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<b>WESTWATER CANYON FULL-DAY</b> Enjoy exciting whitewater rapids & lunch in this unique Canyon. (min age: 10)	\$190	\$190
<b>STAND UP PADDLEBOARDING</b> Transportation, board rental, instruction, guide, snacks and water are included. (min age: 10)	\$85	\$75



### CANYONEERING & CLIMBING

	ADULTS	YOUTH
<b>EPHEDRAS GROTTO CANYONEERING</b> Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels! 4 hrs (min age: 10)	\$104	\$99
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### AIR TOURS & HORSEBACK

	ADULTS	YOUTH
<b>HOT AIR BALLOON RIDES</b> Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx 3.5 hours)	\$299	\$279
<b>ARCHES &amp; FISHER TOWERS FLIGHT</b> 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
<b>SLICKROCK SAFARI</b> Incredible 4x4 experience over a landscape of petrified sand dunes. (2 hrs)	\$85	\$55
<b>GRAND SAFARI</b> Further explore the backcountry in the world's most serious 4x4. Departure times vary by season. (4 hrs)	\$175	\$125
<b>SUNSET SAFARI</b> The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)	\$96	\$73

### ARCHES N.P. TOURS

	ADULTS	YOUTH
<b>ARCHES N.P. ADVENTURE TOUR</b> Explore fins, arches & chasms with easy guided hikes in the morning hours. (4 hrs)	\$85	\$75
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### MTN BIKING & HORSEBACK

	ADULTS	YOUTH
<b>HALF-DAY MOUNTAIN BIKING</b> Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)	\$103	\$99
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# MOAB HAPPENINGS

Volume 30 Number 8

NOVEMBER 2018



November 2-4



Moab Celtic Festival  
November 2-4



Moab Trail Marathon  
November 3-4



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# Moab Happenings

## MOAB HAPPENINGS®

*Moab Happenings* is published by Canyonlands Advertising Inc. of Moab, Utah and is provided free throughout the Moab area as a visitor information guide.

Articles and photos of area tourist attractions or local historic sites are welcome and may be used at the editor's discretion.

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## The Living Lichens

By Emma Tucek

As Moab begins to quiet down from the bustle of busy year and summer sun, many plants and animals also begin to make their retreat from the winter months ahead. However, there are a few bold enough to face the winter. Lichen across the canyon country have adapted to live in the extreme conditions of desert winters and summers.

Lichen grow on varying substrates including rocks, soils, and even old plants, houses, and cars and are found throughout canyon country. They are a symbiotic relationship between fungi, which provides shelter, and algae and/or cyanobacteria, both which are capable of photosynthesis to create food. Because algae typically need an abundant water source to survive, the protection from the fungus allows it to live and grow in in diverse environments.

In the summer months lichen survive by becoming dormant and brittle during dry periods. When lichen is wet, it can absorb three to thirty-five times its weight in water. This process is called "poikilohydry." Lichen can absorb water from rain as well as from water vapor in the atmosphere. In the coldest, snowy months, lichens absorb water from the humid atmosphere created when covered by snow. Snow offers lichen protection from the elements and the creates an environment suitable for growth. Most growth in lichen is seen when they are buried under at least a thin layer of snow. Lichen can survive

in unfavorable periods of drought in a dry and inactive state and grow when water becomes available.

While lichen go relatively unnoticed, especially during winter, they are still living and thriving during the coldest months of the year. Some common lichen found in canyon country include sagebrush rim-lichen and desert fire-dot lichen, both which can be found commonly on sandstone rocks. Sagebrush rim lichen has a light green color with folded lobes while fire-dot has striking orange lobes radiating outwards.

Just like lichen, Canyonlands Field Institute staff is also busy at work all winter long. While programs for the season have wrapped up, we are already working towards next year's programs. So keep an eye out early spring for new growth in our lichen friends, as well as, our programs.

Canyonlands Field Institute is a non-profit outdoor education organization with a mission to increase awareness and appreciation for the Colorado Plateau through direct natural and cultural experiences. For more information about our upcoming programs visit cfimoab.org. We look forward to seeing you again in the New Year.





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"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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# River Road Happenings

## Castle Creek Winery

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

thoroughly enjoy growing them in the beautiful desert we call home.

Since our founding in the year 2000, we have perfected eight different varieties of wine, Merlot, Cabernet Sauvignon, Chardonnay, Chenin Blanc, 2 red blends – Outlaw Red and Monument Red, and 2 white blends, Lily Rose White and Petroglyph White. We have quickly become Utah's largest and most renowned winery, producing more than 15,000 gallons of wine each year. By keeping our output low we can focus on the quality of the wine we produce and use the most locally sourced and ethically produced ingredients possible. This also keeps our prices low and our taste and quality incredibly high,

while maintaining the principles of local production and labor throughout our production process. We grow grapes in our local vineyard and combine them with locally sourced grapes from other small vineyards nearby in Western Colorado. From the growing process, to crushing and fermenting, to the delicate bottling, we artfully prepare our wines to preserve the smooth and bold flavors of the desert and to bring your dinner table to life. It's the adventure you find in Moab, right in your glass.

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





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*Moab's Adventure Headquarters*



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# Moab Area Events Calendar

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*Holiday  
Craft Fair*

November 30<sup>th</sup> 9am-8pm  
December 1<sup>st</sup> 9am-6pm

Moab Valley Inn  
711 S. Main St.

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Family  
**Fall Festival**

November 10<sup>th</sup>

10am - 5pm

\$5.00  
Tickets

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Moab, Utah

Proceeds benefit  
Moab Christian Home School Co op



**CASTLE VALLEY FARMS**

**FARMERS MARKET**

WHEN:  
TUESDAYS  
3:30-6:30PM



WHERE:  
YGP  
530 4<sup>th</sup> E

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!

## 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 Youth Sex Education-** at Moab Regional Hospital, Education Room 2. 1:30pm for 6th Graders focusing on relationships, boundaries, decision making & values. 3pm for 7th & 8th Graders on sexually transmitted infections & protection methods. 4:30pm for High Schoolers on methods for preventing pregnancy & preventing STIs & HIV. For info: 435-719-5580

**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 ad pg 14A

**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 1B & ad pg 20A

**Nov 2, 9, 16, 23, 30 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.

**Nov 3 Soup Bowl 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.

**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. See article pg 5B

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

**Nov 4 DAYLIGHT SAVINGS TIME**  
(Fall Back 1 hour)

**Nov 4 CommuniTea Garden:**  
**Autumn Garden Gathering/**  
**Collaborative Bee Habitat**  
**Workshop-** 8am-12pm, Corner of 100 West & Walnut St. Follow us on facebook.

**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 5, 12, 19, 26 Family Fun Night-** 7pm at Canyon Country Discovery Center, 1117 N. Main St. in Monticello. For info: 435-587-2156. See ad pg 18B

**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 Moab Toastmasters Meeting-** Noon-1pm at Zions Bank, 330 S. Main Street. Improve your public speaking & leadership skills. Please visit us on facebook.com/MoabToastmasters

**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 7, 14, 21, 28 Gentle Yoga with Star-** 11:30-12:45pm Moab Recreation & Aquatic Center, 374 Park Ave. No experience necessary. Mats-props provided or bring your own. Questions contact Star 406-291-6408

**Nov 9 Blood Drive at Moab Regional Hospital-** 9am-1pm. Live is found in giving. Give Blood. Give Life.

**Nov 9 Star Party at Canyon Country Discovery Center-** 7pm 1117 N. Main St. in Monticello. For info: 435-587-2156. See ad pg 18B

**Nov 9, 10, 11 Writing Workshop: Your Memoir, Your Family Story, Your True Life Adventure-** for more info: 505-450-4846. See article pg 5A

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

**Nov 10 1st Annual Fall Festival-** for Moab Christian Homeschool Co-op- fundraiser. There will be food, pony rides, petting farm, story-telling, living history display, games, raffle, prizes & more! 10am- 5pm at the VK- Training Stables, 3128 Spanish Valley Drive. FREE tickets for all Veterans, \$2 off when you bring a non-perishable food item, \$20 Family pass for a family of 5 or more. For info: 435-260-9663. See ad this pg.

**Nov 10 Veterans Day Navajo Taco Dinner-** 5-6:30pm at the Episcopal Church, 250 Kane Creek Blvd. Honoring all veterans past & present. Freshly made fry bread, drinks & dessert. Tickets available at the door. Handmade Navajo pottery for sale.

**Nov 10 Moab ArtWalk-** 5-8pm. Visit up to ten venues, see many art displays & enjoy refreshments. For more info visit moabartwalk.com or call 435-259-6272. See map & article pg 6A

**Nov 10 Gallery Moab Artist Reception-** featuring the work of Brent Flory, an oil painter who specializes in portraying cowboys, Native Americans, farmers, ranchers, & their animals. Reception will be held from 5-8 during Art Walk. See article pg 8B

**Nov 10 Second Saturday Swing!** at the MARC, 111 E. 100 North. Join us for some fun swing dancing! No experience or partner necessary. Beginner lesson at 7 pm. Big Band-era DJ music till 10. \$5 suggested donation. More info at facebook.com/moabswingdance.

**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 11 Medicine Walk with Kinde Nebeker-** 9am-5pm. Check moonflower.coop/calendar for location & details. 435-259-5712

**Nov 12 VETERANS DAY (HOLIDAY)**

**DEADLINE for DECEMBER Events Calendar: NOVEMBER 15, 2018**

**Listings in the Moab Happenings Events Calendar are FREE!!**

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

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

**email: info@moabhappenings.com**

# More Events

## November Events continued

**Nov 12 Veterans Celebration-** honor those that have served our country. Guest speaker will start the celebration at 11am in front of the courthouse. Observe the 13 folds of the Flag & hear the Valley Voices sing.

**Nov 13 Basics of Quickbooks-** 11am-2pm at USU Moab. Both desktop & online versions will be covered. Cost is \$20. Scholarships available through programs@wabisabi.org. Light lunch & water provided. For info: kathy.lacy@usu.edu

**Nov 13 Health Insurance 101-** 5:30-7:30pm at Moab Regional Hospital Education Rooms. Get assistance with MarketPlace, Health Insurance Plans, Enrollment & Health Insurance Technology. For info: vista@mrhmoab.org or 435-719-5580

**Nov 13, 27, Dec 4, 11 Jazz Up Your Swing Dancing!** 7pm at the Moab Arts & Recreation Center, 111 E. 100 North. Learn how to expand your vocabulary & add variety to your swing dance. This is four-week course, Cost is \$40 for the series, or pay \$15 week by week. Learn more at facebook.com/moabswingdance

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

**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 Holiday Boutique-** 10am-4pm in the Zions Bank conference room. Brought to you by Forget Me Know Flowers & Gifts and Blush & Bashful Market.

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

**Nov 17 Native American Heritage Celebration-** 4pm at the Youth Garden Project, 530 E. 400 North St. (behind High School). Mutton Stew & Fry Bread Dinner (vegetarian option available). Donations welcome, all proceeds benefit Tribal Services. For info: 435-259-5444

**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)**



## Writing Workshop, Nov 9-11

"Personal stories are the perennial stories. We tell them in our families through generations. They are the ones repeated at weddings, funerals, reunions and other special celebrations," award winning author Lou Liberty stated when asked why she was bringing Your Memoir, Your Family Story, Your True Life Adventure intensive writing workshop to Moab.

"I have loved all kinds of stories since birth because my grandmother poured them into my ears and therefore into my heart," she continued. "Personal stories are my favorites. They are alive and evolve with each teller. They are special gifts that we give to one another, enriching and informing our lives. They help answer the ages old question, 'Who am I?'"

"After my first writing workshop in Moab, I realized there are many exceptional people here and I wanted to share with them memoir writing



**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. See article & ad pg 7A

**Nov 27 Cooking with Jon Olschewski-** 6pm at Moonflower's Datura Deli & learn to make Vietnamese Spring Rolls. For info: moonflower.coop/calendar or 435-259-259-5712

**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. See ad pg 20B

**Nov 30-Dec 1 Holiday Craft Fair-** 9am-8pm on Friday & 9am-6pm on Saturday at the Moab Valley Inn, 711 S. Main St. See handcrafted items in crochet, wood, tatting, knit items & many more from local artisans. For info: 435-259-6722. See ad pg 4A

**Nov 30-Dec 1 MARC Holiday Art & Craft Fair-** 4pm-8pm on Friday & 10am-5pm on Saturday provides the opportunity to shop locally. ALL displays and sales are handcrafted goods. No mass produced manufactured items, only quality gift ideas. Join us for a wonderful shopping experience. With about 50 local & regional artisans & crafters displaying holiday cards, ornaments, paintings, ceramics, textiles, jewelry, glass work, woodwork, candles, soaps, salves, baby items, jams, syrups & more. Find a unique gift while supporting the 'local' community in the process. Santa Claus is here on Saturday to visit, so bring the kids and take some pictures! See ad pg 8B, article 7A

**Nov 30-Dec 1 Blanding Tree For All Christmas Fair-** 9am-2pm on Friday & Saturday. 1013 South 300 West in Blanding, Utah. For info: 435-678-3457

## December Events

**Dec 1 Winter Sun Run 2018-** will be the 36th annual event, started in 1983 by the Rim Rock Runners. Escape your winter for the sunny blue skies of Moab. For info visit madmooseevents.com/winter-sun-10k or call 719-429-9501. See ad pg 20B

**Dec 1 The 21st Annual Electric Light Parade!** A fun & festive parade of brightly-lit floats & vehicles, bicycles, horses & more, brought to you by the Moab Chamber of Commerce. For info visit moabchamber.com or call 435-259-7814. Come & experience the most spectacular night of the year. See ad pg 20B

**Dec 3, 10 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.

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**Dec 24 CHRISTMAS EVE**

**Dec 25 CHRISTMAS DAY**

**Dec 31 NEW YEAR'S EVE**

skills so they can record their stories. Also, the holidays are coming and these kinds of stories make unique, treasured gifts."

Dan McNeil, who participated in Lou's earlier workshop in Moab, says this of his experience: "Come prepared to think in new ways about writing, art, and being in the world. Lou's encouraging

words, kindness, and authenticity helped me immediately write with more confidence."

"Your Memoir, Your Family Story, Your True Life Adventure" limited enrollment writing intensive is scheduled for November 9, 10, and 11 in Moab. The weekend is designed for participants to complete the first draft of their work within the framework of the workshop.

Registration for this exceptional writing experience is at louliberty.net. For details, talk with Lou at 505-450-4846 or by email at the address on her website. The cost is \$135.00. All materials are provided and be sure to mention that you read about it in *Moab Happenings*.



## 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

Moab Recreation & Aquatic Center

Fitness Center

- Fitness Classes
- Lap Swim
- Water Aerobics
- Springboards & Water Slides
- Showers
- Child Care

wibit Inflatable Pool Modular Play System

374 Park Ave (435) 259-8226  
Visit website for fees & schedules  
www.moabcity.org

MOAB COWBOY

Whip-it Flags \$25

I Survived Hell's Revenge

Stickers \$5

I Survived Hell's Revenge

SIDE BY SIDE U-DRIVE  
THE TOUR WHERE EVERYONE GETS A WINDOW SEAT

tripadvisor get the truth, then go™  
97 South Main St 435.220.0746  
twitter @MoabCowboy  
www.moabcowboy.com

# MOAB ARTWALK • SATURDAY, NOV 10<sup>TH</sup> 5PM - 8PM

Enjoy November ArtWalk! Be sure to pick up a postcard at any ArtWalk destination and have it punched at all NINE 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  
118 E. Center St. • 435-259-7985

Museum of Moab is temporarily closed for renovations. Visit their rotating exhibit at Gallery Moab! Look forward to the Museum reopening with a fresh look!



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

To finish off the 2018 ArtWalk season, the MARC is excited to showcase two exhibitions; The Dust Magazine highlights local art, adventure and culture. Check out their display of local stories, poems and visual art. Ruth Linford, native Utah artist, working as RUTHLE\$\$, a community-based land art movement. The show *Fuel on Fire* signals the story and objects behind returning to her homeland.



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

Fruits. Vegetables. Constellations. Do they go together? In this uniquely delightful art show, Katrina Lund celebrates food and dark skies simultaneously. With mixed media, she illustrates how fruit and vegetables look by day, then when they take over the night sky!



**CommuniTea Garden** 4  
165 E. 100 S. • 435.260.8931

Resiliency Hub's CommuniTea Garden is showcasing local artist Pimo, Pete Apicella, to round out the fall ArtWalk season. Enjoy Pimo's whimsy through art and conversation.



**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.



**Gallery Moab** 6  
87 N. Main St. • 435.355.0024

Gallery Moab features the work of Brent Flory, an oil painter who lives in Wallsburg, Utah. Brent specializes in portraying "the western experience" embodied in cowboys, Native Americans, farmers, ranchers, and their animals. Meet this guest artist during ArtWalk.



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

A Moab staple for over 20 years, Tom Till Gallery features photography of Arches, Utah, National Parks, and the most amazing places on earth. Come in and be inspired by our planet's beauty. Mention ArtWalk Discount for 15% off.




**Moab Made** 8  
82 N. Main St. • 435.261.3570

Moab Made means just that... locally crafted artisan made goods. Add to that a little bonus of some Utah made. Every now and then a Utah artisan comes our way that I describe as irresistible.



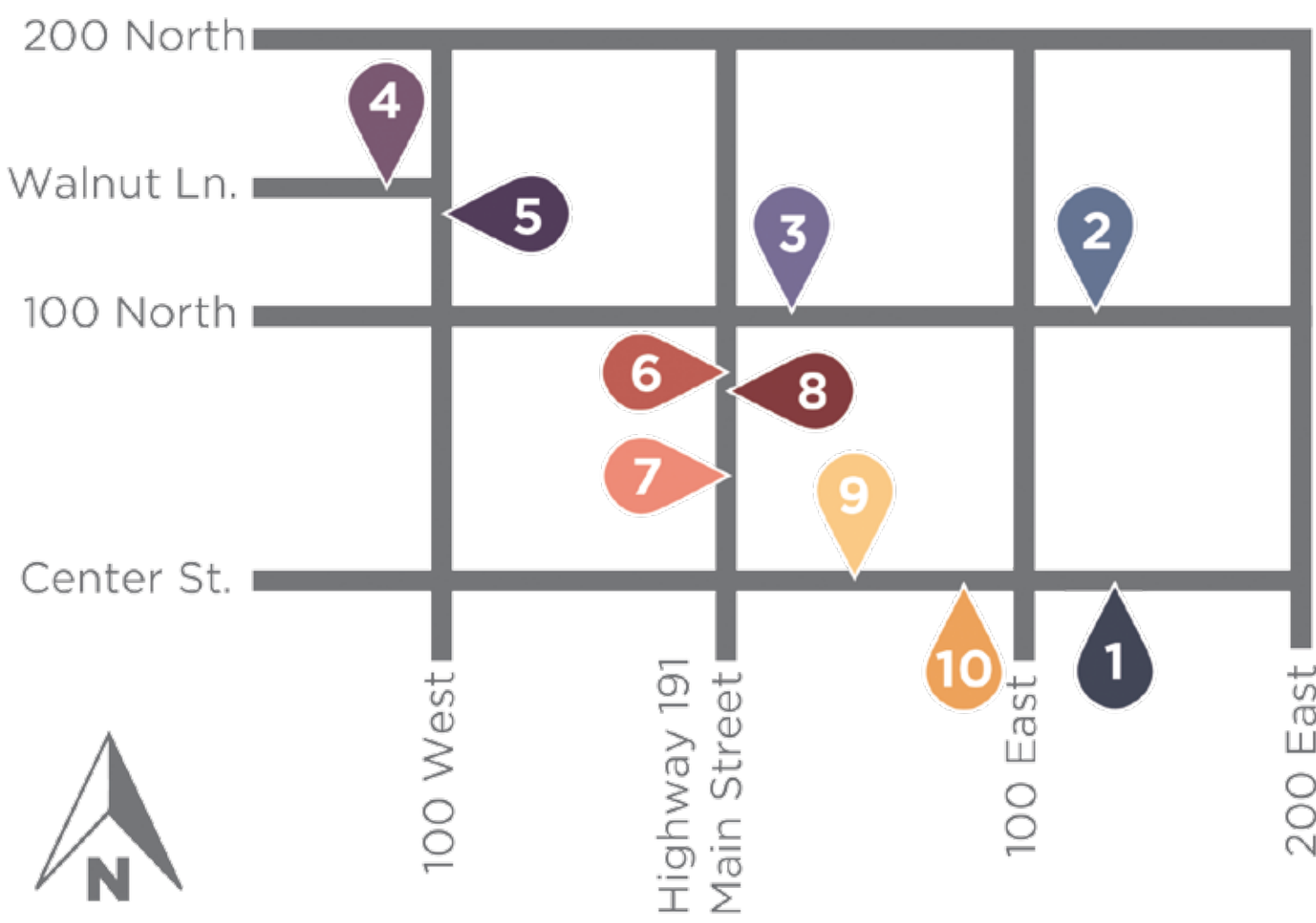
**Desert Thread** 9  
29 E Center St. • 435.259.8404

Baa... Baa... Felt Sheep... have you any wool? Join us this ArtWalk and be inspired for your next project.



**98 Center** 10  
98 E Center St. • 435.355.0098

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

# Holiday Happenings

## WabiSabi Hosts Annual Community Thanksgiving

WabiSabi is once again hosting a free and/or by donation Thanksgiving meal at the Grand Center Thursday, November 22nd, 2 pm to 5 pm at the Grand Center. This annual event is a wonderful opportunity for the individuals, nonprofits and businesses of Moab to unite in sustaining area residents and the community at large. This meal is more than a gesture to help people through lean economic times; it is about creating a sense of community. We invite people of all ages and backgrounds to share in



this essential bond of community, gratitude and sharing.

WabiSabi is currently seeking volunteers to help with Thanksgiving meal setup, serving and cleanup. Anyone interested in getting involved can contact Liz at 259-2553 or volunteer@wabisabimoab.org.



WabiSabi is unable to accept food donations from individuals. Everything served must be prepared in a commercial kitchen. However, financial contributions or gift certificates to local grocers for the event are enormously helpful and may be mailed to WabiSabi at 160 E 100 S or contributed through wabisabimoab.org.



24TH ANNUAL

# TURKEY TROT

# MOAB 5K

PLEASE HELP US BY DONATING NON-PERISHABLE FOOD ITEMS FOR THOSE IN NEED

TURKEYS AND PRIZES FOR 5K AGE GROUP WINNERS

RIBBONS FOR ALL KID'S COURSE RUNNERS

STROLLERS AND LEASHED DOGS ARE WELCOME!

FEES BENEFIT YOUTH SPORTS PROGRAMS

NON-PERISHABLE DONATIONS WILL GO TO THE GRAND COUNTY FOOD BANK

**Nov 17th @ Swanny Park**  
**Race Starts 9:00 am**  
 (day-of registrations by 8:15 am)

5K Pre-reg	\$12
5K Day-of reg	\$17
Kid's Course Pre-reg*	\$3

\*1 lap around Swanny  
 \*Kids course registers online with parents registration or registration day-of for \$5

Pre-Register at the Moab City Recreation Department go to [www.moabrecreation.org](http://www.moabrecreation.org) or Call 435-259-2255

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

## Holiday Art and Craft Fair at the Moab Arts & Recreation Center

The annual MARC Holiday Art & Craft Fair will take place Friday, November 30, 2018 from 4pm to 8pm & Saturday, December 1, 2018 from 10am to 5pm at the MARC (Moab Arts and Recreation Center). The Holiday Art and Craft Fair provides the opportunity to shop locally when thinking of gifts for this holiday season. ALL displays and sales are handcrafted goods. No mass-produced manufactured items, only diverse and quality goods.



Join us for a holiday market experience and browse the 50+ local and regional artisans. Look forward to holiday cards, ornaments, paintings, ceramics, textiles, jewelry, glass work, woodwork, candles, soaps, salves, baby items, jams, syrups & more. Find a unique gift while supporting local and regional artisanal businesses. Maybe even buy yourself something, just 'cause!

Additionally, Santa Claus will be at the MARC on Saturday, so bring the kids and take some pictures while you shop for the perfect gifts!

If you are interested in being a vendor, call us at 435-259-6272 to see if we still have open spots.

Happy Holidays!



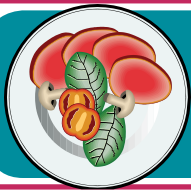
Authorized EverSewn Dealer

**Use our layaway program to purchase your holiday gift**

[www.ItsSewMoab.com](http://www.ItsSewMoab.com)  
**Store Open Monday-Saturday 10-5**  
 40 W Center Street Moab 435-259-0739







# 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."



**SORREL RIVER RANCH**  
RESORT AND SPA

**THE RIVER GRILL**  
OUR FARM TO YOUR TABLE

Enjoy indoor or al fresco seasonal dining along the Colorado River. Our seasonal menu features fresh ingredients sourced directly from Sorrel River Farm.

Join us for  
Breakfast | Lunch | Dinner  
7-10 11-2 6-Close

(P) 435-259-4642 | Reservations Recommended  
sorrellriver.com/dining | Mile 17 Hwy 128, Moab, UT 84532

**ATOMIC**  
GRILL & LOUNGE

- BBQ
- GOURMET BURGERS
- CONTEMPORARY MEXICAN CUISINE
- CRAFT COCKTAILS
- LOCAL BEERS
- STREET TACOS

"We don't do ordinary"  
**Open Daily at 4:30pm**

1393 N. HWY 191  
435.259.5201  
MOABBURGER.COM

Open Daily 8-3am - 3pm  
**RED ROCK BAKERY and CAFE**  
BAKED FROM SCRATCH SINCE 1997

Utah's First 100% Solar Powered Bakery & Cafe

Celebrating 21 years in Business 1997-2018  
Locally Roasted Fresh Moab Coffee & Espresso  
Dine-In or Take-Out • Group Lunches • Private Conference Room  
74 South Main • Moab, UT 84532 • 435-259-5941

**MOAB BREWERY** Est. 1996  
**PACKAGE AGENCY**  
OPEN DAILY AT 11:30 AM  
**EVEN ON SUNDAY!**

Moab Distillery Spirits sold here!

**WE HAVE BEER and Spirits TO GO!**

RESTAURANT OPEN DAILY AT 11:30 AM FOR LUNCH AND DINNER  
686 S Main St • www.themoabbrewery.com

**Moonflower**  
community cooperative  
natural foods store

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

**Open Daily 8am to 8pm**

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

**El Charro**  
Mexican Grill loco

\*\*\* Serving Lunch and Dinner \*\*\*  
**¡El Arte De Comer Bien!**  
The Art Of Good Eating!

812 S. Main Street  
435-355-0854

**ANTICA FORMA**  
WOOD FIRED NEAPOLITAN PIZZA & PASTA

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



# Restaurant Guide



# Restaurant



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

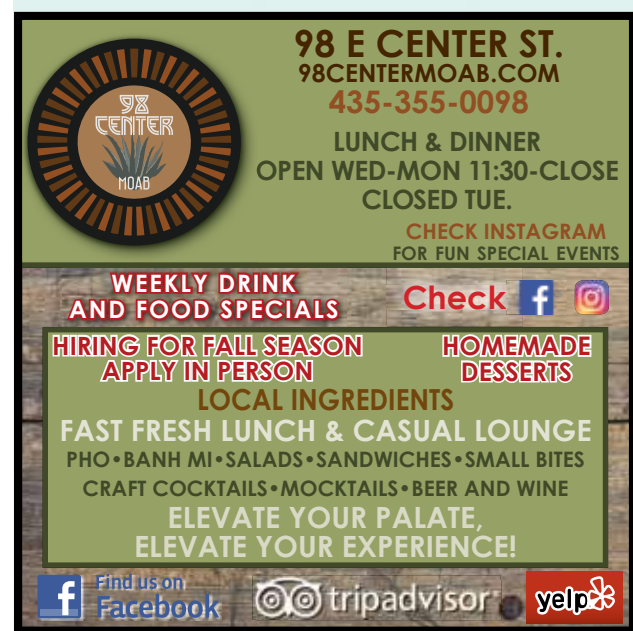
Now located  
in the heart of downtown  
**36 South 100 West**  
**Open Daily at 5pm**

Reservations Highly Recommended  
435-259-0756 FULL LIQUOR LICENSEE



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

Breakfast • Lunch  
"Best Desert Oasis" Salt Lake City Magazine  
Daily 7:30am - 1:30pm  
352 North Main, Moab • 435-259-6896



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

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

WEEKLY DRINK  
AND FOOD SPECIALS

HIRING FOR FALL SEASON  
APPLY IN PERSON

HOMEMADE  
DESSERTS

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



Authentic Mexican Food  
**FIESTA MEXICANA**  
Come in and check out our  
**NEW DECOR!**  
Best Margaritas in town  
using fresh squeezed limes.

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

MONDAY: BURRITOS ~ Beef or Chicken  
TUESDAY: ENCHILADAS ~ Beef or Chicken  
WEDNESDAY: CHIMICHANGA ~ Beef or Chicken  
THURSDAY: ENCHILADAS SUIZA ~ Beef or Chicken  
FRIDAY: TACO ENCHILADA ~ Beef or Chicken

Check The Ad-vertiser for Weekly Specials  
Best Mexican Food in Town  
Sun-Thurs 11-9 Fri & Sat 11-10  
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.

**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  
Dinner  
Open Daily 4:30pm - Close  
Chef designed menu with a wide range of locally sourced meats & vegetables. Everything is made fresh from scratch, even the desserts! Gluten free options available. Can accommodate all allergies. Plan your holiday parties with us. You may choose your setting either from the warm earth toned dining area, the beautiful secluded patio or mingle in the lounge imbibing with one of his 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 • Dinner  
River front tables inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make reservations for private parties.

**Denny's**

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

**Desert Bistro**

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

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

**EklectiCafe**

352 North Main Street 435-259-6896  
Breakfast • Lunch Open Daily 7:30am - 1:30pm  
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! Large enclosed patio available for holiday parties.

**Fiesta Mexicana**

202 South Main Street 435-259-4366  
Lunch • Dinner Sun - Thurs 11-9 Fri & Sat 11-10  
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  
Closed for the Season  
Moab's Breakfast Place located in Grand County's historic first Courthouse. Features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

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

La Hacienda 574 North Main St. 435-355-0529

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 - Close  
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.

For more information about these restaurants pick up a "Moab



# Guide

## 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.miltstopandeat.com.

## Moab Brewery

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

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

## Moab Coffee Roasters

90 N. Main St. 435-259-2725  
Open everyday 7am - Close

On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian sodas. Organic gelato made with all fresh ingredients. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference! Check out our selection of Republic of Tea, bagels, pastries (gluten free options) & Moab souvenirs.

## Moab Diner & Ice Cream Shoppe

189 South Main 435-259-4006  
Breakfast • Lunch • Dinner  
Mon-Thurs: 6am - 9pm  
Fri-Sat: 6am - 10pm Closed Sundays

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

## Moab Food Truck Park

39 West 100 North

### Big Don's Pizza Bus

### Delicate Donuts

435-260-7321

### Downtown Dawgs

### Hermanos Taco Co

435-724-7348

### Hōkūlia Shave Ice

435-260-7321

### Red Wok Kitchen

### Tacos El Gordo

### T-Mike's Krusty Krab

## Moab Garage Co.

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

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

## Moab Giants Cafe

112 West SR-313 435-355-0288

## Moab Grill Steakhouse

540 South Main 435-259-4848  
Breakfast • Lunch • Dinner • Catering Open 7am

Enjoy our menu ranging from Cowboy Benedict in the morning to hand cut steaks and seafood for dinner. Homemade soups, pies and cobbler, espresso and crazy juicy burgers. Steak and King crab legs anytime. Serving slow roasted Prime Rib Friday Saturday and Sunday. New Pasta dishes, small private meeting room, internet, 2 flat screens, sunny window booths, counter dining, full beer and wine menu, vegetarian and gluten free dishes.

## Moab Kitchen

239 W. Center St.

## Moonflower Community Cooperative

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

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

## MOYO - Moab Frozen Yogurt

331 N. Main St. 435-355-0010  
Open Daily 1-9

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

## Pancake Haus

196 South Main 435-259-7141

## Pasta Jay's

4 South Main 435-259-2900

## Peace Tree Juice Cafe

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

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

## Pizza Hut

265 South Main 435-259-6345

## Quesadilla Mobilla

89 N. Main 435-260-0289

## Red Rock Bakery & Net Cafe

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

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

## Sabaku Sushi

90 East Center 435-259-4455

## Singha Thai Cuisine

92 E. Center 435-259-0039

## Spitfire Smokehouse

221 S. Main St. 970-618-4274

## River Grill at Sorrel River Ranch Resort & Spa

Mile 17 Highway 128 435-259-4642  
Breakfast • Lunch • Dinner Reservation Recommended

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

## The Spoke On Center

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

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

## Stu's Deli (Inside Moab Chevron)

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

Featuring Moab local's favorite fried chicken, sandwiches (gluten-free option), Taco Thursdays, and Daily Specials. New on site garden plot providing in season "farm-to-fork" veggies on our sandwiches, in our specials, and for sale! Call in sandwich orders at 435-259-2212. Store, fuel and car wash open Sun-Thurs 4am-11pm, Fri-Sat 4am-midnight.

## Sunset Grill

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

Steaks, Seafood, Pasta, Prime Rib. Fresh ingredients brought in daily. Children welcome. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. State Liquor Licensee. Call for free Shuttle Service: 435-259-7777

## Susie's Branding Iron

2971 South Highway 191 435-259-6275  
Lunch • Dinner Open 11:30am-8pm Closed Mondays

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

## Sweet Cravings Bakery & Bistro

397 North Main 435-259-8983  
Breakfast & Lunch Open daily 8am - 3pm

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

## Szechuan Restaurant

125 North Main 435-259-8984

## Wake and Bake Cafe (inside Eddie McStiff's)

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

## Wendy's

260 North Main 435-259-2595

## Wicked Brew Espresso Drive Thru

1146 South Highway 191  
Open at 6am - 3pm

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

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96 South Main Street 435-259-6555  
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Our extensive menu includes the best burgers in Moab, sandwiches, pastas, salads, seafood & our famous All-You-Can-Eat pizza buffet & salad bar. Dine inside or on our all-weather covered patio. 50" flat screen and 22 TVs. Full liquor license. Locally owned and operated. Call us to host your event on our patio, or in our tavern. Catering available.

## Sweet Cravings



Bakery + Bistro

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

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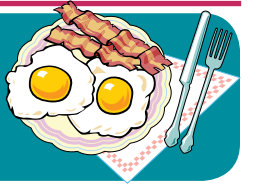
Open Daily 8am - 3pm

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

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



# Restaurant Guide



**peace tree juice cafe**  
www.peacetreecafe.com

Beer Wine Cocktails

daily specials

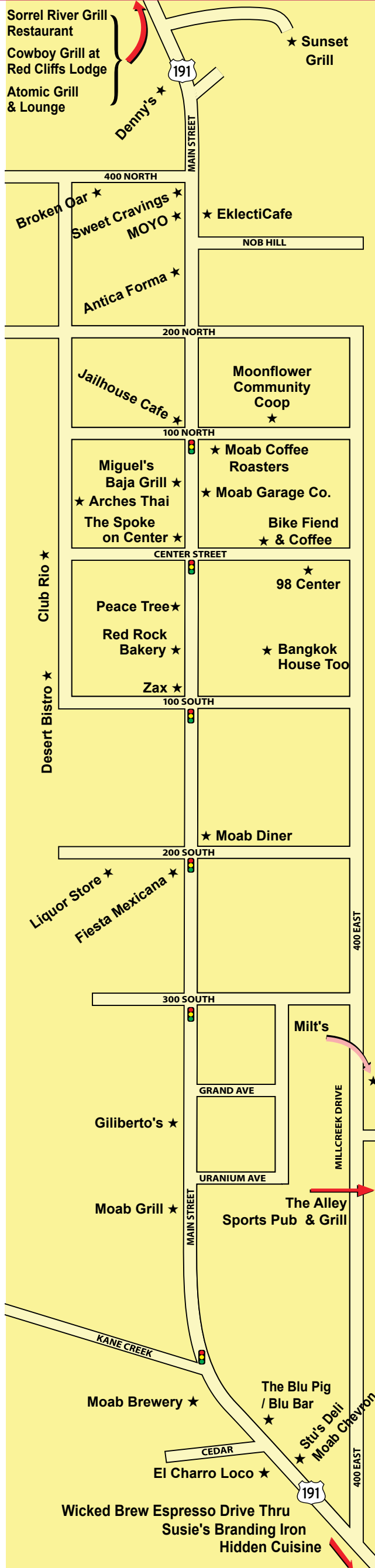
fresh fruit smoothies and green smoothies

fresh juice & coffee bar

good pasta selection steaks, Salmon fresh trout vegetarian options and much more

Breakfast, Lunch, Dinner menus

20 south main street, moab, utah 259-0101  
Also in Monticello at 516 North Main



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Charles A. Steen

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Open 6am-2am  
Large servings

Taco Salad Ground Beef or Chicken w/small soda \$8.50  
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Try our Super Fries (like Nachos but with French Fries) Mexican bottled Coca Cola  
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# Restaurant Guide

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MOAB, UT

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www.hiddencuisinemoab.com



## “A Rather Large Amount of Gratitude”

The longer I am a mother the more I come to realize that the “childish” comments, books, stories, and songs hold some of the world’s greatest truths. One of my favorite “childlike truths” that is especially applicable during the Thanksgiving season comes from Winnie the Pooh it says, “Piglet noticed that even though he had a very small heart it could hold a rather large amount of gratitude.” Thanksgiving encompasses all that we are most grateful for in our lives. It seems that every individual exudes appreciation for all they have and surround us all in a cocoon of safety love and gratitude that is impossible to replicate in any other way.



Last year at The Broken Oar we tried something we had never done before, we provided a free Thanksgiving dinner for the community. Now, while many people came to enjoy the food we provided, at the end of the day, we were still left with more food than we could eat in 3 lifetimes. Not wanting it to go to waste we decided to take the food to a few families and locations in the area that we knew could not afford their own thanksgiving dinners. When we arrived at these locations and spread the word that we had food to spare. People came out of their homes in droves to take the food from our vehicles. These families wanted to be a part of the holiday but had no way to get to the restaurant or other community events offered in Moab. We had unwittingly discovered the flaw in our effort to provide dinner for the community... many of the community have no way to get these Thanksgiving feasts.



So, this year, The Broken Oar will be opening for business on Thanksgiving. We will be selling Thanksgiving dinner by the plate for all who want to dine out for the holiday. But, before we open for service we will be assembling and distributing meals to any in the community who need it. We know of many people who want these meals, but we need the help of the community to do even more. If you know of a family who may need thanksgiving this year, please contact the Broken Oar and we will make sure they get a beautifully delivered Thanksgiving dinner. If you want to volunteer or pick up a meal for your loved ones yourself, please contact Randy at 435-260-0166 or Audrena at 435-210-1963.

The Broken Oar Restaurant is open nightly at 5:00 p.m., closed Sundays. Call 435-259-3127 for a reservation, we are located at 53 West 400 North, Moab UT, www.thebrokenoarmoab.com.



**COWBOY GRILL**  
MOAB, UT

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

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25<sup>th</sup> year



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101 NORTH MAIN STREET

**New!**



Offering Fall Flavors with every bite

**Pumpkin Cream Pancake**

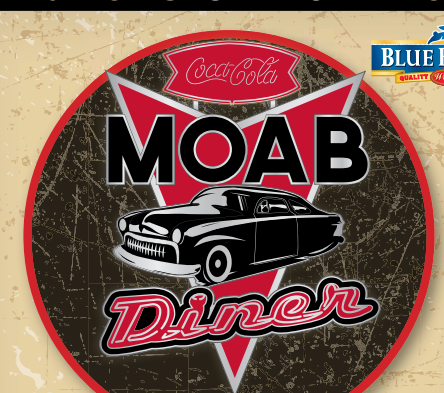


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**Bowling & Billiards**

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**LATE NIGHT KITCHEN**

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Open Mon-Sat 2pm  
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Food service till 1:00am  
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*Must be 21 years old.*

**UPSTAIRS PATIO BAR**  
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**GREAT FOOD!**

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KARAOKE Tue & Thurs • INTERNET

*Event Space Available!*

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Over 60 Beers - 30+ Heavy Beers  
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BBQ and Blues Joint

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**435-259-FEED (3333)**  
www.BLUPIGBBQ.com

OPEN DAILY 11:30-Close

## Live Music Locations

### The Alley Sports Pub & Grill

1078 Millcreek Dr.  
435-259-4748

### Club Rio

2 South 100 West  
435-259-2654

### Blu Bar

811 South Main Street  
435-259-3333

- Nov 1 Blu Bar, Lost Buffalo, 7pm
- Nov 2 Blu Bar, Bob Greenspan & Mama T, 7pm
- Nov 3 The Alley, Karaoke, 8pm
- Nov 3 Blu Bar, Bob Greenspan & Mama T, 7pm
- Nov 4 Blu Bar, Andrew Wynne, 7pm
- Nov 5 Blu Bar, Jon O, 7pm
- Nov 6 Club Rio, Karaoke, 9:30pm
- Nov 6 Blu Bar, Meander Cat, 7pm
- Nov 7 Blu Bar, Community Music Night, 7pm
- Nov 8 Blu Bar, Jeremy Mohny Band, 7pm
- Nov 8 Club Rio, Karaoke, 9:30pm
- Nov 9 Blu Bar, Bob Greenspan & Mama T, 7pm
- Nov 10 Blu Bar, Bob Greenspan & Mama T, 7pm
- Nov 10 The Alley, Karaoke, 8pm

- Nov 11 Blu Bar, Danny Rose, 7pm
- Nov 12 Blu Bar, Jon O, 7pm
- Nov 13 Club Rio, Karaoke, 9:30pm
- Nov 13 Blu Bar, Meander Cat, 7pm
- Nov 14 Blu Bar, Community Music Night, 7pm
- Nov 15 Blu Bar, Lost Buffalo, 7pm
- Nov 15 Club Rio, Karaoke, 9:30pm
- Nov 16 Blu Bar, Lost Buffalo, 7pm
- Nov 17 Blu Bar, Dave Steward Trio, 7pm
- Nov 17 The Alley, Karaoke, 8pm
- Nov 18 Blu Bar, Sean Paul Schulte, 7pm
- Nov 19 Blu Bar, Jon O, 7pm
- Nov 20 Blu Bar, Meander Cat, 7pm
- Nov 20 Club Rio, Karaoke, 9:30pm

- Nov 21 Blu Bar, Community Music Night, 7pm
- Nov 22 Club Rio, Karaoke, 9:30pm
- Nov 23 Blu Bar, Dave Steward Trio, 7pm
- Nov 24 Blu Bar, Donnie & The Black Hats, 7pm
- Nov 24 The Alley, Karaoke, 8pm
- Nov 25 Blu Bar, Sean Paul Schulte, 7pm
- Nov 26 Blu Bar, Jon O, 7pm
- Nov 27 Blu Bar, Meander Cat, 7pm
- Nov 27 Club Rio, Karaoke, 9:30pm
- Nov 28 Blu Bar, Community Music Night, 7pm
- Nov 29 Blu Bar, Lost Buffalo, 7pm
- Nov 29 Club Rio, Karaoke, 9:30pm
- Nov 30 Blu Bar, Dave Steward Trio, 7pm

# MOAB FOLK FESTIVAL 2018 SCHEDULE

### FRIDAY November 2, 2018

- Gallery Moab**  
5:00-6:30pm Roland Tec: No Place to Hide (pg 22)
- Star Hall** **GCHS\***
- 7:00pm Sloan Wainwright 7:00pm Hubby Jenkins  
8:15pm Penny & Sparrow or 8:15pm Sam Baker  
9:30pm Kathy Mattea 9:30pm Ellis Paul
- Jam Session at Eddie McStiffs after evening shows*

### SATURDAY November 3, 2018

- Workshops at Star Hall**  
9:00-10:00am Interview with Sam Baker  
10:15-11:15am Interview with Kathy Mattea
- Sun Court**  
9:00 - 11:00 am Coffee Slam and Bluegrass Jam (pg 19)
- Moab Ball Field**  
12:00pm Mean Mary  
1:30pm Mike Farris  
3:00pm Shawn Colvin
- Gallery Moab**  
5:00-6:30pm Roland Tec: No Place to Hide (pg 22)
- Moab Arts and Recreation Center (MARC)**  
5:00-7:30pm Soup Bowl Fund Raiser (Dinner) (pg 19)
- Star Hall** **or GCHS\***
- 7:00pm Hubby Jenkins 7:00pm Sloan Wainwright  
8:15pm Sam Baker 8:15pm Penny & Sparrow  
9:30pm Ellis Paul 9:30pm Kathy Mattea
- Jam Session at Eddie McStiffs after evening shows*

### SUNDAY November 4, 2018

- CommuniTea Garden**  
8:00am-Noon Garden Gathering (pg 19) **\*FALL BACK TIME CHANGE\***
- Workshops at Star Hall**  
9:00-10:00am Interview with Hubby Jenkins  
10:15-11:15am Singer-songwriter in the Round
- Sun Court**  
9:00 - 11:00 am Coffee Slam and Bluegrass Jam (pg 19)
- Moab Ball Field**  
12:00pm Les Poules À Colin  
1:30pm Liz Vice  
3:00pm Amy Helm
- \* GCHS = Grand County High School

**MOAB FOLK FESTIVAL**  
Nov. 2-4, 2018

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

**Festival Pass: \$130 • Single Venue: \$40**  
**MoabFolkFestival.com**

# Nature Happenings

## Talking Turkey in November

By Damian Fagan

Archaeological evidence exists that prehistoric Native Americans in southern Utah domesticated turkeys for their feathers and food by 200 B.C. Turkey feather robes and blankets, bone whistles, prayer feathers, and rock art images attest to this connection. One famous dwelling - Turkey Pen Ruin, has a remnant pen that may have kept birds in a "domesticated situation."



Current populations of wild turkeys in southern Utah can trace their lineage to reintroductions. The Rio Grande subspecies was introduced in 1984 and the Merriam's subspecies was reintroduced in 1952.



The two subspecies are similar in appearance; the Rio Grande has tan-colored feather tips, whereas the Merriam's feather tips are white. Merriam's turkeys were historically native in Utah, whereas the Rio Grande birds stretched from the Great Plains to northeastern Mexico. Another subspecies, Gould's wild turkey, occurred in southwestern New Mexico and southeastern Arizona.

Adult male turkeys, known as toms or gobblers, are larger than females and average 17-21

pounds. In contrast, females average 8-10 pounds and are smaller than males. Males have an impressive array of tail feathers that fan out in a near circular pattern when the birds are displaying or during territorial interactions.

Turkeys breed in the spring. Females, called hens, lay an average of 10-12 buff-colored eggs in a ground nest that they construct under cover. Successful incubation takes about 28



days, done solely by the female. Because her nest is on the ground, the female and eggs are at risk from ground predators such as coyotes, foxes, bobcats, and other predators. The female doesn't initiate incubation until all her eggs are laid, so that when the eggs hatch simultaneously, the young all leave the nest soon after hatching.



The young, called poults, will follow and forage on insects and larvae with the female. It takes about 10-14 days for their feathers to develop so that the poults can fly short distances.



Though adult turkeys seem too large to fly, they can fly up into trees in search of nuts or berries or to roost at night. When I was watching bald eagle nests for the BLM along the Colorado River, I'd

often see turkeys roosting in the same large cottonwood tree that held an active bald eagle nest. Neither seemed to mind their neighbors.

In November, flocks of wild turkeys may be observed foraging in fields, woodlands, or along the canyon bottoms for seeds, nuts, berries, insects, invertebrates, buds, waste grain, and just about anything edible. Their powerful gizzards can grind up shells, but they will digest grit to aid in the grinding process.

It is interesting to note that early European explorers to the New World brought wild turkeys back with them to Europe. The bird's popularity as poultry grew and spread rapidly across Europe. So much, that

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](http://damianfagan.blogspot.com)



when the early colonists reached the New World they had turkeys on board their ships.

If any month heralds the turkey, it is certainly November. Though turkeys may not have been part of the original Thanksgiving meal, they are now the centerpiece of this holiday. We can thank those early reintroductions that brought these wild and wily birds back into their ancestral lands.



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Art by Local Artists  
Open Daily 10am - 6pm



"Green Munchies" by Victoria Fugit

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## Restoration

You may be thinking about an old victorian or adobe and the process, the time it takes to repair it. Well, there are similarities, the body needs time and attention too! The amazing design of the human body and it's capacity to heal and be healthy is directly linked with the rest and nourishment it receives.

Did you know that proper rest and sleep: Boosts your immune system.

Improves your memory. Stimulates creativity.

Helps with weight management.

Helps you stay mentally and emotionally fit. Improves concentration and productivity. Slows down the aging process.

Reduces anxiety and depression. Helps you experience less pain.

Improves your overall health, restores, and energizes.

Rest-what can we do if we are stressed or not getting those 8 hours that our doctors recommend?

We can "actively" restore, this is different than sleep or zoning out on TV. In yoga this is called savasana or final relaxation, this occurs at the end of every yoga class. It resets our entire system, restores the body and over time-relaxes the mind. It is taking the time, setting aside 10-15 minutes. How about now? Find a place to lay down on your back (preferably not in your bed, if so-lay the other direction), if you have back pain, put a rolled blanket under

by Star Kolb, Moab Yoga Instructor

Relax left fingers to shoulder-relax the right fingers to shoulder. Relax pelvic floor-buttocks.

Relax the back.

Relax the belly and chest. Relax the neck-ears.

Relax the entire face: jaw-lips-tongue-cheeks-nose-eyes-scalp. Stay lightly focused on your breath and let your body rest. Timer dings and you are ready for the next part of your day.

At different times in my life, I have practiced relaxation(savasana) between each activity in my day. Morning walk-savasana. Work-savasana before lunch.



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your knees or bring your legs up a chair.

Set a timer for 10-15 minutes.

Start to progressively relax the body:

Relax left toes to hip-relax right toes to hip.

## HEALTHY CLASSES

### TUESDAYS

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

**Kundalini Yoga & Gong Meditation-** 5:30pm at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. By donation. For info: 713-817-7859  
 No classes the week of Thanksgiving.

### THURSDAYS

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

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

### SATURDAYS

**10am Kundalini Yoga & Gong Meditation** at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearn, PhD. By donation. For info: 713-817-7859  
 No classes the week of Thanksgiving.

### Home-savasana

before dinner. This reset cleared my mind, rested my body and brought me present with that part of my day.

Taking 10 minutes a couple of times a day has the potential to change your body and life.

"The evidence is growing that a \*yoga practice is a relatively low-risk, high-yield approach to improving overall health." Harvard Medical School

\*To get the most benefit, choose a yoga style that matches your current fitness/health level, as well as your goals for practicing yoga. Try different classes and teachers, and see what works for you.

Moab Yoga opened in 2012 and has 20 weekly classes, over a dozen teachers and yoga styles to choose from. It offers Yoga Teacher Trainings and Workshops. We are delighted to be part of the community and to be a support in your path of well being. Moab Yoga 37E Center St. 435.259.2455. www.moabyoga.com

## Moab Yoga Class Schedule September-November 2018

Day	Time	Class	Instructor
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
	11:30-12:45pm	Gentle Yoga at MRAC	Star
	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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 Thursdays 2pm-6pm



# Healthy Happenings

## Worried about the Flu?

Welcome to flu season! This is the time of year when you can expect to hear all kinds of catchy slogans like “Stick it to the flu with a flu shot.” And you can count on being scared with statistics like “80,000 Americans died from the flu last year.”



Unfortunately, the marketing slogans and the statistics are both misleading. At best, when the scientists have guessed correctly which flu strains are going to be active in the coming season, the flu shot is (according to the CDC) 47% effective. But surveillance data show that only 17% of flu-like illnesses in the United States are actually caused by the influenza virus. The rest are caused by other viruses, along with some bacteria, parasites, and yeast.

In other words, more than 4 out of 5 people who see their doctor with classic flu symptoms don't actually have the flu after all. And because the vaccine is effective in less than half the cases of flu, less than 1 in 10 flu-like illnesses would be prevented by the vaccine.

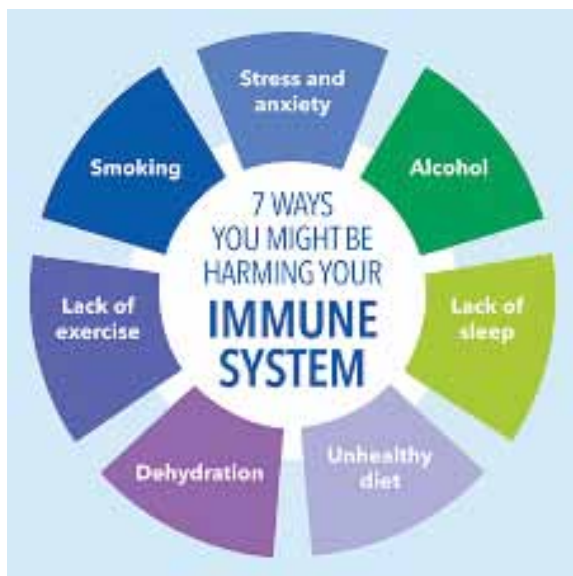
As for all those deaths, recently the CDC decided to lump flu deaths in with deaths from pneumonia. Separating them out, actual flu deaths are estimated to be approximately 1,000 per year. Compare this to 480,000 deaths from smoking, 190,000 from

obesity, 45,000 from suicide, 10,500 from drunk driving, and you can clearly see where America's real health hazards lie.

Even if the flu shot were effective, consider the cost to your brain and immune system. Before taking that jab, ask your doctor or pharmacist for a copy of the package insert. Don't be surprised to see that this miracle shot contains the following ingredients: Viruses, chicken egg (causes allergic reactions), aluminum (causes Alzheimer's), thimerosal (aka mercury, which causes Alzheimer's), formaldehyde (causes cancer), polysorbate 80 (cancer and infertility), antibiotics (weaken the immune system), and pork gelatin (allergies, religious prohibitions).

The bottom line? Get the facts and make your own decision. No doctor, pharmacist, employer, or government agency has the right or responsibility to decide for you.

Whether or not you choose to take the vaccine, your best protection against both Influenza and the far more common influenza-like illnesses is your own immune system. How can you strengthen it? Begin by avoiding immune toxins, such as nicotine, refined sugar (in all its forms), alcohol and excessive stress. Nobody would take a 3-legged horse to the race track, but this is what we do every time we leave the house after damaging our immune systems with toxins.



Secondly, give your immune system what it needs to function optimally: Adequate vitamin D, vitamin C, rest, water, exercise, and nutrient-dense food. “Nutrient-dense” means lots of vitamins and minerals (especially antioxidants) without lots of calories. The more natural colors on your plate, the better, especially from vegetables and low-fructose fruits like blueberries. As for vitamin D, ask your doctor to check your level of 25-OH-vitamin D3. This is the only way to make sure you are getting enough but not too much.



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**(435) 259-4466**  
[www.moabfamilyhealth.com](http://www.moabfamilyhealth.com)



The traditional recommended minimum level of 30 is fine for bone health, but vitamin D experts have discovered that an optimal level for immune health is between 60 and 100.

Since we began promoting these recommendations



in our office in 2009, we haven't seen much Influenza or flu-like illness. But when we do, we have immune-strengthening tools to help patients get over it faster. Either way, we've got you covered! Make an appointment by calling (435) 259-4466.

Moab Family Health: Promoting Health. Ignoring Propaganda. Following the Evidence.

## The Healing Art of Abdominal Chi Massage

by Meagan Coy

In January of 2018, I got the opportunity to travel to Thailand and immerse myself in two different massage therapy trainings. One was enhancing my knowledge and skills in Thai Massage, and the other one that I chose to take was titled “Abdominal Chi Massage.” I was drawn to take this training, because I knew it would take me out of my comfort zone, and I was intrigued to learn about and work with the internal organs on a much deeper level. I had a feeling that this work could be very powerful stuff, and after honing my skills on willing participants since I have returned from that trip, I can now confirm that it is!



My teacher in Thailand, Remco, described Abdominal Chi massage, also known as Chi Nei Tsang (pronounced Chee Nay Tsang) as a “massage energy therapy that touches the abdomen gently and deeply to clear the internal organs from stagnant and congested energies and remove habituated emotional patterns, creating an inner space to facilitate healing and realization.” Chi Nei Tsang literally translates as: Chi=energy/information; Nei=internal; Tsang=viscera/organs. According to Chi Nei Tsang practitioner, Kim Knight, it means “working the energy of the internal organs”, or “internal organs chi transformation.” It was used by monks for centuries in the mountain ranges of Taoist China to detoxify, strengthen and refine their bodies in order to carry out the highest level of spiritual practices. In the 1970's, it was brought out of secrecy to the West by Master Mantak Chia as the physical branch of his ‘Universal Tao’ healing system. Since this secret unveiling, Abdominal Chi Massage has been growing in popularity

around the world as its benefits are being more discovered and appreciated.

In a Chi Nei Tsang treatment, the client wears comfortable clothing and lies on their back on a cushioned mat on the floor, and props are used to make the client as comfortable as possible. The abdominal area is exposed, and oil is used during certain parts of the massage to perform some of the techniques with more ease. The practitioner works on the abdomen using gentle, soft, and deep touch, targeting all the

major internal organs to help them work more efficiently. On a physical level, Chi Nei Tsang manipulations can feel different for different people, depending on each client and how they are storing imbalances in their bodies. Some of the techniques and areas may feel good to have massaged, while other areas and techniques may bring some discomfort. A Chi Nei Tsang practitioner does not try to ‘fix’ their client. Instead, an attitude of compassion and curiosity is used, and they act as an intermediary to bring the client more in touch with themselves and help the healing to come from within.

Beyond the physical benefits, one of the key strengths of this type of massage is to help people successfully address unprocessed emotions lying hidden within their bodies. When our organs are out of balance, they can become a vessel for holding trauma and negative emotions. Like when we are ‘livid’ or ‘green with envy’ and ‘bitter’, that's our liver and gallbladder talking, or if you've felt ‘heartbroken’ or ‘cold-hearted’, or your ‘stomach is in a knot’ or we have a ‘gut feeling’ or are ‘frozen with fear’(kidneys). On the other hand, when our organs are balanced and healthy, they

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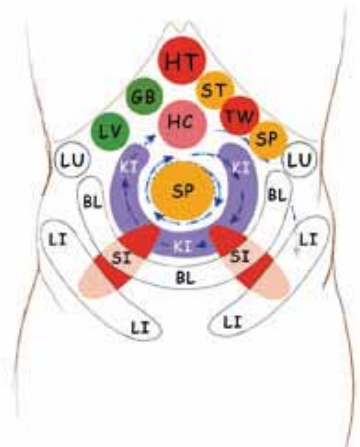


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**Meagan Coy, LMT call/text (563) 528-2908**  
[www.mcmassagetherapy.com](http://www.mcmassagetherapy.com)

naturally contain the positive feelings of love, enthusiasm and respect (heart), optimism and courage (lungs), trust, wisdom and gentleness (kidneys), generosity and kindness (liver) and nurturing and balance (spleen). These positive, balanced feelings are who we truly are, and are already within us and seated deep within the organs. By clearing the mental and emotional blocks that have led to an



accumulation of negative emotions in the body, Chi Nei Tsang restores a healthy flow of energy so that we can once again be our best selves. If any of this resonates with you, then receiving an Abdominal Chi Massage may just be what you are looking for.

Meagan Coy is a Licensed Massage Therapist and Registered Yoga Teacher. She is the owner of M.C.'s Healing Arts in Moab, UT and offers Abdominal Chi Massage in her practice. [www.mcmassagetherapy.com](http://www.mcmassagetherapy.com)



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## Moab Church Services Directory

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Bahá'í Faith	435-650-5778
Canyonlands Fellowship 111 East 100 North	435-260-2434
Church of Jesus Christ of Latter-Day Saints	
First & Second Wards 475 West 400 North	435-259-5566
Third, Fourth & Fifth Wards 701 Locust Lane	435-259-5567
Community Church 544 MiVida Drive	435-259-7319
Episcopal Church of St. Francis 250 South Kane Creek Blvd	435-259-5831
First Baptist Church SBC 420 MiVida Drive	435-259-7310
Friends in Christ Free Lutheran Church 1240 South Highway 191	435-259-4378
Grace Lutheran Church 360 West 400 North	970-946-4740
Jewish Interfaith Beit Moabi	435-260-0241
Moab Baptist Church 356 West Kane Creek Blvd.	435-259-8481
Not So Churchy in Moab <a href="mailto:notsochurchyinmoab@gmail.com">notsochurchyinmoab@gmail.com</a>	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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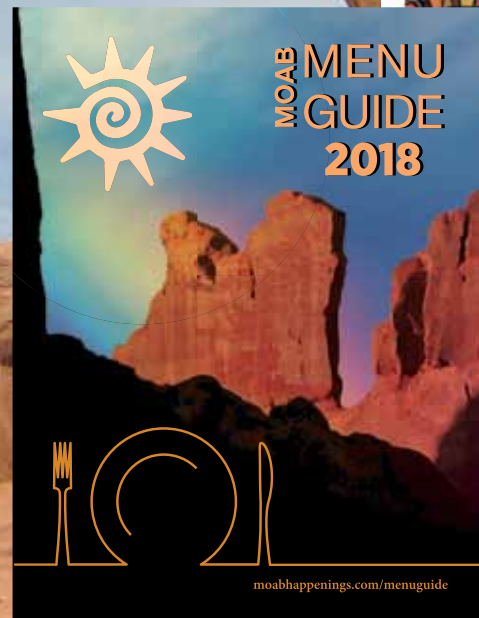
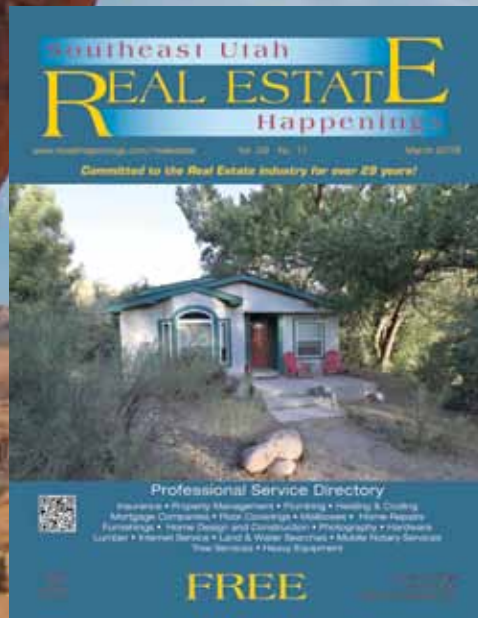
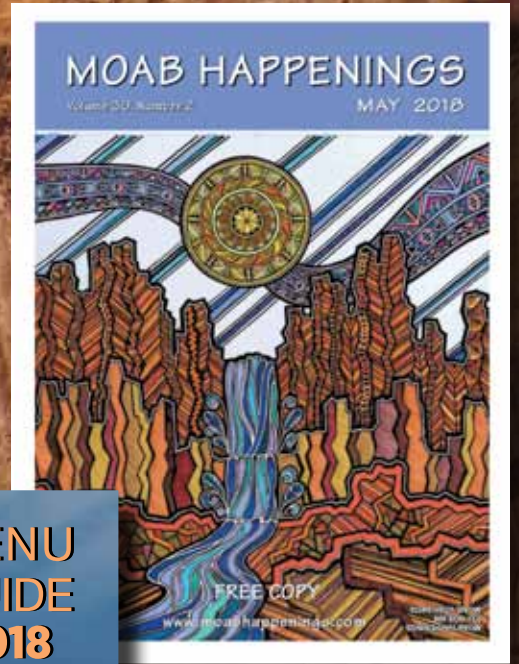
Call for tee times  
435-259-6488

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## NOVEMBER 2-4 2018

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  - CLAN CAMPBELL
  - CLAN CARMICHAEL
  - CLAN DONALD
  - CLAN CRAWFORD
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SHOPPING  
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# MOAB HAPPENINGS

LODGING  
EVENTS

Volume 30 Number 8

Section B

November 2018

## Moab Celtic Festival Fifth Year!

### 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 Rincooiri Don Spraci Irish Dancers and The Wicked Tinkers

#### Saturday, November 3

10 am - 2pm Dance Competition in the Arena

8 am - 5pm:

- 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!

\*\*\* Don't miss the OPENING CEREMONIES at NOON!  
Massed Bands & Clan Parade \*\*\*

#### Sunday, November 4

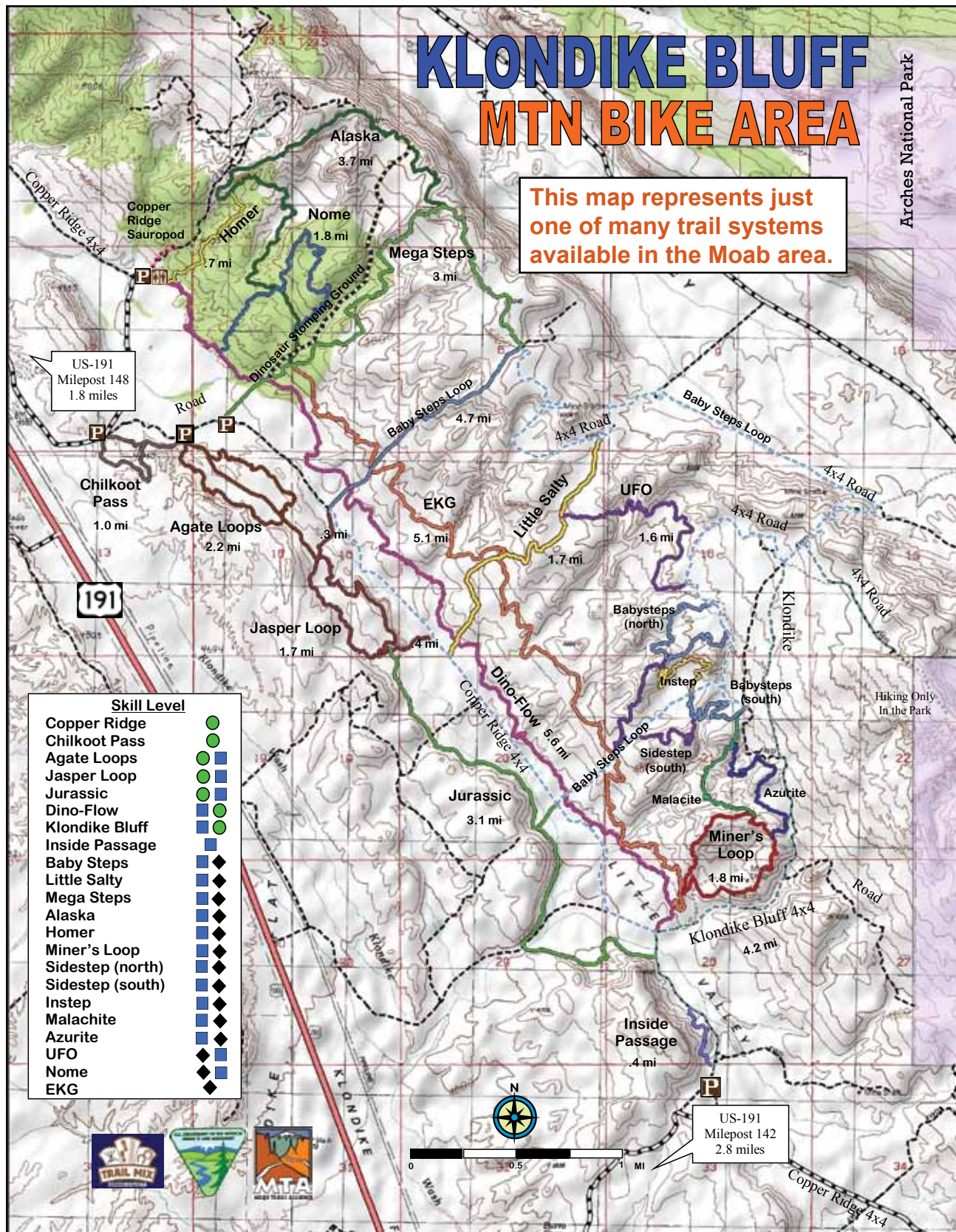
8 am - 4pm:

- 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
- VIP and more surprises!

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# Road & Mountain Biking



Moab has become known worldwide as a mountain biking mecca. The canyon country around Moab offers some of the most unique and varied landscape on earth, from 13,000 foot peaks and high alpine meadows to high desert vistas above the sandstone canyons. Varied terrain and spectacular scenery bring riders from all over the world to Moab to try the trails. 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.

• **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](http://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](http://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](http://transrockies.com/moab-rocks) or 403-483-9977.

• **7th ANNUAL GRAN FONDO MOAB, May 4 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](http://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](http://skinnytireevents.com) or call 435-260-8889.

• **OUTERBIKE FALL October 4-6 2019.** 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](http://www.outerbike.com).

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL October 2019.** 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](http://www.moabhodown.com) for more information.

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# Cycling Happenings

## The Slickrock Trail

### Why it's so attractive... and why it's not for everyone

By Franklin Seal, photos by Marla Bailey



Deservedly, or not, The Slickrock Trail is, hands down, the most famous mountain bike trail in Moab (and perhaps the world.) The following photos taken by Rim Tours guide Marla Bailey during a recent tour she led, perfectly illustrate the answers to two fundamental questions about "Slickrock," (as locals often call it,) namely:

1. Why it's so attractive ... and
2. Why it's not for everyone

#### Why Slickrock Trail is so attractive

There are lots of reasons why Slickrock Trail is so attractive. Number one is probably because of its fame. Near the beginning of the "modern mountain biking era" (there's much debate about when exactly that is, but for simplicity's sake, let's say the mid-1970s) early fans of the fledgling sport learned about an 11 mile loop trail that rollercoasters over a freakish moonscape of sandstone fins on the outskirts of a broken down uranium town - Moab. It didn't matter that the trail had been pioneered for Honda 90 Trail motorcycles back in the '60s. It was unlike any bike ride on planet earth, so it didn't take long for word to spread. Soon, national magazines were splashing it across their covers. The Slickrock Trail became synonymous with extreme mountain biking.



Other reasons Slickrock Trail tops the list for so many visitors (illustrated by the photos below – thanks Marla!):

- the idea that so much of it is "smooth" sandstone (it can be smooth, but it can also be very bumpy)
- the challenge of the many steep ups and downs and tight, twisty turns
- the scenic rewards at the river overlooks and unusual rock formations
- the sandstone surface is extra "grippy" providing super-traction that allows for riding steeper slopes and "side-hilling" more than would normally be possible.

#### Why Slickrock Trail is not for everyone

The fact that Slickrock is so attractive sometimes causes riders to attempt it who then get themselves into one or another form of trouble. Some of those troubles simply cause personal discomfort but some cause far worse consequences. Here is just a partial list of reasons why The Slickrock Trail is not for everyone:



- Exposure: there are numerous places where a fall in the wrong place can send someone tumbling down a hard stone slope for 20 feet or more, or even over a cliff.
- Technique: the trail shoots up and down the sides and ends of many sandstone fins. Often these very steep sections are interrupted by tight turns or small ledges, requiring many riders to learn a few new techniques they may have never needed on other trails.
- Fitness: due to its many short, steep pitches, completing the loop requires a combination of both aerobic and anaerobic fitness.
- Hydration/Temperature: the wide expanses of uninterrupted, exposed rock can heat up during summer, making the extreme temperatures of Moab even more



extreme. It is not uncommon for people to underestimate the amount of water they will require.

For those wanting to ride The Slickrock Trail for the first time, it is always advisable to check with locals at one of Moab's many bike shops. The people you talk to there know the trail well and will be able to help you gauge whether it is for you.

Better yet, be extra safe and hire a guide to take you on a half-day tour.



"From high atop Rocky Road..."

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NARRATION BY PILOT GUIDES

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# Dark Sky Happenings

## Direct Connections to the Past

by Kathleen Martin

Most of us are many generations removed from our ancestors who were born, lived, and died in the outdoors, beneath the sun, moon and stars. But despite today's relatively domestic lifestyles, there are certain times of the year when we still herald the movements of the stars, in particular our own sun, as we transition from one season to the next.

In September we crossed one such celestial marker of the passing of time: The autumnal (fall) equinox. Accompanying the equinox is the Harvest Moon, which is the full moon that occurs closest to the autumnal equinox. As the seasons change, so do the stars that grace the night sky. Slowly and consistently, the star constellations transition from their summer to their winter positions. For our ancestors who farmed, these seasonal transitions had great significance. They knew it was time for harvesting of crops and livestock, storing of food, gathering of fuel, and preparing for the long, dark winter to come. For nomads and travelers, stars and constellations were their reliable compasses as they moved from place to place.

The changing of the seasons was of the utmost importance to the people who lived in Southeast Utah one thousand years ago as well. Within Utah's National Parks we can see the traces of these people through rock art, pot sherds, arrowheads, and even dwellings. We know that the equinoxes were important to these people because many of their great houses were built with solar alignment in mind. For example, on the autumnal and vernal (spring) equinox, the sun either rises or sets on religiously significant features in the landscape, like the bear's ears, when viewed from certain great houses. They marked certain constellations within architecture, and etched constellations and lunar cycles in stone. While observing the dark skies these people long ago made calendars and aligned structures with key astronomical events.

When we visit Utah today, we can use the dark sky as a direct connection to the past. While the world around us may have changed dramatically over the last millennium, the sky remains the same. By recognizing the value of dark skies we recognize the importance of that timeless connection to the past, to the landscape, and to the people who have called the southwest home.



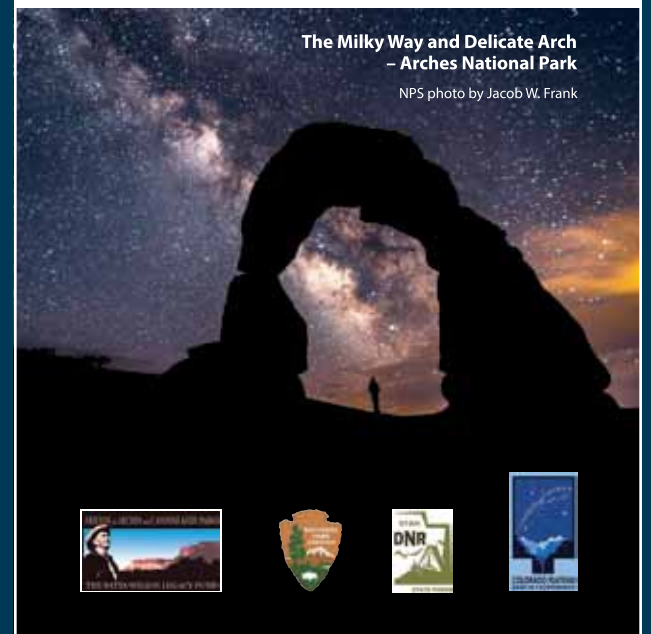
## Look up at the stars tonight!

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**Dark skies** are a valuable and rare resource that millions of people throughout the world never get to see. Discover ways to appreciate and conserve Moab's unique and rare dark skies here at home. The universe is right overhead in our back yards!



The Milky Way and Delicate Arch - Arches National Park

NPS photo by Jacob W. Frank

### NOVEMBER SUNRISE & SUNSET TIMES

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

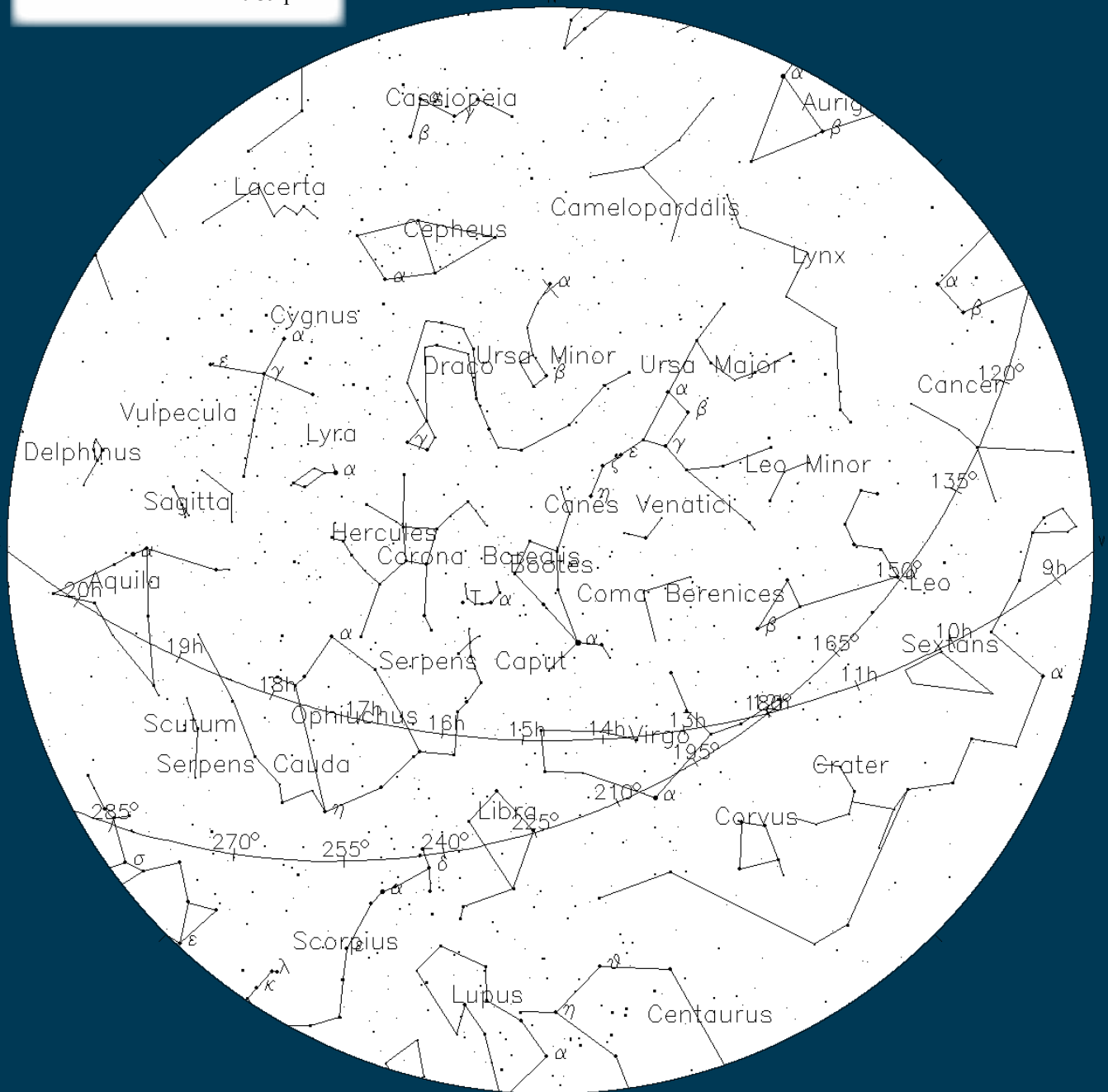
The Moab Dark Skies was established by the Friends of Arches and Canyonlands Parks in conjunction with the National Park Service and Utah State Parks Division of Natural Resources.

### MOON HAPPENINGS

Nov 15 - First Quarter at 7:54 am  
Nov 22 - Full Moon at 10:39 pm

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

North





# Trail Happenings

## 10<sup>th</sup> Anniversary Moab Trail Marathon: Moab to Host the National Championships

The Nation's top elite runners as well as over 2300 recreational trail runners will be competing in the November 3rd & 4th USA Trail Marathon Championships in Moab, UT. The event is full with runners signed up for either the Marathon, ½ Marathon, 5k, or Kid K events. The Marathon, with its National Championship title has



drawn over 50 elite runners who will vie for top honors. Participants will run up to 26.2 miles on the beautiful, rugged course that features trails along the Kane Creek Corridor including Pritchett Canyon, Hunter Rim, Jackson Trail as well as some unnamed trails, and trails through Private Property including a rope-assisted section. The top runners in the Marathon will be recognized as National Champions in addition to receiving the \$4500 prize purse.

Not for the faint of heart, the Moab Trail Marathon has a reputation for being one of the toughest cross country races around. The course features a mix of Moab's unique 4wd roads and trails; this course travels up, down, and through several stunning canyons. Rugged terrain and spectacular scenery bring runners from around the World to compete on this course. 2018 is the 10th anniversary



edition of this race. The course was designed by world renowned local runner, Danelle Ballengee, who is known to set challenging courses. The course actually crosses the path of her famous fall in 2006 where she survived at 60 foot fall and two freezing nights with a shattered pelvis only to be saved by her dog, Taz and neighbor, Dorothy Rossignol. The story and the race was featured on the show "I Shouldn't Be Alive" as well as "20/20



In An Instant." Trail runner magazine has named the race as one of the top 10 "Bucket List" races.

Race organizers are thrilled at the response and looking forward to a successful event. Moab is a wonderful host town to events like this. And the course couldn't be any better. The scenery is absolutely stunning. This year the race organizers have coupled with several local non-profit organizations that will also be helping out on race day. Proceeds from the race will go to benefit these non-profit organizations including Community Rebuilds, Humane Society of Moab Valley, Trail Mix, Grand County Cross Country Team, Grand County Search and Rescue, Journey Racing and others.



The race starts at 8am on November 3rd and 4th (two days of races). Top finishers are expected to finish in less than 3 hours, and the cutoff is set at 8 hours. It is recommended that those hikers, bikers, and jeeps wishing for solitude recreate elsewhere, although spectators are welcome. The event is being held under permit from the BLM and SITLA. For more information check out the website [www.moabtrailmarathon.com](http://www.moabtrailmarathon.com) or call Danelle at 970-389-4838. The event is full, so they are not accepting registrations, although exceptions may be made for local participants, and be sure to mention you read about it in *Moab Happenings*





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## THIS MONTH PREMIERS THE FIRST PRINTED VERSION OF THE DUST MAGAZINE

Here are a few articles from our very first printed issue. Limited editions were printed and distributed at our release party. Thank you to all that came and supported The Dust Magazine and all of our past and future contributors.

If you would like a copy of Issue V in print contact us at

[contact@thedustmag.com](mailto:contact@thedustmag.com)



### AN APPROACH TO LIFE

By | Stephen Burns

When you begin climbing, highlining, and participating in other adventure sports, you stop 'hiking' and start 'approaching.' Often, the thought of the approach inspires eye-rolling and groans, seen as the strenuous but necessary precursor to the real adventure. In this piece, Stephen Burns contemplates the importance of the approach in all aspects of a fulfilling life.

How we approach something says everything. As anyone who has spent any time in the outdoors with a goal to do something great is aware, an approach is always necessary. Sometimes it's just the short drive to the roadside crag, though often it's a journey that involves effort, carrying weight, sweat, and countless stops to look up at the goal that seems so far away. Be it a peak, a crag, a run-in with a stranger, or a committed relationship with a partner, they all require an approach.

An approach is a commitment, an investment to achieving a goal, with a destination worthy of our time and energy. Often times the means to the end is overlooked as if the goal was all that ever mattered. But it's that means that often ends up defining the result. The approach matters just as much as the destination.

To discount that which brought us to where we are is to discount the process, the learning, the wisdom we developed to be able to achieve any semblance of our goals. So what does it mean to approach with no goal? Well, that's called hiking. To not seek that destination is merely a scenic treadmill, a prosaic and mediocre journey that rarely seeks anything larger than itself.

To hike through life is to slog, stopping at times to lap in the view, smell some flowers, and bask in one's own "Life is Good" baseball cap, only to return to the comforts of existence

with an implied sense of self-satisfaction that something was actually achieved with one's life. In the end, to hike is to put effort into finding yourself right back to where you started, having never really done anything worthwhile, with perhaps a pretty photo to prove it.

When one approaches, life takes on a radically new meaning. Goals matter, because to turn around means you just went hiking. An approach is a one-way journey to a place far greater than each step taken to get there, yet still requiring the value and meaning in each bit of effort expressed. It means we seek something greater than ourselves, a challenge, a pinnacle, a summit. A sylleptic means to seek a higher peace in our brief yet meaningful existence. It's when we choose in our approach to life to celebrate the approach that life becomes a series of challenges and goals with each step towards purpose, be it large or small. It is when we choose to approach life that we choose to seek a final destination, give meaning to our existence, and no longer wallow in that which doesn't serve us.

The approach itself rarely receives the credit it deserves, often being regarded as a hurdle towards some greater meaning, but simply choosing to approach awards us a perspective and purpose, the value of which value, whether recognized or not, permeates our whole being.

The value in and point of living comes from how we choose to go about it. So long as one is approaching there is meaning to be found, and if it doesn't feel that way, maybe you need to try a different approach, or maybe you just went hiking...

### "RUBY" THE WILD RHUBARB

By | Dick Toll

The series continues this month with the introduction of a member of the local Wild Rhubarb family, Ruby.

Hi! I'm Ruby, a friend of Emily. I am a Wild Rhubarb.

Like most of inhabitants of this vast landscape, I am a friend of Emily. She and her entire family make the precious food we all depend on – directly or indirectly. Myself and all members of my family face great challenges living in this arid landscape.

One of the challenges faced by all plants is the need to open our "skin," using specialized cells called stomata to let air inside and release waste products. We must have the outside air because it has carbon dioxide in it. The waste products include water vapor and oxygen.

It is an amazing coincidence that plants need carbon dioxide and oxygen is a waste product, as animals need oxygen and carbon-dioxide is a waste product for them. It is a win-win for both the plants and the animals. The humans that visit us are a fortunate beneficiary of this phenomena.

However, one of the undesirable side-effects of opening our stomata to let in carbon dioxide is that we are constantly losing our precious water. All plants face this problem and it becomes worse here in the hot months of summer. But we have found a unique solution to this problem.

As you probably have noticed we have large luxurious leaves. That make us unique among the plants here in the desert. You have probably noticed that most plants in this area have small leaves. Small leaves reduce the amount of surface area from which water can be lost. Of course, that also reduces the amount of energy those plants can use for growth.

We are not shy and grow a tall stem to aid with seed dispersal. All this rapid growth requires lots of energy and our luxurious leaves provides that for us! Those leaves become a great liability in the hot desert sun during the summer. However, we found a way to defeat the hot sun in the summer.

As summer approaches, by the first part of June our seeds have been safely dispersed. We let all of our above-ground foliage die and all that remains is our underground root system. During the hot days of summer, all you see is our withered leaves and tall stems. Meanwhile, we live on underground waiting for next year. The hot summer has been the defeated!

### DON'T WASTE THAT WASTE, TURN IT INTO A RESOURCE

By | Jeff Adams

Jeff Adams is a licensed landscape contractor and permaculture practitioner providing ecological design-build, consulting, and education services through his firm TerraSophia LLC. Jeff co-founded and serves as Board president of the Resiliency Hub, a Moab based non-profit integrating ecology, economy, and infrastructure to improve the well-being of people and places. To learn more visit [www.TerraSophia.com](http://www.TerraSophia.com).

It started out as such a seemingly simple idea: build a small mud hut using bundles of arundo, a cane grass similar to bamboo, for my fiancé to labor in during our pregnancy. Our daughter is now almost two and I'm still trying to finish the mud hut. A bit late for being a womb-like labor hut, this structure has taken on a life of its own with a range of uses and materials used. A major turning point in the evolution of this experiment came on the heels of a free 5 foot by 6 foot double paned window. I became captivated by the idea of this hut also being a passive solar green house so we can get a jump on growing food and other plants, and the scope of work escalated. A window of this size needs a proper footer to rest on and some sort of wall and roof system to secure to. Arundo bundles alone would not hold it up for long. What has emerged is a hybrid of conventional and natural building with a heavy dose of using waste as a resource.

Starting from the ground a rubble trench is stacked with layers of earthbags, filling the spaces between wooden posts to create a solid footer and roof frame. Dimensional lumber is used to create studs and horizontal supports for a shelf system that will provide much needed storage. A metal roof keeps everything dry and will become a great source for rainwater catchment once we get the gutters installed and cistern plumbed. And then the fun part began – sculpting the walls to balance thermal mass for absorbing the sun's heat, insulation to keep the interior comfortable, and aesthetics to create a space of beauty and function. Being less than 200 square feet and without utilities means no permit is required, allowing the outputs of our waste stream to be organically incorporated into the hut walls as we go.

Seeking to maximize the use of waste and discarded materials, bundles of noxious grass stalks (Ravenna and arundo) provide a thatch like fill between the studs. Both grasses are regularly being removed and burned or landfilled. Being able to upcycle this material for use as a valuable building material not only saved money but also locked up the carbon rich plant material in the walls for a long time to come. Arundo is especially adapted to produce a lot of biomass with canes growing up to 15 feet or more in a single year, making it a highly renewable material. The bundles gave the hut a tropical woven basket feeling, which lasted a couple weeks before the mudding began. (Picture 1)

Working with mud is fun. It's relatively easy to make and use, and is highly adaptable in terms of material mixes and applications. There's a sensuality when applying mud with bare hands and a child like playfulness resonates through groups of friends working together to create. Every mud hut holds a thousand stories in the hand prints left behind. The primary ingredients used are earth (clay-sand), clay slurry, pulped newspaper, and fine straw. In general two mixes were used, one containing straw to create a hybrid cob and the other substituting newspaper pulp for straw to create a hybrid adobe. The hybrid adobe is good for smoothing between the grasses and has good insulation qualities from all the paper pulp. The hybrid cob is bulkier and used to build up areas and fill around the bottle bricks. Some of the hybrid adobe used on the exterior of the footer has 15-20% cement to provide extra durability against the elements.

Bottle bricks are vessels, often plastic bottles but nearly any container can be used, stuffed with clean trash and hard to recycle materials. (Picture 2+3) Wrappers, chip bags, dead pens, clam shell containers. Just about anything that is going to be thrown away can be packed into a bottle brick. The key is to clean any food containers and other items to avoid decomposition and smells and to compress the material inside the bottle brick using a rod. It is amazing how much material goes into one bottle. My family and our friend Jay have been making bottle bricks for almost 2 years now and we estimate turning at least 75% of our trash into building materials.

Our bottle bricks are in a range of sizes and shapes, and are used to fill in spaces between the grass bundles and in other areas of the hut walls. Bottle bricks are stacked and layered with mud to lock them together. Once the bottle bricks are mudded over they become sequestered, locked off from the elements and critters, unseen to the people who enter the hut.

At this time of writing the hut is nearly closed in and ready for the infamous window to take its place, creating a multifunctional space for people and plants. It's a labor of love and a direct action towards creating a resilient and regenerative place. By turning problems of waste plastic and undesired plants into a low cost, high impact solution, the hut has come to emblemize to me the powerful potential of our creativity, collaboration, and craft.



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# Geology Happenings

## The Geologist's Life List, Moab Edition

by Allyson Mathis

Moab is located in the heart of the Colorado Plateau--one of the most scenic places and geologically significant on Earth. In addition to being a destination for people from all around the globe who travel here to hike, bike and vacation, Moab is a magnet for geoscientists. I first traveled to Moab more than 30 years ago with geology field camp as a college student from North Carolina.

There is a common saying among geologists that the best are those who have seen the most geology in the field. Moab offers a broad spectrum of geology in one of the world's most scenically splendid tableaus.



Upheaval Dome. Google Earth view

In the last 15 years or so, since the publication of *1,000 Places to See Before You Die* by Patricia Schultz, the idea of a life, or bucket, list has really taken hold, especially among travelers. The idea of a geologist's bucket list is a bit older, going back to a 1990 column by Lisa Rossbacher in a trade magazine. While her original column is hard to find anymore, various versions of it or similar lists are available online.

Rossbacher's list made a large impact on me as an enthusiastic young student. As I set out to make the world my classroom, I quickly learned that it was far better to visit these places in person than to view them as slides shown in a classroom while a professor rambled on lovingly describing rocks.

A geologist's life list contains both generic and specific features and sites. Generic features represent significant geologic principles or processes, such as an erupting volcano, a limestone cave, or a fossil trilobite. Specific sites are superlative or "textbook" examples of the results



Delicate Arch

of these processes that are important in the history of the science or the planet. Specific sites are archetypes or are especially scenic, such as Mount St. Helens and the Great Barrier Reef.

Since geology is the study of the Earth, geosites are found across the globe from the South Pole to the Arctic

Circle. I believe that the most striking thing about the original list, or nearly any list of top geologic sites, is the number of them found on the Colorado Plateau. (See the March issue of *Geology Happenings* online at [www.moabhappenings.com](http://www.moabhappenings.com) to learn more about the Colorado Plateau.)

The original geologist's life list contained only eleven locales in North America, but nearly half of them are found within a few hundred miles of Moab. Grand Canyon, of course, tops the bucket list for almost any group of people, including geologists. Meteor Crater in Arizona reveals what happens when a good-sized rock from space slams into our planet, the Goosenecks of the San Juan are incised river meanders looping nearly back upon themselves, the Waterpocket Fold (in Capitol Reef National Park) is a massive fold in the earth's rock layers, and Shiprock, New Mexico represents what is left of a volcano after everything but the vent or conduit has eroded away.

I here present a Moab edition of a geologist's life list, with confidence that this list isn't enticing to only geologists. The incredible exposure of the rock record in the Moab area, with its fossils, mesas, buttes, cliffs and canyons, and the red rock desert and high mountains speaks to a much larger audience.

**Delicate Arch.** To see the most iconic natural arch in the world.

**Fisher Towers.** To understand what geologists mean when they say "red bed."

**Upheaval Dome.** To view this enigmatic site that demonstrates that there is still much that we do not know or understand about the history of our planet.

**Dead Horse Point.** To embrace the full tableau of canyon country geology from the La Sal Mountains to the Colorado River below.

**The Grabens.** To witness one result of the movement of salt underground and to see what more geologists come to southeastern Utah to study than any other single site (see the June issue of *Geology Happenings* to learn more).

**La Sal Mountains.** To experience igneous rocks, in contrast to the sedimentary layers of the red rock desert.

**Goblin Valley.** To enjoy the fantastical shapes carved from rapidly eroding soft rocks.



The Grabens

A self-described "rock nerd," Allyson Mathis is a geologist, informal geoscience educator and science writer living in Moab. A flat-lander by birth from where everything was covered with vegetation, Allyson is much happier adding to an ever-growing geology life list in Moab.



Goblin Valley. Photo by James St. John

**Book Cliffs.** To survey the Mancos Shale, which was deposited in the Western Interior Seaway when shallow seas stretched from Utah almost to Iowa late in the time of the dinosaurs.

**Landscape Arch.** To appreciate a thin, very old arch that one day may provide additional evidence of geologic change on a human time scale.

Moab also has plenty of generic features that should be on any geo-bucket list: a pothole in slickrock full of water (and ideally fairy shrimp), a slot canyon, a flash flood shaking the ground while filling a normally-dry wash, a hanging garden, petrified wood. Some are ephemeral, while others will persist beyond human history. Perhaps the most thrilling examples are the dinosaur footprints found all around Moab, including the Mill Canyon Tracksite.

Moab doesn't offer everything to a geoscientist. For example, we lack glaciers, geysers and coastlines. But if I had to choose a geosite in which to live, I would choose Moab (and I did). And if I had to choose a place where I could share the wonders of geology with others, again I would choose Moab. Thank you for joining me as we continue to explore Moab each month in *Geology Happenings*.

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# Gallery Happenings

## Brent Flory at Gallery Moab

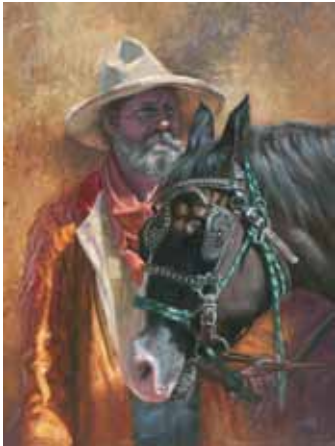
Gallery Moab's November guest artist is Brent Flory. Brent loves to paint "the honest reality of the western experience" whether it's cowboys, Native Americans, farmers, ranchers, or their families and animals. "Your work has such heart," is one of the favorite compliments Brent has received about his work. Though many people comment



on his use of light, his goal is to bring the experiences of his subjects as close to reality as possible. "People then were so much more connected to or reliant on the land, weather, and nature. They appreciated it more because their lives depended on it.

Horses also are a huge part of Brent's paintings. "I think the horse is probably the most often painted subject in history. When you think of how many thousands of years that man has used the horse, it is an extremely brief moment in time that we have gotten away from its dependence." Brent's painting "All I Need," was featured on the cover of the Fall 2001 Equine Vision Magazine.

Brent graduated from Brigham Young University with a B.F.A. in Illustration. His work has been in numerous solo and juried shows including The Cowboy Christmas at the NFR (National Finals Rodeo) in Las Vegas, and The Charles M. Russell show in Great Falls, MT. At the San Dimas, CA show he received Best of Show, the Festival Choice Award, and a Silver Medal in oils. Brent was the poster artist for the Art of the American Cowboy show at South Pointe in Las Vegas. In 2017 he won



the Bosque Art Classic-Best New Entrant Award. He won the NOAPS (National Oil and Acrylic Painters Society) Best of Show International Online Show, as well as first place in oils at the Red Bluff California Bull and Gelding Sale Art Show.



Brent and his wife and family live and manage a ranch in Wallsburg, UT. His work is held in many private collections throughout the United States, Canada, Japan, Europe, and Russia and can be viewed online at [www.brentfloryfineart.com](http://www.brentfloryfineart.com). Join gallery members in a reception for Brent Flory on November 10, from 5-8 pm. Gallery Moab, located at 87 North Main Street, is open daily from 10am-6pm.

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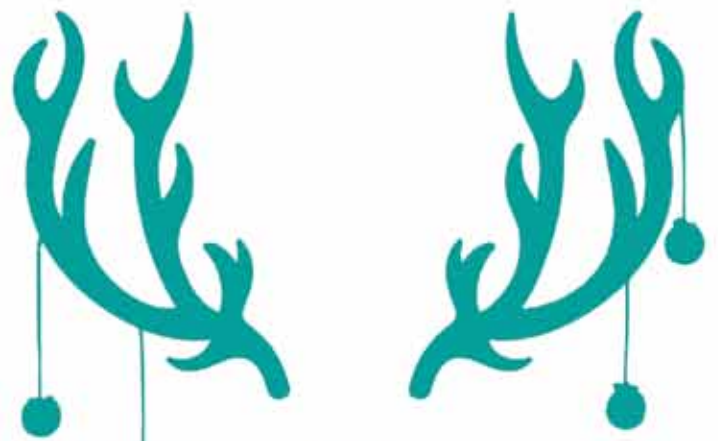
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## Happenings Hats at Redtail Air

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Redtail Air carries a wide variety women's hats, from suede fedoras and gamblers to straw sun hats and the season's most popular—the bucket hat. We have something that will appeal to every taste.

Since the beginning of time, hats have been worn for two reasons—for function and to make a statement. From fashion and status to protection, religious practices, and political affiliation, a hat tells the story. They identify the class to which a wearer belongs, differentiate nationalities, military branches and ranks, and types of other occupations. Sometimes they are tied to personal identity; just say a few names, and a hat comes to mind—Jackie Kennedy, Minnie Pearl, Winston Churchill and Davy Crockett.



Tracking the history of women's hats with the growth of fashion in Western Europe and the US is complex. Women's hat fashions began in the Renaissance and grew dramatically with the nineteenth-century industrial revolution. They had to keep up with the rapidly changing hairstyles and clothing fashions of the day. At times material shortages

caused by wars modified current styles. During the world wars of the 20th century, hat materials were not rationed, and elaborate creations brightened otherwise dreary utility fashions. Following women's hat styles in the last century, including war time, is like taking a roller coaster ride. Sometimes they were large and highly decorated, and sometimes small and exceedingly feminine, with nets and sparkles. In the 60's, hats fell out of fashion but came back in during the 80's with Princess Diana. After a quiet period, they are making a strong re-entry today in a multitude of styles that suit all activities and looks.



Come on into Redtail to try on our fun and fashionable hats, and while you are in the store, check out our beautiful cool weather wraps that go so well with these hats. You will be glad that you did! 23 North Main Street, open 10-7 daily. 355-0889

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**BOOK**  
 National Park Air Tours  
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**23 N. Main St.**  
 435-355-0889

**OPEN DAILY**  
 10am - 7pm

flyredtail.com

## Canyonland Quilts New Shop



Canyonland Quilts is a new quilt shop located in the Moab Business Park a few miles south of town.

Chyrel Meyer is the owner of this fun Quilt shop. She moved here about 10 years ago with her Heating and Air Conditioning

business Advanced Air. The opportunity came up in May 2018 to open up a small quilt shop and become a Handi Quilter Certified Retailer. We opened up shop in late June and have been growing every since. Chyrel is certified to install repair and maintain the Handi Quilter long arm quilting machines and the Stitch Sewing machines.

Chyrel has been a sewing and quilting enthusiast since youth. "My grandfather was an inspiration to me as he quilted until he was 97 years old and donated over 1000 quilts to hospitals, he also quilted over 100 eagle quilts and gave them to the young men that earned their eagle scout award. My fondest memories are when we were gathered around a quilt hand stitching them with aunts, cousins, mother and grandmother" says Chyrel.



It is amazing to see the technology is available now, from the times of hand stitching quilts to the new CNC machines of quilting. The ProStitcher has over 1500 quilt patterns and each of those can be manipulated in dozens of different ways. The shop is set up to take a test drive on the long

arm machines and classes are offered if you are interested in renting the machine to finish your own quilt. There is something to be said about being able to take your fabric from start to finish and produce your own one a kind Quilt. Canyonland Quilts offers custom quilting if you want to bring your quilt in and have it done for you. You take care of the top, we can bring it to the finish with the backing the batting and the binding.

The shop has Riley Blake Design fabric and notions, along with a full inventory of Handi Quilter Quilting supplies. Order from our website, we ship daily. The



website shows the classes, and products. We will be having a Handi Quilter National Educator coming to Moab in the March 2019 for a 2 Day Demo/Training event. Get certified to rent the Longarm machine at our Wednesday evening training class.

Our hours are 4-9pm Monday-Friday and Saturday 9-5. It's always best to call to schedule an appointment, since heating and air conditioning is my job and Canyonland Quilts is my passion. Give us a call 435-668-7454, stop by and see us at 11850 S Highway 191 #C9, Moab, Utah or visit our web site at [www.canyonlandquilts.com](http://www.canyonlandquilts.com)



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211 North Main • 435-259-6007  
[www.canyonvoyages.com](http://www.canyonvoyages.com)

Canyonland Quilts  
 Only 10 min South of Downtown Moab

**Authorized & Trained Handi Quilter Retailer**  
 Open Tuesday-Saturday 4pm-9pm  
 11850 S. Hwy 191  
 Moab Business Park #C-9  
 435-355-0358 or 435-668-7454  
[www.canyonlandquilts.com](http://www.canyonlandquilts.com)

**Black Friday**  
**10% OFF**  
 Longarms, Sewing Machines  
**20% OFF**  
 Fabrics & Notions  
 Not good with any other offer  
 Expires 11/30/18

# Shopping Guide



[www.moabtechzen.com](http://www.moabtechzen.com)

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**Mobile Accessories**

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## Canyonland Quilts

11850 S. Hwy 191  
Moab Business Park #C-9  
Only 10 minutes South of Downtown  
435-668-7454  
Open Tuesday - Saturday 4pm - 9pm

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



375 So. Main Street in front of City Market.  
435-259-8432 • Fax 435-259-2418

Color copies, high volume copying, large selection of paper and card stock available. e-mail, fax, large format printing. No job too big or too small. Great selection of greeting cards by local photographers & artists, along with a "Made in Moab" gift section.



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

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

## Royce's Electronics

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

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

Broadband Internet

**River Canyon Wireless**  
[www.rivercanyonwireless.com](http://www.rivercanyonwireless.com)



400 East & Millcreek Dr. 259-6999  
Monday-Friday 6 a.m. - 9 p.m.  
Saturday & Sunday 7 a.m. - 9 p.m.

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



29 East Center  
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Tuesday - Saturday  
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87 N. Main St.  
435-355-0024  
Open Daily  
10am - 6pm

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



471 South Main  
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8am - 9pm Everyday

The Best Gear, at the Best Price, for the Best Adventures! Whether you are shopping for brand new equipment or gently-used gear at great savings, we've got the inventory and expertise to make your next adventure your best adventure. Staffed by outdoor enthusiasts, this locally owned, family run business is Moab's local destination for gear and information. Visit our website to view local conditions, our inventory, and to learn how to sell your gear, even if you don't live in Moab.

# Shopping Guide



375 S. Main (in front of City Market)  
435-259-8431

Moab Mailing Center is an authorized shipping outlet for UPS and FedEx. **Next day service to anywhere in the US from Moab (UPS and FedEx).** Mailbox rentals - private & secure with mail forwarding service available. Shipping supplies, boxes, packaging materials, bubble wrap, & tape. 24 HOUR DROP BOX FOR FEDEX AND UPS ENVELOPES. Stop by and let us help you out! Open Mon-Fri 8 am to 6pm, Sat 9am to 5pm



59 S. Main St. Suite #7  
Located in McStiff's Plaza

Open from 10AM – 7PM closed Tuesdays.  
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31 North Main  
435-259-0099

www.tumbleweedmoab.com

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



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

Open 10am-6pm everyday! 160 E. 100 South  
Donations accepted 10am-5:30pm

www.wabisabimoab.org

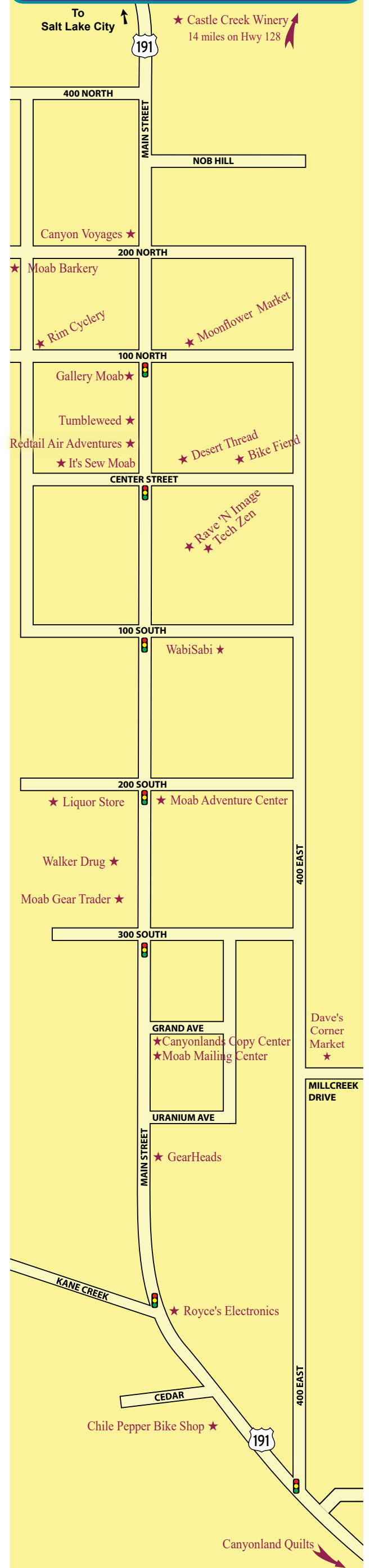


290 South Main • 259-5959

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

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

## SHOPPING GUIDE MAP



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

Don't miss our Thanksgiving Sale  
11/23 - 11/25

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



23 N. Main 435-355-0889  
Open Daily 10am - 7pm

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



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



Local Art & Handmade Gifts



31 North Main | Moab, Utah | 435-259-0099

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Open 8:00 AM - CLOSE every day  
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# Moab Area Lodging Guide



**3**

488 N. Main Moab, UT

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

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 fax (435) 259-3035 www.hampton.com



**2**

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**1**

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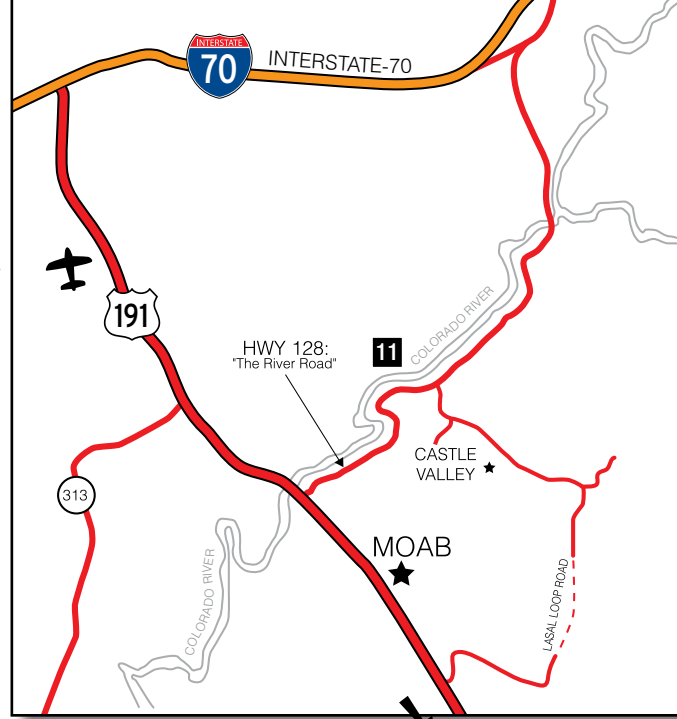
**4**

A little off Main  
 100 W. 200 S.  
 Moab, UT 84532  
 1-800-791-4044  
 435-259-2515  
 www.gonzoinn.com

- Centrally Located in downtown Moab
- Outdoor Heated Pool & Hot Tub
- Continental Breakfast
- 100% Non-Smoking
- Oversized Rooms
- Meeting Room
- Secure Bicycle Storage

### 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.

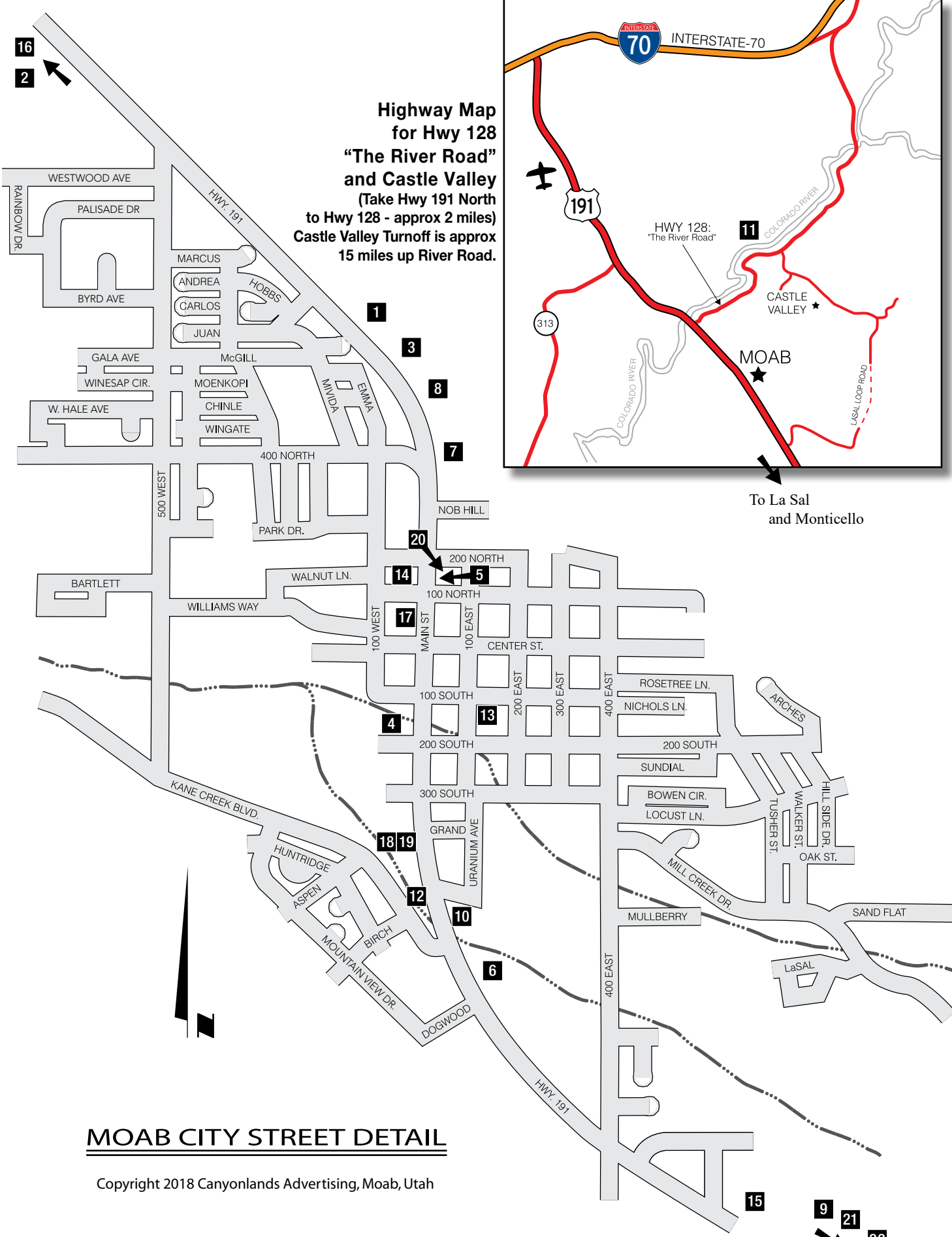


To La Sal and Monticello

### MOAB CITY STREET DETAIL

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**5**

Make Yourself at Home

- Spacious 1 and 2 Room Suites, plus Deluxe Master Suites
- Every Room features a Full Equipped Kitchenette - including Cookware, Ceramic Dishware and Utensils
- Daily Complimentary Full Hot Breakfast
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 could be Yours!


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**Moab Happenings**  
 435-259-8431



**6**

- Free WIFI
- Fitness Center
- Luggage Storage
- Picnic & BBQ area
- 100% Non - Smoking
- Clean, Remodeled Rooms
- Free Continental Breakfast
- Indoor/Outdoor Heated Pool & Spa

711 S. Main St. | Moab, Utah 84532  
 www.moabvalleyinn.com | 435-259-4419



**7**

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**7**

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# Moab Area Lodging Guide

**17**



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**16** Premium Moab Lodging aarchwayinn.com




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- Complimentary Guest Shuttle
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- Secure Bike Storage

**Aarchway Inn**  
1551 N. Riverview Dr.  
435-259-2599



- 61 Rooms
- Heated outdoor pool
- Indoor Hot Tub
- Complimentary Continental Breakfast
- Bike Storage
- Guest Laundry

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www.moabqualityinn.com

**15**



DREAM BETTER HERE  
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- Free Highspeed Internet
- 24 Hour Fitness Room
- Outdoor Pool and Hot Tub
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356 S. Main Street, Moab, Utah 84532  
435-355-0909 / 435-355-0910  
Moabsleepmainstay@tkohotels.com

**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



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- Fridge/Micro
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Moab, Utah 84532

3 Bedroom Guest House Available  
5 Bedroom Luxury House

**14**



- Newly Remodeled
- Queen Bunk Beds
- Outdoor Heated Salt Water Pool, 50 Foot Long Slide, and Hot Tub
- Free Arcade
- Complimentary Breakfast
- Free Wi-Fi and HD TV
- Pet Friendly
- 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

435-259-6177  
120 E. 100 South  
Moab, Utah 84532

www.moabrusticinn.com

**13**



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- Oversize TV's, HBO, ESPN
- Refrigerators, Coffee Pots
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- Restaurant On-site

AAA APPROVED

WINTER RATES \$69.95

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www.moabbighorn.com

**12**



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The Best Value Under the Sun.

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- Free Parking
- 100% Non-smoking

426 N. Main St. Moab, Utah 84532

**8**

Do you own an overnight rental in Moab?

This space could be yours



WINTER RATES \$64.95

- ★ BIKES ALLOWED IN ROOM
- ★ Kitchenettes ★ Pets OK
- ★ Barbeque Patio Area
- ★ Mid town location

AAA APPROVED

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435-259-3500  
www.moabredstone.com

**10**



www.stayinmoab.com  
Instagram: @nomadlodgingandrentals  
2511 Redcliff Road, Moab, Utah

**9**

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Haley (Phone/Text)  
801-243-2022

**9**



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

**11**

# Southeast Utah Map

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 And Environmental Learning Center 21

- Full Hookups RV Sites
- Spacious Tent Sites
- Cabin-style Rooms
- Community Kitchen

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 CHEAP

Log Cabins: \$37 and up  
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 Coin-op Laundry

1213 S. Hwy 191 - One mile South of Town  
 Behind A-1 Storage • 435-259-6057  
 www.lazylizardhostel.com  
 email: info@lazylizardhostel.com

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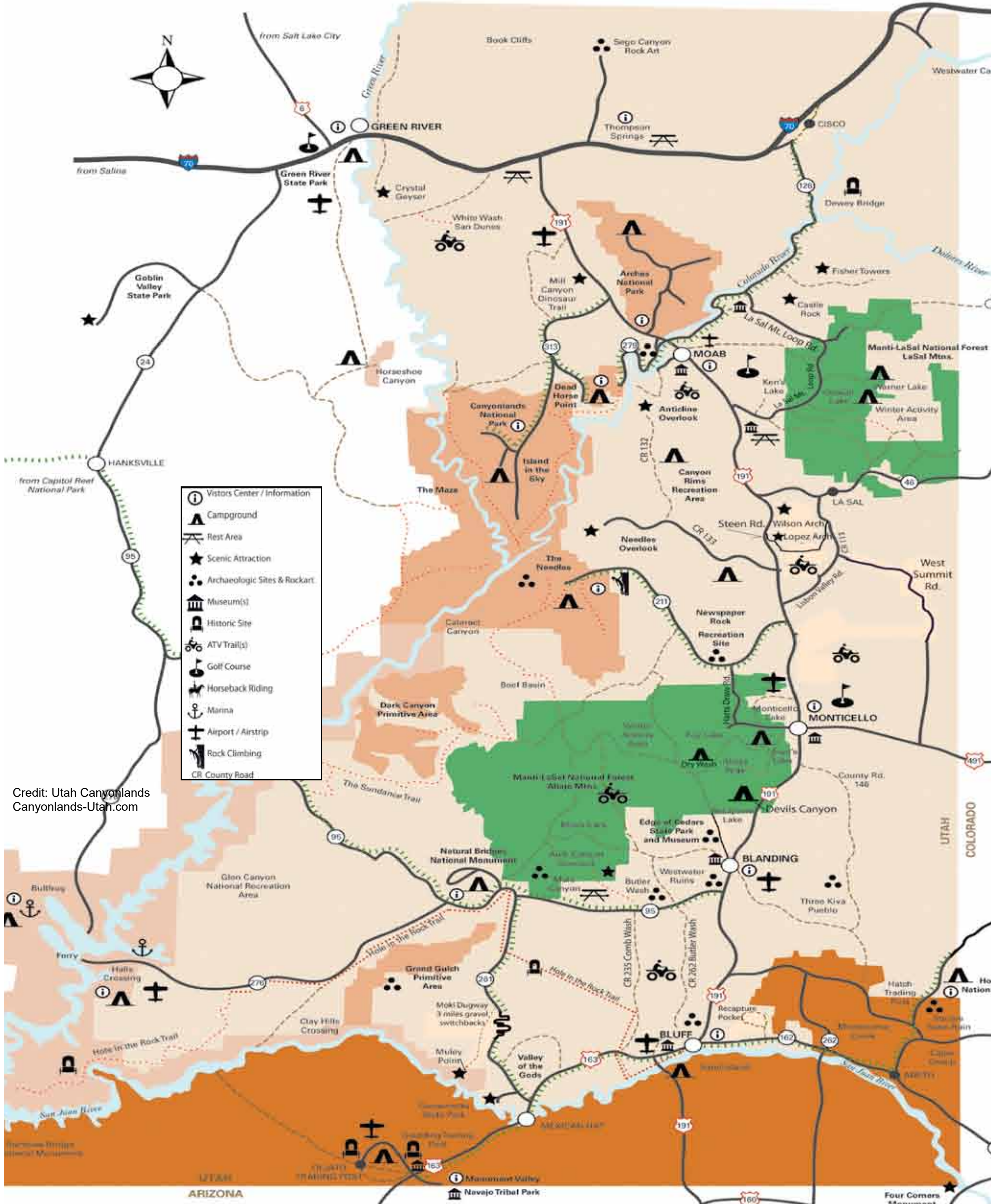


email *The Lazy Lizard*  
 for more info and reservations.

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 (435) 259-8431 • Fax (435) 259-2418  
 Monday - Friday 8am - 6pm  
 Saturday 9am - 5pm

Authorized Shipping Outlet  Fax Service  & Copying Authorized Shipping Outlet

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



Credit: Utah Canyonlands Canyonlands-Utah.com

# Dinosaur Happenings

## Dino Star, Moab Resident

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

Moab has a significant connection with the movie Jurassic Park but not as a production location. The “velociraptor” featured in the first Jurassic Park movie was modeled after a smaller dinosaur (*Deinonychus*) and made larger for the movie. Shortly after the movie came out a “velociraptor” even larger than the movie version was first found at a quarry near Moab and is now known as *Utahraptor*. Specimens have been found in only four quarries in the world and all four are here in Grand County.



*First Utahraptor, skeletal mount by Gaston Design*

*Utahraptor* was first described and named in 1993 by Dr. James Kirkland, now the Utah State Paleontologist with the Utah Geological Survey.

At that time, *Utahraptor* was the seventeenth new dinosaur to be discovered in Utah. Now, 25 years later, a total of 121 have been discovered here and new discoveries continue.

One of the quarries was on a talus slope of *Utahraptor* Ridge. This is the Stikes Quarry, named for the geology student who discovered it in 2001. The route to that quarry is very steep and slippery so visits by the general public are not recommended.

A professional team worked several seasons to isolate a nine-ton sandstone block full of fossils. They would normally have brought it down in small sections but they didn’t want to break up any of the densely packed bones so heavy equipment was needed to drag it down the steep slope from the quarry in 2015. Professional preparator Scott Madsen has been expertly exposing the fossils since then. So far Scott has revealed at least a dozen *Utahraptor* skeletons from babies to adults. You can follow his progress at [gofundme.com/utahraptor](http://gofundme.com/utahraptor) and even watch a video taken through a microscope while he carefully reveals a toothy jawbone smaller than a penny.

According to Kirkland, Utah preserves the longest, most complete record of dinosaur faunas in the world. Half of all paleontology excavation permits issued on U.S. public lands have been for Utah sites. In fact, one of every ten dinosaur taxa ever discovered worldwide have been found first or only in Utah.

It’s not surprising that Utah and Grand County sites have produced so many specimens because our canyon country exposes geologic formations from the entire age of the dinosaurs, from the Triassic Age Chinle Formation of 225 Mya (million years ago) just after the first dinosaurs appeared, through the entire Jurassic Age (such as Navajo Sandstones of 180 Mya and the Morrison Formation from 155 Mya) and the North Horn Formation from 65 Mya at the end of the Cretaceous Age that marks the end of the dinosaurs.

The historic Dalton Wells Quarry (DWQ) just west of Arches NP has been making news for decades. This was the first quarry located within the Cedar Mountain Formation, from about 122 Mya. DWQ was excavated for 35 years by a team from BYU beginning in 1977, producing more than 5,500 bones of 10 dinosaur species known only in Utah including *Utahraptor*



*Nine-ton jacketed sandstone block in Stikes Quarry, photo courtesy of J. Kirkland*

and the armored ankylosaur *Gastonia burgei* and the recently-named sauropod *Moabosaurus*. The Museum of Moab has a full skeleton of a juvenile ankylosaur, already as large as an adult grizzly bear, which will be on display when the museum re-opens next Spring after renovations.

Lands surrounding DWQ were acquired by the state in



*Gastonia burgei. Photo provided by J. Kirkland*

1965 in exchange for riparian land that became part of the new Canyonlands National Park. DWQ has been vandalized several times due to its fame and crude efforts by amateurs attempting to get the few remaining bits of fossils. Free camping in the area has made it a convenient target for some people but periodic monitoring visits by State Lands personnel, plus frequent visits by watchful volunteers from the local members of Utah Friends of Paleontology, has suppressed the pilfering. [DWQ location, map courtesy of J. Kirkland]

There have been initiatives since 1993 to create a state park around DWQ to preserve this historic quarry and many of the fascinating discoveries made there, perhaps with a visitor center and a repository to safely store the specimens. It could be similar to the Cleveland-Lloyd facility but much closer to US-191 and an easy twenty minute drive from Moab.

With so many paleontology resources in Grand County, it’s not surprising that new dinosaur discoveries are happening regularly here. You can learn about them by attending the free meetings of Utah Friends of Paleontology who host talks by accomplished professionals (open to the public, 6 PM at Zions Bank, last Wednesday of each month January through October). We will also be hosting the statewide UFOP Annual Meeting June 7-9, 2019 for our members, with free field trips and several talks by regional paleontologists on their latest discoveries. See more information at [utahpaleo.org](http://utahpaleo.org).

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# Business & Education Happenings

## Moab Business Summit

It's time to save the date for the revamped Moab Business Summit, with a new date, new location, and exciting new sessions! The summit will be held on February 11th, 2019 at Moab's Springhill Suites. The event will kick off Moab's 2019 season with new strategies and new knowledge for a successful year.

The keynote speaker this year is Peter Metcalf, Founder and former CEO of Black Diamond Equipment. Metcalf brings with him knowledge of how to grow a company and handle crisis, having bought the assets of Black Diamond from his former employer that was going through bankruptcy, and growing it to the point that it is now publicly traded. In addition, due to his role within the outdoor recreation industry, Metcalf has been actively involved in public land preservation and brings keen insight on how to manage economic growth while maintaining natural surroundings.

A representative from the University of Utah's Kem C. Gardner Policy Institute will present on demographic trends across the country, state, and local area, how these trends will impact businesses, and how the business community can prepare to capitalize on these changes. Local government representatives will also present on the economic development initiatives being undertaken locally, and how businesses can benefit from these efforts, including, but not limited to, the Community Reinvestment

Area, UDOT Recreation Hotspot funding, and USU Moab's expansion.

For the first time, the Summit will offer sessions into for- and non-profit tracks, allowing these two important facets of our local community to learn content relevant to their needs and experiences. Eve Tallman will teach nonprofits how to use Foundation Center to learn about and apply for grants. Nonprofits will also gain insight from local experts on personnel attraction and retention strategies, whether pursuing staff, volunteers, or board members.

Rhiana Medina, Moab Valley Multicultural Center's Executive Director, will talk to businesses about how business owners and managers can gain cultural awareness for our increasingly diverse local workforce and how this awareness can lead to more productive interactions with employees and a more successful workforce. Government entities and business partners will also provide updates on recent public-private partnerships in the area, how such partnerships could benefit their business, and other opportunities for state business grants.

In addition to the programed presentations, attendees will be provided ample opportunities for networking, allowing business leaders to build connections within and across industries. Service providers, including DWS and the Small Business Development Center, will also be



present to answer questions and inform businesses on how their services can be used.

The summit will run from 8AM to 2PM. Tickets are \$25 for pre-registration and \$30 at the door. A continental breakfast and hot lunch will be provided. Anyone interested in registering to attend, to sponsor the event, or with any other questions can contact the Grand County Community and Economic Development Department at 125 E. Center Street, 435-259-1343, or [kmyers@grandcountyutah.net](mailto:kmyers@grandcountyutah.net).

## Utah State University Extension Offers Education To Prepare For Retirement

Utah State University's Grand County Extension Office recently held seminars to help individuals near or at retirement age better prepare for making the transition into retired life. The seminars focused on two areas of preparation: healthcare with Medicare, and financial preparation with Social Security.

Michael Johnson, Director of the Grand County Extension, has worked with many individuals near retirement age for several years through the Volunteer Income Tax Assistance (VITA) program offered through USU's extension. While working with the VITA program Johnson saw a need to help people better understand certain details about retirement planning.

Johnson worked with representatives from both Medicare and Social Security to schedule classes about the programs, aimed at those planning to retire within the next three years.

"There are a few steps in getting signed up for Medicare and Social Security that can really make or break your future and retirement plans," said Johnson. "Nothing about the process is difficult, but if you don't have all of the information you can easily pass up an opportunity that might come back to hurt you."

"It's easy to get caught up in other areas of retirement preparation, finishing your career and working life, and family and other obligations. We want to help people make decisions that will work for them when they retire, but also be the best solution for them 10 years down the road or more."

## Utah State University MOAB

One of the critical aspects of signing up for Medicare or Social Security is timing. One example Johnson gave was an individual who signed up for Medicare service for their retirement, but initially opted out of the prescription plan because they were not using regular prescription medication at the time. Several years later they were placed on prescription medication, and signed up for the prescription plan, but at a higher rate than if they had signed up for it initially. Signing up for the program at the start of their retirement would have cost a little more initially, but would have saved them in the long term.

Timing for Social Security relates to the age when you can start receiving payments, age 62. But, the class encouraged people to consider all their options before taking payments right away at age 62. For each additional year payments are deferred, up to age 70, your payments may increase by an average of 8% annually.

"Staying in the workforce for a few extra years may have a major impact on the social security payments you receive," noted Johnson. "For some people it makes sense to start receiving payments at 62 based on their needs, but we want to make sure everyone understands all of their options, and the tradeoffs and benefits."

Darren Horton from the Department of Aging and Adult Services, and Mickie Douglas from the Social Security Administration were instrumental in the success of these courses. Each presented about their programs at the Grand Center, Darren in October about Medicare and Mickey in September about Social Security.

The Grand County Extension Office plans to continue offering retirement education services again next year. For more information about future retirement planning events, or the VITA tax preparation program please contact the USU Grand County Extension office at 435.259.7558.

# Sustainable Happenings

## Moab's Bee Inspired Gardens Expands to Residential Sites *by Stephanie Hamborsky and Rosemarie Russo*

Situated in the heart of the Colorado Plateau, Moab's Bee Inspired Gardens (BIG) initiative seeks "to inspire locals and visitors using gardens, workshops and classes in a way that demonstrates and supports efforts toward pollinator health, community food systems, water conservation, and an economy that provides for our people and benefits our ecology." BIG's formation in 2014 stemmed from a collaborative effort among numerous community groups with a vested interest in developing water conscious, pollinator-friendly garden spaces throughout Moab. Current



community partners include USU Extension Sustainability, TerraSophia, Grand Conservation District, Wildland Scapes, Rim to Rim Restoration, the City of Moab's Sustainability Office, and In Transition Permaculture.

Numerous public Bee Inspired Gardens thrive in and around Moab, including BIG's first project at Rotary Park, USU Moab's Rain Gardens project focusing on rainwater catchment and sustainable water management, and the CommuniTea Garden, which serves as a welcoming community space and demonstration of the potential for utilizing reclaimed materials. Several private garden spaces also exist, such as the Grand County Middle School's pavilion garden space used for educational purposes. A full list of public and private BIG projects can be found online at [beeinspired.usu.edu](http://beeinspired.usu.edu).

For several years, BIG focused on developing gardens associated with institutions, public spaces, and community organizations. Beginning in early 2018, the BIG team decided to expand their outreach to include residential sites



with gardens featuring three flowering plants in bloom during the growing season spanning from spring to fall. Residents can easily apply online by visiting [beeinspired.usu.edu/your-garden](http://beeinspired.usu.edu/your-garden) and filling out an online questionnaire. Selected applicants will receive an aluminum yard sign to display their commitment to sustainable, pollinator-friendly,



and water-wise gardening. Residents may also qualify for additional BIG badges, including Water Steward, Plant Steward, Chemical-Free, Pollinator Housing Provider, and



Educator, by uploading photos to illustrate their efforts. BIG also encourages anyone regardless of gardening experience to consider developing a Bee Inspired Garden by consulting the numerous resources on BIG's website ([beeinspired.usu.edu](http://beeinspired.usu.edu)). If your yard does not qualify yet, some of BIG's collaborators and organizers may offer consultation or advice for your particular space.

The Colorado Plateau boasts one of the most biodiverse, sensitive, and unique ecosystems in the United States, and over 900 bee species exist in the state of Utah alone. BIG's efforts in southeastern Utah carry tremendous significance for the preservation of native plant and pollinator species and continuing education for residents and tourists about the importance of promoting sustainability and ecological resilience at the community level. BIG encourages Moab residents to learn more about how to establish pollinator-friendly gardens, join the BIG network, and offer resounding support for more conscientious land and water management in Moab Valley and beyond.

## Farmers Market with Castle Valley Farms

Happy Holidays to our local Moab residents and to all our visitors! Here at Castle Valley Farms we are continuing to put seeds in the ground and are planning on growing through the winter season. We will also continue to operate our farm stand on Tuesdays at the Youth Garden Project



November 6, 13 and 27 with a full range of winter greens and veggies; salad mix, kale, arugula, spinach, micro-greens, rainbow chard, minutina, radish, beets, sweet potatoes, purple, golden and red potatoes, and we will bring tomatoes, peppers and eggplant until the first serious hard freeze. We will also be serving our infamous Carrot Hot Dog with all the trimmings; vegan chili, sauerkraut and grilled onions on a homemade bun. Our gluten-free option will be served in a baked acorn squash. Come on down each Tuesday from 3:30 to 6:30pm and support a local farm,



dedicated to bringing you fresh, nutrient dense produce. We hope to see you there!

**CASTLE VALLEY FARMS**  
  
**FARMERS MARKET**  
 WHEN: **TUESDAYS 3:30-6:30PM** WHERE: **YGP 530 4th E**  
  
 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!

**You can pick up Moab Happenings in Grand Junction!**

- Dairy Queen
- Orchard Mesa Market
- True Value Hardware
- Western Colorado Center for the Arts
- Rockslide Brewery
- Habitat for Humanity Restore
- Coronado Liquor Mart
- Walgreens
- Conoco Stop & Save
- Grand Junction Post Office

*and many other locations*

# Astrology Happenings

## Your Horoscope for November 2018

Mar. 21 - Apr. 20



**Aries** – This is a great month to give that special someone in your life some extra love and attention. Your workloads have lightened across the board, so go the extra mile. Communication from a business partner or friend is highly positive and gets the gears in your head turning. As enthusiasm builds, try to bring in some key players. You are back on track in various ways. This month friendships get pushed to the forefront. If you are looking to make new connections, you'll make them. Try to avoid overindulgence. Too much of a good thing can start to turn sour. Learning moderation in all things is a valuable lesson to remember.

Apr. 21 - May 21



**Taurus** – All eyes are on you and all attention is focused in your direction. Stay grounded as much as possible as you become the center of attention. This may be a good month to ask for a raise or think of other ways to increase your income. Others will be receptive to your requests and grant what you ask. If you can find balance in your daily schedule, satisfaction will flow all month long. Start implementing new strategies to get on task and any stress will dissipate. Honesty with the people you care about is important, but work to avoid being too blunt when getting your point across. Try tempering the information shared.

May 22 - June 21



**Gemini** – Keep a watchful eye on your domestic responsibilities. It's easy for the scales to tip in other directions, but nothing is more important than life at home. You may draw admiring glances from those around you. You are exuding confidence, and it translates in various ways, including in regard to personal relationships. Your work life may seem like it is all over the place. It could be because you haven't established a firm separation of career and family. Try not to overlap the two often. Your home can seem like a major travel hub at times, with people coming and going at all hours. Find your quiet zone and retreat there when you need to recharge.

June 22 - July 22



**Cancer** – Distant shores are beckoning. Now could be the time to start planning a getaway you have always dreamed of. Enjoy this exciting trip. It may be best if you plan some quiet evenings at home with family this month to catch up with your family.

This will be invaluable time spent with one another. Your recent plan to flex some creativity must fit in with family life. Why not get a spouse or children involved with the process? It can be a group effort. You probably have a lot of running around to do this month and wonder how you are going to meet all of your obligations. Delegation can help with that.

July 23 - Aug. 24



**Leo** – Romance may not be in the stars this month for you as you are too distracted by work. Make some time to come up for air and then focus on relationships. You have never been one to indulge in gossip. Take the high road and stay silent so you can continue to pride yourself on staying above the fray. You have to pull back and recuperate if you have been pushing yourself too hard; otherwise, your health can suffer. Economize your energy for fun things. Do not be surprised if many visitors pop in to say hello. Impromptu social events can be enjoyable and even perk you up when you could use a smile.

Aug. 24 - Sept. 22



**Virgo** – Someone special to you may shower you with intense love and affection this month if you just find the time to connect. Clear your schedule for the rest of the month. If your mind has been going a thousand miles an hour, find a way to slow down so you can straighten things out. Direct your focus into something productive. While you can't help but worry if you have enough material and resources to make a project succeed, dwelling too much on what you're lacking will get you nowhere fast. Spend time exercising at the gym or go on a hike this month to relieve some feelings of anxiety. This will help calm you down and refocus.

Sep. 23 - Oct. 23



**Libra** – If you play your cards right, you will look back on this month with nothing but smiles. Things will soon get sorted out, and this month will mark a turning point. And something that has required a lot of attention is no longer a burden. There's too much going on for you to slow down just yet. Find that second wind and keep the pedal to the metal. This will be well worth it when the results unfold. An exciting communication could come your way any day now, sparking all sorts of changes in your life. Just weigh through all the options first.

Oct. 24 - Nov. 22



**Scorpio** – Things may not have been easy for you over the last couple of months, but your courage and stamina know no bounds. Keep forging ahead. Strange dreams and intuition are not out of the ordinary for you. Hone in on what these messages may be trying to tell you. Good news could be around the corner. You will soon start to feel like you have the stamina and motivation to make things happen at home. Now is the perfect time to start some projects. You may want to participate in group activities or make a few new friends but do not know where to start. It's all in the way you present yourself.

Nov. 23 - Dec. 21



**Sagittarius** – Your career is in a perfect place right now, so you can devote some of your attention to personal matters - even your love life. Start focusing on your feelings. This month you are feeling friendly toward everyone and striking up new friendships rather easily. Expect the party invitations to begin rolling in soon. Wealth is not only measured in your financial resources, but also in the close personal relationships you maintain. Surround yourself with loved ones this month. A powerful burst of energy has the potential to turn you into a workaholic this month. You must keep yourself in check so you do not burn out quickly.

Dec. 22 - Jan. 20



**Capricorn** – You notice a definite boost in your energy level and drive this month. It's almost as if you've rediscovered a passion you tucked away for a while. Take nothing at face value at the start of the month. Before you invest time or money, do your fair share of detective work to see if things measure up. Professional focus takes on a new edge this month. You are determined to make a mark for yourself by finishing an important task, and you have your eyes on the prize. But frustration can rear its ugly head when you don't need it to visit. You'll overcome this obstacle if you focus on positivity and the light at the end of the tunnel.

Jan. 21 - Feb. 18



**Aquarius** – Cosmic dust will settle mid-month and you will feel as if you have your power back. If you've been holding off on projects, now is the time to charge ahead. Some new information that will set your mind into orbit comes your way. This is news that you had not expected, so enjoy the surprise. Don't hold back this month, even if your mind starts to wonder. A vivid imagination may help you answer some questions and revitalize your spirit. A busy month is ahead and you will need to put your head down and get to work. Rest, exercise and time spent with the ones you love can make it all worthwhile.

Feb. 19 - Mar. 20



**Pisces** – Make a list of your priorities so you can focus your energy efficiently. You don't want to waver when trying to get things done. Pisces, newfound inspiration for creative projects, such as redecorating or improving your home, is headed your way in the coming days. Self-doubt and confusion try to edge their way in, but you won't let them. If you stick with positive companions, you'll be in a good frame of mind. There's a lot of work to do at home, but right now you may not be in the right frame of mind to start. Wait to start until you're ready.

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CANYON COUNTRY DISCOVERY CENTER

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MONDAYS | Open to 8 pm

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# Pet Happenings

## Cannabidiol (CBD) Oil for Dogs: What You Might Not Know

By Kaye Davies  
co-owner of Moab BARKery

Holistic vets are discovering some interesting results from the use of CBD oil with their canine clients. Just as CBD has helped humans, your dog can reap the same health boosting benefits. The variety of CBD products produced for dogs have been increasing and becoming more accessible to dog owners and now researchers are turning their attention to this herb, and so far they are finding there are a lot of positive outcomes from the use of CBD. CBD is often misunderstood and there may be some things that you might not know about its use for helping dogs with a variety of common health issues.

**CBD is not psychoactive**, it is a compound found in cannabis and hemp. THC (tetrahydrocannabinol) can also be found in cannabis and it is this compound that gives marijuana its psychoactive properties. Most CBD oils are just the beneficial CBD without the THC. They typically come from hemp and not marijuana. Your dog will not get high from CBD oil; they will get relaxation without the intoxication.

Does your dog suffer from separation anxiety or noise phobias? **CBD oil reduces anxiety**. Extensive studies have been carried out on the effectiveness of CBD on anxiety and stress in humans and it has been found to reduce anxiety in both people who have anxiety disorders and healthy people who experience situational anxiety, like public speaking. It has also been found to be effective for panic disorders and post-traumatic stress disorders.

**CBD can fight cancers**. CBD and other substances found in hemp and cannabis have been found to have anti-tumor effects. CBD has even been shown to stop the cancer cells from growing and increased tumor cell death by supporting the immune systems killer cells. CBD kills cancer cells by blocking their ability to produce energy and can help increase the efficacy of conventional cancer treatment.

**CBD can treat seizures and epilepsy**. It is estimated that up to 5% of dogs suffer from seizures. Most dogs with seizures are put on drugs such as phenobarbital and potassium bromide. While they may help control the seizures, they can also be extremely harmful to your dog's liver and other vital organs, and the drugs do not work in every case. CBD has shown to work well in drug-resistant epilepsy, resulting in a reduction of the frequency of seizures.

**CBD reduces and relieves pain**. The cannabinoids in CBD work so well for pain that scientists are considering it as a new class of drug for the treatment of chronic pain.

Studies have shown CBD to be very effective for decreasing pain, including neuropathy and nerve-related pain. It has also been shown to decrease the impact of inflammation and the impact of inflammation in acute pancreatitis, irritable bowel disease and oxidative stress which causes degeneration and premature aging.

**CBD reduces chronic inflammation and autoimmune disease**. CBD has been shown to decrease the production and release of inflammatory cytokines that can cause allergies, hypersensitivities and autoimmunity. It can also suppress something called Th17 dominance, which is a major cause of autoimmune diseases. It also inhibits the production of inflammatory macrophages and decreases chronic inflammation. CBD is also a powerful antioxidant that's shown to be more powerful than vitamins C and E.

**CBD can protect the nervous system and help with Neurodegenerative diseases**. For dogs suffering from degenerative diseases, spine and other nerve issues, CBD shows a lot of promise. In humans it has been shown to help patients with ALS, Alzheimer's and Parkinson's disease by protecting the brain cells from toxicity. For senior

dogs CBD has been shown to protect the brain from cell death caused by free radicals and toxins.

**CBD increases appetite and helps with nausea**. If you have trouble getting your dog to eat, CBD may help, it increases appetite. CBD has also shown to help with vomiting and nausea in dogs, even when the vomiting and nausea is a result of the ingestion of drugs or toxins.

**CBD promotes cardiovascular health**. Studies show it can reduce the damage from damaged blood vessels and irregular heart rates, protect blood vessels from damage and dilate the arteries, and reduce heart rate and blood pressure.

**CBD oil for dogs is legal and safe**. With so many studies showing the health benefits of CBD, the most encouraging result is that CBD appears to be safe, even when taking high doses and over extended periods of time. It can decrease the activity of liver enzymes used to



### Humane Society of Moab Valley

435-259-4862 • www.moabpets.org

#### November 2018 Events

**Nov 10** - Dog Adoption Day at City Market  
from 10am - 12pm

**Nov 24** - Dog Adoption Day at City Market  
from 10am - 12pm

**We have a Wonderful Selection  
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moabpets.org or stop by the shelter.**

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

Dates subject to change. Call for updated dates



metabolize many prescription drugs, so if your dog is on medication, you might want to check with your vet before using CBD. Most CBD oil for dogs and other animals is derived from hemp oil, so it contains no or very little traces of THC. Because of this, all 50 states have approved the use of hemp-based CBD for human and animal products. The bottom line is, CBD oil could be a healthy or even life-saving herb for your dog. More and more pet owners and holistic vets are drawn to its diverse and marked health benefits and they feel good knowing the side effects are mild and animals appear not to build up a tolerance.

**Choosing good CBD oil for your dog** can be difficult as there are so many products available on the market. You will want high quality CBD oil that works, so here are a few things to look for:

- Make sure the product is organic, if it is not your CBD oil contains pesticides, fungicides or solvents.
- Don't cheap out, the higher the quality and purity, the higher the cost. Make sure your CBD oil is free of additives and has a good amount of CBD.
- Get the analysis. Ask for a lab analysis of the amount of CBD in the product. Many CBD oils only contain small amounts of CBD. The manufacturer should provide a certificate of analysis. You will also want to make sure there is little or no THC in the product.
- Buy CBD as a tincture, you can buy CBD in treats but the best form is in a tincture. This way you can adjust your dog's dose drop by drop to make sure they get the most benefit.

At the Moab BARKery we carry CBD products from Healthy Hemp Pet Company; it was the first naturally extracted hemp oil on the market, which is completely free of chlorophylls and carbonic acid. They source their hemp oil from the first certified USDA organic hemp greenhouse in the state of Colorado. They are a small batch production and their products contain 0.30% of THC. We carry their line of 400MG PCR (phyto-cannabinoid rich) tinctures in coconut and salmon oil, 200MG PCR sprays and 600MG PCR Immune tincture with Turkey Tail Mushroom.

Start your dog off slowly but don't let the naysayers tell you CBD isn't a good option for your dog ... the research is being done and the results are very promising.



### 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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## WINTER SUN ACTIVITIES!

**Friday, November 30**

**City Tree Lighting at Swanny Park, 5:00PM**

Live entertainment by Valley Voices, Middle School & Advanced String Orchestra, Middle School & High School Choir, David Olsen.

**Meet Santa at the Park!**

*Hot Cocoa & Cookies provided by Zions Bank, Moab Grill, Sweet Cravings, City Market and Village Market.*

**Fri/Sat. Nov. 30-Dec 1 MARC Holiday Art & Craft Fair**

Moab Arts & Recreation Center, Friday 4-8PM, Saturday 10AM -5PM

**Fri/Sat. Nov. 30-Dec 1 Holiday Craft Fair**

Moab Valley Inn, Friday 9AM-8PM, Saturday 9AM to 6PM.

**Saturday, December 1 Electric Light Parade**

Parade begins at dark on Main Street, 6:00PM

*Hot cocoa & cookies will be served before and after the parade in The Cocoa Shack located in the parking lot of Canyonlands Trading Post, hosted by Moab Regional Hospital.*

**Saturday, December 1 Winter Sun 10K**

36<sup>TH</sup> Annual Winter Sun 10K begins at the Moab Golf Course and ends at Grand County High School track.

*For more information contact [madmooseevents.com/winter-sun-10k](http://madmooseevents.com/winter-sun-10k)*



Aarchway Inn • Best Western Canyonlands Inn • Emery Telcom  
Hyatt Place Moab • Lisbon Valley Mining • Red Cliffs Lodge  
Big Horn Lodge • Redstone Inn • Castle Creek Winery • Rustic Inn  
Moab Under Canvas • Red Rock 4-Wheelers  
Rocky Mountain Power • Sorrel River Ranch • Zax