Pots 101 "Throwing for Glazing". This 10-week course includes tools, instruction, glazes, firings & some clay. For beginner to intermediate students. Learn throwing to glaze techniques. For info: 970-819-7938 or DesertSunCeramics@gmail.com.

Oct 9 Dark Skies Nocturne Reception- join us for Plein Air Moab's first ever Nocturne painting competition. Turn-in your painting for judging at the MARC before 4pm. Awards & Reception at 7pm. All stamps must be visible before framed & hung for judging. For info: redrockartsfestival.com

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 Free Movie: Screening of Food for Change + Follow-Up Discussion in Celebration of National Co-op Month. 6-8pm, at Star Hall, 159 E. Center St. "Food For Change" is an 82-minute documentary film focusing on food co-ops as a force for dynamic social & economic change in American culture. This is the first film to examine the important historical role played by food co-ops, their pioneering quest for organic

DEADLINE for NOVEMBER Events Calendar: OCTOBER 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

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More Events

October Events continued

foods, & their current efforts to create regional food systems. Additionally, the film shows how cooperatives today strengthen local economies & build food security. The goal is to educate a wide audience about the principles of cooperation with a focus on healthy food & a healthy economy. For info: 435-259-5712. See ad pg 21A

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 Arches National Park Awards Reception- join us at the MARC (111 E 100 N) as our judges announce who created the best paintings from Arches National Park. These wet paintings will be for sale & on display right after awards are presented. Winners will be announced at 7pm. For info: redrockartsfestival.com See ad pg 9A

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

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! See ad 7A & article 2A

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. See article & ad pg 23A

Oct 13 The Future of the Colorado River- a community symposium. Can we rehabilitate a stressed river ecosystem & also meet the water supply needs of 40 million people? 8:45am-1pm at Star Hall, 159 E. Center St. For info: qcnr.usu.edu/wats/colorado_river_studies.

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. See article pg 7A

Oct 13 Plein Air Moab Main Competition Awards Ceremony- 10:30am at the Moab Arts & Recreation Center to see who the winners will be for 2018! Cash prizes & awards will be presented to the winners. For info: redrockartsfestival.com See ad pg 9A

Oct 13 Red Rock Street Festival- Noon-7pm. We are closing one block of 100 North (in-front of the Moab Arts & Recreation Center) to through traffic & celebrating ART! There will be artisan vendors, music, performances, food & fun. Open to the public & fun for all ages. See ad pg , schedule pg

Oct 13 Storybook Walk- 5-8pm at the CommuniTea Garden, 100 West & Walnut Lane. Cali Bee will be debuting a children's book & garden walk that follows the story of Hazel Baby & Moose-n-Boots as they team up with their friends to save a special tree. Come anytime during ArtWalk to take the self-guided tour through & to read the whole intricately illustrated story. Tea & snacks will be provided. For info: facebook.com/communitteagarden.

Oct 13 Gallery Moab Artist Reception- paintings by Serena Supplee will grace the gallery during the month of October including Canyonlands watercolors & oil paintings. Gallery Moab will host a reception for Serena from 5-8 pm, during ArtWalk, at 87 N. Main St. See article pg 8B

Oct 13 Moab ArtWalk- 5-8pm. Visit up to ten venues, see many art displays & enjoy refreshments. Enjoy Art Walk on the second Saturday in October & November, For more info visit moabartwalk.com or call 435-259-6272. See map & article pg 8A

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: madmoosevents.com. See article pg 3A

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 20A

Oct 16 How to Establish a Healthy Home Orchard- join Jess Oldham of Easy Bee Farm & Farm Yard for a discussion on how to set yourself up for success with new fruit trees. Learn about soil preparation, planting considerations, irrigation, pest control, pruning & other care. The discussion will be followed by a hands-on planting demonstration. 5-8pm at Moonflower Community Coop, 39 E. 100 North. For info: 435-259-5712

Oct 17, 24, 31 Desert Sun Ceramics Class- beginning & intermediate throwing. This is an 8 week course & includes tools, instruction, glazes, firings & some clay. No prior experience necessary. For info: 970-819-7938 or DesertSunCeramics@gmail.com

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- 10am shotgun start at the Moab Golf Club, 2705 S. East Bench Rd. This year, tournament proceeds will support Moab Regional Hospital's cancer prevention & treatment programs. Call Laurie Peter for sponsorship opportunities at 435-719-3683

Oct 19-21 Bluff Arts Festival- we invite you to join us for Storytelling By The River, starting Friday at 6:30pm. Saturday's events include workshops, the all-day artist market & two incredible bands to top it all off! For info: bluffartsfestival.org. See article pg 16B, ad pg 2A

Oct 19, 20 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 7pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S.

Oct 20 Castle Valley Gourd Festival- bring the family to see & buy gourd art, tractor parade, kids' tent, adult hands-on gourd decoration. Bring a dish to share at the potluck. Puppet show & face painting plus silent auction. Free admission. Starts at 10am with parade at 11am; closing by 3pm. Please, no dogs. For info: gourdfestival.blogspot.com. See article pg 10A, ad 3B

Oct 20 Rodeo Queen Clinic- 9am-3pm at the Old Spanish Trail Arena, 3641 S. Hwy 191. Find out what it take to become Rodeo Royalty with public speaking, horsemanship, & modeling instruction. For ages 8-18, \$25 per girl with lunch provided. Deadline October 15th. Featuring 2017 Silver State Queen Kourtney Backus & sponsored by Canyonlands PRCA Rodeo. For info: 435-260-7942 or 435-260-1221.

Oct 20 West Coast Swing Workshop- learn West Coast swing dance from acclaimed competitor & instructor James Cook! 1-4:30 pm. All levels welcome! This class is designed to be for dancers of all skill levels, especially beginners. \$35 Social dance 7-10 pm More info: facebook.com/moabswingdance



Edge of the Cedars State Park Museum

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

Day Visits: \$5 per person or \$20 a carload
\$3 Children 6-12
Tour Buses \$3 per person
Annual Passes are \$75
Park Hours: Mon-Sat 9 a.m.-5 p.m.
Sunday 9 a.m.-4 p.m.

Closed: Thanksgiving, Christmas & New Year's Day

Visit the Grand Center!

182 N. 500 W.
435-259-6623

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

Sheng Zhen



Sheng Zhen Tuesdays with Lisa

Healing Form 1 & 2 from 1:00-1:45pm
Standing Form from 2:00-3:00pm

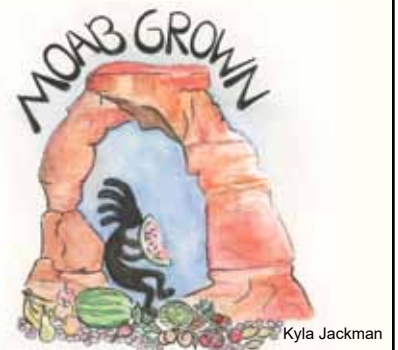
Vitality Room - 182 N 500 West
435-260-9678
email: shengzhenlisa@gmail.com

Old Spanish Trail Arena



Have your event at the Arena!
We do Equestrian, Jeep, UTV, Mtn. Bike, Community, Sporting, Weddings, Concerts & Archery Events
ANYTHING is possible!!
Sound System • Conference Room
Concession • Climate Controlled for year round comfort.

Call 435-259-6226 or 435-259-1311



FARMERS' MARKET
Fridays 4-7 • May 4 - Oct 26
Swanny City Park • 100 West & Park Dr.

Downtown Entertainment!

Moab's BACKYARD THEATER

UPCOMING SPECIAL EVENTS:
Dustin Burley: Thursday Oct. 11th
Sand Sheff- Real is Good Tuesday Oct. 16th

SHOWTIMES 7 PM

WEDNESDAYS THURSDAYS FRIDAYS SATURDAYS

BLUEGRASS MUSIC MAGIC MAGIC

Fun for all ages!
NEW! ALL GOOD SUPER FRESH JUICE ON SITE!

visit website for exact times and more info!

MOABBACKYARDTHEATER.COM
56 W. 100 S. (1/2 Block off Main next to Zax)

More Moab Area Events

October Events continued

Oct 20 International Observe the Moon Star Party- 8-9pm at the Canyon Country Discovery Center, 1117 N. Main St, Monticello. See ad pg 14A

Oct 23 Trillusionist David DaVinci- an evening of comedy, magic, thrills & illusions! 7pm at Grand County High School Auditorium, 608 S. 400 East. Spectacular family affordable prices starting at \$15. Get tickets at Back of Beyond Books, Canyonlands Copy Center, Central Utah Insurance, Grand County Middle School & Grand County High School. For info: 435-259-9797

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 21B

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 Awakening the Wisdom of the Body with Christina Myers- 6-7:30pm at the Moab Arts & Recreation Center, 111 E. 100 North. Close your eyes, take a deep breath, & notice how you feel.... Such is one way to begin the process of Authentic Movement, sample this subtle, yet powerful therapeutic movement form that helps you awaken your own body's wisdom for easing tensions, increasing mind/body awareness & unblocking energy & creativity. For info: 435-259-5712

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: jeepjamboreeusa.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. See article pg 1B

Oct 26 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.

Oct 26, 27 Magic Night Downtown- with the hilarious award-winning magic of Rick Boretti. 7pm \$10 for adults, \$5 for kids over 5 at Moab Backyard Theater, behind Zax at 56W 100 S.

Oct 26-28 The Moab Craggin' Classic Community Climbing Festival- 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. See article pg 20B

Oct 27-28 Barrel For Bucks- come watch some of the fastest horses & their riders compete for top spot in barrel racing. It is free to come & watch. We love the support! For info: 970-210-6712

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. See article pg 17B & ad pg 22A

Oct 28-Nov 2 Moab Folk Camp- we offer a supportive environment where adults can experience the joy of making music & learning new skills in a caring environment. Classes in guitar, banjo, song writing, voice, hand drum, mandolin, painting & photography. For info: moabfolkcamp.com or call 603-731-3240.

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 See article 7A

Oct 31 Hoot & Howl- 5:30-8pm at the Canyon Country Discovery Center, 1117 N. Main St, Monticello. See ad pg 14A

November Events

Nov 1 Moab Folk Festival Locals Showcase- 7-9pm at Star Hall, 157 E. Center St.

Nov 1 From Toxic House to Healing Home w/ Elana Davidson- 6-7:30pm at Moonflower Community Coop, 39 E. 100 North. What you put ON your body is equally important as what you put IN your body. Essential oils can provide amazing alternatives that can improve your home environment & benefit your health. Learn how to replace harmful products with holistic alternatives, transforming your space from potentially toxic into a healing environment. Fabric softeners & dryer sheets are some of the worst toxic offenders, everyone will make & take home essential-oil infused dryer balls! For info: 435-259-5712

Nov 1 Media Hive Mix & Mingle- Work in film? Want to work in Production? Interested in connecting with other media professionals? Come 7-9pm & schmooze on First Thursdays, at The Parlor, behind Moab Garage Company. Hosted by the Moab to Monument Film Commission. For info: 435-259-4341

Nov 2-4 Moab Folk Festival- The Moab Folk Festival is a 3 day live music Festival featuring 12 folk, Americana and roots musicians. The Festival has intimate venues, a quality lineup & amazing red rock scenery. Beer, wine, food & arts vendors at the Center Street Ball field venue. For info: moabfolkfestival.com or 435-259-3198. See article pg 19B & ad pg 24A

Nov 2-4 Moab Celtic Festival- brings to life the rich heritage & colorful history of Scottish and Celtic cultures through education, crafts, music, highland dance/competition & athletic competition. Many clans will be in attendance to share their history & information about their clan. All events take place at the Old Spanish Trail Arena, 3641 S. Hwy 191. For info: scotsontherocksmoab.com. See article pg 17B & ad pg 24B

Nov 3 Soupbowl Fundraiser & Ceramics Silent Auction- 5-7:30pm at the Moab Arts & Recreation Center, 111 E. 100 North. Includes a hand-made bowl, soup, bread, dessert & drinks. \$20 Adults & Youth 12+, \$10 Children 5-11. Tickets at: Desert Sun Ceramics, Gallery Moab, Back of Beyond Books, Seekhaven, Canyonlands Copy Center. For info: 970-819-7938. See article pg 6B

Nov 3-4 Moab Trail Marathon- 1/2 Marathon, Adventure 5K, Plus Kids K. An unforgettable voyage through some of the world's most scenic & unique lands. Entry includes t-shirt, goodie bag, food & drink, as well as a scenic, well-marked course. Try it! For info: moabtrailmarathon.com or 970-389-4838.

Nov 3-4 Moab Golf Club Tournament- Elks Charity Scramble Mixed. For info 435-259-6488

Nov 5, 12, 19, 26 Desert Sun Ceramics Class- Pots 101 "Throwing for Glazing". This 10-week course includes tools, instruction, glazes, firings & some clay. For beginner to intermediate students. Learn throwing to glaze techniques. For info: 970-819-7938 or DesertSunCeramics@gmail.com.

Nov 6 ELECTION DAY

Nov 6, 8, 13, 15 Desert Sun Ceramics Class- Slip-Chatter-Carve from 6-8pm. This class includes clay, tools, instruction, glazes & firings. Learn to make & apply a slip on a plain surface along with using a flexible chattering tool to create ditch-like impressions. Prior experience on the wheel is necessary. For info: 970-819-7938 or DesertSunCeramics@gmail.com

Nov 7, 14, 28 Desert Sun Ceramics Class- learn beginning & intermediate throwing. This is an 8 week course & includes tools, instruction, glazes, firings & some clay. No prior experience necessary. For info: 970-819-7938 or DesertSunCeramics@gmail.com

Nov 10 Moab Golf Club Tournament- St Jude Charity Scramble Mixed. For info 435-259-6488

Nov 10, 17 Desert Sun Ceramics Class- Sculpting a Clay Mask from 1-4pm & 1-3pm. This 2 session workshop includes all supplies, firings & instruction. No prior experience necessary. For info: 970-819-7938 or DesertSunCeramics@gmail.com

Nov 11 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 2017 as a way to encourage people to get outdoors & spend time with their friends & family in the national parks this year.

Nov 12 VETERANS DAY (HOLIDAY)

Nov 16-18 ParaYoga Workshops- Inner Exploration with Faith Lipori. Gentle asana, pranayama, mantra & meditation. Friday 5-7pm, Saturday 3-6pm, Sunday 1-4pm. See article pg 21B

Nov 17 Dead Horse Ultra- was created to feature the Magnificent Seven Trails off of Gemini Bridges. The course will challenge you with technical slickrock & sandy washes, has great views of Arches National Park, the La Sal Mountains & the Moab Valley. For info: madmooseevents.com

Nov 17 Moab Golf Club Tournament- Toys For Kids Mixed. For info 435-259-6488

Nov 19-23 GGBY Highline Festival- the mission is to empower adventurous experiences & positive connections with friends, our community, the environment, & ourselves through highlining and other flow activities during the week of Thanksgiving. 5 days of highlining, workshops, community fires, & other fun activities. For info: ggbygathering.org

Nov 22 THANKSGIVING DAY (HOLIDAY)

IT'S SEW MOAB

Authorized EverSewn Dealer

Tuesday 10/16 5:30 pm

2nd Bag of the Month
SMALL ACCESSORY TOTE
9" x 11"
by Westalee Design of Sew Steady

COST \$25
Includes pattern, materials & instructions
Sign up online or at the shop

www.ItsSewMoab.com
Store Open Monday-Saturday 10-5
40 W Center Street Moab 435-259-0739

More Moab Area Events

Musical Story Hour, Saturday, October 13 – 10:30 am

The Moab Music Festival and Grand County Public Library invite families with young children to come enjoy live music demonstrations and story time at their fourth collaborative Musical Story Hour on Saturday, October 13 at 10:30 am at the Grand County Public Library in Moab. This event will feature local musicians who will present musical demonstrations and sing-alongs, with children's stories read by Moab Music Festival Coordinator, Erin Groves. The fantastic staff at the Grand County Public Library will guide kids in making their own musically themed crafts to take home. All ages welcome.

This event starts at 10:30 am, is FREE to attend, and takes place at the Grand County Public Library, 257 E Center St.

For more information, including details about upcoming featured artists and their instruments, visit www.moabmusicfest.org/ongoingevents/musicalstoryhour, call Erin Groves at the Moab Music Festival, 435.259.7003, or Charlotte Hurlley at the Grand County Public Library, 435.259.1111.



Annual Trunk or Treat is October 31st, 2018

The Family Support Center (FSC) will sponsor the 4th annual Trunk or Treat on Halloween (October 31, 2018) from 4:00 pm to 7:00 pm at the Old Spanish Trail Arena south of Moab. This annual event provides a place for local families to experience the fun and excitement of Trick-or-Treat in a safe environment. Last year, nearly 50 businesses and individuals gathered in the parking lots by the ball fields providing candy and other treats to the costumed visitors. This year, we expect even more businesses and individuals to participate. The parking lot will be closed to vehicles, so families will have a safe experience.



Parking is not an issue at the Arena. Like last year, we hope to have local businesses offering free shuttles to transport the princes, princesses, and ghosts to and from the Arena. There is no limit to children's imagination in making a costume for trick or treating. You will be surprised to see the many varied costumes around us all night!

There is no charge for this event, which is one event in the series of events throughout the year sponsored by the Grand County Family Support Center at The Christmas Box House to support Utah families. Family Support Center events provide safe family-friendly activities to strengthen families in our community and raise awareness of the challenges faced by families today.

The Grand County Family Support Center at The Christmas Box House gives a BIG thank you to the Old Spanish Trail Arena for their support of the Family Support Center, and Utah families, by allowing the use of their gorgeous grounds for our events.

"If you have been looking for a place to see everything from princes and princesses to ghosts and goblins and

everything in between, this is the place to be on Halloween" notes Dick Toll. "There will even be candy and other treats to gather."

The mission of the Family Support at the Christmas Box House is to protect children, strengthen families and create a caring community. The main goal of the Family Support Center is to reduce and prevent the incidence of child abuse by providing a 24-hour Crisis Respite Care as a family support system. The Director, Sherlyn Sowell, notes "The Family Support Center is the only quasi-governmental organization offering such an option

for Grand and San Juan County." There are 15 Family Support Centers throughout Utah covering all counties.

Realizing that all parents undergo stress during the course of raising their children, the Family Support Center will provide accessible respite/crisis care and education to families as a means of preventing child abuse and neglect. The Family Support Center is a non-profit organization licensed by the State of Utah and has a state-licensed nursery. The center believes in a family focused, strength based approach to help support parents and their children. The Family Support Center is also affiliated with The Christmas Box House International of Salt Lake City, Utah which believes "Every Child Deserves a Childhood". The Family Support Center can be contacted at 4325-259-1658. There are 3 Christmas Box Houses in Utah.

The Grand County Family Support Center at The Christmas Box House in Moab, is unique in Utah, as they are the only Center that is both a Family Support Center and a Christmas Box House.



The Family Support Center also does respite or emergency child care for parents that need assistance with child care while they attend court, drug court, even a simple thing like a doctor or dentist appointment, or medical emergency. It also provides temporary child care while a parent is actively job searching or just started a job and no reliable child care is available. It can also help a parent who just needs some alone time to go to the store.

If you would like more information about this topic, please call Sherilyn Sowell at 435-259-1658, or email ssowell@grandcountyutah.net



November Events continued

Nov 22 WabiSabi's Thanksgiving Meal- 2-5pm at the Grand Center, 182 N. 500 West. This is a great community event, it is FREE, & everyone is welcome. Join community members of all ages & backgrounds to celebrate gratitude & sharing. For info: 435-259-2553

Nov 30 City Tree Lighting Ceremony- hosted by the Moab Chamber of Commerce, a night filled with holiday music, refreshments, & a visit from Santa as we countdown to light the trees! For info: moabchamber.com or 435-259-7814.

You're invited...

WABISABI'S THANKSGIVING MEAL

NOVEMBER 22ND

FREE

2 PM TO 5 PM

GRAND CENTER OF MOAB
182 N. 500 W. MOAB, UT 84532

LIKE US ON facebook

Moab Rock Club
58th Annual

ROCK, GEM & MINERAL SHOW
October 12, 13, 14, 2018

Friday & Saturday 10-6 • Sunday 10-4

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

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

Field trips will be announced at the show
(Field trips leave from the arena at 9:00 am sharp)

**** FREE ADMISSION ****

Food concession provided by La Sal Lodge, F&AM and The Arches Shrine Club.

For more information email moabrockclub@live.com

MOAB ARTWALK • SATURDAY, OCT 13TH 5PM - 8PM

Please join us and enjoy October ArtWalk + Red Rock Street Fest! 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
111 E. 100 N. St.

The Museum of Moab will have a booth at the Red Rock STREET FEST! Come by and visit them there, since the museum is currently closed for renovations.



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

You are in for a treat. Each year, the MARC hosts Red Rock Arts Festival, Celebrating land-inspired art, the second week of October. Be sure to come by and enjoy the STREET FEST as well as the epic landscape paintings on display!




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

Visit Moonflower Community Co-op throughout the month of October to fill up on colorful, epic paintings by Serena Supplee. Stop by the Co-op during ArtWalk to chat with the artist herself! Be sure to visit our booth at the STREET FEST for delicious food and \$20 Serena Supplee prints!



CommuniTea Garden 4
165 E. 100 S. • 435.260.8931

Cali Bee will be debuting a children's book that follows the story of Hazel Baby and Moose-n-Boots as they team up with their friends to save a special tree. Visit Cali Bee anytime during the STREET FEST to see the latest edition of the book and get on the pre-order list. Complimentary tea will be provided.



Multicultural Center 5
156 N. 100 W. • 435.259.5444

Check out 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 booth at the STREET FEST.



Gallery Moab 6
87 N. Main St. • 435.355.0024

Paintings by Serena Supplee will grace the gallery during the month of October including some Canyonlands-inspired watercolors and a large oil painting of the White Rim. Gallery Moab will host a reception for Serena from 5-8 pm during October ArtWalk.



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

Stop by Tom Till Gallery for stunning images of fall foliage, Arches, and Canyonlands. Mention ArtWalk Sale for 10% off your purchase. With photos of the regions most iconic wonders, we have the perfect image for your home.




Moab Made 8
82 N. Main St. • 435.261.3570

Visit Moab Made at the STREET FEST in addition to our main street location! Celebrate all the local and regional artists we work with and their land-inspired art.



Desert Thread 9
29 E Center St. • 435.259.8404

Living in Malibu for many years and now Moab, Joyce Lorber has developed an appreciation of the natural world. Encaustic is a totally natural art form that uses beeswax and tree resin. Join us and experience this process that was developed two thousand years ago.



98 Center 10
98 E Center St. • 435.355.0098

Visit 98 Center's BEER GARDEN at the RED ROCK STREET FEST! Then head over to the restaurant as your last stop of the evening and "STAY LATE AT 98". Featuring LIVE entertainment and rotating Vietnamese "street food" specials.




Public Art Happenings

Moab ArTTrails Grows Public Collection, Brings More Art to Downtown Moab

It has been a good year for public art in Moab, Utah.

The first ever rotating exhibition of 16 public sculptures from 11 nationally selected and local artists has enlivened the public space at a crucial time in Moab's civic development. Moab ArTTrails is pleased to announce that three sculptures from the first year's exhibition have been added to the public's permanent collection. The current exhibition, curated along a central art loop downtown, will make way for 16 new works to be installed Saturday, October 13, 2018.

The Moab ArTTrails selection committee, an annually rotating group comprised of community members, local artist and business representatives, city and county leads, met last month to choose the permanent artworks for public placement.



The Hatch

The acquired works and the People's Choice for the 2017-2018 exhibition are "The Hatch", by Peter Hazel from Reno Nevada, now belongs to the public's permanent collection, soon to be installed on 300 South entrance to the Mill Creek Parkway. "The Keepers", which was graciously donated to the community by local artist Dre Carman, will stand at the 1st West entrance to Mill Creek Parkway. "The Bell Tower", by Utah

artist Chris Coleman, will remain outside its home in front of the Moab Arts and Recreation Center.

The 2017-2018 exhibition winner of People's Choice and the recipient of the Val A. Browning \$1,000 cash award goes to Fruita, Colorado sculptor Pavia Justinian for "Sigma". With the most votes from the public, 'Sigma' made lots of friends with selfie-seeking pedestrians walking near the Moab Information Center. "Sigma's gaze really drew people in," said co-founder, Creative Director Christy Williams Dunton. "It's been great to see what happens with

more art in the public's shared spaces, to see people engage so positively with the art", added Executive Director, co-founder, artist Michael Ford Dunton.

For the 2nd Annual Exhibition, Moab ArTTrails installation crew will place the 2018-2019 selection of 16 outdoor sculptures along the centralized loop. On Saturday October 13th, in conjunction with the Red Rock Arts Festival and Street Fair, 11 artists selected from a national call will be present to talk about the installation, which will live in the heart of Moab for a year. All works are up for consideration for the public's permanent collection.



Sigma

Temporary pieces are for sale to the public and can be purchased by calling 435 259 2709. Moab ArTTrails is produced with the kind support of the Moab Arts Council, the Moab Arts & Recreation Center, the Moab Art & Recreation Center, Grand County Department of Economic Development, the City of Moab, Grand County Travel Council and the creative grace of a whole host of wonderful artists, contributors, foundations, arts lovers, civil servants, planners, community builders and friends.

The 2nd Annual Sculpture Exhibition installation 2018 begins at 9:00 am Saturday the 13th, and there will be a Musical Art Stroll with the Artists speaking about their work that afternoon. The ArTTstroll will embark from The Red Rock Arts Fest at the Moab Arts and Recreation Center on Saturday at 2:00 pm. DanceWalking might happen while appreciating the new art, thanks to the rolling musical accompaniment of DJ Sparklefists.



The public rotating art program was inspired in part by a regional artist and colleague of Dunton's. In 1984, Palisade, Colorado Artist Dave Davis established 'Art on the Corner', Grand Junction Colorado's annual rotating outdoor sculpture program. Considered the first of its kind in the country, the program has inspired hundreds of community art programs including Moab ArTTrails. In honor of Dave Davis' lifetime contribution to public art, one of his sculpted works will be displayed in his memory for the 2018-2019 Moab ArTTrails 2nd annual Exhibition.

With the combined generous support of individuals, municipal leaders and organizations such as Moab Trails Alliance, the Moab Arts Council, My Good Fund, George S. and Dolores Doré Eccles Foundation and the Val A Browning Foundation, Moab ArTTrails Exhibition Program began in 2016 with a major gift of 4 large scale stone and steel works, 'Forces At Play', by Michael Ford Dunton. These permanent works welcome visitors today from the historic Moab Crossing, at the Colorado Riverway Bike and Pedestrian Bridge. Moab ArTTrails conserves the community's cultural and economic health through the exhibition and acquisition of enduring public artworks that connect beauty, people and place on shared trails through time. Moab ArTTrails operates under the aegis of the Moab Arts Council as a 501c-3.



The Keepers

Dan Toone from Taylorsville, Utah



I enjoy taking the normally rigid and structural steel and turning it into smooth unrestrained flowing lines, shapes, and forms. Many of my pieces have begun with a found object or a fall off piece from another project. Something about the shape and form will attract me and from there, I begin to create. As I work with the patinas, I am always amazed at the individual personality that comes out in each piece of steel. The rusted steel alongside stainless steel or aluminum, compliment each other and together they create a pleasing contrast of color, form, and texture."



Moonstruck East 100 North
Media: Aluminum and Steel
Dimensions: 73" h x 80"wx24"d
\$6200

I originally did this piece with just the aluminum. The circular shape over the point reminded me of a sun or moon coming over a mountain. I decided to add the steel piece that had been rusted. It gives it more color and I like the sharp angles in it.

To purchase call 435-259-2709

Envisage, 100 E. between 100 North and Center Streets

Media: Steel / Stainless steel
Dimensions: 120"h x 72"w x 20"d
\$14000

Envisage was made from fall off pieces from another sculpture. Quite often the fall pieces are as interesting in shape and form as what you are cutting out. I like combining steel that has a rust patina with a polished piece of stainless steel. I like the contrast it makes.

To purchase call 435-259-2709



RED ROCK ARTS FESTIVAL
CELEBRATING LAND-INSPIRED ART

MON, OCT. 8 - SAT, OCT. 13, 2018

MON, OCT. 8 • 6PM • KICK-OFF EVENT
Jack Cimo Classical Guitar Concert & Meet the Plein Air Artists Reception

12-9PM • TUES, OCT. 9 - SAT, OCT. 13
Plein Air Landscape Paintings Art Display & Sale

TUES, OCT. 9 AN EVENING OF DARK SKIES
7pm Nocturne Painting Competition Reception
7:30pm Dark Skies Storytelling with Boldly Went

WEDS, OCT. 10 • 8PM • JUST FOR FUN!
Sketch Crawl + Pub Crawl with Katrina Lund
Meet @ the MARC, Visit 98 Center, Eddie McStiff's & Woody's

FRI, OCT. 12 • 7PM • SEE ALL THE PAINTINGS!
Arches Painting Competition Reception & Open Mic

SAT, OCT. 13 • 12-7PM • STREET FEST!
MUSIC • CRAFTS • FOOD • BEER • ARTWALK

ALL EVENTS LOCATED AT THE
MOAB ARTS & REC CENTER • 111 E 100 N

REDROCKARTSFESTIVAL.COM

Gourd Happenings

For A Gourd-geous Day—Come to Castle Valley!

By Tricia A. Ogilvy

The leaves turn colors, the chill is in the air, pumpkins abound. It's fall—and what better way to celebrate than in Castle Valley at the annual Gourd Festival on Saturday, October 20th! Time: 10:00 AM to 3:00 PM.

If you love gourds and gourd art OR if you just want to have some out of the ordinary fun—we're just upstream a few beautiful miles. Give the kids a special day out of town.

Our Gourd Festival is a treat for the senses:



HEAR great music all day.

SEE the ever-popular puppet show- always an original play. The playwright loves the challenge of writing on two levels at once. So adults enjoy the show as much as children. There will be two shows at 11:00 and 1:30.

CREATE your own gourd artwork. There is a children's cabana for painting and a separate adult section for woodburning. Take your memento home with you—at no charge. In other words: FREE! FREE! FREE! In fact, the whole festival is free.

TASTE authentic mate, the South American drink out of, what else?- a GOURD!

CHEER for "Gourdy", the gargantuan gourd man and Grand Marshall of the parade at NOON.

DELIGHT in the unveiling of this year's "Gourdess" or Gourd Goddess. Her identity is a secret till she walks the festival parade! Each year our Gourdess creates her own costume out of gourds! Who will she be wearing?

WONDER at the inner sanctum of our mystical teepee. Gourd Mystics will reveal your fortune or inner potential using special gourd cards.

LEARN about gourds, their many types and their long history of uses and art. The History Tent has many examples

from around the world.

Our Gourd Festival's own history is also featured. It is fun to look at items from previous Gourdess costumes.

THRILL at your children's happiness upon having their faces painted by artist, Carol Delaney. Choose from her many animal pictures or bring an animal picture of your own and watch your kid transform into a lion, tiger, kitty, reptile or guinea pig! No kidding, this is the best face painting in the West!

BUY raw gourds from our vendors or TREAT yourself to a finished gourd art piece. The craftsmanship of our artist vendors is second to none. Artisans from many states come to sell their work. If you've never seen gourd art, it will amaze you. OR buy any shape of gourd and try your hand at your own masterpiece. Raw Gourds make great fall decorations!

EAT Redcliff's chili and a potluck meal made by all our visitors and you! Just bring your favorite potluck dish to the firehouse and then you can join the feast. *But please, if you want to have lunch- we need you to bring food so there will be enough for everyone.

Our fire department will be on hand to teach people about "firewise safety."

FREE – our festival is free to everyone. We would love to see you here on Saturday, October 20th. ** Note--Please leave your furry friends at home. Dogs are not allowed on the town lot.



DONATE – Please - The Castle Valley Gourd Festival cannot go on without your donations. Thank you!

And be sure to mention that you read about it in *Moab Happenings*.



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Retail Happenings

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Women's styles include beautifully tailored blazers, fitted contemporary jackets and ribbed puff leather vests. These sumptuous lamb jackets and vests feature special attention to stitching detail, and are offered in black, brown, nude, and rich red. Our men's jackets come in a variety of styles in lamb and cow skin. Some feature zip out knit front chest protectors and collars, while others have detachable sherpa collars. The cotton linings of



our authentic bomber jackets feature schematics of aircraft. We also carry vintage bomber jackets with genuine WWII insignias and patches.

A good quality leather jacket will become a dear friend as it is built to last and to age beautifully with you. Modernize your wardrobe! Wear one with jeans for casual events, or add it to the ensemble you wear to the most sophisticated event on your calendar. Appropriate for all ages, these jackets have a "cool factor" which has not decreased over the last 100 years.

Leather jackets have a long and complicated history, stretching from the first flight jackets of the early 1900's through those worn by the stars of the



silver screen and rock bands. During WWI, brown leather flight jackets were worn by the early military aviators. The first non-military style arrived in 1928: a motorcycle jacket designed for Harley Davidson. The bomber jacket, heavily insulated and warm, appeared during World War II. Women, including aviator Amelia Earhart, began appearing with their own leather jackets in the 1930's. Between then and now, we've seen leather jackets everywhere from "The Wild One" to "Top Gun," on motorcyclists as well as off-duty super models. Sometimes an emblem of heroism, sometimes of rebellion, both beautiful and functional, leather jackets are always cool!

Come on in and see Redtail's fine leather jackets. Our selection will make your choice easy! 23 N. Main Street, 435-686-2582. Open daily 9-8.



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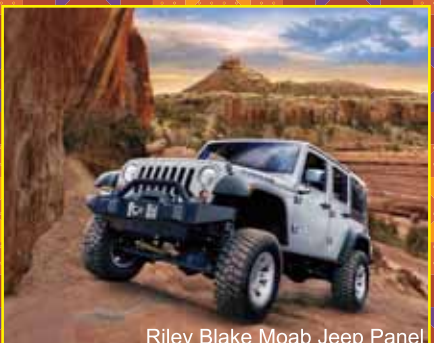
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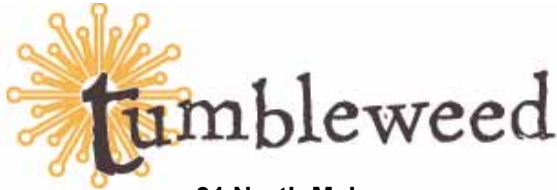
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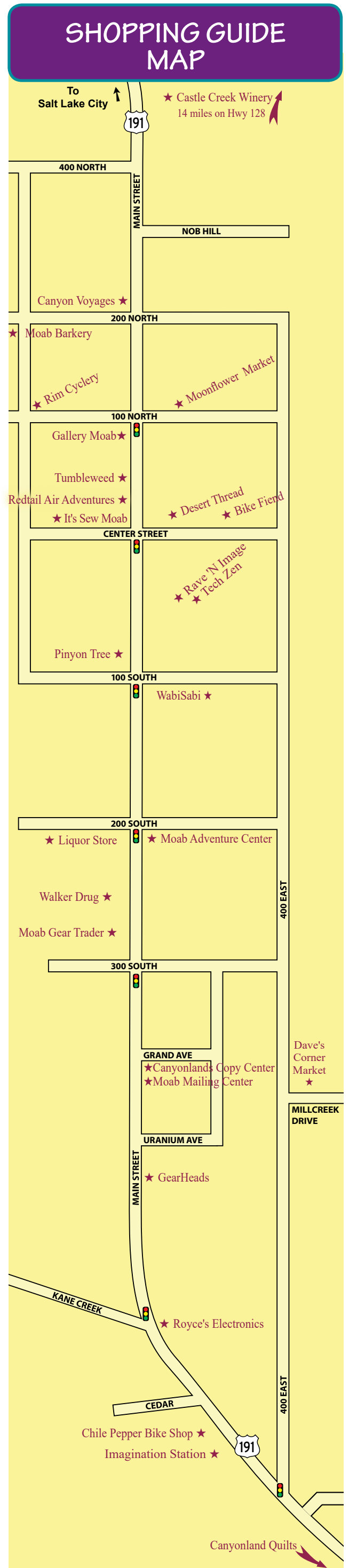
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Dark Sky Happenings

Celebrating Our Night Skies

by Crystal White, Night Sky Ranger at Dead Horse Point State Park

It's time to celebrate! Let's revel in our view of the Universe beyond this blue planet we live on. Moab is fortunate! We have such a stellar view of the night sky while most of the human population cannot see much above from living under the sky glow found within major cities. The dark sky conservation movement took hold in Utah in 2007 and really picked up steam in 2014.

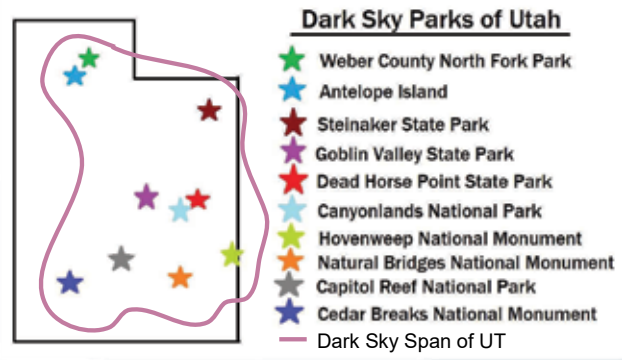
With the creation of the program International Dark Sky Places by the International Dark Sky Association (IDA) in 2001, Natural Bridges National Monument became Utah's first International Dark Sky Park in 2007. It would be seven years before Hovenweep National Monument became the next park to join the ranks in 2014. Then, a flurry of parks was designated in 2015: Canyonlands National Park, Capitol Reef National Park, and Weber County's North Fork Park. They were followed closely by 2016's Dead Horse State Park's and Goblin Valley State Park's designations. In 2017 two more parks followed suit in becoming designated: Antelope Island State Park and Cedar Breaks National Monument. This year, Steinaker State Park and the City of Torrey, UT were designated as well.

Why is this a reason to celebrate? Each International Dark Sky Place has to make a commitment to IDA and follow through on that commitment to remain a Dark Sky Place. This agreement is pretty intensive. The area must monitor their night sky quality to make sure the quality does not degrade due to artificial light at night. They must make changes to their exterior light to use light only when and where needed, and with low wattage, warm colored bulbs in a fully

shielded fixture which directs light downward. Dark Sky Places also agree to work with neighboring land owners to promote dark sky conservation. Educational programs on the effects of artificial light at night and the importance of dark sky conservation are also agreed to. So why celebrate? All of Utah's International Dark Sky Places have made these agreements which means this huge swath of Utah's night sky will be protected, ensuring future generations the opportunity to view our incredible views of the Universe beyond. So let's all get out underneath a blanket of stars and enjoy our splendid night views with a bit of celebration!



Dark Sky at Dead Horse Point by Bettymaya Foott



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.

OCTOBER SUNRISE & SUNSET TIMES

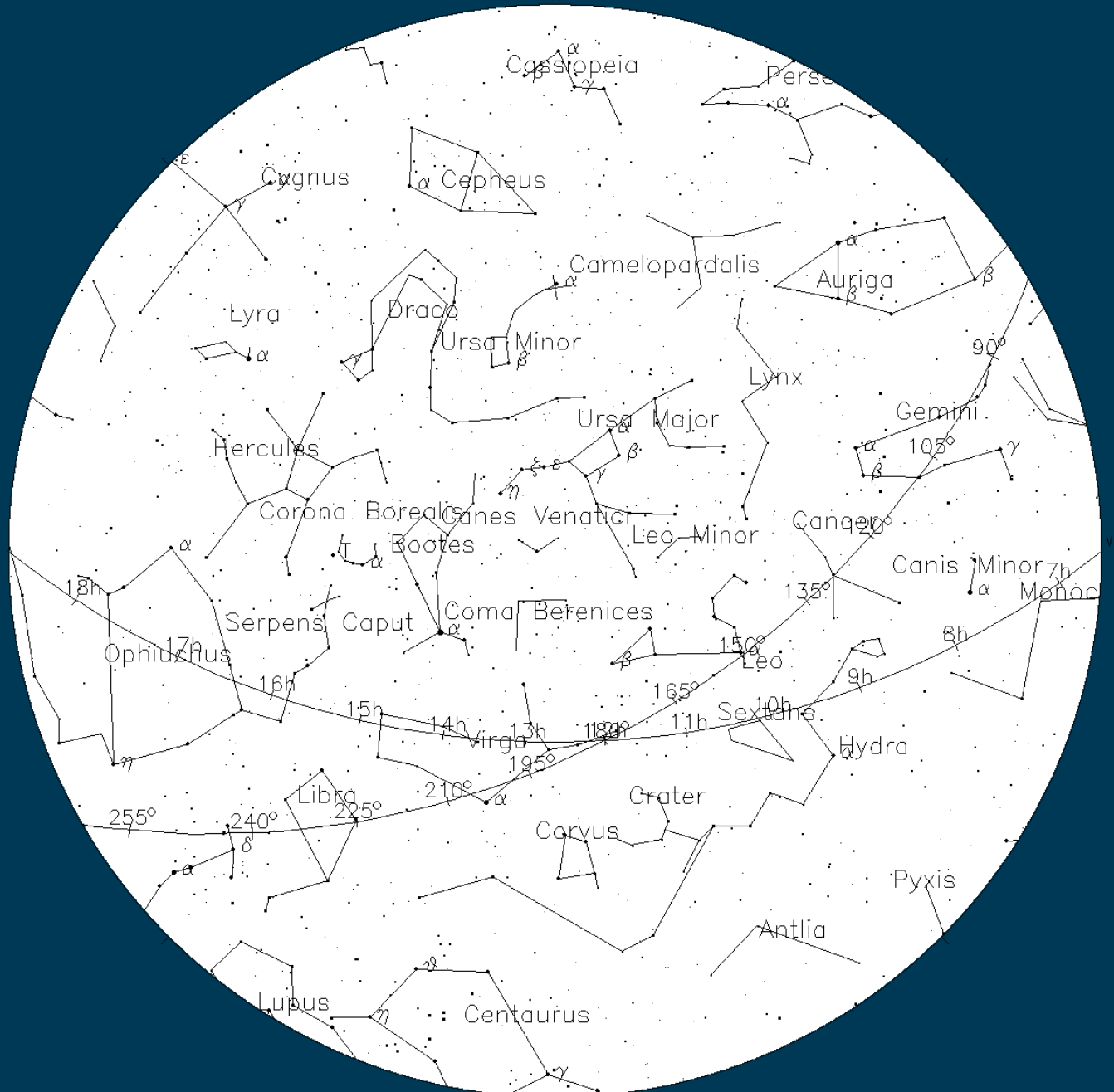
(The time of sunrise and sunset assumes a flat horizon. Actual time may vary depending upon the landscape.)

DATE	SUNRISE	SUNSET
1	7:14 am	7:00 pm
2	7:15 am	6:58 pm
3	7:16 am	6:57 pm
4	7:17 am	6:55 pm
5	7:18 am	6:53 pm
6	7:19 am	6:52 pm
7	7:20 am	6:50 pm
8	7:21 am	6:49 pm
9	7:22 am	6:47 pm
10	7:23 am	6:46 pm
11	7:24 am	6:44 pm
12	7:25 am	6:43 pm
13	7:26 am	6:42 pm
14	7:27 am	6:40 pm
15	7:28 am	6:39 pm
16	7:29 am	6:37 pm
17	7:30 am	6:36 pm
18	7:31 am	6:35 pm
19	7:32 am	6:33 pm
20	7:33 am	6:32 pm
21	7:34 am	6:30 pm
22	7:35 am	6:29 pm
23	7:36 am	6:28 pm
24	7:37 am	6:27 pm
25	7:38 am	6:25 pm
26	7:39 am	6:24 pm
27	7:40 am	6:23 pm
28	7:41 am	6:22 pm
29	7:42 am	6:20 pm
30	7:43 am	6:19 pm
31	7:44 am	6:18 pm

MOON HAPPENINGS

Oct 16 - First Quarter at 12:01 pm
Oct 24 - Full Moon at 10:45 am

North



Nature Happenings

The Colors of Autumn

By Damian Fagan

The autumn season in Canyon Country is marked by changing temperatures, shortened days, and the sometimes-subtle transition of leaves to their fall colors. These weather-dependent foliage changes may be prolonged through October, adding more beauty to an already colorful landscape.

Most deciduous shrubs and trees lose their leaves in the fall. These plants have adapted to dropping their leaves in the fall and shutting down the photosynthetic pathway for winter. During this transition, the green chlorophyll pigments in the leaves break down and unmask other pigments that turn the leaves yellow or red. These pigments are slower to breakdown than the chlorophyll, thus the colorful leaves remain on the plant for a while. As the leaves change and age, an abscission zone forms near the base of the leaf's stem, eventually severing the leaf and causing it to fall away.



In the canyons, look for Fremont's cottonwoods lining the drainages. Bearing shimmering golden leaves these hardy trees may hold their color long past Halloween. But when the temperatures drop, so do the leaves – at times in a cascade of shedding. The cottonwoods slumber through the winter, their furrowed bark and gnarled limbs exposed to the elements.

Willows, netleaf hackberry, and single-leaf ash grow alongside or nearby to the cottonwoods and may also lose their leaves after they turn a light yellow. Sometimes the withered leaves remain attached, unwilling to let go and litter the canyon floor. Many Canyon Country residents suffer this same fate, giving up fall for the icy chill



of winter is a reluctant proposition.

In the mountain foothills there is a brushy habitat layer that extends above the pinyon-juniper woodlands. The shrubs in this mountain-brush habitat may form a mosaic of colors, randomly splashed across the landscape. Mountain mahogany, wild rose, serviceberry, three-leaved sumac, and Gambel's oak dominate this colorful palette. These deciduous shrubs mix with sagebrush, bitterbrush, and grasses creating a kaleidoscope of colors in its prime. The oaks may hold some



of the brown leaves through winter, while sagebrush and bitterbrush leaves that remain on the branches may be eaten by mule deer, elk, and other creatures.

Higher up in the mountains, vast swaths or narrow stringers of aspen trees explode in gold. "There's gold up in them thar' hills" may refer to gold minerals the miners found years ago, but it is also an appropriate expression to describe this spectacular sight. A rare find would be a red



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



aspen leaf set against this golden canvas.

In addition to the changing leaves, a few late wildflowers may also add color to the land. Rabbitbrush, also known as chamissa, and snakeweed are a couple of different Sunflower family plants that bloom well into fall. Bearing yellow flowers, these shrubs form a "ground cloud" of gold and attract late-season pollinators such as butterflies or beetles before the killing frost dooms these creatures.



Throughout the fall, burnt-sienna cliffs and turquoise hills form the backdrop to this colorful leafy progression. Like the autumn leaves, occasionally a cliff edge exfoliates or an arch loses its strength and collapses into a pile of rubble. These transitions may occur during autumn, a time of constant and colorful change.

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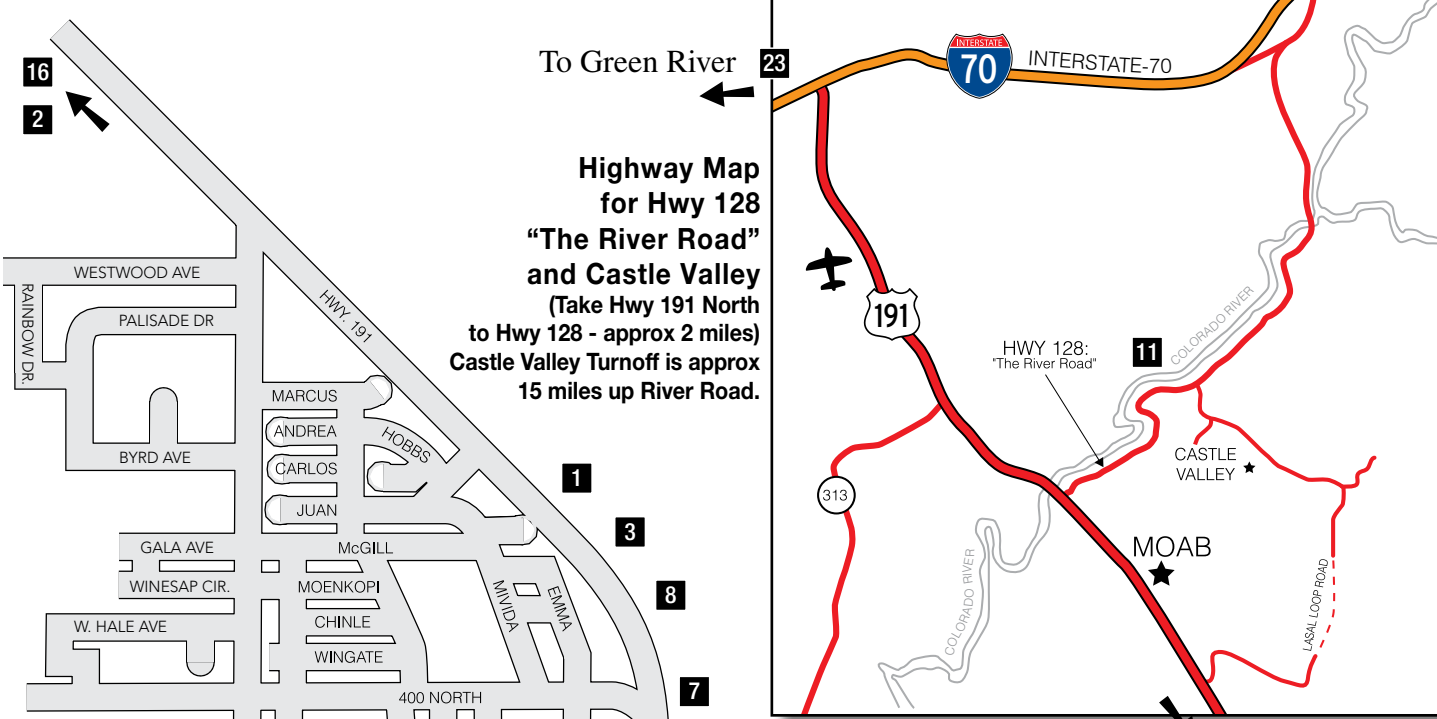
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Highway Map for Hwy 128 "The River Road" and Castle Valley

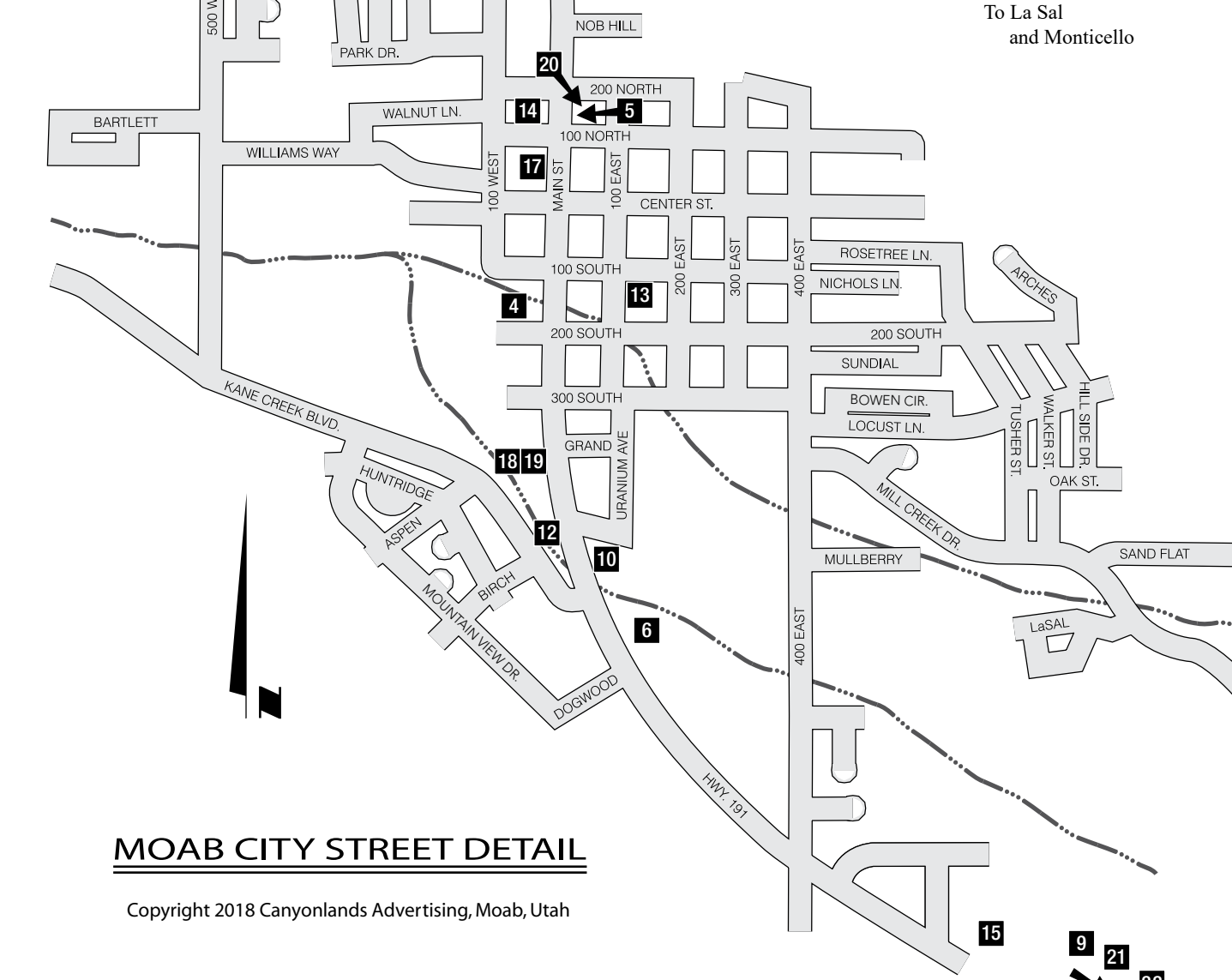
(Take Hwy 191 North to Hwy 128 - approx 2 miles)
 Castle Valley Turnoff is approx 15 miles up River Road.



To Green River

To La Sal and Monticello

MOAB CITY STREET DETAIL



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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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14



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- Guest Laundry
- Centrally Located Downtown
- Bike Friendly Rooms

168 N. Main Street Moab, UT 84532
435-259-6147
www.expeditionlodge.com

20



- Close to Downtown
- Kitchenettes
- BBQ area
- Pool
- Laundry
- Internet
- Bikes ok in room
- Recently remodeled
- Adjacent to bike path

Quiet Off Main Location



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www.moabrusticinn.com

13



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8

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10



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9

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Haley (Phone/Text)

480-586-5942
Zach (Phone/Text)

9



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Camping Happenings

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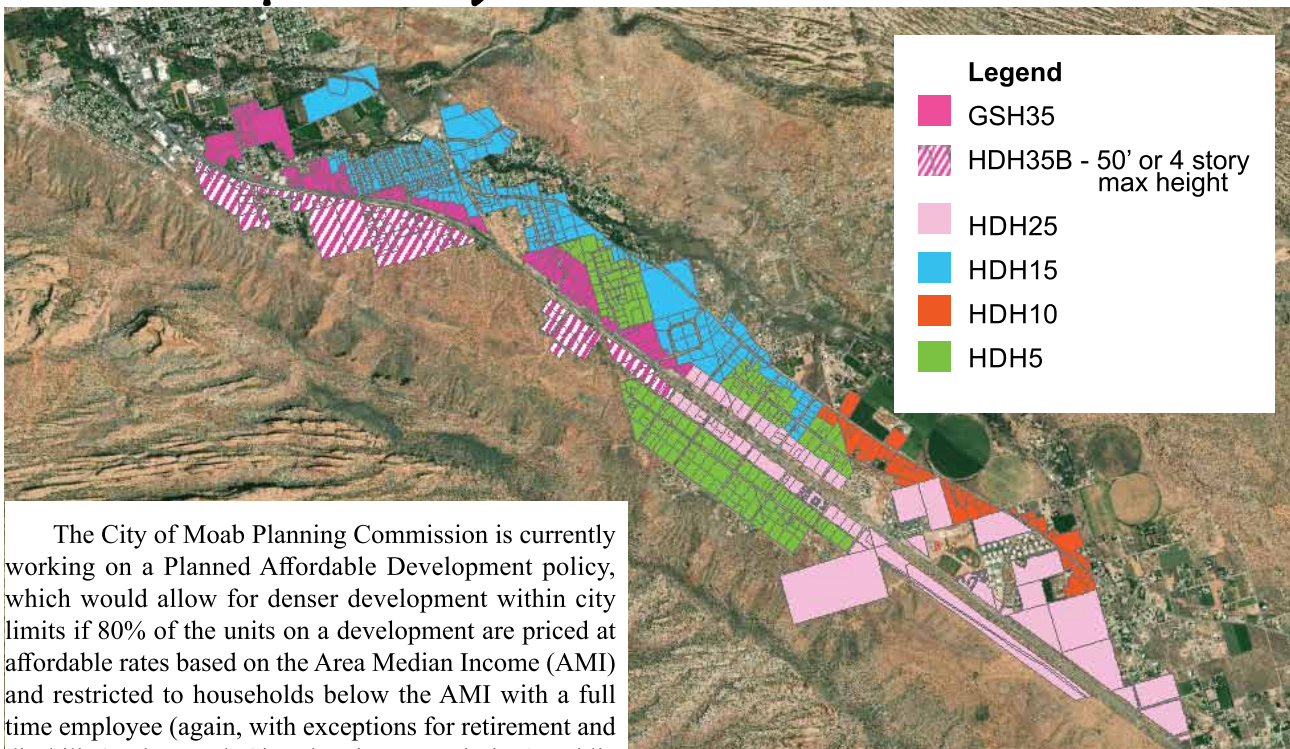
Assured Housing Policy - Public Input Requested

by J.D. McClanahan

The next couple of months have a lot in store for housing policy in the Moab area, in both the city and unincorporated county. The American Community Survey estimates that 29% of Grand County households are "cost-burdened", which means they pay over 30% of their monthly income toward housing. High housing costs can have a wide range of negative effects on individuals in our area and the area at large, from putting stress on a stable home environment to making it difficult to attract high quality public servants like teachers, nurses, emergency personnel, and other important (if not high-paying) jobs. The variety of approaches being proposed in the coming month provide several ways to address this important issue.

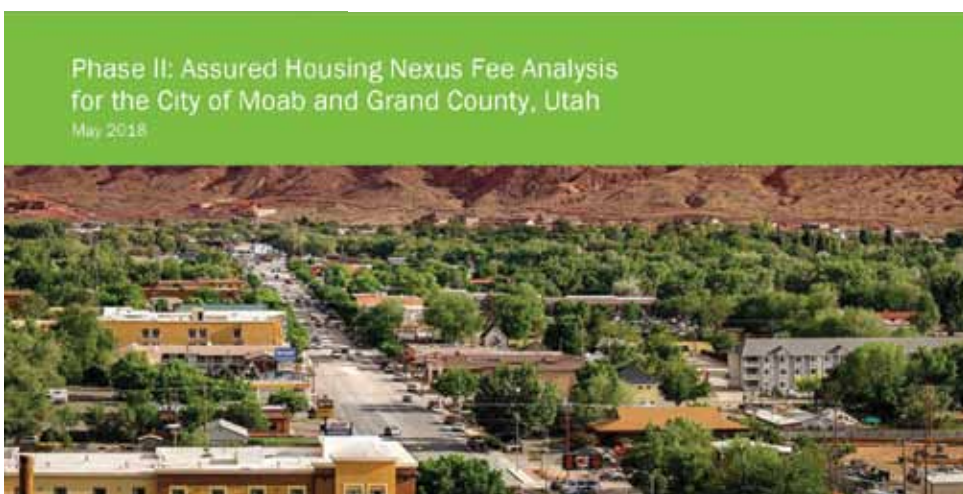
Moab and Grand County are pursuing similar "assured housing" policies, which would charge a fee on any new overnight accommodation developments (hotels, as well as residences or condos developed for short-term rental) that are built. These fees would contribute to affordable housing-specific funds within the two governments. Both governments are on a timeline to pass the policies, by November 22nd in Moab City, and December 9th in Grand County, so that applications from the last six months will also have to pay the fee. Since the city and county councils will ultimately decide whether to pass the policies, the planning staff and commissions will be working on drafting and holding hearings in the time leading up to the deadlines, and we urge the public to reach out in this time in order to have the best possible policy when the councils vote.

The Grand County Planning Commission held a public hearing on September 25th, on their High Density Housing Overlay proposal. This policy allows for denser than currently zoned residential development in select portions of Spanish Valley, if 80% of the units of a given development are only allowed to be occupied by households who are primary residents of Grand County and are actively employed in the area (with exceptions for retired members of the Grand County workforce and the disabled). Following the public hearing, the final version of the policy will be voted on by the planning commission, with their recommendation passed on to the county council for their vote, with the process coming to its conclusion in October or November, depending on meeting scheduling. Detailed information on the policy is available at <https://arcc.is/0q9jnz>.



The City of Moab Planning Commission is currently working on a Planned Affordable Development policy, which would allow for denser development within city limits if 80% of the units on a development are priced at affordable rates based on the Area Median Income (AMI) and restricted to households below the AMI with a full time employee (again, with exceptions for retirement and disability). The Moab City planning commission's public hearing for this policy will be held in late October.

While firm meeting dates are lacking as of the writing of this article, we urge the public to contact the planning staff and commissions of both governments (at moabcity.org or 217 E. Center Street for city, and grandcountyutah.net or 125 E. Center Street for county) for further information or to provide feedback. Meeting dates will be posted in the public announcement section of the Times-Independent, as well as at utah.gov/pmn, where you can subscribe to email alerts when announcements are made. Together, we can contribute to make the Moab area the best possible home for all of its residents.



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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

125 E. Center St.
Moab, UT 84532

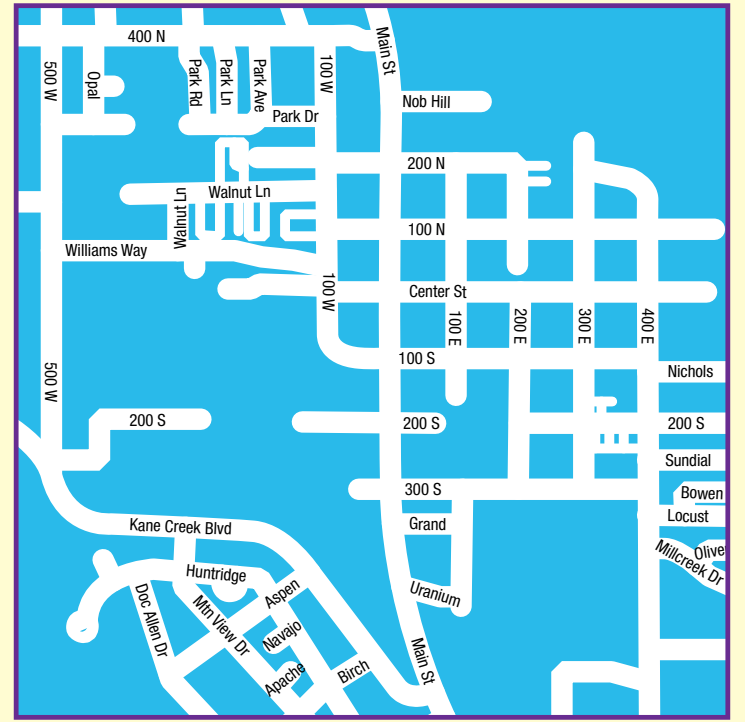
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Canyonlands Fellowship 111 East 100 North	435-260-2434
Church of Jesus Christ of Latter-Day Saints	
First & Second Wards 475 West 400 North	435-259-5566
Third, Fourth & Fifth Wards 701 Locust Lane	435-259-5567
Community Church 544 MiVida Drive	435-259-7319
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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Mountain Bike Happenings

The Best Bike Demo Event in the Universe

The Moab Fall Outerbike event, which runs from October 5 - 7, 2018, allows participants to test ride all of the latest and greatest bikes and gear on the world-class trails of Moab, Utah. For four days, the world's premier bike and gear manufacturers will set up at the Outerbike expo site. You can browse the latest innovations, pick a bike you'd like to try and take it for a ride. Repeat as needed.

Outerbike is a consumer demo event dedicated to helping riders pick their next bike. With changes in sales channels and continual improvements in design and technology, cyclists need to test ride bikes on real trails. Outerbike was started in 2010 by Ashley Korenblat and Mark Sevenoff, owners of Western Spirit Cycling. They've added events in Whistler British Columbia, Crested Butte, Colorado and Bentonville, Arkansas, but the Moab event is where it all began.



There's three ticket options depending on what you're interested in:

Full Demo: The whole shebang! 3 days of bike demos, 3 delicious lunches, shuttled rides, access to all Moab Brand trails, prizes & contests, parties, and beer for 2 evenings at the event! \$240

BYOB: NO bike demos with this pass. If you are certain there is no better bike than the one you own and you feel guilty even thinking about riding another, this is the ticket for you. Bring Your Own Bike to Outerbike, enjoy the



shuttled rides, access to all Moab Brand trails, 3 delicious lunches, prizes & contests, parties, and beer garden. \$190

Social Card: NO bike demos or shuttled rides with this pass. Do you or a friend want to come to Outerbike but not ride bikes? The Social Card gives access to all 3 days of Outerbike events (except bike demos & shuttled rides) and

enjoy the perks of Outerbike including 3 lunches, parties, and beer both afternoons. \$85

"I know a great event and vibe when I see it. From the beginning Outerbike has managed to keep it all about riders who want to demo bikes. Outerbike is the best. There are other great independent events but few/none of them are as consistent year over year," said Jordan Huckee from Orbea.

"We love the Outerbike events. They stand alone as a way for us to work directly with consumers. Outerbike is our favorite event," says Ken Miner, Director of Sales Haibike USA.

Exhibitors confirmed for Moab Fall 2018

Bosch eBike Systems, Bulls Bikes USA, Canyon Bicycles USA, Competitive Cyclist, Conation Collective, Continental Bicycle Tires, Cycles Devinci, Escapod, Esker, Evil Bikes, Fasst Company, Fezzari Bicycles, Floyd's of Leadville, G-Form, Giant Bicycles, Haibike, Honey Stinger, Ibis Cycles, Jamis Bikes, Kali Protectives, Krueger Outdoor, Kona Inc., Magped North America, MRP, Niner Bikes, Norco Bicycles, Obrea, Osprey Packs, Pivot Cycles, The Pros Closet, QARV Imports, Rocky Mountain, SCOTT Sports, Shimano North America Bicycle, Specialized, Spot Bikes, SRAM, Surf and Turf Instant Shelters, Tailwind Nutrition, Transition Bikes, Underground Bike Works, Whitefish Bike Retreat, Why Cycles, Yeti Cycles, YT Industries

For more information, or to speak with Outerbike staff, email outerbike@westernspirit.com and be sure to mention you read about it in the *Moab Happenings*.

Western Spirit Cycling is headquartered in Moab, UT, and runs multi-day bicycle tours and outdoor events on public lands throughout the country.



Outerbike events so far this year have attracted riders from 46 states and 8 foreign countries. Cyclists start lining up at 7am for the 9am Le Mans-style start into the exhibit area, and while the morning dash to the bikes is thrilling—before the weekend is over, everyone will have had a chance to try a wide variety of models. Several trails right from the Moab BRANDS Outerbike venue give riders a chance to compare bikes back to back on the same trails, while additional rides on nearby purpose built singletrack take place each day. Lunch is served to exhibitors and attendees under the big tent from Outerbike chef Ken Moody and his amazing crew. For this fall's event we've added womens guided rides from SRAM & VIDA/Yeti as well as tech clinics from SRAM. All the details on those as well as links to sign up can be found at www.outerbike.com/moab-fall-2018.

It's Happening in Cortez, Colorado



Register now for the 2018 Ride of the Ancients. See you October 14th!



Visit www.rideoftheancients.com for more information.

Sustainable Happenings

Cycling & Conservation

by Rosemarie Russo

Thanks to all the citizens and businesses that committed to conservation through:

1. Participating in the "Love to Ride" September Cycle Challenge;
2. Joining the free Green to Gold Business Program; and
3. Conducting lighting assessments.

All of the initiatives will reduce air pollution, keep dollars within the community and increase the health and wellness of our community. Love to Ride was a national challenge to increase the number of people that ride either as commuters or for fun. The top rider for Moab was Councilmember,



Karen Guzman Newton – way to "Lead by Example!" Council member Kalen Jones also participated throughout the month. Eve Tallman clocked in the most days commuting and

Didar Charles recorded the most miles biking to work. All participants were entered into an AWESOME prize drawing and collectively reduced 19 tons of air emissions and lost 13 lbs.! If participants continue riding, at least twenty miles per week they will keep \$5,100 in their pockets or bike bags! Nationally 16,994 people registered 2,617,121 miles.

Over the past several month's churches, schools and businesses have been joining the new Green to Gold Program. Participants agree to address their impact through assessments, facility audits, and free training and rebate programs. The focus in 2018 has been water and energy.

This summer partners saved 851,768 kWh that is the equivalent of taking 136 cars off the road for a year or annual CO2 emissions from 68 homes. Please support the partners that are helping to make Moab a more vibrant, healthy community:

For more info on the Green to Gold Program or to schedule a free facility audit, please contact Dr Rosemarie Russo at russo@moabcity.org



Moonflower Co-op & the Moab to Monument Valley Film Commission Present

FILM SCREENING & DISCUSSION OF FOOD FOR CHANGE
The Story of Cooperation in America

STAR HALL THURSDAY OCTOBER 11TH 6PM

6pm : Film Screening
7:30pm : Discussion / Q & A with Filmmaker Steve Alves

Learn more at foodforchange.coop

In celebration of National Co-op Month!

MOONFLOWER CO-OP
MOAB TO MONUMENT VALLEY FILM COMMISSION
WHERE THE GOOD MEETS THE BETTER

"Food for Change is an 80-minute documentary film focusing on food co-ops as a force for dynamic social and economic change in American culture. It traces the film to examine the important historical role played by food co-ops, their pioneering quest for organic foods, and their current efforts to create regional food systems."

Moab Businesses Participating in Green to Gold Program

- ACT Campground
- Adventure Inn
- Arches Electronics
- Aarchway Inn
- Barlow Adventures
- Canyonlands Auto & Mining Supply
- Canyonlands Field Institute
- Canyonlands Copy Center
- Certified Ford & Merc Sales
- Charles Henderson
- Chile Pepper Bike Shop
- Grand Tire Pros
- City of Moab - Art Center, Pool & Sun Court
- Desert Bistro
- DMA
- Duane C Riches
- F & F - Wc City Villas Associates
- F And L Ilc
- Farm And City General Store
- Flyoff Properties Ilc
- Grand County
- Grand County School District
- Grand Hotel
- Hal Cloughley
- High Desert Auto
- Indigo Alley
- J J Wang
- Kay H Osteen
- Knowles Home Furnishings Inc
- La Quinta
- Lee Nails
- Lost River Trading Co Inc
- Lloyd Shafer
- Main Avenue Incorporated
- McElhane Construction
- Mega Blue
- Moab Auto Parts
- Moab Free Health Clinic
- Moab Home Center Inc
- Moab Ice Ilc
- Moab Made
- Moab Side X Side Adventures
- Moab Tour Company
- Moab Valley Fire District
- Monument Waste Services Nations
- Navtec Expeditions Inc
- Nelson Heating And Refridgeration
- Norman Knapp
- Original Red Dirt Shirts
- Arches Repair
- P & D Hardware
- Recycling Center
- Rick's Glass
- Royce Electronic
- Sheri Griffith Expeditions
- Sherry's Country Store
- Slickrock Capital Ilc.
- Times Independent
- T & H Corner Stop
- Back of Beyond Books
- Moab Charter School
- Lema's Kokopelli Gallery
- Turner Lumber
- U S Post Office
- UDOT Region 4
- UMTRA - DOE
- Wabisabi Inc
- Wesco Operating Inc
- Ye Ol' Geezer Meat Shop
- Zions First National Bank

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KZMU Moab Public Radio
106.7 & 90.1 FM



KZMU Sustainability Initiatives: The KZMU station and offices have been powered by the sun since 2008. Our 60-panel array generates more than our share of electrical power 6-7 months out of the year and has removed more than 272,000 pounds of Co2 emissions form the air.

In addition to energy efficiency, we're working with TerraSophia LLC, an ecological design consulting, education and licensed contracting firm, to make the station grounds more beautiful and ecologically friendly. By using carbon sequestering landscaping methods, we are mitigating flammable and noxious weeds while providing a habitat for more native perennials. During a recent landscaping party, KZMU Trustee and Soil Researcher, Sasha Reed lead a small group of volunteers in "planting" biocrust samples behind the station as an experiment in stabilizing the sandy slope and nourishing barren earth.

KZMU is also beginning to take strides to reduce our media waste. As a radio station we are inundated with CDs, padded mailers, packaging materials, and single use paper. We are exploring small changes in our Music Department that can make a big impact in limit waste while also increasing the quality and quantity of music that goes out over our air.

Community Recycle Center

1000 Sand Flat Rd.
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Astrology Happenings

Your Horoscope for October 2018

Mar. 21 - Apr. 20 **Aries** – Keep track of your time. Review your schedule frequently. You never know which learning experiences will come your way. Think about how they make you feel. The planets will bring significant changes and breakthroughs over the next several days. Even last-minute disruptions can't derail your success. Information that seems suspect on the surface may turn out to be much more if you're willing to dig a little deeper. Do not discount anything right away. If you want to be a pioneer, you have to trust yourself and take some risks. Find ways to expand your social circle and attend as many events as you can. It is remarkable what you can accomplish if you just focus. Without any distractions, tasks that have been piling up can disappear in an afternoon.

Apr. 21 - May 21 **Taurus** – Your mind is buzzing like a bee and it can be challenging to find some time to relax. Do not worry, your thoughts will soon put you on the path you need to take. This will be a potent month for you, as you will be called upon to solidify and strengthen others. Help individuals find the power of their purpose. If faced with a few different scenarios, do not immediately pick the path of least resistance. Sometimes the best reward is earned with some sweat equity. Do not worry about pleasing everyone. Doing so is impossible and will zap you of the energy you need to devote to those who truly matter to you. Value their opinions. Take the initiative on a project and you could be surprised at just how much that will work in your favor. It's time to get out of the shadows and into the spotlight.

May 22 - June 21 **Gemini** – Some hectic mornings may be on the horizon. Schedule meetings in the afternoon when you are ready and have full brain power in effect. Try stretching yourself creatively. The results can be surprising when you think outside of the box and leave your comfort zone. With confidence, you can succeed. When social engagements seem to be slim pickings, you may have to broaden your social circle just a bit. Try putting a toe into new waters for a change of scenery. You are in an amorous mood this month. Focus your energy on romantic plans. Develop an idea for a dinner as a couple, or a friends' night out with others. After a few early bumps, things will be smooth sailing for you for the remainder of the month. This is the perfect time to kick up your feet and put it on auto pilot.

June 22 - July 22 **Cancer** – Things may seem tight and rigid this month. That just means it is up to you to lighten things up. Consider a few jokes to put coworkers in a good mood. Be more thorough with your communications because someone might miss the memo if you do not get the point across effectively. You don't want to repeat and follow up. Put your money where your mouth is regarding an important issue this month. You must lead by example, and you're fully capable of doing so. If you want to improve your bottom line, you may need to seek the advice of a professional. Make an appointment to see how to better manage your funds. An opportunity to escape the humdrum of the month and really let loose presents itself this month. Just keep your eyes on the prize until that moment arrives.

July 23 - Aug. 24 **Leo** – You need to look at your emotions intellectually this month; otherwise, your feelings may be hard to discern. Think through actions before you put them in motion. Some sunny days are ahead. Make the most of the positive situations you find yourself in, and don't hesitate to share your good fortune with others. Don't let a minor setback derail all of the plans you have been working on for so long. This can be easily remedied with the right people offering their support. Keep close friends close, but see if there are any opportunities to widen your network. Networking is an important skill to master. It could serve you well. A misunderstanding has the potential to alter your course. Take this unforeseen development in stride and things will ultimately work out.

Aug. 24 - Sept. 23 **Virgo** – Prepare for some surprises this month. Processes will be introduced either by you or someone close to you, with interesting results. This is your time to excel. Focus on the significance of an important task that comes your way this month. There is meaning behind this work, and you must discover it. You do not need an engraved invitation to attend an event that could put you in a position of power and influence. Walk into the party with flair and confidence. It is okay to make mistakes if it is a matter of personal growth. Sometimes the most valuable lessons are learned by making a mistake and correcting it. There is always a master plan and sometimes you are not privy to all the information that illustrates that. Be patient until all is revealed to you in the coming days.

Sept. 23 - Oct. 23 **Libra** – Life is going well for you in most respects. But there is always room for a little improvement. Now is a great time to take advantage of good fortune and push ahead. Mischief makers are in full force. You aren't quite sure if you are ready to jump into the frivolity this month. Keep your space until you decide how to proceed. When someone seeks your advice you are always willing to give it. Just do not freely offer unsolicited advice all the time or friends could view it as lecturing. Family ties have you pulled in one direction when you may have your eyes focused in another. With some careful shuffling, you can likely find a balance. Information you received may not have been entirely accurate. You have to parse out the facts from the fiction to get the true story. This may take a little time.

Oct. 24 - Nov. 22 **Scorpio** – This month you are likely working out something important in your mind that can help clarify your emotions. The answer you get may be different from what you expected. Be honest with yourself and others when prompted for feedback. Your honesty will be a feather in your cap, and others will appreciate your straightforward approach. Disagreements can cause emotions to run hot. It is best if you find a cool-down measure so that problems do not escalate - especially this month. Awkward situations give you the opportunity to think on your feet and find amenable solutions to problems. Don't underestimate the advantages of this skill. Something you believe to be irreparable can be fixed after all. This is good news and will spark a beneficial change in your outlook.

Nov. 23 - Dec. 21 **Sagittarius** – Be careful not to overdo things this month. You may want to jump right in to a gym workout or financial project. It's good to be exuberant, but exercise caution, too. Important shifts and movements this month can turn everything you have been working toward on its head. Remain calm and patient to see things through. Take a break this month and reconnect with some of the fun activities that you used to do to amuse yourself. Think like a kid and go to a zoo, aquarium or park. A few changes may be

heading your way. These are nothing you cannot handle with grace. Look for opportunities for growth with anything that comes your way. Learning a new skills is always helpful. Do not be afraid of new knowledge. Embrace all of the information you can get to improve yourself.

Dec. 22 - Jan. 20 **Capricorn** – It is challenging to prevent your temper from getting the best of you sometimes. But hostility is not the way to handle a sticky situation. Unforeseen circumstances leave you feeling a bit weary. You should cling to someone who has his or her feet firmly planted on the ground for support. You're on the cusp of mastering a skill you have been honing for awhile. Use an opportunity this month to celebrate your hard-earned success. Sometimes the best ideas come when you aren't focused on finding solutions to problems. Keep an open mind and all types of different ideas can arrive. Mistakes happen no matter how careful you are. How you recover from the situation is a true indication of the person you are. Show humility and grace.

Jan. 21 - Feb. 18 **Aquarius** – Don't be surprised if one day this month you wake up with inspiration that wasn't there the night before. Keep an eye out for strokes of genius. Build more bridges that give you access to influence. This will help you see plans through at work, and this success will spill over into your personal life. Utilize all of the special skills you have at your disposal. You just may need every tool in your arsenal to get through an upcoming project. This work keeps you busy. Certain things are inevitable. But you can adapt to many different situations and make them work for you. Do not be scared off by larger projects on the horizon. You may have to change your communication tactics when dealing with a particular person. A rift that can be resolved through calm and considerate discussion.

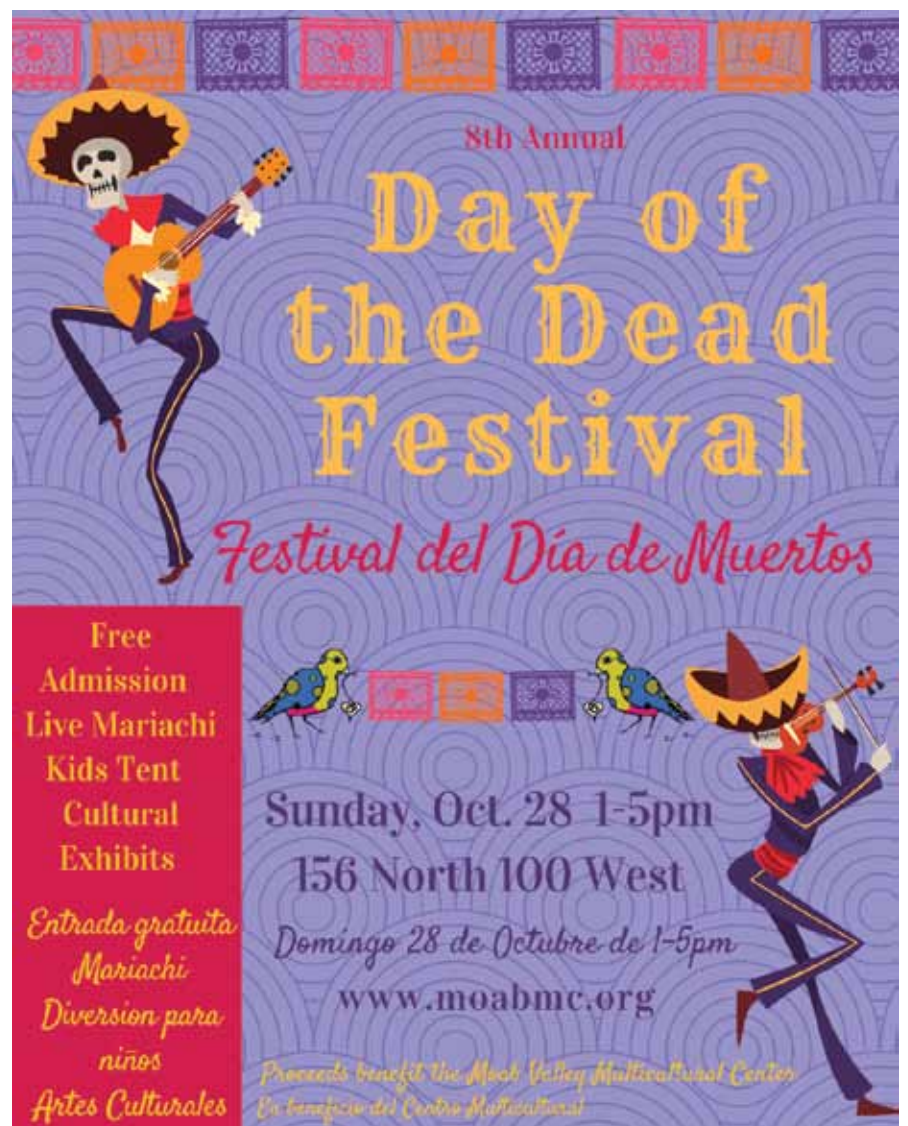
Feb. 19 - Mar. 20 **Pisces** – Sometimes you are prone to acting on impulse. This month you need to align your head and heart on the same plane to forge ahead. Explosive energy can come your way if you are willing and able to welcome it. Others may be inspired by what you accomplish. You may need to take a trip to become fully recharged. New experiences and new sights can be good for the soul. Channel your creative energy into something lucrative this month. This may be just what you need to turn a passion into a career. It may take a little time, but with patience you can tackle a difficult project that has had you bogged down. Don't procrastinate.



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www.moabmc.org

Proceeds benefit the Moab Valley Multicultural Center
La beneficio del Centro Multicultural

Radiothon Happenings

Community Radio Is Alive!

Fall is always an exciting time for KZMU Moab Community Radio, and this year is no different. It's time for our fall pledge drive, Radiothon. The time when we ask our amazing community of listeners in Moab and around the world to reach deep in their pockets and give a little, or give a lot, to keep free form, grassroots radio alive and well in Southeastern Utah.

KZMU is rounding the corner of our 26th year providing unique musical entertainment of good merit, volunteer opportunities, public services announcements, simulcasts from events, and so much more. While maintaining our usual offerings, KZMU is working hard to provide new, fresh elements of programming and to boost our community presence. Here's what's happening at KZMU:

Local partnerships: for 26 years, KZMU has partnered with local agencies like Moab Music Festival, Moab Folk Festival, Back of Beyond Books, and WabiSabi Thrift Store. Through these partnerships, KZMU has been able to provide its members and listeners with simulcasts, free concerts, exclusive artists interviews, live in-studio performances, and so much more. We'll have our tent and KZMU swag at the Moab Folk Festival on Saturday November 3rd and Sunday November 4th. Stop by and say hello!

KZMU News & Public Affairs: On April 2nd, KZMU aired the first broadcast of the KZMU News. In the short time that has passed, Molly Marcello, our News & Public Affairs Director has written, recorded, and produced more than 100 five to ten minute broadcast for our airwaves, covering important local events like the Cinema Court Fire, ICE raids, sustainability issues, local elections, and more. A KZMU News story was recently featured on Utah Public Radio and every broadcast is now available as a podcast on iTunes.

In addition to the KZMU News, our other public affairs programs have taken off:

What's Goin' On airs on alternating Mondays at 4 PM and is hosted by Mayor Emily Niehaus with her son Oscar. Together they cover everything from Moab City happenings to what's for lunch at the local elementary school.

ArtBeat brings you interviews and news about the arts, both local and regional, every Friday at 12:30 PM. KZMU wishes to thank Meg Stewart for hosting the show for over a year and for enlivening into the arts sector in Moab. We also want to welcome Ruth Linford to the fold as current ArtBeat host.

Radio Book Club continues to bring author interviews to the airwaves featuring exciting exclusives with world-renowned artists like Jamie Bernstein, Craig Childs, Dar Williams, and more. Former Manager Marty Durlin spearheaded this partnership with Andy Nettell and Shari Zollinger of Back of Beyond Books to create informative and unique programming that furthers our mission to educate, inform, entertain, and delight. Marty has passed the baton of co-hosting duties to Jessie Magleby and Meg Flynn of the Grand County Public Library.

Science Moab, which started in May of 2017, is now available as a podcast on iTunes and Stitcher. The program has been featured on Public Radio International's website homepage as premier content and the show's producer Kristina Young received a Public Programming Award from the Charles Redd Center for Western Studies, a part of Brigham Young University. Keep your ear out for local science-based events in this fall.

Our newest program, **Datura Dialogues** airs every 4th Monday at 5 PM and is hosted by Steph Hamborsky, Moonflower Community Coop's Community Outreach and Events Coordinator. The program features conversations with local and visiting professionals related to the holistic wellness of our community.

This Week in Moab, hosted by Christy Williams-Dunton and Howard Trenholm, continues to bring interesting, relevant conversations surrounding civics and community concerns to the airwaves.

A Post-CPB KZMU: KZMU has now completed two years without support from the Corporation for Public Broadcasting. They defunded us in October 2016, deeming the station "too small to survive." Though fundraising in a small community can be challenging, you have risen to the challenge and helped us thrive and grow. Thank you for your contributions to KZMU! We truly depend on you.



Now that you have a picture of what's happening at the station, here's the run down for Fall Radiothon...

- Just the facts:
- We begin on Friday, October 12th and go through Saturday, October 21st.
 - The Bright Orange KZMU Tent will be at City Market Friday October 12th, and Sunday October 14th – 20th from 10 to 6 PM.
 - On Saturday, October 13th, the KZMU tent will be at the Red Rock Street Fest, (100 N, 100 W) from 11 to 7 PM.
 - Our goal is \$35,000. This is what KZMU needs to keep going for the next six months.

A membership is \$35 each Radiothon. As a way of saying THANK YOU for your contribution, KZMU offers a wide array of premiums to choose from. In addition to the items listen below, there are many unique premiums donated by the community, but you'll have to listen to hear what we have. Membership also gets you discounts at KZMU events throughout the year, along with special invites.

KZMU T-shirt - You will be able to choose from a wide array of up-cycled shirts from WabiSabi Thrift Store, or choose a new long-sleeved or short-sleeved shirt.

KZMU tote bag - The perfect alternative to a plastic bag during a quick run to the grocery store or coop. Pledgers can choose from a new canvas bag with a screen printed design, or an up-cycled Tee-Tote made from vintage retired KZMU tee-shirts.

KZMU Hat - Back by popular demand, we'll have olive green 5 panel hats with the KZMU logo embroidered on front.

KZMU socks - Orange and slate grey, these socks are made from "TURBOWool" which is described as a "deluxe wool blend are 5x stronger than Merino wool alone." Wowza! These socks are perfect for shoe gazers (get it?)

KZMU - Moab Community Radio 90.1 & 106.7 FM



P.O. Box 1076 • Moab, Utah 84532

on-air studio: 259-5968 • office: 259-8824

contact us: www.kzmu.org

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00								7:00
8:00	Native Spirit (First Nations)	EARLY MORNING		Art of the Song	EARLY MORNING		Desert Diva (dance, pop)	8:00
9:00		National Native News 7:55am DEMOCRACY NOW						9:00
10:00	Jah Morning (reggae, dub, roots, rocksteady)	Moab Mamas Morning Blend (everything)	Amarillo Hwy (alt. country, alterna-twang)	Tilted Park (Americana classic rock)	Rocketship Radio (new mix, indie)	Return to Indie Mountain / Indie Monster (indie, alternative)	Shine Time (children, eclectic)	10:00
11:00					Take it or Leave It (call in / advice)			Science Moab
Noon	KZMU News					KZMU news & Earful ArtBeat (news/arts)		Noon
1:00	Grass is Greener (bluegrass, folk)	The Skye's the Limit (rock, blues, jazz)	Radio Mmm... / Radio Mmedicine Wheel (indie, folk, and rock)	Horizon Line (modern chill)	River Run Radio (New Orleans Jazz, mix)	1-2-3 (funky world soul)	Uncovered Remix / Lady J Variety Show (covers, decades)	1:00
2:00		I Can Hear Queerly Now (queer, woke, indie, alternative)	Reverb Room (post-punk revival, neo psychedelia)	Manteca (pan american, cumbia)	Dream Soup (new mix, indie, eclectic)			2:00
3:00	Entre Las Piedras (norteno new mexico rock & roll)	Alternative Radio / What's Goin' On (news/talk)	Pirates & Poets / Hystereo (americana, folk, world, women's mix)	Weds. Drive Time (new, alternative, and across the Pond)	Heart Beats (hip hop, soul, instrumental)	Fire on the Mountain / Heart & Soul (dead, jam, classic rock)	Belagaana Review (fruit and nuts)	3:00
4:00								This Week in Moab (interviews / calendar)
5:00	Bach & Beyond (classical, interviews, Moab Music Festival)	National Native News 5:55pm DEMOCRACY NOW					The Water Line (psychedelic rock & pop)	5:00
6:00	KZMU News					6:00		
7:00	Kokopelli Coffeehouse (acoustic, folk)	Big Swing Face (big band jazz) The Watering Hole (blues, rock)	Thee Detroit Rebellion (garage, fuzz, lo-fi)	Thin Edge (jazz)	Rock Wasteland	Pressure Drop (weekly wind down)	Ill Beats Radio (hip Hop)	7:00
8:00								8:00
9:00	Atlas 1984 (retro synth future)	Operation Punk Subversion (punk vinyl)	Conscious Party (ska, punk, native, rock, dub)	Polyphonic (electronic, dance)	Ear Rooster (radio obscura)	Plastic Magic (alternative, rock)	Rock of Ages (hard rock)	9:00
10:00								10:00
11:00								11:00
12:00	KZMU OVERNIGHT							12:00
7 AM								7 AM

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Nov. 2-4, 2018

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- Kathy Mattea
- Amy Helm
- Ellis Paul
- Mike Farris
- Penny & Sparrow
- Sam Baker
- Liz Vice
- Hubby Jenkins
- Sloan Wainwright
- Les Poules à Colin
- Mean Mary

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MoabFolkFestival.com



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EVENTS

Volume 30 Number 7

Section B

October 2018

MOAB HO DOWN MOUNTAIN BIKE FESTIVAL



Moab Ho Down Mountain Bike Festival is celebrating its 13th year and we want to see you there! This festival is a non-profit event that raises money for the Moab Bike Park and local trail projects. It is a fun filled four days which includes an Enduro Race at Amasa Back Trail area, mountain bike movies at Star Hall, a huge costume party at Moab



Brewery with music you can shake your bootie to, townie tour, free swag, raffles, jump jam, pump track competition, guided rides and group shuttles. In addition, we will have an E-bike demo happening at Slick Rock bike trail on Friday of the event. Stop by the Slick Rock parking lot and meet our demo truck guys and try out an E-bike on the practice loop.

Mix with various trail projects. Chile Pepper Bike Shop, which puts on the festival, is dedicated to serving the community in



this way and it is our hope that local kids and adults as well as visitors to our area appreciate what the Moab Bike Park has to offer. The City of Moab is in the final stages of installing a bathroom at the bike park and this project is expected to be complete by October 19th, just in time for the festival. Through our efforts of raising money, grants and private donations the bathroom project is finally going to be complete. Yes!

To see a schedule of events or if you would like

to register for the event, please visit www.moabhodown.com. If you are interested in helping to sponsor the Moab Ho Down, please contact Tracy or Steve at Chile Pepper Bike Shop at 435-259-4688.

The Moab Ho Down MTB Festival is a great way to wind down the fall season by riding bikes to raise money for a great cause while enjoying Moab's beautiful October weather! See you there October 25, 26, 27, 28!!!



New this year we are offering a ladies only maintenance clinic followed by a ladies only ride on Thursday morning October 25th. And on Sunday October 28th, we are partnering with SheJumps – an organization that focuses on girls ages 6-18 by offering a skills clinic located at Moab Brands Trails. Moab Ho Down and Chile Pepper Bike Shop are committed to women in the sport and we want to see more young girls on bikes. Riding bikes is not only fun but is also a great way to get outside, enjoy the beautiful scenery that abounds and hopefully make some amazing new friends.

The Moab Ho Down has successfully raised close to \$40,000 over the past 8 years which has helped to improve the bike park 500 West & William Way and to assist Moab Trail

Road & Mountain Biking

MOAB BRANDS MTN BIKE AREA

Skill Level

- Paved Path ■
- Chuckwagon ●
- Rusty Spur ●
- Bar-M Loop ●
- Lazy ■
- EZ ■
- Maverick ■
- Sidewinder ■
- North 40 ◆
- Circle-O ◆
- Rockin' A ◆
- Bar-B Loop ◆
- Deadman's ◆
- Long Branch ◆
- Killer-B ◆

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

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.

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

• **7th ANNUAL GRAN FONDO MOAB, May 4th 2019.** 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. Scott 9/14 contact info 435-259-6294

• **THE UTAH HIGH SCHOOL CYCLING LEAGUE September 2019.** 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, September 2019.** 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.

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Cycling Happenings

Tips on What To Do In Moab

Or “How To Play Nice in Canyonlands Without Ruining It For Others”

By Franklin Seal and Rim Tours

Planning to spend a week or a day visiting Canyon Country? Here are a few simple rules about how to play in this mostly unspoiled natural paradise without ruining it for those who will come after you. (It'll also make your own visit an even richer experience!)



Prepare In Advance

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass.

If You Find Something Cool, Leave It Where It Is

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Let The Wildlife Be Wild (Leave Them Alone)

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.



Photo courtesy of the National Park Service

Pay special attention to:

- Biological Crust (it's everywhere, and it's delicate! Educate yourself about how to recognize it, and don't step on it.)
- Potholes (even if completely dry, there are often living creatures lying dormant in the dirt at the bottom, awaiting the next rainstorm. Please don't disturb them.)

Do Unto Others...

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- **Special Note for E-bikes:**
 - All e-bikes are considered motorized vehicles. Many of the singletrack trails in Moab were built utilizing state funding sources which specify that the resulting trails be used specifically for non-motorized recreation. E-bikes may not be used on Moab area trails marked as non-motorized. E-bikes are welcome on the many motorized trails available.
 - While riding an e-bike, yield to all non-motorized riders, hikers and equestrians you encounter.
- Always yield to equestrians by stepping to the downhill side of the trail when you encounter them.
- Let nature's sounds and silence prevail. Avoid loud voices and noises.

Deal With It (Don't Leave It for Others to Deal With)

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in cat-holes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cat-hole when finished or better yet, bring a portable toilet/wag bag.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.
- Don't wash your hair in a stream.

Find the Least Destructive Path

- Stay on the trail.
- Restrict travel to durable surfaces including established trails and campsites, rock, gravel or sand, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.



RIM TOURS
MOUNTAIN BIKE ADVENTURES
rimtours.com



Photo courtesy of Moab Trail Mix

In popular areas:

- Restrict use to existing trails and campsites.
- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.

In pristine areas:

- Disperse use to prevent the creation of campsites and trails, sweep out tracks where possible near roads or existing trails.
- Avoid places where impacts are just beginning.
- Use Fire Sparingly, And Wisely
- Campfires can cause lasting impacts to the backcountry. Heed all fire restrictions and don't start a campfire in windy conditions.
- Use a lightweight stove for cooking and enjoy a candle or lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires, and bring your own wood – do not collect deadwood.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then carry ashes out with your trash.
- Dead looking trees are an important part of the desert ecosystem. Leave it alone – do not collect for firewood.

When In Doubt, Ask A Local, or Hire A Guide

For more information, visit the Leave No Trace Program website.

Castle Valley Gourd Festival

17th annual

Free admission

Saturday Oct 20, 2018

Come celebrate the beauty and versatility of hard shelled gourds and gourd art with us

10:00 am - 3:00 pm

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More info:

www.gourdfestival.blogspot.com

or call: 435-259-0537

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"I love Moab and all it has to offer, but seeing the landscape from above is an experience I am glad to have! The pilot was friendly and informative. It was a day that I will remember, and a tour that I highly recommend!"

"Did this tour along with my kids, age 11 and 8. All loved it! It gives you a perspective on the canyons near Moab that can't be seen any other way. If you are going to Moab, I would strongly encourage a helicopter ride, and Pinnacle is outstanding."

"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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HAPPENINGS

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Dead Horse Point Happenings

“Monsters” of the Mesa

by Ranger Scott Chandler

“Whoever fights monsters should see to it that in the process they do not become a monster.” - Friedrich Nietzsche

October is a favorite month among many a modern human. With the coming of autumn, plants across the area are calling it quits to wait for warmer and sunnier months, yielding vibrant hues of yellow, orange and red. Mornings have a brisk feel to them, making a warm beverage and a beanie welcome additions to a sunrise view. Across the country, people are gearing up for a night of tricks or treats and streets full of monsters. While there is so much thought about monsters in the month of October, many a visitor to this area will ponder monsters year round. The wild and natural places of the world hold a vast array of creatures that many of us fear. While many of our fears have valid justification, how many monsters truly deserve this title?



A Midget-Faded Rattlesnake retreating into the safety of a rock crevice.

- A sudden buzz strikes the ear. It is a buzz much like any summer cicada's, yet it persists, raising the hairs on the back of the neck. It goes on and on, causing instinct to kick in. All around sit rocks of various sizes, crevices and cracks abound. It is the prime habitat of one of the most dangerous creatures around: the midget-faded rattlesnake. This relatively small and drab rattlesnake packs a venom that has destructive potential. While most rattlesnakes pack a hemotoxin, venom that attacks the circulatory system, the midget-faded has a mix of hemotoxin and neurotoxin. This means a bite will not only attack the blood, but will also attack the nerves and brain. We rightfully fear this devastating power. Luckily, that rattle that so fills us with fear is actually a signal of warning. A rattlesnake uses venom to kill mice and other small prey, they do not want to waste it on a massive human. This creature only becomes a monster in defense of its own life. -

- Eight legs skitter across the ground. For me, this is the instinctual cue to run. So many legs all moving individually is the definition of “creepy.” Add some speed and squeals ensue. Spiders and other arachnids are some of the most wide spread monsters of the world, ancient forms that still work well. Here at Dead Horse Point State Park, black widow spiders, huntsman spiders and scorpions are a common sight outdoors, becoming even more common indoors with cooling temperatures. Many of these creatures again have a venom used in hunting

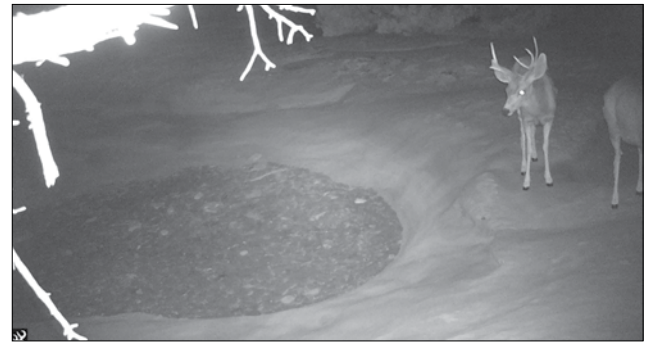
that make us fear them, some a fairly fearsome form of delivery (that scorpion stinger!) Yet, again, these creatures are generally pretty docile, preferring to run away and hide over expending venom. While they definitely move in a creepy fashion, this arachnophobe has relocated many a spider and scorpion without harm and learned to be fascinated by them in the process. -

- Nighttime falls and darkness reins. The light of a headlamp can only extend so far, the reaches beyond veiled in the unknown. Suddenly, two orbs hover in the distance. When absolutely unexpected it can terrify the soul into paralysis. That said, the light could just as easily be a deer as anything else. Many animals in the desert have adapted to being active from the evening through the dawn, avoiding the grueling heat of the sun. Due to the lack of vibrant light, these animals can have a structure known as a tapetum lucidum behind their eye's retina. This “shining layer” reflects light back so that the retina has a chance to catch more light in darkness. While predators like mountain lions, coyotes and bears have tapetum, deer, kit fox, and kangaroo rats also have them (among many more.) That eyeshine behind your camp is likely simply the reflection of curiosity as opposed to death. -

Our world is covered in mysterious and frightful things that are difficult to understand. When something has the potential to threaten our lives, it is hard to not bestow a villain card upon them. Yet much of life teeters on a balance. Many of the creatures with special adaptations that have frightened their way into our instincts see us in much the same way. Seeking to cause us pain or death is an extreme rarity in this neck of the world. In this



A Black Backed Scorpion, the largest scorpion of Dead Horse Point State Park's five species.




Deer displaying their tapetum lucidum by the light of a trail camera.

month of monsters, consider how what you fear may be misunderstood or how you may in fact be monstrous to it. Maybe come on up to Dead Horse Point State Park to meet our magnificent monsters firsthand. They may frighten, but experiencing them might change your mind about how scary they truly are.

Women Artists Exhibit

Dead Horse Point State Park is exhibiting original paintings by three women artists entitled “Ladies of the Canyon” at the Big Horn Gallery. 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 through October 31st.

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 the 23 miles south on SR 313. The Visitor Center is open daily from 8am-5pm and the Bighorn Gallery is downstairs. Park admission is \$20. For more information contact the park at 435-259-2614.

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On Exhibit in the Museum



One of the largest collections of Ancestral Puebloan (Anasazi) pottery and artifacts in the Southwest. Permanent exhibits feature one-of-a-kind objects such as the **macaw feather sash** (dated to AD 1150) and rare items such as the Horse Rock Ruin basket collection and turkey feather blankets. Every object tells a story that brings us closer to understanding the ancient people.

Visible Storage

One of our most popular exhibits, a combination of laboratory space and exhibit. Glass walls allow you to observe the curator at work.

Spirit Windows and Outdoor Sculptures

Murals created by Bluff, Utah, artist Joe Pachak reproduce rock art panels of San Juan County. Pachak also created the rock art-inspired sculptures on the museum grounds, including the Solar Marker.

Museum hours:

Monday - Saturday 9am - 5pm;
Sunday 9am - 4pm

Day Visits: \$5 per person or \$20 a carload
Closed: Thanksgiving, Christmas & New Year's Day

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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.


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.





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Souper Happenings

Soup Bowl Fundraiser and Ceramics Silent Auction

Following last year's successful first fundraising effort for the Youth Garden Project, the Clay Artisans of Moab (CLAM) are at it again. This year, all proceeds from this fun community gathering will go to support Seekhaven.

Gather with CLAM and Seekhaven volunteers to feast on delicious, locally made soups, breads and desserts. What's so special about this event? With each ticket sold and bowl filled, you help support this vital, local cause. Seekhaven will use funds to expand their food programs at the shelter by providing quality food that's more than just the basics, by conducting regular meetings and classes around food and healthy eating. AND you get to take your soup bowl home!



Along with all the great food and company, place your bids during the Ceramics Silent Auction, the only ALL CERAMICS auction in Moab! Anyone, ticket holders or passers-by, can stop by the Moab

Arts & Recreation Center lobby to bid on items, or Buy It Now and walk away with hand-made treasures. You can also bid on the bread serving bowls during the auction.

Get your tickets early – last year's event sold out! For a ticket price of \$20 (ages 12+) and \$10 (children 5-11), pick from a wide variety of handmade bowls made by local potters; each one is made with love, beautiful, and one-of-a-kind. Once you pick your bowl choose your favorite soup or two, all created by local chefs and restaurants. Along with soups to please meat-eaters, you'll find vegetarian, vegan, and gluten-free options as well. Complement your soup with different breads followed by desserts, all from local bakers. Going to the Moab Folk Festival concerts? Stop by between shows for dinner!



Join CLAM for the Second Annual Soup Bowl Fundraiser and All Ceramics Silent Auction

November 3., 2018 – 5:00 to 7:30 p.m. at the Moab Arts and Recreation Center, 111 E. 100 N.

Tickets: \$20 (ages 12+) and \$10 (children 5-11)

Tickets available at Desert Sun Ceramics, Back of Beyond Books, Seekhaven, Canyonlands Copy Center and at the door. Check our Facebook page for other ticket sales locations and for updates: clayartmoab

Email Linn DeNesti for more information: linndenesti@gmail.com and be sure to mention you read about it in the *Moab Happenings*.



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Presents a Hope and Home event.

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Geology Happenings

Standing Tall: Mesas, Buttes and Spires

by Allyson Mathis

Mesas, buttes and spires are found throughout the red rock country surrounding Moab: Bridger Jack Mesa, Junction Butte and Castleton Tower are just one example each of nearby mesas, buttes and spires. These landmarks star in many of scenic photographs taken of the area. They are also destinations along trails and four-wheel drive roads and peaks that rock climbers strive to scale. Because these features do so much to define the character of the landscape of southeastern Utah, this month's Geology Happenings will explore them and how they came to stand as sentinels above the surrounding canyons.



Determination Towers is in the Entrada Sandstone

Like almost all landmarks in canyon country, mesas, buttes and spires are formed by erosion. Generally, rocks that are resistant to erosion, such as sandstone, cap these promontories. These harder rocks form vertical cliffs at the top, while softer rocks like shale and siltstone make up gentle slopes near the base. Vertical fractures (called joints), that are present in the sandstones, are another key to the development of these features. As the softer shale and siltstone below erode more quickly, they undercut the harder cap rocks, which ultimately break off in large slabs along the fractures systems. The role that rockfall plays in sculpting mesas and their smaller geologic kin is evident in the form of boulders and other debris that litter the slopes below, sometimes completely obscuring the softer rock layers underneath the cliff-forming ones.

Mesas are wide, flat-topped mountains with steep or vertical slopes that stand significantly above the surrounding country. In Spanish, the word "mesa" means table, which aptly describes the broad horizontal summits of these landmasses. In fact, mesas are also sometimes simply called "table mountains."

Strictly speaking, mesas are isolated from the surrounding landmasses on all sides by erosional escarpments. For example, the Island in the Sky mesa in Canyonlands National Park is nearly completely cut off from the adjacent plateau, being only connected via a neck (a narrow strip of land) some 30 to 50 feet wide. More



Balanced rocks, spires and hoodoos in Arches National Park, all capped by the Entrada Sandstone.

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Junction Butte and Island in the Sky as seen from near the Needles Overlook



Named after the famed Civil War battleships, Merrimac Butte is on the left and Monitor Butte is on the right. Both are made up of the Entrada Sandstone

generally, a broad, flat-topped, isolated mountain that is bounded on at least one side by a cliff or steep slope is also called a mesa. South Mesa and Wilson Mesa, which sit above Spanish Valley and Mill Creek on the western side of the La Sal Mountains, are examples of these one-sided mesas.

Buttes are also isolated flat-topped hills or mountains. The word "butte" is borrowed from French, where it means a small hill or knoll. French explorers along the upper Missouri River introduced the term in the American west and it was later used by Lewis & Clark in their journals.

Informally, the shorthand description of the difference between mesas and buttes is that buttes are taller than they are wide and mesas are wider than they are tall. But a more accurate description is that mesas are simply bigger than buttes. Buttes are carved from mesas with continued erosion, and are often the last remnants of larger landmasses. Sometimes drainages form divides, separating buttes from adjacent mesas, such as Junction Butte, which stands just off Grandview Point at the tip of the Island in the Sky. In other places, more isolated buttes such as the Bears Ears are all that remains of what had been extensive layers of hard sandstones that formed mesas that had covered that area.

Some travelers to canyon country may be familiar with a different type of butte. Buttes are also small conical or pointed mountains



Bears Ears

with craggy peaks, especially in volcanic terrains. These buttes, such as Black Butte and Lava Butte in the Cascade Mountains in Oregon, not erosional features like the buttes in canyon country, but instead were built through volcanic eruptions.

Just as continued erosion will whittle mesas down into buttes, buttes will ultimately be reduced to spires. Spires, also called monuments or towers, are isolated rock pillars or pinnacles with vertical precipitous sides. The Needles, Candlestick and Fisher Towers are just a few examples of spires found near Moab.

The terminology for the various types of rock spires that exist on the Colorado Plateau is less systematic than it is for mesas and buttes. Some types of pinnacles, such as



Candlestick as seen from the top of the Island in the Sky mesa. Note all the vertical joints in the Wingate Sandstone and the rockfall debris on the slopes beneath the cliffs.

hoodoos, are delineated in the definitive geological reference (Glossary of Geology), while other commonly used terms are not. Hoodoos are fantastical columns of rock exemplified



North Sixshooter Peak is a classic example of a spire capped by the Wingate Sandstone

by the ones in Bryce Canyon National Park that form in thin rock layers with varying hardnesses. Monuments, such as those in Monument Basin in Canyonlands, are natural rock pillars that resemble man-made obelisks, while rock needles have not been

formally defined as a type of spire. The rock needles in Canyonlands were carved where erosion proceeds along two intersecting sets of joints in the hard Cedar Mesa sandstone. The landscape around Moab contains the perfect ingredients for the formation of mesas, buttes and spires: the overall high elevation, which yields topographic relief when carved by of the landscape by the Colorado River and its tributaries; the generally dry climate; and the layers of flat-lying sedimentary rocks. The hard Wingate and Entrada sandstones, which hold up most of the mesas, buttes and spires around Moab, might as well be called standstones: their resistance to erosion allows them to form vertical cliffs that form the landmasses that stand so tall above the surrounding desert.

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Gallery Happenings

Serena Supplee at Gallery Moab

by Deborah McDermott

Gallery Moab is again pleased to showcase the work of Serena Supplee. For the month of October, her Canyonlands-inspired watercolor and oil paintings will grace the Guest Artist wall. Serena Supplee is an artist who has “tuned in” to the spirit of the rocks, sky, and trees. Her paintings are not only colorful and animated, but they also depict specific places on the Colorado Plateau that are imaginatively conceived and painted with a “passionate palette.”



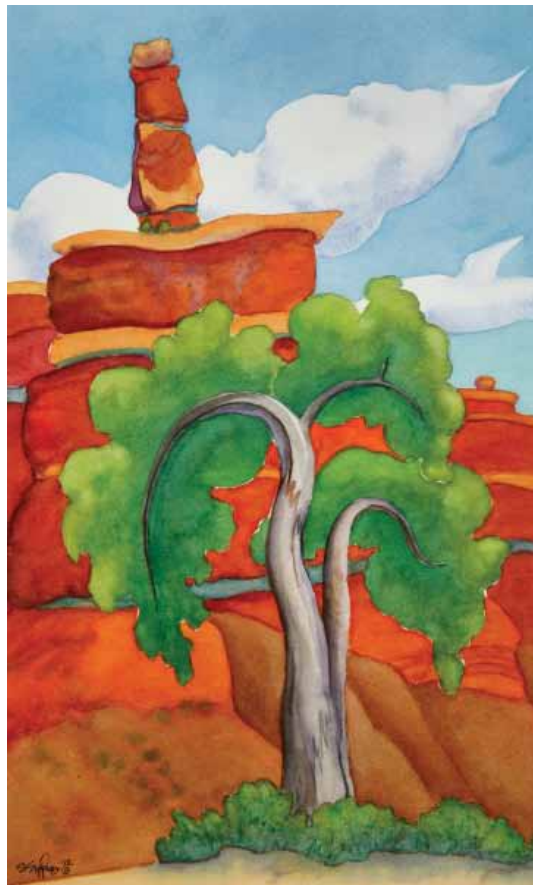
Serena has roamed extensively over the Colorado Plateau since 1980, sometimes by 4 WD, and other times by her boat on the Colorado, Green, or San Juan Rivers. She worked for many years as a river guide, so she knows the landscape from top to bottom. “I love to peruse the great outdoors, to see what catches my eye, a spot that “speaks to me,” then sit quietly and draw with a pencil. By spending time concentrating on the scene before me, drawing the place imprints changing shadows and colors in my mind. I choose to work from my sketches rather than photos to give my imagination more reign. My paintings are my eye, not the camera’s eye.”



Serena has a new book in publication. Grand Canyon Calling features pencil sketches and comments adjacent to her large oil paintings. But the word “sketches” seems an understatement for some of more detailed drawings that are reproduced in the book. These observational drawings, many including grid lines, are the solid framework for her painted compositions, allowing Serena to improvise color and form.

In March of this year Serena’s art was exhibited at the Museum of Northern Arizona in Flagstaff, where she earned an art degree at Northern Arizona University before moving to Moab. And not too long ago the St. George Art Museum mounted a one-woman exhibit of thirty of Serena’s night paintings, titled “Starry Night.” Serena’s artwork may be most recognized from the more than 100 images she has published as notecards since 1983, and wall calendars since 2008. She has a new selection of 14x18” affordable prints as well as large giclée reproductions for sale on her website. Giclée prints are archival, or fade-resistant ink jet reproductions. Serena’s new book can also be ordered through her website, serenasure.com.

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Gallery Moab will host a reception for Serena Supplee during ArtWalk on Saturday, October 13 from 5-8 pm. The gallery is located at 87 North Main Street. Join us in celebrating this colorful and accomplished artist.



Community Artist in the Parks

The Southeast Utah Group of parks is now accepting applications for the 2019 Community Artist in the Parks (CAIP) program.

Created in 2009, the CAIP program highlights the connection between local artists and the surrounding landscape, particularly Arches and Canyonlands national parks and Hovenweep and Natural Bridges national monuments.

The selected artist spends a minimum of 24 hours each month, April through October, creating original works of art in the participating parks and sharing inspiration and the creative process with visitors from around the world. The artist’s work may also be sold at participating parks’ cooperating association bookstores.

Artists must be residents of Grand or San Juan counties in Utah, or Montezuma County in Colorado.

The deadline to submit applications is October 20, 2018.

For more program details and application information, visit go.nps.gov/CAIP.

Submit questions and applications to Karen Garthwait, interpretive specialist, at 435-719-2142 or via email.

Interested artists may also contact Chad Niehaus, Community Artist in the Parks liaison, for more information at 435-259-9314 or via email.

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TUES, OCT. 9 - SAT, OCT. 13 • 12-9PM
Plein Air Landscape Paintings Art Display & Sale

TUES, OCT. 9 AN EVENING OF DARK SKIES
7pm Nocturne Painting Competition Reception
7:30pm Dark Skies Storytelling with Boldly Went



WEDS, OCT. 10 • 8PM • JUST FOR FUN!
Sketch Crawl + Pub Crawl with Katrina Lund
Meet @ the MARC, Visit 98 Center, Eddie McStiff's & Woody's

FRI, OCT. 12 • 7PM • SEE ALL THE PAINTINGS!
Arches Painting Competition Reception & Open Mic



ALL EVENTS LOCATED AT THE MOAB ARTS & REC CENTER • 111 E 100 N

Film Festival Happenings

Banff Mountain Film Festival World Tour



Photo: Krystle Wright

Photo: Scott Markewitz

Photo: BBC Natural History Unit

Photo: Juan Reece



Photo: Benjamin Sadd

Photo: Lacy Kemp

Photo: Francois Lebeau

Photo: Jermy Bernard

Photo: Cedar Wright

While in arguably the adventure sport capital of America, please join us for two nights of films featuring adventure and adrenaline. Banff Mountain Film Festival World Tour (BMFF) features the year's best films on mountain sport, culture and adventure. October 6 and 7, 2018 marks the 15th anniversary of the BMFF in Moab. The tour brings the winners and other noteworthy films from the BMFF which occurs each year in early November in Banff, Alberta, Canada. Because we have two nights, and there are so many great films, we show two completely different shows. Look at it as one big BMFF running over two nights beginning at 7 pm each evening.

The BMFF in Moab benefits two great organizations that are active locally; Second Chance Wildlife Rehabilitation and Utah Avalanche Center Moab (UAC-Moab). The Grand County High School Auditorium is the venue. The Banff Centre considers this venue to be one of the best small town venues on the world-wide tour. The acoustics are fantastic which makes the films riveting and takes the adrenaline over the top.

This year we will be showing award winning films from a number of the "Best of ..." categories. Planet Earth II: Mountain Ibex won the Creative Excellence award. Intersection: Micayla Gatto won the Mountain Sports award for intertwining her love of art and mountain biking. Imagination: Tom Wallisch won the Snow Sports award documenting his quest to huck a road. Johanna, best Short Mountain Film, is freediving under the polar ice. Into Twin Galaxies is about a National Geographic Expedition in Greenland. It won Special Jury Mention and is the feature length movie Sunday night. Saturday night the feature movie, Dugout, will follow an adventure through the jungles of the Ecuadorean Amazon. As usual, BMFF will have gorgeous scenery ranging from the Amazon jungle to the glaciers of Greenland and far beyond.

Second Chance Wildlife Rehabilitation is a non-profit organization located in Price, UT that provides wildlife rehabilitation services for southeastern and south-central Utah. Although they rehabilitate many different types of wildlife, raptors are their specialty. Over half their patients come from Grand and San Juan counties. Those of you from Moab that have been lucky enough to witness one of their Golden Eagle releases at Dead Horse Point State Park know what an important contribution they are making to wildlife on the Colorado Plateau and beyond. If you have not been lucky enough to witness a release yet, don't worry, there will be more releases in the future. They perform all of this work nonstop, with little recognition, and no financial reward. They are currently upgrading their facility with a 100' fly to better rehabilitate the raptors. Please consider a fully tax-deductible donation to help complete this project. www.wildliferehabprice.wix.com/2ndchance

The USFS Utah Avalanche Center - Moab provides regularly updated snow, avalanche and mountain weather forecasts for the La Sal and Abajo mountains. The center also provides avalanche awareness and rescue training courses for winter recreational users including backcountry skiers, snowboarders, and snowmobilers. Private donations and fund raising events such as the Banff Mountain Film Festival provide a significant portion of the avalanche center's operating budget. Local volunteers also lend a hand to help provide for fun and safe winter recreation in the mountains of Southeastern Utah. For more information go to www.utahavalanchecenter.org.

It is important to remember that we would not be able to put this event on without the support of our great local sponsors; Back of Beyond Books, Canyon Voyages Adventure Co., Pagan Mountaineering and Poison Spider Bikes. On-line tickets are available at <https://utahavalanchecenter.org/events>.

Monument Valley Film Commission, Pagan Mountaineering, Poison Spider Bikes, Quesadilla Mobilla, Red Rock Bakery, Sabaku Sushi, Times-Independent Publishing and 98 Center. Please support these great local Moab businesses.

Tickets are available for \$15 in advance and for \$20 at the door, cash only at all locations. Advance tickets are available at Back of Beyond Bookstore, Canyon Voyages Adventure Co., Pagan Mountaineering and Poison Spider Bikes. On-line tickets are available at <https://utahavalanchecenter.org/events>.



Photo: Jake Dyson

banffmountainfestival.ca
BANFF CENTRE
 MOUNTAIN FILM FESTIVAL WORLD TOUR
 15th annual in Moab!
 A Benefit For:
 UTAH AVALANCHE CENTER
 Second Chance Wildlife Rehabilitation, Price UT
 NATIONAL GEOGRAPHIC THE NORTH FACE deuter CLIF MOUNTAIN HOUSE Obōz YETI Buff Rab PETZL WORLD MOUNTAIN LOUISE MAMMUT

Saturday, October 6
Sunday, October 7
 different movies each night at 7:00 PM
 Grand County High School Auditorium
 608 South 400 East - Doors open at 6:15 PM
Tickets: \$15.- in advance (cash only) \$20.- at the door

Local Sponsors:

Ticket Outlets: Canyon Voyages - Back of Beyond Books - Poison Spider Bicycles - Pagan Mountaineering



Photo: Hello Emotion

Photo: Max Lowe - Forest Woodward

Photo: Erik Boomer

Photo: Bruno Long



Photo: Ian Derry

Photo: Tyler Wilkinson-Ray

Photo: Balcony Nine Media

Photo: Cedar Wright

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OPEN DAILY 11:30-Close

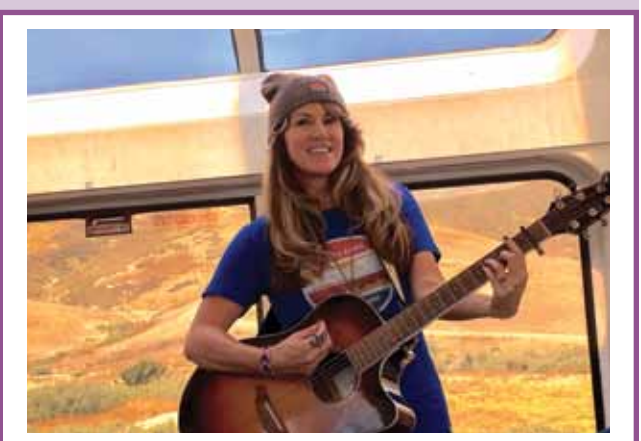
LIVE MUSIC DAILY SAT&SUN Afternoon & Evening

Live Music Locations

Moab Backyard Theater	Moab Food Truck Park	The Helipad	The Alley Sports Pub & Grill	Club Rio	Blu Bar	Grand County Public Library
56 West 100 South	39 West 100 North	239 W. Center St.	1078 Millcreek Dr. 435-259-4748	2 South 100 West 435-259-2654	811 South Main Street 435-259-3333	257 E Center Street

- Oct 1 Blu Bar, Jon O, 7pm
- Oct 2 Club Rio, Karaoke, 9:30pm
- Oct 2 Blu Bar, Meander Cat, 7pm
- Oct 3 Backyard Theater, Bluegrass Night with Quicksand Soup, 7pm
- Oct 3 Blu Bar, Community Music Night, 7pm
- Oct 4 Club Rio, Karaoke, 9:30pm
- Oct 4 Blu Bar, Lost Buffalo, 7pm
- Oct 5 Moab Food Truck Park, Marcia Blues, 7-9pm
- Oct 5 Blu Bar, Status Crowes, 7pm
- Oct 6 Blu Bar, Giant Zero, 7pm
- Oct 6 The Alley, Karaoke, 8pm
- Oct 7 Blu Bar, Giant Zero, 7pm
- Oct 8 Blu Bar, Jon O, 7pm
- Oct 9 Club Rio, Karaoke, 9:30pm
- Oct 9 Blu Bar, Meander Cat, 7pm
- Oct 10 Backyard Theater, Bluegrass Night with Quicksand Soup, 7pm
- Oct 10 Blu Bar, Community Music Night, 7pm
- Oct 11 Backyard Theater, Dustin Burley Live, Acclaimed Colorado songwriter, 7pm
- Oct 11 Blu Bar, AJ Fullerton, 7pm
- Oct 11 Club Rio, Karaoke, 9:30pm
- Oct 12 Blu Bar, Dustin Burley, 7pm
- Oct 12 Moab Food Truck Park, Jon O, 5-7pm
- Oct 13 The Alley, Karaoke, 8pm
- Oct 13 Blu Bar, Lost Buffalo, 7pm
- Oct 13 Moab Food Truck Park, Down in the Roots, 7-9:30pm
- Oct 13 Grand County Public Library, Musical Story Hour for kids, 10:30am
- Oct 13 Red Rock Arts Festival, North Stage
Noon Dave Steward Trio
1:30pm Roma Ransom
3pm Lorraine Horstmanhoff
4:30pm Run on Sentence
6pm Ticklefoot
- Oct 13 Red Rock Arts Festival, East Stage
1pm Haley Noel
2:30pm Jon O
4pm Mike & Eric
5:30pm FMC
- Oct 14 Blu Bar, Dave Steward Trio, 7pm
- Oct 15 Blu Bar, Jon O, 7pm
- Oct 16 Club Rio, Karaoke, 9:30pm
- Oct 16 Backyard Theater, Sand Sheff Solo, Real is Good (original songs), 7pm
- Oct 16 Blu Bar, Meander Cat, 7pm
- Oct 17 Backyard Theater, Bluegrass Night with Quicksand Soup, 7pm
- Oct 17 Blu Bar, Community Music Night, 7pm
- Oct 18 Club Rio, Karaoke, 9:30pm
- Oct 18 Blu Bar, Lost Buffalo, 7pm
- Oct 19 Helipad, Gigi Love, 7:30pm
- Oct 19 Blu Bar, Columbia Jones, 7pm
- Oct 20 The Alley, Karaoke, 8pm
- Oct 20 Blu Bar, Lost Buffalo, 7pm
- Oct 21 Blu Bar, Dave Steward Trio, 7pm
- Oct 22 Blu Bar, Jon O, 7pm
- Oct 23 Club Rio, Karaoke, 9:30pm
- Oct 23 Blu Bar, Meander Cat, 7pm
- Oct 24 Backyard Theater, Bluegrass Night with Quicksand Soup, Last bluegrass night of the season, 7pm
- Oct 24 Blu Bar, Community Music Night, 7pm
- Oct 25 Blu Bar, Lost Buffalo, 7pm
- Oct 25 Club Rio, Karaoke, 9:30pm
- Oct 26 Blu Bar, Bob Greenspan & Mama T, 7pm
- Oct 26 Moab Food Truck Park, Slim Pickins, 7-9pm
- Oct 27 The Alley, Karaoke, 8pm
- Oct 27 Blu Bar, Bob Greenspan & Mama T, 7pm
- Oct 28 Blu Bar, Dave Steward Trio, 7pm
- Oct 29 Blu Bar, Jon O, 7pm

- Oct 30 Blu Bar, Meander Cat, 7pm
- Oct 30 Club Rio, Karaoke, 9:30pm
- Oct 31 Blu Bar, Community Music Night, 7pm
- Nov 1 Blu Bar, Andrew Wynne, 7pm



Trails & Rails Troubadour Gigi Love

Singer-songwriter Gigi Love, who captures stories of America's national parks in song, will present a live acoustic concert with a slideshow of her travels at the Helipad, 7:30 p.m. Friday, October 19th at 239 West Center Street. This is a great show for families.

As a Trails & Rails Troubadour, Love has traveled from park to park, capturing each unique landscape in song as she experiences the nature, learns about the history and getting to know the communities within the parks, according to a press release.

Between 2015 and 2017, Love worked on an album to commemorate the National Park Service Centennial, traveling to nearly two dozen parks. Her folk music tells the stories of Yosemite, the Grand Canyon, Acadia, Glacier, and more. She dedicated her album to "national park founders, the future generations, those who do not have access to nature, and Earth itself."

The program is by donation and open to the public. For more info call Helena at 310-678-8089.

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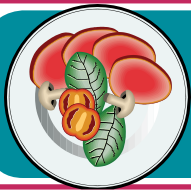
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Pick up a copy of the **Moab Menu Guide** at many businesses around town. It can help you choose a place to eat or order your meal for take-out. The Moab Menu Guide is also online at www.moabmenuguide.com

MOAB MENU GUIDE 2018



Restaurant Guide



5 North Main Street 435-260-7177
www.thespokemoab.com

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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Restaurant Guide



Restaurant



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CHECK INSTAGRAM
FOR FUN SPECIAL EVENTS

WEEKLY DRINK
AND FOOD SPECIALS
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HIRING FOR FALL SEASON
APPLY IN PERSON
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NEW DECOR!
Best Margaritas in town!
using fresh squeezed limes.

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

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WEDNESDAY: CHIMICHANGA ~ Beef or Chicken
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FRIDAY: TACO ENCHILADA ~ Beef or Chicken

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Best Mexican Food in Town
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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.

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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 • Delivery after 5pm
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.thebrokenoarmoab.com.

Burger King 606 South Main 435-259-2700

Cafe Italiano 83 South Main 435-259-3630

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
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

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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

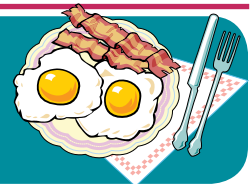
Miguel's Baja Grill
51 North Main 435-259-6546
Dinner Open Daily 5pm
Genuine Mexican Cuisine, traditional recipes and methods of Baja California and other states in Mexico. We pride ourselves on fresh food and prepare it as you order it. Great Margaritas and seafood dinners are our specialty. Vegetarian, 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



Restaurant Guide



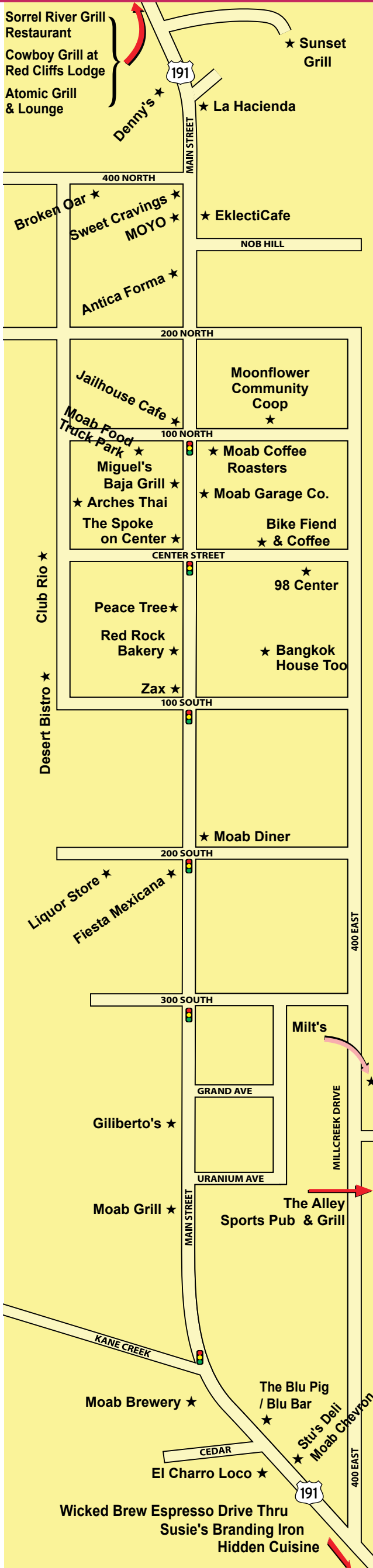
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HOME OF THE FAMOUS SWEET POTATO FRIES!

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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.




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Arts Festival Happenings

Red Rock Arts Festival October 13th

Celebrating LAND-inspired, Art Plein Air Painting, STREET FEST, and more!

Get excited for Red Rock Arts Festival! Welcome over 100 Plein Air painters from all over the continent to Moab as they create beautiful compositions of epic Moab scenes, all while competing for cash prizes. Check out events throughout the week where locals and visitors can join in the fun. Come by the new Moab Arts & Rec Center (MARC) Patio on Monday, October 8th at for a classical guitar concert by Jack Cimo as we welcome the artists and kick off the festival week! Join us on Tuesday, October 9th at 7pm as we honor Dark Skies at our awards reception and Storytelling with Boldy Went Podcast. Grab your sketch book and join the Pub Crawl + Sketch Crawl, led by local artist Katrina Lund. Meet at the MARC at 8pm, then visit 98 Center, Eddie McStiff's & Woody's. On Friday, check out the paintings created in Arches National Park at the awards reception on October 12th at 7pm! Bring your instruments, songs and poems to share your talents at the Open Mic, to follow.

Live Music, Art Market, Food Court, Beer Garden, Chalk Art Competition, Painting Demos, Activities for all ages!

Come one, come all to this once-a-year block party street festival extravaganza! Dance and play in the streets of Moab! Celebrate land-inspired art amongst the red rock glory of our beautiful town. Look forward to the North Stage with visiting regional music acts and new this year, a local musician showcase on the East Stage, in the food court. Enjoy the Art Market with jewelry, pottery, clothing, wall art, sculpture, toys and collectibles for you and your loved ones to take home and cherish. Be sure to bring the whole family, there will be plenty of arts and crafts, chalk,

games and hands-on activities for kids of all ages. The food court will extend the celebration to 100 East, creating a true block party vibe surrounding the MARC. Enjoy demonstrations by visiting artists and over 500 freshly created paintings which will be on display and available for purchase in the MARC during the street festival. Please support the arts by attending this special event and taking home art to adorn your home and life with creativity and beauty.

For more information visit: www.redrockartsfestival.com

STREET FEST

LINE UP • SATURDAY, OCT. 13TH • 12-7PM

NORTH STAGE	EAST STAGE
12PM DAVE STEWARD TRIO	1PM HALEY NOEL FT. PLUCKY VIGORS
1:30PM ROMA RANSOM	2:30PM JON O.
3PM LERAINE HORSTMANSHOFF	4PM MIKE & ERIC
4:30PM RUN ON SENTENCE	5:30PM FMC
6PM TICKLEFOOT	enjoy your evening, visit the new patio for drinks & food!



Bluff Arts Festival October 19th - 21st

'Taste of Bluff' and Live Entertainment

The Fourteenth Annual Bluff Arts Festival returns this fall, October 19th-21st, with new events including the 'Taste of Bluff' and expanded live entertainment options to complement festival favorites such as hands-on workshops, an artist market featuring Four Corners artists and Storytelling by the River.

This year Bluff restaurants will come together for an evening culinary experience showcasing the town's talented chefs. The 'Taste of Bluff' will be featured Saturday, Oct. 20th from 6-8pm at Cow Canyon Trading Post allowing participants to purchase on-and-off menu favorites from Bluff restaurants while enjoying live music. Meanwhile, free Saturday night performances by DDAT and The Crags promise to bring an eclectic mix of musical talent to the stage.

Farmington's own DDAT, including trumpeter Delbert Anderson and hip hop artist Def-i, will perform at 7pm. DDAT has been called "outside the box" and "poetic" for their combination of hip hop, jazz, funk and soul. At 8:30pm, The Crags, a four-piece band from Durango, CO, will bring their psych-a-desert rock to the stage.

Storytelling by the River returns Friday evening at 6:30pm with Ellen Meloy Fund for Desert Writers Award recipient Deborah Taffa. Taffa's presentation "America the Blistering: One Family's Eco-Experience in Arizona

and New Mexico" will highlight her tribal histories, her status as a displaced urban Native American and her sacred relationship to the canyons of the American Southwest. This event is made possible through a grant from Utah Humanities (UH). UH empowers Utahns to improve their communities through active engagement in the humanities.

Following storytelling, at 8:30pm a high-energy drumming performance by Moab Taiko Dan will echo through the canyons from the Bluff Community Center outdoor pavilion. Moab Taiko Dan is known to perform traditional Japanese taiko pieces as well as original compositions and multi-cultural rhythms. Additionally, the group will conduct a drumming workshop Saturday morning in which registered participants will have the opportunity to learn the art of taiko.

Additional artist-led workshops include plein air painting, rock art drawing, artisan clay-fired beads, writing, creative element weaving, rag rug weaving at the Bluff Fort Co-op, cold frame gardening, kombucha making, off-the-grid living, hiking and more.

For those looking forward to Bluff's annual Winter Solstice Burn, artist Joe Pachak is inviting festival attendees to drop in each day to assist in the creation of this year's sculpture - a coyote.

Additional free come and go events include the University of Utah Book Arts Program bookmaking table, in which participants can learn the age-old art of letter printing, and a coil clay creation workshop for kids, both located at the Bluff Community Center at 3rd East and Mulberry, beginning at 10am Saturday.

The 2018 Artist Market, also located at the Bluff Community Center, will be open Saturday, 10am - 5pm,



and Sunday, 10am - 2pm. The market offers attendees the opportunity to buy works from the Four Corner's finest painters, potters, photographers, jewelers, leatherworkers and more.

A full schedule of events and workshop registration information is available online at BluffArtsFestival.org. Many events including the arts market, storytelling, Moab Taiko Dan performance, DDAT and The Crags are free and open to the public, others require payment and pre-registration.

The 2018 Bluff Arts Festival is sponsored by a host of generous donors including Bluff Gardens, Comb Ridge Eat & Drink, Desert Rose Inn and Cabins, Elk Petroleum, KSJD, Recapture Lodge, Rocky Mountain Power, Twin Rocks Trading Post, Utah Public Radio, Wells Fargo, Wild Rivers Expeditions, Cadillac Ranch RV Park, Coral Sands RV Park, Cottonwood Steakhouse, Cow Canyon Trading Post, Kokopelli Inn, Utah Navajo Health System, San Juan Credit Union, San Juan Record, Zion's Bank and Far Out Expeditions.



Cultural Happenings

Day of the Dead Festival

A cross-cultural celebration of life

On October 28th, the Moab Valley Multicultural Center on 156 North and 100 West will be decorated in orange, purple, pink, and white. The heady scent of marigolds and



the colorful paper flowers will sway gently in the breeze. Carefully placed on the rows of altars will be photographs, pan de muerto, mementos, and candles will abound to welcome the friendly souls of loved ones who have passed away back for an earthly party filled with music, food and fun for all.

The Day of the Dead festival is the largest cultural event hosted by the Moab Valley Multicultural Center (MVMC). All funds raised at the celebration will support the important work of the MVMC, a 501c3 nonprofit. The Multicultural Center is a bilingual resource and community center offering crisis resources, language and life skills assistance, and multicultural youth programs year round. The Center will host its Festival on October 28th from 1:00-5:00 pm at 156 North 100 West. The event is free and a variety of authentic

Latin cuisine will be available for purchase. In addition to the hundreds of festival go-ers, MVMC staff members visit nearly 600 community members ages 4-10 to give cultural presentations on the traditions and basics of the culture, folk art, and symbolism of this holiday. Did you know that Day of the Dead is celebrated in several countries from Mexico to Patagonia? Or that



a the number of layers in a traditional altar have a specific meaning along with each item painstakingly placed upon it? Each color, fragrance and memento is carefully chosen in preparation for welcoming the souls of past loved ones back to earth for their annual earthly celebration. Try to imagine it.... if this were part of your family tradition and the souls of your ancestors could come back to earth for 24 hours, how would you prepare? Would you clean and cook and make a party? Of course you would! Death is something everyone experiences which is why Day of the Dead is quickly becoming a popular holiday in the United States. Most of us have lost someone and it feels good to honor their memory in a meaningful way.

This cultural event is designed to create an opportunity for the whole community to celebrate with food, music, and friends. There is something for everyone: delicious food, a free kids tent, facepainting, LIVE mariachi, art exhibits,

and traditionally decorated tombs and altars. Educational components include informational tables explaining the intricate symbolism and folk art woven into the celebration. The Multicultural Center is excited to invite visitors and community members to this event and share a day that celebrates death as a natural part of life.

If you are interested in being a part of the celebration, the Multicultural Center is always looking for volunteers to help out with kid's activities, serving food, decorating, and preparation. If you are interested in helping, please contact the MVMC's Volunteer Coordinator Haley Austin at 435-259-5444. Additionally, we invite anyone to reserve



a tomb or altar which will be decorated in the traditional style, including select items to commemorate lost loved ones. We hope to see you all on October 28th!

Join Us For Year 5! Moab Celtic Festival



The Moab Celtic Festival brings to life the rich heritage and colorful history of Scottish and Celtic cultures through education, crafts, music, highland dance competition and athletic competitions. Patrons can listen to the crowds cheering for the athletes or watch the swirly skirts and dancing feet of the highland dancers. Many clans will be in attendance to share their history and information about their clan. Enjoy Celtic food, shop our many vendors, sign up for Whisky tasting and register for door prizes!

Festivities begin Friday, November 2nd at 6 pm for a "Meet & Greet" with The Wicked Tinkers and Brian Caldwell (lead singer of Highland Way) at the Old Spanish Trail Arena!

Then on to the opening ceremony at 7 pm called a Tattoo, which is basically a preview of what there is to see on Saturday and Sunday. During the weekend, there will be a full schedule of traditional Scottish activities such as heavy athletics, Highland dancing, Bagpipe band and solo competitions, clan booths, Whiskey tasting, VIP area, door prizes, silent auction, vendors (both food and wares), and much more. We are pleased to announce that The Wicked Tinkers will be here to entertain us again with their unique brand of Tribal Celtic Music! Brian Caldwell (lead singer of Highland



Way), The Knockabouts and The Rinceoiri Don Spraci Irish Dancers will entertain us!

On Saturday, November 3rd, the festivities will begin at 8 am and continue throughout the day. Don't miss the Opening Ceremony at noon when all the Pipes & Drum bands will join together on the field followed by the Clan March. The competitions will continue on Sunday at 8 am.

Join us on the field at 11 am for the Kirkin of the Tartan (a non-denominational religious service). At 2 pm we will hold the Closing Ceremony when the Awards will be presented.



Join the "Scots On The Rocks" for this fun-filled festival and also see what Moab has to offer!

Please visit our website for TICKETS and more information at www.scotsontherocksmoab.com.

Gate Fee Admission \$20 for 3 day pass or \$10 for single day pass.

Schedule:

Friday, November 2

6-7 pm Meet & Greet:

Meet the Wicked Tinkers at the Old Spanish Trail Arena
7 pm The Tattoo at the Old Spanish Trail Arena, a sample of the awesome music you will hear on the weekend, featuring Brian Caldwell (lead singer of Highland Way), The Rinceoiri Don Spraci Irish Dancers and The Wicked Tinkers,

Saturday, November 3

10 am – 2pm Dance Competition in the Arena

8 am - 5 pm: Athletic competition on the south end of the field

Pipes and Drum band competition on the field
Entertainment by Brian Caldwell, The Knockabouts and The Wicked Tinkers in the Pavilion

Food & Wares Vendor Booths

Family Clan Booths

Silent Auction & Door Prizes

Bonnie Knees Contest

Whisky Tasting

Kid's Corner

VIP and more surprises!

OPENING CEREMONIES at NOON!

Massed Bands & Clan Parade

Sunday, November 4

8 am – 4pm: Athletic competition on the south end of the field.

Pipes and Drum band competition on the field
Entertainment by The Knockabouts and The Wicked Tinkers in the Pavilion

Food & Wares Vendor Booths

Family Clan Booths

Silent Auction & Door Prizes

Bonnie Knees Contest

Whisky Tasting

Kid's Corner

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Don't miss the CLOSING CEREMONIES at 2 pm!

VISIT OUR WEBSITE FOR MORE INFORMATION!

TICKETS AVAILABLE ONLINE IN OUR STORE!

www.scotsontherocksmoab.com

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Motorized Happenings

Strike Ravine

This trail enters an area that remains beautiful despite the marks of “range improvements”, power lines, and uranium mining. Today, grazing continues, the power lines hum, but the mines are in ruins. Four-wheeling gets better, however, as the mine roads deteriorate. The trail is about 12 miles south of Moab and between Highway 191 and the La Sal Mountains. Much of it is in and about Pole Canyon and other headwaters of Kane Springs Canyon. One badly eroded trail portion crosses a tributary canyon that we are calling Strike Ravine for the outcrop of a tilted sandstone layer that forms the base of the trail. The rocky hills and bouldery washbottoms make high ground clearance throughout the underside of the vehicle an important consideration. There are sneaky rocks that make it easy for vehicles to use their sheet metal panels as “paint brushes”. Approximate mileages: 32 total, 11 off road.

Scenery

In addition to the views inside the rugged canyons, there are beautiful vistas of colorful rocks, forested slopes, and the snow-covered La Sal Mountains.

Surface

The easy parts of the trail are sandy dirt with enough bedrock poking through to keep the speed down. The difficult creek-bottom parts have rocks, boulders, and ledges, and the most difficult hills have large, loose rocks.

Trail Details

Two hills have loose dirt and rocks that cause poor traction. The canyon bottoms have large rocks and rock ledges that can change with every flood. Strike Ravine is ledgy and rough, with a combination of rock steps and loose dirt. Tall tires, short wheelbase, and short overhangs are the order of the day.



Trail Difficulty Ratings are for Moab area roads in dry conditions. The effects of snow or rain varies greatly depending upon the altitude of the roads and the type of soil.

NOTE: The Red Rock 4 Wheelers Club attempts to keep the trail ratings current. However weather and usage constantly alters the routes. Heavy but localized rains can change Kane Creek from a moderate trail to impassable in an afternoon. It is always wise to obtain the most up-to-date



Trails are difficult with considerable erosion damage, loose rocks, dirt, and slickrock. Water in excess of 12” is possible with mud conditions. Steps not exceeding 36”. 4WD, tall tires (33” plus) with two traction adding devices (lockers, limited slips) are required. A winch would be a plus. Enhanced suspension travel and good ground clearance are a required. Excellent driving skills are recommended.

Easter Jeep Safari

April 13th - April 21st, 2019

Registration will open January 2019

information prior to departing for a trip, and be prepared. Remember, turning back is usually an option as well.

For more information see the Red Rock 4-Wheeler website, www.rr4w.com, where the entire Easter Jeep Safari magazine is online.

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Monument Valley Tours: Navajo guided on Horseback or 4WD

Monument Valley’s towering sandstone buttes climb up to 1,000 feet like skyscrapers rising up from the desert floor. The red-sand park straddles the Utah-Arizona border and is best accessed by US Hwy 163. East and West Mittens, along with Merrick Butte, are the park’s famous steeply buttes that form a visual triangle. East and West Mittens received their names because when observed from the south, the buttes appear like mittens with the thumbs pointed inwards. The Mitten buttes act as doorways to the valley with Merrick Butte as the sentinel to the park.

These buttes and Monument Valley’s size and beauty cause visitors to flock to region. At almost 92,000 acres, the sandstone formations, rock arches and spires are better viewed as part of a guided tour. These tours are highly



recommended to see Monument Valley, learn about its movie history, and better understand and interpret the rich and unique culture of the Navajo Nation.

There are a variety of guided tours in many different modes of transportation available in Monument Valley. For those seeking a bit more adventure, four-wheel drive vehicle tours and horseback tours are available. Short durations or long adventure tours are available including all-day, sunset, full moon, overnight and multiple day tours. Private and customizable tours are also options. Visitors who prefer to drive their own vehicle can explore the park on their own, but only a Navajo guide can take visitors beyond the 17-mile scenic loop.

Visitors will pass 11 scenic viewpoints on tours along Valley Drive. These scenic backdrops provide great photo opportunities and tours allow ample time to take photos. A point of note, visitors to the park are advised to ask for consent before photographing any

of the Navajo people, their homes or possessions. A fee is usually requested in exchange for the photography.



Some visitors forgo the vehicles to explore the backcountry on horseback. The Navajo people consider horses an integral part of their culture. Tour horses are trained to accept riders of all levels. Sunrise and sunset horseback

tours allow riders views of the valley with the changing sunlight. Sunset and sunrise tours are exceptional because of the various shades of crimson hues across the valley.



For nighttime photographers and amateur astronomers, moonlight tours of the park are available. The new moon phase is better to experience the Milky Way and silhouetted buttes and mesas.

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The entrance fee for Monument Valley is \$20 per vehicle for up to four people. If more than four people are in the vehicle there is an additional \$6 per person fee. Tour prices range from \$40 and up. Excursions are offered daily and can be arranged online, over the phone or booked in person. Tour operators are available in the parking lot at the visitor center, and from Goulding’s Lodge.

It doesn’t take long for visitors to Monument Valley to understand why John Wayne once remarked: “So this is where God put the West”. To learn more about the area tours and to book a Monument Valley Tour, visit utahscanyoncountry.com.

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UtahsCanyonCountry.com

Folk Music Happenings

The Moab Folk Festival celebrates 16 years of music

November 2-4th, 2018. Set in the stunning red rock Canyonlands of southeastern Utah, this intimate festival presents an outstanding lineup of singer-songwriters.

The Festival week begins with The Moab Folk Camp. Run by award-winning singer songwriter Cosy Sheridan, the Camp takes place the week prior to the Festival, October 28th-November 2nd, and offers five days of hands-on workshops in a variety of courses ranging from songwriting and singing to beginning guitar, intermediate guitar, clawhammer banjo, harmony singing, ukulele, school of rock for folkies, stagecraft and outdoor art. For more information go to: www.moabfolkcamp.com or call 803-731-3240.

The Moab Folk Festival Local's Showcase kicks off the Festival properly on Thursday, November 1st at 7PM in Star Hall. Six local performers strut their stuff on the mainstage as a warmup for the 3-day event. Twelve performances take place Friday, November 2nd through Sunday November

November 3rd at the Moab Ballfield. Returning as the 2017 People's Choice Artist is Penny & Sparrow. This acoustic duo wowed crowds with their heartfelt harmonies.

GRAMMY Award winner Kathy Mattea is headlining our indoor shows. Kathy uses her unmistakable voice to explore music's most basic human essence through timeless melodies and uplifting narratives. Singer, songwriter, and storyteller Ellis Paul also headlines our indoor venues and brings us unique chronicles of his life and our times. Sloan Wainwright returns to the Festival to share her rich



Shawn Colvin

spirit and soulful hybrid style with her new and adoring fans. Talented multi-instrumentalist Hubby Jenkins, of the Carolina Chocolate Drops and Rhiannon Giddens band, will be showcasing his knowledge of old time American music. Poetic songwriter Sam Baker will perform his pared down, powerful numbers infused with the themes of compassion, trust and doubt. Homeschooled virtuoso Mean Mary, a seasoned performer known for her lightning-fast fingers, will be opening on Saturday. GRAMMY award winning showman Mike Farris will be treating us to a high energy show featuring cuts from his new album Silver and Stone. Les Poules 'a Colin from Montreal, Quebec open the show on Sunday and will perform in French and English and include Quebecoise



Amy Helm

foot percussion. Liz Vice brings her love of storytelling and her incredible gospel, soul, and R&B infused voice from Portland, Oregon. Amy Helm, founding member of Olabelle and Levon Helm's daughter, will close out the Festival on Sunday showcasing her deeply expressive voice and an uncanny songwriting skill that draws upon a deep well of American musical traditions.

In addition to the twelve performances spanning three days and two nights, the Moab Folk Festival offers free public workshops on Saturday and Sunday mornings of the event and hosts evening jam sessions. The event wears its' homegrown identity with pride as it welcomes folks from across the country to enjoy music and create spontaneous community in the heart of red rock country: Moab.

For more information: www.moabfolkfestival.com or 435-259-3198. Tickets range from \$40 to \$130, not including discounts for kids, locals and lodging packages. If you are interested in volunteering for the event, please contact us at info@moabfolkfestival.com and be sure to mention you read about it in *Moab Happenings*.



Kathy Mattea

4th on three stages. This year we host one of the true greats on the folk scene, Shawn Colvin. Colvin, a gifted singer, songwriter and guitarist and a multiple GRAMMY award winner will grace our outdoor stage on Saturday,

Moab Clubs & Organizations

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

- | | | | |
|--|--|---|---|
| Adult Children of Alcoholics (ACA)..... | call or text (435) 220-0646 | Moab Community Dance Band (Miriam Graham) | (516) 376-8003 |
| Alcoholics Anonymous | (435)-625-1342 | Moab Community Theater (Kaki Hunter)..... | (435) 259-8378 |
| For Emergencies (24/7) | 888-333-9649 | Moab Country Club (Rob Jones)..... | (435) 259-6488 |
| Alpha Rho Sorority (Bobbie Long)..... | (435) 259-6758 | Moab Disk Golf Club (Rolf Hebenstreit)..... | (208) 720-1258 |
| American Legion Post (Ronald Irvin)..... | (435) 719-4095 | Moab Family History Center | (435) 259-5563 |
| Arches Education Center (Trish Hedin)..... | (435) 260-8764 | Moab Free Health Clinic | (435) 259-1120 |
| Arches New Hope Pregnancy Center (Debbie Nelson)..... | (435) 259-LIFE (5433) | Moab Friends For Wheelin' Jeep Club (Melissa Fischer)..... | (435) 260-7208 |
| BEACON (Edith Sage) | (435) 259-2767 | Moab Garden Club (Tricia Scott)..... | (303) 880-9158 |
| Bikers Against Child Abuse -B.A.C.A.(John Taggart)..... | (435) 259-4756 | Moab Half Marathon (Justin & Denise Ricks) | (435) 259-4525 |
| Boy Scouts of America (Jim Bethel)..... | (435) 637-8059 | Moab International Film Festival (Nathan Wynn) | (435) 261-2393 |
| Boy Scouts of America Utah National Parks Council..... | (801) 437-6222 | Moab Masonic Lodge #30 (Gregory Klepzig)..... | (435) 260-1823 |
| Canyonlands Field Institute (Resford Rouzer) | (435) 259-7750 | Moab Music Festival (Laura Brown)..... | (435) 259-7003 |
| Canyonlands Rodeo Club (Kirk Pearson)..... | (435) 260-2222 | Moab Rock Club (Jerry Hansen)..... | moabrockclub@live.com |
| Colorado Outward Bound School – Moab Basecamp (Casey Montadon) | (303) 968-4407 | Moab Roller Derby (Jessica O'Leary)..... | (575) 635-3898 |
| Community Rebuilds (Emily Niehaus)..... | (435) 260-0501 | Moab Rotary April Action Car Show | (435) 260-1948 |
| Daughters of Utah Pioneers (Shirley Stewart)..... | (435) 259-7797 | Moab Solutions (Sara Melnicoff)..... | www.moab-solutions.org ... (435) 259-0910 |
| Deathorse Motorcycle Club (Ron Dickerson)..... | (435) 260-8213 | Moab Sportsmen's Club (Frank Darcey) | (435) 259-2222 |
| Delicate Stitchers Quilt Guild (Deleska Behunin) | (435) 210-0904 | Moab Taiko (Michele Blackburn) | (435) 259-0816 |
| Friends of Arches and Canyonlands Parks (Joette Langanese)..... | (435) 259-0108 | Moab Trails Alliance (Kirstin Peterson) | (435) 259-5223 |
| Friends of Indian Creek..... | (435) 259-6639 | Moab Valley Multicultural Center (Rhiana Medina)..... | (435) 259-5444 |
| Friends of the Grand County Library (Meg) | (435) 259-1111 | Nursing Home Abuse Support (Nicole Peters) | www.nursinghomeabusesupport.com |
| Girl Scouts of The U.S.A. (Michelle Hill) | (435) 259-5884 | Order of the Eastern Star (Fran Townsend)..... | (435) 259-6469 |
| Grand Area Mentoring (Dan McNeil) | (435) 260-9646 | Plateau Restoration/Conservation Adventures (Tamsin McCormick) | (435) 259-7733 |
| Grand County Democratic Party (Bob Greenberg)..... | (435) 259-7013 | PleinAir Moab/Red Rock Arts Festival (Meg Stewart)..... | (435) 259-6272 |
| Grand County Extension & 4-H (Michael Johnson)..... | (435) 259-7558 | Red Rock 4-Wheelers (Ron Brewer)..... | (435) 259-7625 |
| Grand County Education Foundation (Melodie McCandless)..... | (435) 259-9797 | Rotary Club (Dave Bierschied)..... | (435) 260-1968 |
| Grand County Food Bank | (435) 259-6456 | Seekhaven Crisis Center (Abigail Taylor)..... | (435) 259-2229 |
| Grand County Hospice (Jessie Walsh)..... | (435) 259-7191 | Senior Center (Verleen Striblen)..... | (435) 259-6623 |
| Grand County Library (Meg)..... | (435) 259-1111 | Sierra Club (Marc Thomas)..... | (435) 259-3603 |
| Grand County Republican Party..... | grandcogop@gmail.com | Southeastern Utah Back Country Horsemen (Steve Schultz) | (435) 220-0860 |
| Humane Society of Moab Valley | (435) 259-4862 | Southern Utah Wilderness Alliance (Neal Clark)..... | (435) 259-7090 |
| KZMU Community Radio (Marty Durlin) | (435) 259-8824 | The Moab Healthcare Foundation (Tom Edwards)..... | (435) 260-1504 |
| Ladies Golf Club (Chris Corwin)..... | (435) 210-0599 | Toastmasters (Jim Webster 435-259-8037) or (Daniel McNeil)..... | (435) 260-9646 |
| League of Women Voters (Barbara Hicks)..... | (435) 259-5306 | Trail Mix Committee (Paul Spencer)..... | (978) 688-7480 |
| Lion's Club (Tom Warren)..... | (435) 259-7834 | Utah Avalanche Center..... | (888) 999-4019 or (435) 259-SNOW |
| Moab Aglow Lighthouse Fellowship (Murine Gray) | (435) 259-5514 | Utah Conservation Corps (Sean Damitz)..... | (435) 797-0964 ext 1 |
| Moab Arts Council (Theresa King) | (435) 259-2742 | Utah Friends of Paleontology – Gastonia Chapter (Lee Shenton) | (435)-259-9533 |
| Moab Arts Festival (Theresa King) | (435) 259-2742 | Utah State University Moab..... | (435)-259-7432 |
| Moab Arts & Recreation Center (Meg Stewart)..... | (435) 259-6272 | Valley Voices (Marian Eason)..... | (435) 259-6447 |
| Moab Bird Club (Nick Eason)..... | (435) 259-6447 | Veterans of Foreign Wars (Fred Every) | (435) 260-1277 |
| Moab Chamber of Commerce (Laici Shumway) | (435) 259-7814 | WabiSabi www.wabisabimoab.org | (435) 259-3313 |
| Moab City Animal Control | (435) 259-8938 | Young Life Moab..... | (435) 260-0285 |
| Moab City Recreation (Patrick Trim) | (435) 259-2255 | Youth Garden Project | 259-BEAN (2326) |

Healthy Happenings

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symptoms. Chloe Hollis, our physical therapist assistant will also help carry out your individual plan of care with PT guidance. Our unique setting of two licensed providers (PT/PTA) that work closely together affords you complementary care of two for the price of one! Physical therapy will give



you the tools to maintain a pain free lifestyle. We believe that sometimes your rehabilitation takes teamwork. We can help direct your care toward other health care professionals for massage therapy, chiropractic care, acupuncture or nutrition coaching when needed to reach your personal goals.

Once your functional mobility has improved, Moab offers several great group classes: Adaptive yoga with Star at Moab Yoga is a great option to maintain flexibility and movement while not being overwhelmed with holding yoga poses. Another all level option is water aerobics at Moab Arts and Recreation Center on Tuesday/Thursday at 10am with Cathy! Physical therapy is not pain and torture. Instead, it's about healing your mind and body to continue participating in activities you love. Seek help from Moab Physical Therapy and Rehab for simple changes to improve quality of life. Please call to set up an evaluation (435) 210-1985 or check out our website to hear what patients have been saying: moabphysicaltherapy.com/success-stories/



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Relay for Life. A Reel "Taste of Moab"

Grand County Relay for Life and the American Cancer Society are excited to announce some new changes to our 2018 Season. ACS is launching a new pilot program called Home and Hope. Moab Utah has been chosen to be part of this new venture

Hope and Home brings a percentage of the money raised in Grand County back into the community. Money raised in Grand County not only helps fund Cancer



also open to the public, We are hoping this year that it not only does that, but becomes an fun event in its own right. That it becomes a chance for our guest to try out some

of the best our local restaurants have to offer and gives the restaurants a chance to showcase some of their favorite foods

As Moab not only offers some great food, but also some great beverages, this year we are adding local beer and wine to our Taste. As Our Silent Auction has also been a great success in the past, we are bringing it to the evening plans as well.

What a great way to celebrate Moab's Survivors and Remember those loved one who have lost their battle and to help our friend and neighbors in their battle with this terrible disease.

When and Where is this Fun Event Happenings. October 27, 2018 at the Grand Center from 5-10 Pm

Please join us. For information please call Yordy at 970-986-9141 or visit our website at www.TasteofMoab.org to purchase tickets or they will be available locally at the copy center or from one of our committee members, they will also be available at the door.

Please call Yordy at 970-986-9141 with any questions



Research, ACS is the largest non-governmental agency that supports cancer research, last year close to 3 million dollars' worth of research grants were in Utah alone, research being done at the University of Utah and the Huntsman Cancer Center. It also helps support the Hope Lodge in Salt Lake, where Cancer patients and one caregiver can stay free of charge while undergoing cancer treatment in the Salt Lake and Utah Valleys. Through this program 50% of the money raised in Grand County comes back to Grand and San Juan County to help your friends, family and neighbors with transportation costs to and from cancer treatment in Utah and Colorado. Grand County Relay committee is so excited about being part of this opportunity.

So we decided as long as we were becoming part of the fun and exciting new venture, we decided maybe we would mix up our event a bit. That we would come back into town from the Arena and highlight the Taste of Moab. The Taste of Moab has been part of our Relay for about 7 years and has been a great success; it was an opportunity to honor our survivors and their caregivers. As Cancer survivors ate for free and one caregiver paid half price. This event is



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Healthy Happenings

Learning Later in Life: Cultivating Beginner's Mind

by Jess Reilly

I learned to ski when I was four years old. In true East coast, we-don't-need-a-ski-instructor style, my parents glued plastic milk jug caps to the tips of my skis: red for right, green for left. As I skittered down an icy slope, they would yell, "Red! Green! Red!" and I would weight whatever foot on that color, careening back and forth down the hill. I never learned my right or left very well, but I did learn how to ski.

Twenty years later, I moved to Moab and took up mountain biking. I confidently hurled myself down rocky slopes, but this time, I didn't have years of muscle memory (or bottle caps) to guide me. This created some comical moments: superwomaning over my handbars or awkward sideways crashes, all part of an exponential learning curve. I did the same a few years later learning a new language, creating some cringe-worthy moments (like repeatedly calling my husband "my compromised one" in a presentation.)

Yet these experiences profoundly molded me: I discovered the power of learning later in life. Mastering new skills can feel excruciating in a society that values expertise over failure—but I've been able to practice crashing in my yoga practice the whole time, which helps it feel a little less scary in my daily life.

Smart Old Dogs

For a long time, researchers believed that "you can't teach an old dog new tricks." Turns out the brain is a lot more adaptable, or "plastic," than previously thought. Humans can grow new neural pathways for their entire life—and the older we get, the smarter our brain gets at doing this. Research

suggests this has to do with attentiveness. Experimental psychologist Zoe Kourtzi at Cambridge notes that "what seems to matter is your strategy in life – so if older people have really good attentive abilities they can learn as fast as younger people."

Beginner's Mind and Yoga Practice

Now as I approach 40, I have the my most wondrous challenge yet: raising my daughter. She reminds me of the marvel and excitement of beginner's mind every day—and that falling is a requirement for growth.

My yoga practice has been the lynchpin to help me move through these new daily (and nightly!) challenges with beginner's mind. This means bringing an open mind to all



life's interactions. Instead of focusing on some imagined failure, yoga gives me the opportunity, in the safety of

the studio, to bring my attention and awareness to balance and breath

for a few moments in the day. I practice awkwardness, failure, and learn (and relearn and relearn) how to take new approaches to the same asanas—and daily events.

As we get older, embracing beginner's mind can bring joy to that which may have otherwise felt awkward or ungainly.

Yoga helps me remold my brain and bring an attentive mind to life challenges, old and new. All it takes is a little practice. Attending a yoga class can restore and rejuvenate the mind. It helps me practice finding grace and power in adversity: I can embrace the "growth" in growing old, and take a whole new perspective on age. Come practice Prana Yoga, a breath and movement-based practice, with Jess: Wednesdays from 12-1pm, Moab Yoga 37E Center St. www.moabyoga.com 435-259-2455

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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

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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 Kearl, 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 Kearl, 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 Kearl, PhD. By donation. For info: 713-817-7859

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FROM RAMPS TO WALLS

By | Ryan Pohl

Some conversations don't need to start with "are you..." but instead "where are you..." and "when are you..." That was the case every day for many years when it came to my BMX bike. BMX was my passion, I loved it. The best days of riding usually followed a broken relationship, a failed test in school or maybe a sh*tty day of work. My bike was always there to take my mind off of things, the one place I didn't have to think about bills, relationships, or responsibilities in general.

After 20 or so years of BMX, rolled ankles numbering in the triple digits, a few surgeries and countless other injuries, my body started to fight back. I remember a day at Ray's MTB Park in Cleveland, throwing my bars over a box jump, getting worked. My back was in such bad shape I couldn't walk. As long as I was on my bike where I was able to press down on my bars, it only hurt modestly. I may not of been able to walk that day, but I made myself able to ride. Over the years I became a bit wiser, sure, but it got to a point I could only ride a couple hours at a time before my back flared up. At one point I felt certain if I rolled my ankle one more time it would explode sending bits of bone and Nike everywhere.

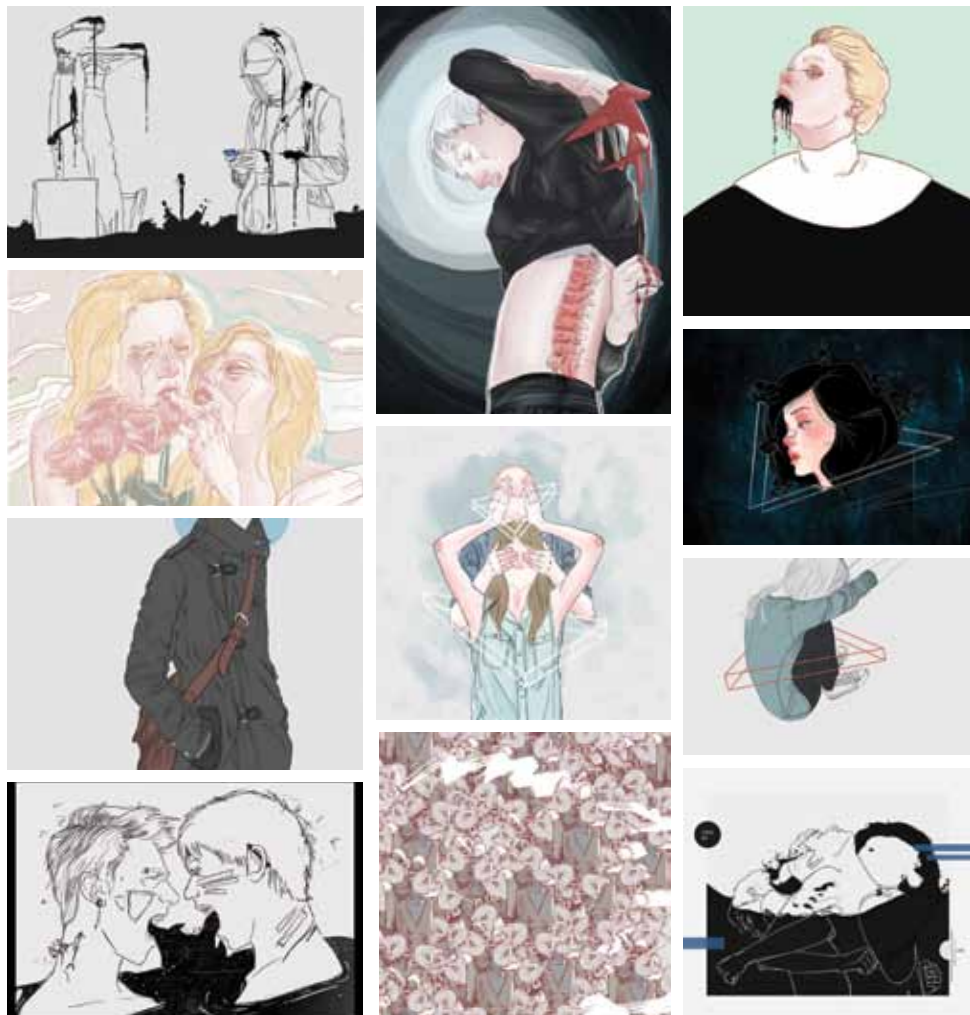
Injuries were a part of it, but there was no way in hell I was going to sell my bike. I moved to Oregon in 2013 in a Subaru Impreza, no bike rack, no rocket box, but as cramped as it was, my bike came with. About two weeks after I landed in Portland I decided to ride downtown to a beer festival. I chained up my bike outside

government circle in a well lit and very populated part of town, never to see my bike again. Cable cut, middle of the day surrounded by hundreds of people, I was in disbelief. That day marked a new chapter in my life. Not only was I in a new city with no familiar faces, but the thing I loved most was instantly gone. I decided to take that event as an omen. My body obviously didn't like what I was doing, and as a result I never bought a new bike again. Instead, I used what little money I had and bought a pair of climbing shoes and a chalk bag.

I bouldered for about 2 years before touching a rope. On Tuesday nights there is a meetup group at the Northeast Circuit Boulder Gym in Portland from 6-8pm followed by us usually closing a bar. Not before long I was looking forward to Tuesday nights more than Friday nights. What attracted me to climbing so much was the similarities to BMX and for all the right reasons. I once again didn't have to think about responsibilities, I could clear my mind while on a route. More importantly the communities in BMX and climbing are incredibly strong. We would give bike parts away for free if that meant you would get your buddy back on his bike faster and the same goes for climbing. BMX and climbing require more than simply talent, they require commitment, risk and cohones. I'm sure anyone could learn to hit the three-pointer, bowl a strike or kick a field goal but both BMX and climbing take something else: you have to want it. I've thrown hundreds of bar spins and led hundreds of trad routes and I am still a puckered everytime, but once I get into it, it all fades away to pure joy.

ART BY HASSNAA

Hassnaa is a local illustrator and photographer originally from Egypt. In this interview, she talked about the motivation behind her urge to create, and how that has changed based on her location and her experiences grappling with existentialist philosophy.



THE MAN SCARED OF HIS OWN VOICE

By | Seamus Cronin

The struggle of coming into your own and fighting the odds is a challenge that the author shares in this piece of prose that explores the journey of coming into his own and becoming at peace with the world around him.

I can't believe where I am at in life. It's as simple as that but also so much more. After ten years of being let out of the gate, the prodigal son has returned. Expected to climb a mountain, but went out and found a bigger one. That's the challenges I anticipate and the results I accept. Here is how I became present with myself.

The primary factor that has influenced these past years has been alcohol. I know, initially that's an immediate turnoff for some people to hear— but listen. I knew at the tender age of 18 that the disease of addiction was prevalent in my family. That is why I got into the fermentation industry. Rather than avoid and not question why myself and my family has a consistent glass formed shoulder to lean on, I chose to understand the problem firsthand. The journey that has followed has led me to some high roads as well as low and overall I wouldn't change much about the path. I've failed at some of the stops but if I didn't have those defeats I wouldn't know what it means to fly. What I mean by that is the knowledge and the understanding of what success is. It isn't something to publicly display or believe that is the only right way to live right. It's the humbling truth that I've become a cog in the machine of existence. I didn't fit into so many spots that I inevitably landed into where I fit.

I was polished and brushed as a stone of principle that became a pebble of standard and just another rock in the river. To me, that is exhilarating because I can now flow with life as such and don't worry what others are thinking. Which leads to my next subject, the stones that surround me.

As of this current moment, I consider myself nothing more than the influences in my life. I have my parents, my brother, and my friends. Fun fact: I have no immediate blood relatives within 100+ miles of where I live. So anyone who is currently reading this, know this to be truth: I most likely consider you my family. I wouldn't be sharing my writings with strangers. But y'all know I'm working on that. Since I've landed in Moab after dropping out of college and coping with serious issues of depression, guilt, shame, and embarrassment, I've come to an awareness. If I don't let go of these scars of failure, I'll never learn the lessons that I need to know. I'm perceived as a know-it-all but should really be seen as a learn-it-all. I'm comfortable enough to laugh at my inconsistencies and confident enough to burden the truths I acknowledge. Some might consider it as the cross we all carry. What I promote is collaboration from that. Some of the dearest loves of my life have taught me to not see the world as a simple path. But a complex labyrinth of choices, decisions and the content that arrives from both. What should be learned from that is we all have information to exchange. And the more clarity we have towards truth is less time spent of the bullsh*t that is sold to us by those who don't want us to believe in that.

Discovery. Learning to remember the moments that felt the most real. Appreciating the small incline that we push our own boulder towards. I'd say in this day and age we need more allies than enemies in our lives. I want strong independent individuals who idolize their ideals while considering compromise to those of the same company. I can't see a certain future if we don't stop trying to morph others into what we believe is right. What I see is a council of peers with the right intentions behind the idea being propelled into reality. With that power we can make anything happen. And the community that forms from that will finally fulfill the fugitive we run with; we can be lost and found at the same time.

So here I am. All that jargon with no jaw to say it. The man scared of his own voice. I am only one but many share what I know to be. I hope this reflection of what I am helps realize a few things. I am not alone and I am in a close enough group of folks that I feel empowered. It's special what is happening around us and I hope the flame that comes from each other is cooled by those that have direction. The destination that we are arriving at is unknown. The cataracts set up for us are available to explore. I pray we can find the path.

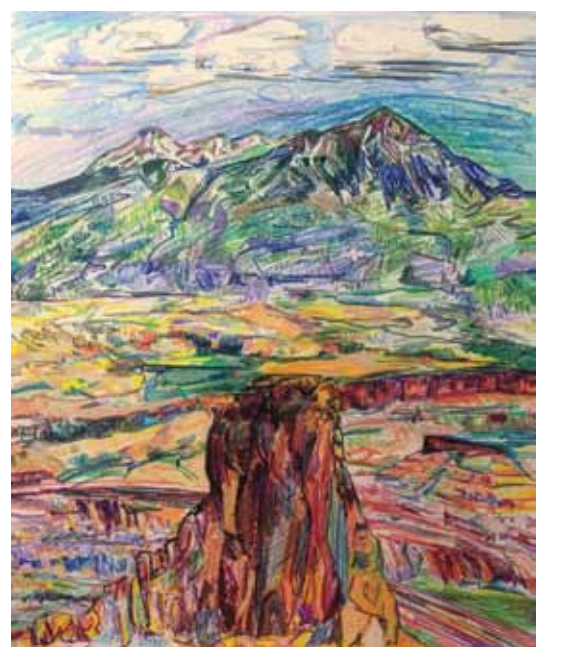


WATCHTOWER

By | Henry Barker

Just the fact that so much leads to existentialism and so much points to that. Existentialism is a thing. It's not just a thought. It's something that people approach as an idea and it's so realistic, it's so logical. Everything is an idea you create. This idea is so different from all the onion sense we've been fed our entire lives from older people and our families and our society.

You can just be yourself. You can just be a realistic, logical person, that does not hurt people, and your life is simple, and you just go about it. I think everything I do, and everything I'm going to do, will be influenced by that.



FROM THE ARTISTS TO THE ADVENTURERS THAT MAKE THIS PLACE HOME.

The Dust aims to share the creative energy of this desert oasis with its inhabitants, passers-through, and far-off observers. It is a collaborative, community-based platform that is built through a connection between the odd, eccentric, adventurous people of this place and their various passions. Check us out online @ www.thedustmag.com

Pet Happenings

When protein goes wrong!

By Jessica Turquette
co-owner of Moab BARKery

There has been a lot of misinformation and hysteria recently in regard to grain-free diets for pets and has become oversimplified into grain free food is bad. The issue is really about quality of animal proteins vs plant based proteins in food and whether this is causing heart issues with dogs. Consumers want a quick and safe bet when selecting food for their beloved pets. It has become a standard to equate grain-free with quality and safety but in truth there is big profit to be made when it comes to your dog's dinner, so cheating happens.

The reality is avoiding grains in pet food is only necessary when your pet is grain intolerant or allergic. There is much more analysis to consider when deciding if a pet food is quality or not. This all boils down to some grain free foods still being low quality, so knowing what you are reading when you look at the back of the bag will determine quality.

Why isn't grain free automatically better? Labeling standards are the start. The Association of American Feed Control Officials (AAFCO) is a voluntary membership association of local, state and federal agencies charged by law to regulate the sale and distribution of animal feeds and animal drug remedies. They give standards by which all pet food manufacturers adhere to create a way to compare each food against each other. They regulate how you may word the food title, list the ingredients and ensure labels that don't misguide the consumer with blatant lies.

Even though these standards provide good means to compare foods, they do not provide the whole picture. Manufacturers have proprietary rights so giving exact measurements of each ingredient would infringe on their intellectual property. Therefore AAFCO can only suggest a guaranteed analysis on the back of the bag that shows protein, fat, moisture and fiber. Manufacturers also have to list the ingredients in the order of weight majorities. Sounds simple and a way to compare apples to apples, but there are tricks to fool you.



If a label has meat listed first in its whole form (raw meat is on average 70% water weight), and there are binders/grains listed second and third (raw grains/binders have 15-40% water weight), when the kibble is cooked down to 10% total moisture it's now mostly binders or grains after losing all that water content from the meat. Since these labels don't have to tell you how much of each ingredient is in the bag, you would have to add up all the meat items vs binders and compare where they are on the list to tell what is in the bag. If a label

has 10 ingredients before getting to the supplements (they account for an average of 5%), you can assume that each item only has to be a max of 9.5%, if meat is the first 3 of these and fillers are the rest, the food contains up to 60% fillers. Short lists are better, especially when it come to the big ingredients.

The other factor to consider, and it's a big part of the recent news about grain-free foods, is that not all protein is alike. Many companies boost their protein % for the AAFCO guaranteed analysis by using fillers or binders that are naturally high in protein. Fillers that would help create a cereal (which is what kibble really is) that is high in protein would look like there is lots of meat when in fact there are mostly plant based ingredients. Since AAFCO doesn't require a company to tell you what percentage of the protein comes from meat versus grains, fruits and vegetables, the company has to be willing to tell the consumer.

Proteins that come from fruits, vegetables and grains also lack Taurine. Taurine is an amino acid that is widely distributed in animal tissues. Taurine is essential to dogs and cats (much more so for cats!) for heart, nervous system and retinal function. When a food has too much plant based protein content that lacks Taurine and the supplements they add do not provide enough over a lifetime or even a few years a dog or cat can develop serious deficiencies that could result in cardiomyopathy, eye issues or neurological problems. It's not that all grain-free foods are bad, but the ones that are heavy in plant based proteins without enough supplementation could be a problem.

Many pet food manufacturers see this as an opportunity for more transparency, so they are telling you in print what % of their proteins are coming from plants vs. animals. Any brand that is willing to do this is worth considering. It's not the whole story about the food, but a much more complete picture of what's in the bag.



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

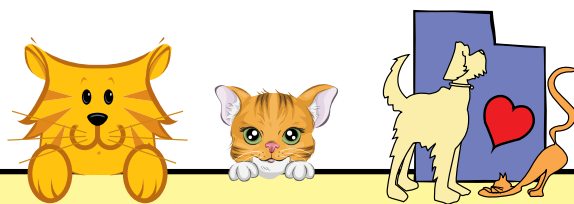
- Feed a variety of products, rotating both among and between several manufacturers of products, for nutritional balance over time, and to avoid problems caused by long-term exposure to any formulation problems or nutritional imbalances/excesses/inadequacies in your dog's diet.
- Feed the best food you 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.
- 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.

The Bark Park - Off-leash Dog Park



Location: 100 E 300 S

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



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Oct 27 - Dog Adoption Day at City Market from 10am - 12pm

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