<table>
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<tr>
<th>RIVER ADVENTURES</th>
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<tr>
<td><strong>FULL-DAY RIVER ADVENTURE</strong> World famous scenery and a barbecue lunch rafting the Colorado River. 8:15am - 4:00pm (min age: 5)</td>
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<tr>
<td><strong>COLORADO RIVER A.M. HALF-DAY</strong> Raft from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 9)</td>
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<tr>
<td><strong>COLORADO RIVER P.M. HALF-DAY</strong> Raft from Rocky Rapid to Takeout. Includes BBQ lunch along the river. 11:00am - 4:00pm (min age: 5)</td>
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<tr>
<td><strong>WESTWATER CANYON FULL-DAY</strong> Enjoy exciting whitewater rapids &amp; lunch in this unique Geyser. 7:30am - 6:00pm (min age: 10)</td>
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<tr>
<td><strong>TWO-DAY RAFT &amp; CAMP</strong> All meals and camping equipment provided, rafting moderate rapids, relax into the scenery. (min age: 5)</td>
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<th>HOT AIR BALLOON RIDES</th>
<th>$259 $259</th>
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<tr>
<td><strong>EPHEDRAS GROTTO CANYONEOERING</strong> Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels. 4 hrs (min age: 10)</td>
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<tr>
<td><strong>DESSERT ROCK CLIMBING</strong> Climbing, instruction, and fun on rope and rock! All equipment provided. 5 hrs (min age: 5)</td>
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<tr>
<td><strong>HIGH ROPES COURSE</strong> Challenge course, safety gear &amp; instruction, and southern Utah's highest swing. 3 hrs (min age: 10)</td>
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<th>FLIGHTS &amp; HORSEBACK</th>
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<tr>
<td><strong>SLICKROCK SAFARI</strong> Incredible 4x4 experience over a landscape of petrified sand dunes. Departs 7:30am, 10am, 2pm (2 hrs)</td>
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<tr>
<td><strong>GRAND SAFARI</strong> Further explore the backcountry in the world’s most serious 4x4. Departure times vary by season. (4 hrs)</td>
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<tr>
<td><strong>SUNSET SAFARI</strong> The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)</td>
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<th>MOUNTAIN BIKING</th>
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<tr>
<td><strong>HALF-DAY MOUNTAIN BIKING</strong> Easy to moderate rides. Enjoy scenic desert and red rock oasis. Includes bike rental, helmet, water. (4 hrs)</td>
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<tr>
<td><strong>CANYONLANDS SUNRISE DOWNHILL</strong> Relaxing downhill ride w/ breakfast. Enjoy grand vistas at every turn. Departure times vary. (5 hrs)</td>
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<th>JETBOAT TOURS &amp; MORE</th>
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<tr>
<td><strong>CANYONLANDS JETBOAT</strong> Cruise the Colorado River near Canyonlands NP. Departs 8am, 1pm (4 hrs)</td>
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<tr>
<td><strong>SUNSET JETBOAT &amp; DINNER</strong> 1 hr Dutch-oven dinner plus 1.5 hr jetboat on the Colorado River near Canyonlands NP. Departs 8am, 1pm (4 hrs)</td>
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<tr>
<td><strong>DINNER &amp; NIGHT SHOW</strong> 1 hr Dutch-oven dinner plus 2 hr light show on slow-moving boat ride on the Colorado River.</td>
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<th>JEEP RENTALS</th>
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<tr>
<td><strong>DAILY &amp; MULTI-DAY RENTALS</strong> Explore Moab, the world’s number one off-road destination, in a 2 or 4 door Jeep Rubicon. Includes area maps!</td>
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<tr>
<td><strong>ARCHES N.P. TOURS</strong> Explore a maze of astounding hidden chasms with one of our guides on this unique hike. 7:30am - 3:00pm (3 hrs)</td>
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<tr>
<td><strong>ARCHES SUNSET TOUR</strong> Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs)</td>
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<th>RESERVE 3 OR MORE ADVENTURES AND SAVE 10%</th>
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Moab Adventure Center 435-259-7019
Movie & Western Memorabilia Museum at Red Cliffs Lodge

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

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

In the museum one can learn more about film locations, how the sets are built, and how the filming process is managed on nature’s own sound stage. On display in the museum are production photographs, movie posters, autographed scripts, props from the many pictures filmed in the area, and displays about the western ranching heritage. For information, call Red Cliffs Lodge at 259-2002.

Through the magnificent landscapes of southeastern Utah, writers have been inspired and stories born here. Zane Grey, the famous western novelist, traveled through the area in 1912. His visit inspired him to write his book Riders of the Purple Sage. The book was made into a movie starring Ed Harris and Amy Madigan, and filmed on locations around Moab.

A partial list of stars that have made movies in Moab:

- John Wayne, Maureen O’Hara, Henry Fonda,
- Lee Marvin, Rick Hudson, Jimmy Stewart, Richard Boone, Anthony Quinn, Mickey Rooney, Shirley Temple, Kris Kristofferson, Billy Crystal, Robert Duvall, Gene Hackman, Bill Murray, Jack Palance, Susan Sarandon, Geena Davis, Ted Danson, Tom Cruise, and many more.

Red Cliffs Lodge, on the banks of the mighty Colorado River, is home to the Moab Museum of Film & Western Heritage.

- 110 River-front Cabins & Suites
- Private Patios & Kitchenettes
- Horseback Riding, Rafting, Hiking, Biking, Museum
- Exercise Room, Pool & Hot Tub, Tennis Courts
- Catering, Conventions, Weddings & Reunions

Trip Advisor rates
Red Cliffs Lodge #1
Best Place to stay in Moab 5 plus years!

“Southwest Lodge at a Motel Price”

- Heated pool
- Coffee makers with coffee
- Pet rooms
- Refrigerators, microwaves
- Oversize TV with HBO
- Voice mail & DSL
- On site Restaurant

Moab Happenings • September 2012 • 3A
September

August 30-September 10: Moab Music Festival. See article and ad on page 12B.

1. Moab Farmer's Market, 8 a.m. until noon, Swanzy City Park, just one block off Main Street. 100 West 400 North. For more info visit youthgardenproject.org or call 435-259-2326.

2. Moab Artists’ Studio Tour. Visit 21 local artists in their native habitat as they exhibit their recent works and demonstrate their skills. www.moabstudiotour.com for information on individual artists and a map.

3. 1-2 Blu Pig live music: Timothy Hay 7-10pm

4. 1-3 38th Annual Labor Day Safari & Campout. www.m4w.com

5. LABOR DAY

6. 3-17 Canyonlands Community Recycling (CCR) Online Auction. Love the Earth? Love Moab? Support CCR by bidding on great Moab items (and a few from farther afield) during our online auction at: www.biddingforgood.com. CCR is a Moab-based nonprofit organization working to enhance sustainability by empowering the Moab community to reduce, reuse and recycle. For more information contact us at 435-210-4996, ccr@moabrecycles.org or www.moabrecycles.org.

7. 5 Blu Pig live music: Bridgette Otto and Friends 7-10pm

8. 6 Stars: Come explore the night sky and learn what the stars have to teach us! Join the Director of the Clark Planetarium, Seth Janvis, as he takes us on a journey through the stars! Seth Janvis has been an enthusiastic amateur astronomer since he built his first telescope at the age of 12. He started working for the Hansen Planetarium in Salt Lake City as an usher in 1978. He then went on to be one of the planetarium’s first “Astrovan” outreach astronomy lecturers and traveled to rural Utah schools. Seth became the director of the Clark Planetarium when it opened in 2003. He is the author of several programs that now play in planetariums and science centers around the world. 7:00pm at the Moab Information Center (MIC)

9. 8 Moab Farmer's Market, 8 a.m. until noon, Swanzy City Park, just one block off Main Street. 100 West 400 North. For more info visit youthgardenproject.org/farmersmarket or call 435-259-2326.

10. 8 Canyonlands Natural History Association Navejo Rug Auction. See ad page 16B and article pg 12B.

11. 8-30 A Community Art Auction. Inspired by a Vision to Protect the Greater Canyonlands Region and a Benefit for The Women’s Congress for Future Generations Utah artists have designed chairs. Art chairs will be on display at many local businesses. Art chairs are available for purchase. Art auction will be via silent auction through display venues. For info: laurakamala@gmail.com or 435-259-8702 See ad on page 18B and article on page 16B

12. 8 The Semi-Annual MRAC Attack 2012 Fall Mini-Triathlon - Open to all. 10 a.m. Run, Bike & Swim at the Moab Recreation & Aquatic Center, 374 Park Avenue 3-Levels: Youth under 13, Open, and Elite. Both Male & Female Divisions. Awards for top 5 finishers in both divisions for all 3 levels. Youth will get an award participation ribbon, even if not finishing in the top five places. For info visit moabcity.org/mrac or call (435) 259-8226 and ask for Patrick.

13. 8 Moab Art Walk. See ad and article on page 14A

14. 8-9 Steak & Sudsfest Mixed Bestball - Moab Golf Club

15. 8 Harvest Beer Festival, Cortez. See ad on pg 19A.

16. 12 Wednesday Book Club at the Library. Jane Eyre by Charlotte Bronte is September’s book selection. All are welcome - 6:00 p.m. in the Grand County Public Library's Board Room

17. 12 Blu Pig live music: Bridgette Otto and Friends 7-10pm

18. 14 Youth Garden Project last Garden Dinner Fundraiser of the season at 6:30pm. Local Chef, Ken Moody, will prepare the culmination of this year’s harvest into a full course dinner. Locally sourced and seasonally fresh, this feast will be served beneath the night’s sky. Seating is limited, so please call 435.259. BEAN. Reservations are required before September 12th.

19. 14-15 Green River Melon Days. See ad on page 19A and article on page 7B

20. 15-16 Range Creek Archeology Trip with Canyonlands Field Institute. Join this rare opportunity to see prehistoric Fremont rock art and sites in-depth with plenty of time. Overnight trip with vehicle support and camp, longer trip allows quality time for exploring, hiking, discussion. Moderate hiking, up to 2 miles round trip. Star/读懂 Green River or Moab. Small group, 5 min-9maximum participants. $370/person - CFI member: $350/person Nonrefundable Deposit: $125 (Youth fee same as adult). There is a 5 person minimum to run the trip. CFI will refund payment if the minimum is not met one week before the trip. For more information, visit www.cfi-moab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.

21. 15 Moab Farmer’s Market, 8 a.m. until noon, Swanzy City Park, 100 West 400 North. For more info visit youthgardenproject.org/farmersmarket or call 435-259-2326.

22. 15 Moab’s Alpine to Slickrock 50 trail running event. Info: 435-260-0886

23. 15-16 Range Creek Archeology Trip with Canyonlands Field Institute. Join this rare opportunity to see prehistoric Fremont rock art and sites in-depth with plenty of time. Overnight trip with vehicle support and camp, longer trip allows quality time for exploring, hiking, discussion. Moderate hiking, up to 2 miles round trip. Star/读懂 Green River or Moab. Small group, 5 min-9maximum participants. $370/person - CFI member: $350/person Nonrefundable Deposit: $125 (Youth fee same as adult). There is a 5 person minimum to run the trip. CFI will refund payment if the minimum is not met one week before the trip. For more information, visit www.cfi-moab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.

24. 16-17 Canyonlands National Park Grand Archeology Trip with Canyonlands Field Institute. Join this rare opportunity to see prehistoric Fremont rock art and sites in-depth with plenty of time. Overnight trip with vehicle support and camp, longer trip allows quality time for exploring, hiking, discussion. Moderate hiking, up to 2 miles round trip. Star/读懂 Green River or Moab. Small group, 5 min-9maximum participants. $370/person - CFI member: $350/person Nonrefundable Deposit: $125 (Youth fee same as adult). There is a 5 person minimum to run the trip. CFI will refund payment if the minimum is not met one week before the trip. For more information, visit www.cfi-moab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.

25. 16-17 Canyonlands National Park Grand Archeology Trip with Canyonlands Field Institute. Join this rare opportunity to see prehistoric Fremont rock art and sites in-depth with plenty of time. Overnight trip with vehicle support and camp, longer trip allows quality time for exploring, hiking, discussion. Moderate hiking, up to 2 miles round trip. Start/end Green River or Moab. Small group, 5 min-9maximum participants. $370/person - CFI member: $350/person Nonrefundable Deposit: $125 (Youth fee same as adult). There is a 5 person minimum to run the trip. CFI will refund payment if the minimum is not met one week before the trip. For more information, visit www.cfi-moab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.

26. 17 Blu Pig live music: Bridgette Otto and Friends 7-10pm

27. 19 Blu Pig live music: Scott Ibes 7-10pm

28. 20 Maggie Tull her-story in the American West History: Women played an important role in the settling of the American West. Yet their stories are often forgotten or overshadowed by the tales of the “outlaws” or “cowboys”. The

DEADLINE for OCTOBER Events Calendar: SEPTEMBER 20, 2012

Listings in the Moab Happenings Events Calendar are FREE!!

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

Call (435) 259-8431 or fax us at (435) 259-2414
e-mail: info@moabhappenings.com
September continued

stories of the women settling the American West are important
to hear the stories of the struggles, hardships, hopes, and fears
of the women settling the American West are important
of the women settling the American West are important
of the women settling the American West are important
of the women settling the American West are important

21-23 Moab Century Tour. See ad on page 3B and article on 6B. 435-260-8889 for information.

21-23 Rockhocks Amateur Mens Golf Tournament. Moab Golf Club

22  Moose Action Run 10K / 5K / Kids’ K. 8:00 AM, Swanwy City Park, Moab. For info visit: www.moaabumtrun.org. See ad on page 8A. Registration is open; everyone is welcome to participate.

22 Moab Farmer’s Market. 8 a.m. until noon, Swanwy City Park, 100 West 400 North. For more info visit youthgardenproject.org/ farmersmarket/ or call 435-259-2326.

22 Outerbike Expo site. www.outerbike.com

22-23 Moab Horse Show AQHA/APH/Open combined shows. Old Spanish Trail Arena. Fee Admission. Starts at 8am each day.

25 Journey Beyond Book Group at the Seekhaven Chapel 81 North 300 East at 5:00 p.m. September’s book selection is Let Us Eat Cake by Shosh Boursmer. Call 259-2326. Library provided by the Utah State Library are available for checkout at the library.

26-30 Skydive Festival. See article on page 1B and ad on page 5A.

26 Free film: LOVE FREE OR DIE is about a man whose two defining passions cannot reconcile: his love for God and for his partner Mark. Bishop Gene Robinson will not give up on either. 7 pm Star Hall. Presented by the Grand County Public Library and that of the Moab Information Center. Call the library for more info: 435-259-1111 or go to www.moablibrary.org

26 Poetry & Conversation: The Beat Poets & Their Times. The first of a series of presentations by Sky Moab Poets and Writers and the Grand County Public Library. The discussion will be led by Tom Eyler & Kathy Grossman. This will be an informal and thought-provoking evening. Everyone is welcome. Library Meeting Room, 6:00 to 7:45 pm

26 Blu Pig live music: Bridgette Otto and Friends 7-10pm

27-29 Red Rockin’ Rendezvous. ATV/UTV event. See pages 17 & 18B

27-30 The Women’s Congress For Future Generations, Moab Arts and Recreation Center (MARC). Star Hall see article page 16B.

27 Textiles, Baskets, Hides, and Wood: A Look at the Earliest Archaeological Perishable Collections from Southeastern Utah. Laurie Webster~A Canyons Natural History Associations Discovery Pool Project. During the 1890s, local collectors excavated thousands of artifacts from alcoves in southeastern Utah and shipped them to museums outside the Southwest. Only a handful of these collections have been studied or published. In this presentation, Laurie Webster will discuss her recent research with these early collections and highlight some of the more remarkable 1000 to 2000-year-old textiles, baskets, sandals, hides, wooden implements, and other perishable artifacts recovered from these archaeological sites. 7:00pm at the Moab Information Center (MIC). This lecture is brought to you by: Tag-A-Long

28-29 Second Annual Moab Pride Festival. The 28th is a kick-off event and greet Orange Party at Frankie D’s. Saturday the 29th will be a visibility march starting at Swanwy Park at 10am, and the festival will begin at noon up at Old City Park and will go till 6pm. The after party will be held Saturday night of Woody’s Tavern starting at 9pm. Orange party on Friday and the after party will have a cover at the door, but the visibility march and festival are free admission to all! See article on page 7B. www.moabpride.org

28-30 The Enchilada Enduro. www.enchiladaenduro.com


30 Moab Farmer’s Market. 8 a.m. until noon, Swanwy City Park, 100 West 400 North. For more info visit youthgardenproject.org/ farmersmarket/ or call 435-259-2326.

30 Harvest Moon Dinner and Campfire. Friends of Canyonlands Field Institute event; Professor Valley Field Camp, near Castle Valley. Reserve a seat now. The last time we did this it sold out. Seating limited to 40. Tickets are $30 (adults) $10 (12 and under). Board member Jeff Cohen is arranging the entertainment. For more information, visit our website, www.cfmoab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.

30 Day of Declaration. Women’s Congress for Future Generations at Swanwy City Park, live music, speakers, public invited. See article on page 16B.

October

3 Apocalyptic Planet: An Evening with Craig Childs at Star Hall at 7:00 p.m. Free tickets will be available starting September 3rd at the Grand County Public Library and Back of Beyond Books. For more information please call 435-259-1113.

3-7 Outerbike. Test ride next year’s bikes on Moab roads and trails. For 3 days the world’s best bike manufacturers will be set up at the Outerbike Expo site. www.outerbike.com

5-13 PleinAir Moab. See article and ad on pages 14-15B.

6 2012 Take A Kid (Mountain) Biking Day kicks off the Museum of Moab’s celebration of Moab’s Bike History. Maggie Wilson of Maggie Adventures has volunteered to be among the ride leaders

October continued

and will provide a shuttle van to the Brands Trail at 9 AM. Bring your own Bike and Helmet and water. Parents welcomed with kid. Coyote Shuttle will transport bicyclists from the Museum to the Brand Trails at 8 AM and riders will have to ride back to Moab or may drop a vehicle at the Court House Wash parking lot. Seats are limited and reservation will be required. Leave a message at 435-259-5884 for reservations. Watch https://www.facebook.com/moabmuseum [https://www.facebook.com/moabmuseum] for details.

6-7 24 Hours of Moab. See page 4B. www.grannygear.com

7 Moab Senior Amateur Mens & Womens Golf Tournament. Moab Golf Club

6-7 Range Creek Archeological Triip with Canyons Field Institute. Join this rare opportunity to see prehistoric Fremont rock art and sites in-depth with plenty of time. Overnight trip with vehicle tour, hikes, and all meals. Small group, comfortable vehicle supporteed camp, longer trip allows quality time for exploring, hiking, discussion. Moderate hiking, up to 2 miles round trip. Starfiend Green River or Moab. Small group, 5 min-maximum participants. $370/person. CF1 members: $35/person. Nonrefundable Deposit: $125 (Youth fee same as adult). There is a 5 person minimum to run the trip. CF1 will refund payment if the minimum is not met one week before the trip. For more information, visit our website, www.cfmoab.org or call 259-7750. Trip fees help support our outdoor education programs for schools and youth.

8 The Banff Mountain Film and Book Festival presents the wildly popular Radical Reels night – a presentation of the best high-adrenaline films entered into the Banff Mountain Film and Book Festival competition. Sponsored by the Friends of the La Sal Avalanche Center. www.banffcentre.ca/mountainfestival/worldtour/radicalreels
Jim and Elda Sarten

In the early years of tourism in Moab, most businesses were family affairs often run by a husband and wife team. Elda and Jim Sarten were such a team, not in spite of their differences, but because of them. As guide Andrea Stoughton put it, "Elda was the backbone of the business—the organizer and bookkeeper. Jim was wild and impulsive." One of many impulsive and wild adventures of Jim's was rafting the rapids below Niagara Falls. This is how James Butler reported the story in The Evening Independent, September 23, 1974. "The first words that came through the static on the walkie-talkie were 'he's breathing.'" Forty people let out their breath. The man who was breathing was Jim Sarten, a man with no press agent and no headline—just a man who looked at the impossible and said, "yeah . . . I think I can do it. And if they try to stop me I'll hide in the bushes and ride that river in the middle of the night."

"Jim Sarten rode an open raft down the rapids that are the deadliest part of Niagara Falls, and no man had ever done that before. He did it for a scene in The Great Niagara, the ABC Tuesday Movie of the Week." One of many impulsive and wild adventures is the way he made it. "Jim flipped on that run, but made it to shore without the boat. According to his son Jay, one reason he made it may have been the miniature scuba bottle he had strapped to his leg with a breathing tube run under his clothing. It supplied him with three to five breaths of air. Jim was pulled out of the water unconscious. He told Jay the last thing he remembered was the green water getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighter. Jim made it into the Niagara Hall of Fame for that stunt, was getting darker, not lighten.
September is a transition month in Canyon Country. Lupine pods snap open to disperse their seeds. Butterfly larvae look for safe places to overwinter. Hummingbirds continue their southward migration towards Mexico.

One of these species, the rufous hummingbird, migrates along mountain tops in the Intermountain West. This differs from their northward migration in spring when the birds move along lowlands and coastal areas where nectar-bearing flowers are first to bloom. In September, a mountain meadow offers numerous wildflowers for the hummers to visit and refuel. Black-chinned, broad-tailed, Costa’s, Anna’s, Calliope, and the rufous hummingbird are probable species one might encounter in southeastern Utah during the fall migration. Males move through first, followed by females and juveniles. Though the birds may use the same flyway, they don’t migrate in flocks, but as individuals.

Some birds pass through the Moab area in a day; others spend time refueling for the next leg of their migration which might end in Mexico or Central America. For a rufous hummingbird that summered in Cordova, Alaska, their migration could end up being over 2,000 miles long. Impressive for a bird that weighs just over one ounce.

Though small in stature, hummingbirds consume 1-3 times their body weight in food each day. That translates to a lot of nectar and insects for these birds which seem to be constantly on the move. Hundreds of flowers will be visited, and spider webs may be plucked clean by the hungry hummers. Even though the birds need to eat and rest on their migration, they take advantage of strong northerly winds to help propel them southward. If a cold front catches them on their route, the birds may enter into a brief stage of a hibernation-like condition called “torpor.” The hummingbirds can lower their body temperature up to 50 degrees which translates to a much slower heart and breathing rate. In turn, this reduces the need for constant fuel; otherwise the birds would be working extra hard to consume enough calories to maintain their normal body functions during a cold weather period.

Just like in the summer, migrating hummingbirds may supplement their daily dietary intake by visiting feeders set up with sugar water. At times, a swarm of hummers may gather around a feeder. Birders and gardeners know that offering late blooming flowers such as monarda, salvia, agastache, catmint, and snapdragons will also host a bevy of hummers. As the birds probe a flower, they lap up the nectar with their long tongues. Early naturalists thought that the hummingbird’s tongue was like a straw, but later studies revealed the tongue to have grooves on the sides which hold the nectar as the tongue is withdrawn into the bill. And when the light strikes a hummingbird just right, the brilliant iridescence of the bird’s throat feathers reflects their nickname of “flying jewels.”

Though many are content to enjoy hummers at feeders or in the garden, others participate in citizen-science projects that track both north and south movements. Journey North (www.learner.org) and World of Hummingbirds (www.worldofhummingbirds.com) are two Web sites where people can post sightings that contribute to the understanding and enjoyment of the hummingbird parade.
The Bar M Wranglers Show off a lot of musical experience at the Bar-M Chuckwagon!

Originally from Illinois, Alan Brown worked as a singer/songwriter and toured throughout the U.S., Canada, and Europe with the internationally famous group "Up with People." He studied guitar, music theory, and arranging at Berklee College of Music in Boston. He played music for many years in New York City. A string instrumentalist, Dave Steward, joins the group to sing, leads and harmony vocals, yodels, plays acoustic and electric guitar, and bass guitar in the Bar M Show.

Valerie Hunt Brown grew up in Cottonwood City, and Nashville before moving to Utah and taking over the Bar M Chuckwagon. At the Bar M, he is the Camp Cook and Sheriff in the old west shoot out. Alan is the Head Wrangler, sings lead and harmony vocals, yodels, plays acoustic guitar and mandolin in the Bar M Show.

Outlaws in a gunfight!

Originally from New Jersey, singer, songwriter and instrumentalist Dave Steward adds hot guitar pickin’, solid bass playing, vocals and yodeling to the show. Dave has lived in Moab for 25 years. He writes the vocal arrangements for the group. Dave has been a guitarist most of his life and enjoys playing many styles of music including jazz, classical, and rock as well as cowboy music. Dave has his own band and performs with many different ensembles around town. He studied guitar and music at the Guitar Institute of Technology in Hollywood, California. Dave has two CDs of original music one called "Wild West Heart" and his newest called "The Moab Tongue." Dave also has a CD of classic cowboy songs called "Call of the Canyon." Dave has been a Bar M Wrangler since 2001.

Clay Maxam hails from the Northwestern United States and now resides in Moab with his wife Judy. A native of Oregon, Clay played steel guitar professionally in the 50's, 60's, and 70's and then took a break from his music career to pursue other goals. Clay Shines on the intricate pedal steel guitar and occasionally plays Dobro in the Bar-M show. Clay is featured nightly in the gunfight show. He is an integral part of the Bar-M operation and has been a Bar M Wrangler since 1999.

In addition to the regular "Wranglers", one of the gun fighters, Brad Maxwell, joins the group to sing a couple of numbers. Brad has been with the Bar M for six years and has live in Moab for over 20 years.

The Bar-M Chuckwagon's season runs April through mid October. Dates open vary with the season, please call for schedule. Admission price includes dinner, live western show, games, gunfights, and gratuity: $27.95 for adults, children four to twelve years old are half price and kids three and under is free. Make sure to call ahead for reservations so you don't miss out on all the fun! Call 435-259-BAR-M (2276) to make your reservations today. You can visit their web site at www.barmchuckwagon.com. Tell them you read about the Bar-M in the Moab Happenings.

Moab Autumn 10k Run
10k - 5k - kids' k
Saturday, September 22, 2012
For details please visit www.moabautumnrun.org
Participants in all 3 runs will receive a t-shirt, finishing medal, and end-of-run refreshments.
Races begin and end at Swanpy Park, Moab, Utah
A benefit run for the Moab Charter School students & the Grand County High School Boys and Girls Cross Country Teams. All Proceeds go to these two organizations.

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How To Get A Drink...

...In Moab, Utah

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

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

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

Also new is the addition of two upscale lounges in Moab. Vista Lounge located inside Buck's Grill House and The Ghost Bar, upstairs at Jeffrey's Steakhouse. Both locations have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

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

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

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

Utah law forbids open containers in or about any motor vehicle. A blood alcohol level of 0.08% (0.05% if you have a child in the car with you) is the maximum allowable under Utah Code to be declared "driving under the influence."
Buck’s Grill House & Vista Lounge
2384 North Highway 191
259-5201

Dinner
Open 5 p.m. to close
Don’t think you can find casual elegance in the desert? Think again. Buck’s Grill House offers fine dining in a relaxed, yet elegant atmosphere with some of the best food in the West. For a special evening out, this is the place to share an exceptional meal with your favorite friends. You’ll never be disappointed at Buck’s, a beautifully secluded patio dining. Vista Lounge is an sophisticated adult environment offering cocktails along with dining. Check website for live music schedule. www.bucksgroochouse.com

Burger King
606 South Main
259-2700

Cabo Grill
396 South Main St.
259-6565

Cassano’s Italian Restaurant
11 East 100 North
259-6018

Dinner
Open 5 p.m. to close
Come in and join us for home made sauces and hand tossed pizzas. Many of the traditional Italian restaurant is located in the old Poplar Place. Patio seating available so you can dine alfresco and back in splendid red rock view. Great choice for take out and catering. State Liquor License

China Cafe
812 South Main
259-7933

City M Arky
102 South Main St.
259-5181

CK Desert Ice
89 North Main
259-7580

Cowboy Grill at Red Cliffs Resort
12 Miles up Highway 128
259-2002

Dinner

Crystal’s Cakes & Cones
30 East Center St.
259-3939

Denny’s
989 North Highway 191
259-8839

Dinner
M o including seniors menu, daily specials and Hi Protein the health conscious A B C about its “Big Eat Free”. Take out menu available. Reservations for large parties and book weekly Great Food and Great Service by Great People. ENJOY!

Desert Bisto
36 South 100 Main
259-0756

Dinner
Open 10 a.m. to 9:30 p.m. close Closed Mon.

Owners/ Chef Karl & Michelle Kiley Invites you to enjoy a relaxed evening of dining at our new location. Nightly specials, fresh squeezed lemonade, hand made pastas, bread and desserts. COVERED and open outdoor patio dining. FABULOUS, one of the restaurants highly recommended.

Keclectic Cafe
352 North Main Street
259-5689

Breakfast & Dinner
Open 7 days a week 7:00 a.m. - 2:30 p.m.


Fiesta Mexicana
202 South Main Street
259-4366

Sun - Thurs 11am - 1pm & Fri & Sat 11am - 10pm

Experience the close-up magic of Rick Borelli. Thursdays and Fridays 7-9pm

Best Authentic and most the best Mariachi’s in town made from scratch with fresh squeezed lime and 100% Blue Agave tequila. Newly remodeled patio with 4 TV’s! Large groups are welcome. Children’s menu. To go orders available. Is it your birthday? Let us know and we’ll take your picture, “Las Mananitas”. Daily lunch specials $6.25 Full bar. FiestaMexicana ресторанs.com

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

Lunch & Dinner
Open Daily 12 noon 2am

Moab’s Breakfast Place located in Grand County’s historic first Courthouse. Famous for its break fast like our own southwestern Eggs Benedict & Ginger Pancakes with Apple Butter. Great selection of classic diner breakfast.

Jeffrey’s Steakhouse
218 North 100 West
245-259-3588

Open nightly at 5:30pm. Call for reservations. Stop by Jeffrey’s Steakhouse for a casually upscale dining experience, just slightly off main. Westly style American K-Rib. Wide selection of local or imported produce when available. Patio dining. Tucked up upstairs it’s the best Bar. State Liquor License. Party and event reservations available throughout the week. www.jeffreysteakhouse.com

La Hacienda
574 North Main
259-6319

Lunch & Dinner
Open 11:00 a.m.


Leger’s Sandwiches
187 So Main (inside the Moab Chevron)
259-2212

Deli open 6 a.m. - 8 p.m.

Leger’s Sandwiches. A favorite its since 1977, is located inside the Moab Chevron 24 hours. Sandwiches made to order. Call in orders welcome.

Love Muffin Café
139 North Main
259-6833

M’Donald’s
640 South Main
259-8880

M’ Ranchito y M Mexicano
812 South Main Street, Suite B 259-0550

M’ iguclas Baja Grill
51 North Main
259-6546

Dinner
Genuine Mexican Cuisine. Traditional recipes and methods of Baja California and other states in Mexico. We pride ourselves on fresh food and prepare it as you order it. Great Margaritas and seafood dinners are our specialty. Proud to cook with zero trans fat.

M’ Ice Shop & Eat
400 East and Mill Creek Drive
259-7424

Lunch & Dinner
Open Daily 11am - 8:30pm

Moab’s oldest restaurant, since 1954. M’IIL is pleased to serve local grass-fed, hormone-free beef burgers. We also serve classic diner sandwiches, buffalo burgers, hand cut fries, and delicious salads. Enjoy our homemade cream, shakes and old fashioned milk with from the McClure family dairy in Moab. Located on the way to the St. George or Moab State Park. Eat in or take out. Daily specials. See ya at M’IIL! www.miltsstopandeat.com

Moab Brewery
686 South Main
259-6333

Lunch & Dinner
Open 11am - 11pm DAILY

Whatever the season, whether you’re hungry or thirsty, come to serve local grass-fed, hormone-free beef burgers. We also serve classic diner sandwiches, buffalo burgers, hand cut fries, and delicious salads. Enjoy our homemade cream, shakes and old fashioned milk with from the McClure family dairy in Moab. Located on the way to the St. George or Moab State Park. Eat in or take out. Daily specials. See ya at M’IIL! www.miltsstopandeat.com

For more information about these restaurants pick up a "Moab
**Moab Coffee Roasters**
90 N Main St. 259-7275
Open daily from 6:30am - 9:00am
On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve locally roasted beans, organic and fair-trade coffee. Made with all fresh ingredients, yummy scones, and coffee cake.

**Moab Diner & Ice Cream Shoppe**
189 S Main 435-259-4006
Breakfast • Lunch • Dinner
Mon-Sat: 6am - 9:00 pm
Home of the best bean and cheese hash in Utah. You'll love our specialty breakfasts, lunches and dinners.

**Moab Grill**
540 S Main 435-259-4848
Breakfast • Lunch • Dinner
Open 6 am - 1pm
Cajun Quesadilla Bus First Friday of every month. Enjoy our home style cooking ranging from our 'Cowboy Benedict' in the morning to steaks and seafood for dinner. Our fresh baked pastries, pies, cobblers and expresso are good any time of day. We have a full wine and beer menu featuring Craft beer wines. Friday - Saturday Specials. Saturday - Steak Specials. Sunday - Prime Rib. Box lunches to-go, Small private room for meetings, internet service, and catch upon the news on 2 flat screens.

**Pancake Haus**
196 S Main (next to Ramada Inn) 259-7141
Breakfast • Lunch
Open 7am-2pm Everyday. Serving freshly baked bagels, made with all fresh ingredients, yummy scones, and coffee cake.

**Pantele's Desert Deli**
90 East Center 259-0200
Lunch • Dinner
1 block west of Main on Center 259-6666
Open 3-10 everyday
At Paradise Pizza, everything is made in house, from our pizza dough to the fresh vegetable dishes direct from the ranch's organic garden. Full liquor license and extensive wine list. Casual dress. Reservations Required.

**Pizza Hut**
702 S Main St 259-9999
Open 11:30 everyday
At Pizza Hut, everything is made in house, from our pizza dough to the fresh vegetable dishes direct from the ranch's organic garden. Full liquor license and extensive wine list. Casual dress. Reservations Required.

**Pasta Jay's**
4 S Main South 259-2900
Breakfast • Lunch • Dinner
Open 7am-2pm Everyday
A yummy, fun little restaurant, offering baked goods (cinnamon rolls, breads, cookies), wraps, paninis, soups, salads, and a big menu of pasta dishes made with all fresh ingredients, yummy scones, and coffee cake.

**Peace Tree Juice Cafe**
20 S Main 259-0101
Breakfast • Lunch • Dinner
Open 8am-6pm Everyday
At Peace Tree Juice Cafe we have a full Breakfast and Lunch menu in addition to our newly expanded Dinner menu. Good food is made with gluten-free options. Beer, Wine, Cocktails, Fresh juice and wheatgrass.

**Sangha: Authentic Thai Cuisine**
92 East Center 259-0039
Lunch • Dinner
Lunch: Mon - Sat 11:30-3 PM Dinner: Mon - Sun 5-9:30
For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Sangha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and sake.

**Slickrock Creek Restaurant**
5 North Main 259-8004
Lunch • Dinner

**Solrèl River Grill Restaurant**
17 Miles NorthEast on Scenic Hwy 128 259-4642
Lunch • Dinner
Open 11am-3pm Monday-Friday
For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Sangha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and sake.

**Subway Sandwich Shop**
299 S Main 259-7259 • S U B S
Lunch • Breakfast • Dinner
Open 8 a.m. everyday
NOW SERVING BREAKFAST UNTIL 11AM! Create your own healthy sandwiches and salads. Five varieties of freshly baked bread. Load up your subs with lots of fresh veggies and one of SUBWAY'S special sauces. Located inside Walker's Convenience Store (corner of 300 South and Main)

**Sunset Grill**
900 North Highway 191 259-7146
Steaks, Seafood, Pasta, Prime Rib & Fresh ingredients brought in daily. Reservations accepted for parties of 6 or more. Come up and rediscove Charley Steen's historic home with the million dollar view. Open 5pm daily. Closed Sundays. State liquor license.

**Sweet Creations**
550 N Main 259-8983
Lunch • Dinner
Open 12-9 everyday
A yummy, fun little restaurant, offering baked goods (cinnamon rolls, breads, cookies), wraps, paninis, soups, salads, and a big menu of pasta dishes made with all fresh ingredients, yummy scones, and coffee cake.

**Tomato Zone**
2855 S. Main 259-6345
Lunch • Dinner
Mon-Sat: 7am-10pm Sunday: 7am-9pm
Freshly squeezed juice, tasty salads, great sandwiches, soup, pasta, pizza and more.

**Wake and Bake Cafe**
59 S Main #6, McStiff's Plaza 259-2420
Lunch • Dinner
Open 6am - 9pm
Enjoy 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. Open 5pm daily. Closed Sundays. State liquor license.

**Wicked Brew Drive Thru**
132 North Main 259-0021
Open at 6 am Daily
Wicked Brew is committed to providing you an unbeatably fresh and full flavored coffees and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest and most enjoyable coffee experience in Moab.

**Zax**
96 South Main Street 259-6555
Lunch • Dinner
We have it all! We offer an extensive menu that includes the best Burgers in Moab, sandwiches, pastas, salads, seafood and our famous Zax Nachos. All of our food is made fresh to order. We deliver. Dine inside or out on our all-weather covered patio. We offer the largest Zax menu in Moab. Open 11am-10pm Monday-Saturday. Closed Sundays and Holidays.

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**Menu Guide** And tell them you found them in "Moab Happenings"
Sweet Cravings
Bakery + Bistro

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

Ten-Sun 7am - 3pm
435-259-9883 • www.cravemoab.com
550 N. Main Street, Moab, UT 84532

www.moabsandwiches.com

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

Located Inside The Moab Chevron
817 South Main Street

Open 24 Hours

Pick up a copy of the
2012 Moab Menu Guide
at many businesses around town. It can help you choose a place to eat or order your meal for take-out. The Moab Menu Guide is also online at www.moabmenuguide.com

www.moabmenuguide.com
is where you can find The Moab Menu Guide. Check it out today!
Moab Art Walk
Saturday, September 8, from 6-9pm

Downtown merchants, Moab Arts and Recreation Center and Museum of Moab will hold the first Art Walk for the fall season. The public is invited to stroll through the exhibits at their leisure to view a variety of fine art and handmade crafts, enjoy refreshments and mingle with local and visiting artists. Most exhibits will remain up throughout the month for those who are unable to attend the Saturday night walk.

Moab Arts and Recreation Center (The MARC)
111 E 100N
435-259-6272
www.moabmarc.com
Scott Whitaker:
Based in SLC, artist, activist & visionary Scott Whitaker creates multi-dimensional art using the unique combination of technology and design. Whitaker works entirely from recycled materials from virtually every medium. You may know him as Scotty Soltonic.

Moonflower Market
39E 100N
435-259-5712
Sarah Jeffreys:
Castle Valley resident, Sarah Jeffreys shares “Faces of Namibia,” photographic portraits of members Himba and Dobe Ju’/Hoansi groups. A percentage of all sales will go to support the Kalahari Peoples Fund.

The Edge Gallery
137 N. Main St.
435-259-5855
www.bretedge.com
Bret Edge:
The Edge Gallery features fine art landscape photography by Bret Edge. Each photograph is presented as a breathtaking canvas wrap or archival plaque mount in an open, contemporary gallery space.

Museum of Moab
118 E. Center St.
435-259-7985
www.moabmuseum.org
The Museum of Moab will be displaying the exhibit “Twenty Years of the Moab Music Festival” highlighting photos and music over the past twenty years.

Savage Spirit!
87 N. Main St.
435-259-2278
www.facebook.com/savagespirit.moab
Sarah Harms:
Jewelry artist, Sarah Harms creates contemporary, yet earthy jewelry. Inspired by nature & various forms of symbolism, Sarah hand forges each individual piece. Adding silver, copper, bronze & gold for contrast & visual interest, Sarah imbues each piece with her love for her creations.

Back of Beyond Books
83 N. Main St.
435-259-0782
www.backofbeyondbooks.com
Chad Niehaus - Waterpocket Press:
Chad Niehaus will display canyon country area linoleum block prints created for his recently launched art business, Waterpocket Press. Collectors will have the opportunity to purchase first print of editions of 200 for each print created. See WaterpocketPress.com for more images.

Framed Image Fine Art
59 E. Center St.
435-259-4446
www.framedimagemoab.com
Group Show:
Stop in and see what’s new for the Fall Season. We have some beautiful new work including oil landscapes by Bonnie Frucci, a new line of jewelry by Wendy Newman, and stone and steel sculpture by our newest artist, Michael Ford Dunton.

Overlook Gallery
83 E. Center St.
435-259-3861
www.moabarts.com
Group Show:
Tim J Morse, Rick Wheeler and Louise Seiler will be showing new works at The Overlook Gallery. Watercolors, Scratchboards, Acrylics and Oils will be included in this diverse presentation.
The Sky for September 2012

By Faylene Roth

MOON HAPPENINGS

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

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DAYLENGTH

The long periods of summer daylight shorten by 71 minutes in September. Notice the change is not evenly distributed. Earlier sunsets advance more rapidly than later sunrises because of the Earth’s position in its orbit. Twilight, too, fades faster since the earth’s tilt no longer faces directly towards the sun. Civil twilight extends usable daylight by 30 minutes after sunset. Nautical twilight continues another half hour as shapes and color disappear from the landscape. In a final half hour of astronomical twilight, the last rays of sunlight fade from the sky. The reverse progression applies to dawn.

AUTUMN EQUINOX

At 8:49am, September 22, the sun’s apparent path through the sky (the ecliptic) crosses the celestial equator in Virgo (see the star map) which marks the end of summer and beginning of the fall season. The Harvest Moon—the full moon nearest to the autumnal equinox—occurs one week later. According to tradition, the full moon nearest the equinox allowed farmers to continue to harvest beyond sunset for several days without a period of darkness between sunset and moonrise. The time from one moonrise to the next can vary from 20 minutes to over one hour due to the earth’s tilt away from the plane of its orbit and the position of the moon within the band of the ecliptic. However, near the equinox the effect of the tilt is minimized which reduces the time from one moonrise to the next to about 30 minutes for several days.

MEETOR EVENTS

September has no major meteor showers, but it is a good month for viewing sporadic meteor events. Sporadic meteors originate from the debris left over from interplanetary collisions within our solar system. (Most meteor showers, like the Perseids, Leonids, etc., are associated with particle trails left in the wakes of comets.) Early morning, before twilight, provides the best viewing for meteors because the direction of the earth’s rotation converges with the direction of the earth’s orbit at that time. Meteors are then approaching us as the earth moves into the residual dust left by earlier events. Expect to see 10-20 meteors an hour from random directions during September’s sporadic displays. That’s double the number of sporadic events produced in the spring and early summer. Most meteors burn up in the atmospheric layer known as the mesosphere. The mesosphere measures about 20 miles thick and sits 30 miles up atop the stratosphere.

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

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

To find out when the space shuttle and International Space Station are visible from your location, go to: http://spaceflight.nasa.gov/realdata/sgvs/index.html and click on Sighting Opportunities.

SKY HAPPENINGS

The sky from a s t r o n o m i c a l e q u a t o r • September 2012 • 15A

M o a b Happenings: September 2012 • 15A

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

Note: Apparent magnitude values range from -4 to +6 for most planets and visible stars. The lower the value the brighter the object. A decrease of 1.0 magnitude is 2.5 times brighter.
Grand County Wellness Center – Tomorrow’s Medicine Today

Imagine waking up from a good night’s sleep feeling rested, without pain, without groggy. Imagine waking up every morning with no desire to smoke. Imagine looking at that doughnut with complete disinterest. Imagine taking a wreck on your mountain bike and heading back up the mountain for more punishment the next day. Imagine getting sick and recovering faster than ever. Imagine having energy that lasts throughout the day, without that extra cup of coffee. Imagine feeling relaxed and enjoying life.

This is not Star Trek or the Jetsons. It’s just 21st-century medicine. Energy medicine, to be precise. “It’s hard to wrap your mind around at first,” says Dr. Ray Andrew, Medical Director of Grand County Wellness Center. “The pharmaceutical industry has so successfully overtaken Western culture that many of us can’t imagine life without drugs.” There are drugs for pain, migraine headaches, irritable bowel syndrome, smoking, depression, heart failure, diabetes, osteoporosis, attention deficit disorder, high cholesterol, etc. Unfortunately, our love affair with the pharmaceutical industry has created a windfall for the legal profession as more and more drugs are found to have undesirable—and often deadly—consequences. Even without side effects and long-term complications, drugs don’t cure anything, and most are intended to be taken for life. This is because they fight against the natural processes at work in the body. And they are a one-size-fits-all approach. In contrast, energy medicine works with the body and is entirely personalized. It identifies which electromagnetic fields the body wants and delivers then non-invasively. “In traditional medicine, we have to give every symptom and disease a label (diagnosis), then prescribe one or more drugs to suppress that symptom. In the Wellness Center, labels don’t matter,” Dr. Andrew explains. “We use energy medicine to identify what is out of balance and to tell the body how to fix it.” There are no needles, no drugs, and no pain. Just patient-specific waves. Whereas cell phones and numerous other wireless devices produce harmful waves that interfere with the healthy function of the body, energy medicine uses waves that are in the same range as those created by the body itself. Side effects include pain relief, reduced inflammation, improved immune function, enhanced digestion and metabolism, restful sleep, relaxation and hormonal balancing.

In the 1990’s he left communist China to train others in these beautiful, loving forms to heal the physical and emotional body. His dedication and commitment to Sheng Zhen has brought him all over the world training and certifying teachers who will continue the work of spreading and sharing the love for the practice. His dedication and the power that comes with it. Sheng Zhen Gong elevates the spirit and certifying teachers who will continue the work of spreading and sharing the love for the practice. His dedication and the power that comes with it. Sheng Zhen Gong elevates the spirit and certifying teachers who will continue the work of spreading and sharing the love for the practice.

Co-founders of the Phoenix Rising Center, Catherine Shank and Don Leathers, have created a wellness retreat center in an environment that offers an abundance of alternative healing. Both have a background in healing and internal arts. Their philosophy originated from their knowledge passed down from a Tibetan lineage. The essence of these teachings is that the Qi or vital life energy has an innate wisdom. By strengthening one’s relationship with Qi, we cultivate trust and discipline that allows us to recognize this innate wisdom which is the life M aster. This was the catalyst for the creating a wellness center in M obab called the Phoenix Rising Center.

At the same time the Phoenix Rising Center was formed, the relationship with, Sheng Zen Gong successfully overtaken Western culture that many of us can’t imagine life without drugs. Therefore, there are many alternatives to the pharmaceutical approach. One of these alternatives is the practice of Sheng Zhen Gong. Sheng Zhen Gong is an ancient Chinese practice that has been passed down through generations. It is a form of Qigong, a practice that helps to cultivate Qi, the vital life energy, and promote health and well-being. The Phoenix Rising Center offers this practice as a way to improve physical and emotional health.

Ideal candidates for this practice include people of all ages, athletes, couch potatoes, weekend warriors, individuals with acute injuries or infections, and those with chronic conditions. One of the best-studied applications of Sheng Zhen Gong is for osteoporosis. Energy medicine can unravel the patterns of weakness and dysfunction in the physical and emotional realms, leading to tissue repair even during the initial consultation.

Does energy medicine work for everything? “It is so powerful and versatile that we are never surprised to discover what it can help. However, no single therapy works for everything. We have many tools in the toolbox.” When a woman’s ovaries no longer produce adequate amounts of hormones, for example. Dr. Andrew recommends replacing those hormones to maintain optimal health. Similarly, when deficiency of key nutrients impairs healthy cellular metabolism, dietary changes and supplementation are essential. Combining these approaches with electromagnetic field therapies enables the body to activate its true potential. Wellness Center staff work with each patient as a whole person, creating a health plan unique to him or her.

Naturally, like every effective unconventional treatment, energy medicine has its skeptics. Dr. Andrew is quick to admit he is a crusader, not out to convince the critics. “By and large, our patients are pragmatists. When they feel better and see their improvements, they no longer have the need to be convinced of the benefits.”

Driving by the office, the casual observer would never mistake the Wellness Center for its high-priced counterparts in large cities. It’s going on inside that makes the difference. Personalized care. Top-notch staff. Engaged patients. All of these—combined with constant study, frequent lectures, and attendance at international conferences—enable Dr. Andrew to bring energy medicine—the “wave” of the future—and all of the latest anti-aging treatments to the people of M obab today.

moayoga
Yoga Classes for all Levels Monday - Saturday Plateau CORE on Mondays at 8:30am Yamamai/ Body Rolling on Fridays at 10am
Our next Beginner Series will start in October
Visit our website for an updated schedule & upcoming events! www.moayoga.com

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5th annual weekend workshop with Teacher Li Jun Feng
Celebrate and attend the 9th annual weekend workshop with Master Li Jun Feng, October 5-7, 2012, hosted by the Phoenix Rising Center. Master Li is one of the true qigong masters in our lifetime. He is the moving force behind Sheng Zhen Gong, (pronounced: chee gung). This loving form of Qigong is named after the founder, Master Li Jun Feng, who has dedicated his life to teaching others in these beautiful, loving forms to heal the physical and emotional body. His dedication and commitment to Sheng Zhen has brought him all over the world training and certifying teachers who will continue the work of spreading and sharing the love for the practice.

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Exhibiting Master Li, as he is affectionately called, is perhaps best known as having been the national team coach for the women’s division of the world-renowned Beijing Wushu (Martial Arts) Team of the People’s Republic of China. For over twenty years, under his leadership, individual students won nearly 100 gold medals in national and international competitions elevating the standards of excellence worldwide. During his coaching years, he also achieved international fame as a film actor and director.

Moab Happenings
Healing Arts Center Massage
Moab, a gem in the desert for massage & healing bodywork

Our beautiful little town surrounded by red rocks is known best for its scenic National Parks and outdoor recreation. A lesser known fact is that Moab also is home to a myriad of skilled and experienced body workers and therapists. Whether you are looking for Sports Massage, Shiatsu, pampering Swedish or Deep Tissue Massage, you will find it here. You may want to treat yourself to a Bellanina Face Lift Massage or if you would like to delve into the fascinating world of Subtle Energy Work like Reiki, Polarity and A cupressure, The Healing Arts Center is the place to go. For a body, mind and spirit in need of professional and caring approaches to relaxation and improvement, The Healing Arts Center is one of Moab’s best kept secrets right in the heart of town.

LISA ALBERT, L.M.T.
Healing Bodywork, Nationally Certified – Studio 5
Helping you find the key to unlocking your healing process. Biking, hiking, too much driving or stressed out? You need a massage!

Low Pressure for Sore Muscles and Pain: In a caring and calm environment, I will create a session especially for you that provides relaxation and relief from stress, sore muscles and sports related injuries. 16 years in practice.

Spinal Touch Alignment: For postural misalignment I use Spinal Touch. Gentle, polarity based treatment I may combine with Chinese A-cupressure (Tuina) to give the body the information it needs to self correct. This is great for Sciatica as well as many other painful situations.

Bellanina Face Lift Massage: Deeply relaxing and luxuriously pampering, a Bellanina Face Lift Massage is a wonderful way to rejuvenate, tone and hydrate your face & neck. The finishing touches include massage of shoulders, hands & feet. 435-260-9506 lisaalbert5@yahoo.com

SARAH BALL, L.M.T.
Nationally Certified In Massage and Bodywork – Studio 4
Whether you’re in Moab working or playing, and seeking relief from pain, or wanting to pamper yourself, massage will help you feel relaxed and energized; ready for whatever you have planned next.

Swedish: relaxing, therapeutic strokes such as gliding, rolling, kneading, and gentle percussion are used along with oils or lotion to help improve circulation, relieve aches and pains, decrease stress, enhance mental clarity, and improve flexibility.

Trigger Point: focused pressure releases “knots” in the muscle tissue built up throughout a person’s life due to physical, mental and/or emotional stress; decreasing pain, relieving tension and improving mobility.

Deep Tissue: slow strokes and deeper pressure lengthen chronically shortened muscle fibers, releasing areas of chronic stress due to misalignment, repetitive motion, and lingering injuries, returning the body to its natural state of alignment. No matter how well you are a good massage will leave you feeling better. Experience the benefits today 435-260-2238 sarahball massaggiatherapy.com

SEPTEMBER 29th
FARM TO PLATE WINE DINNER

HOMESTEAD GARDENAT SORREL RIVER FARMS

Join Chef Richard Potts for a 7 course Farm to Plate Wine Dinner under the open sky in Sorrel River Ranch’s Homestead Garden. The event will kick off at 6:30PM with a Champagne Garden Tour with Garden Manager Jason Mabz followed by a garden table dinner prepared by Chef Richard Potts. All the food served will include preparations harvested from the Ranch’s on site sustainable garden “Sorrel River Farms”. $150 per person plus tax and gratuity. VERY Limited seating. Reservations Required.

For more information the Farm-to-Plate Wine Dinner and to make reservations, please email: events@sorrelriver.com or call 435-259-4642.

IN PAIN?
Sore, over-worked, stressed muscles?

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FREE SAMPLES
Visit our good desk or our website for consumer samples.

Lee also offers individual coaching, focusing on helping women transform issues with body image, self care, and food/diet so that they can live more peacefully and joyfully in their bodies and in their lives. Call her to request a free introductory session.

Lee also continues to offer therapeutic massage and bodywork, including Swedish Massage, Shiatsu, A cupressure, Foot Reflexology, and on-site Chair Massage. No matter your goal is to pamper yourself, release muscle tension and balance, and recharge your energy, or find your true radiance, Lee has just the right touch for you. Inviting you to relax and enjoy! www.massageamoab.com lee@massagemoab.com

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Dr. Christopher Kasprick D.C.
Dr. Shelley Kasprick D.C.
Rhonda Cowern P.T.
Massage Therapists Available

Grand County Hospice
Grand County Hospice provides comprehensive, compassionate care for patients facing a terminal illness. Our hospice providers visit patient homes with the goal of helping patients maintain the highest quality of life possible. Hospice care is available for anyone desiring additional care and support in the final stage of their life.

We’re here for you when you need us most.
450 West Williams Way, Moab, UT 84532
435-719-3770
Your Horoscope for September 2012 By Robert Wells

Aquarius: Your joint finances are your focus this month. Changes you make are good but will meet with resistance from others during the first week of the month. Be cautious and careful not to overextend yourself. Be on the board on the 7th with a romantic interlude or for your kids. You could receive a surprise overture of love on the 12th. You could offend someone with your words on the 20th. The third week is extremely lucky for romance. The last week of September warns that someone is gunning for you about that earlier snub. Be ready.

Libra: You may realize that it's time to make some health changes during the first week of September. You could feel more rest and possibly a change in your diet. Hold fast on your choices for these changes as the 7th presents more than it's share of a tempest way to derail your efforts and plans. A serious romance could start on the 12th. Don't over commit on a whim. The last week starts fine but turns into a serious conflict at work or with your health.

Scorpio: You are focused on making your dreams come true this first week of the month, but you may have to prove how much you truly want them to happen. Using covert methods to achieve your goals is not a good idea during the second week of September. This could turn to a four-day with the right person. Don't be cautious on the 4th when you who completely captured your heart on the 12th. The third week of the month comes with a warning to guard your words at the office. You could hear of a financial gain on the 21st. The last week of the month finds you battling over property matters.

Taurus: This is your romantic time of year and it is blossoming like asters. Be cautious and careful not to go overboard with over spending with the right person. Your home is the center of your existence this month and during the first week of the month, you could face problems of a health or money matters. The last week of the month could be a warning to guard your words at the office. You could hear of a financial gain on the 21st. The last week of the month finds you battling over property matters.

Sagittarius: Your career sector is a buzz this first week. You move your projects ahead with speed on the 4th. Don't be corrupted by your own power on the 7th and keep the promises you make. A chance meeting with someone outside of your usual circle could blossom into romance on the 12th. Avoid noisy questions about your personal finances this month. A partnership could bring you luck on the 21st. The last week of September ask you to prepare to defend your position in the office. Don't look too good or talk too wise to keep others calm and unthreatened.

Capricorn: School or church activities are consuming this week of September. You launch a project on the 4th that will have some interesting results by month's end. A social on the 7th could get you to over eat or drink, so be on the alert. A surprise guest in your home could be the start of a new romance on the 12th. Be careful with information on the 20th. You could break a money break with the right person. The last week finds you defending your position on the job.
Voted “Best Boat Tours in Utah,” two years in a row!

The harsh climate of the desert red rocks makes the Colorado River an oasis of relief for tired and dry visitors. Enjoy an evening dinner and boat cruise to relax your tired muscles. Choose from the Sunset Jetboat, Wine’d & Dine or the Sound and Light Show.

For more information call 435-259-5261
Clint MacBeth brought skydiving to Moab, Utah by opening Skydive Moab’s doors in November of 2003. Clint, with over 18 years skydiving experience and 6000+ skydives, has always wanted to own his own skydiving center. BASE-jumping brought Clint to Moab a few winters past and the wheels started turning, the next thing you know, Skydive Moab was born. It is the original skydiving center in Moab and now has over 25,000 plus skydives under it’s belt.

Right now, they are a small skydiving center, catering mostly to tandem jumpers and the occasional experienced skydiver passing through Moab. Despite the size of the dropzone (or maybe because of) both first-time and veteran jumpers alike, leave with an experience to remember! Skydive Moab offers a welcoming atmosphere and some of the most unique scenery in the country for jumpers to enjoy! The landscape offers one of kind opportunities for adventure that “we think will take the sport to the next level.”

Now, after 8 very successful years of holding the (M.O.A.B.) ‘Mother Of All Boogies’ skydiving event, Skydive Moab is again teaming up with Skydive Arizona, (one of the busiest skydiving centers in the world) to hold the 9th Annual Skydiving event on Wednesday, September 26 – 30, 2012. “In addition to being a fun acronym, we really want this boogie/festival to live up to its name!” Skydive Arizona will bring their 2 massive planes with them. The 23 passenger Skyvan and Twin Otter (both turbine, multi engines) and some additional event staff for organizing and manifesting.

Tandem skydives will be discounted to only $235 for the weekend with locals receiving an additional 20% off! After enjoying a 20-minute scenic flight, first time jumpers will exit the aircraft at 13,000 feet above the ground and free-fall for almost a minute before the instructor deploys their parachute! During the free-fall they will reach speeds of up to 120 mph and will be falling at 174 feet per second. That’s almost 6 seconds every thousand feet! After the instructor pulls the ripcord at 5000 feet, the parachute opens and student and instructor float gently back to earth. During the 5-7 minute canopy ride the pair will again experience the beauty of the Colorado River, Dead Horse Point, Castleton Tower, Arches and Canyonlands National Parks and so much more! If you haven’t seen Moab from a birds-eye-view, you haven’t really seen Moab!

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

Sept 26 – 30, 2012. 8 AM to Sunset. Hope to see you there!
For more information go to www.SkydiveMoab.com or call 435-259-JUMP.

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**Take A Seat for Future Generations**

**A Community Art Auction**

Inspired by a Vision to Protect the Greater Canyonlands Region
And a Benefit for The Women’s Congress for Future Generations

Utah artists have designed chairs with the theme: Protecting Our Beautiful Canyon Country Homeland for Future Generations.

Art chairs will be on display in Moab beginning September 8th through the end of the month at many local businesses including Back of Beyond Books, Savage Spirit, Sgt Peppers Music and Video, Miguel’s Baja Grill, Canyon Voyages, Eklectofish, Spa Moab, Love Muffin Cafe, Wild Rose’s and Tom Till Gallery. Visit any location for a full list of artists and venues.

For information about the Women’s Congress for Future Generations visit www.wcffg.org and information about the Greater Canyonlands Campaign please visit http://www.grandcanyontrust.org/utah/canyonlands_issues.php

Art chairs are available for purchase via silent auction through display venues.

Contact Laura Kamala, laurakamala@gmail.com or 435-259-8702

Sponsored by Grand Canyon Trust and The Women’s Congress for Future Generations

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**Skydive Moab**

**is hosting its 9th Annual SKYDIVING FESTIVAL!**

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The Photography of Bruce Hucko

Moab photographer and art educator Bruce Hucko is exhibiting photographs at the Big Horn Gallery at Dead Horse Point State Park from August 31st through November 30th, 2012. A free reception with the artist will be held on Sunday, September 16th from 4 p.m. to 6 p.m. During the exhibit, each image will be available for purchase. Don’t miss the point! Come to “What’s the Point?” For more information about the artist, please visit www.brucehuckophoto.com

Hucko has entitled his exhibit “What’s the Point? Photographs from in, around, below and beyond Dead Horse Point.” As an artist educator in Moab, Hucko is “always looking for a teaching moment.” Using this title allows me the opportunity to play with the questions of What’s the point of Dead Horse Point? What’s the point of photography? and What’s the point of life? All good questions. Hucko’s exhibit includes both color and black & white images which he printed himself. Included in the exhibit are images from Hucko’s portfolios entitled WaterSong, Desert Ice, Entrada (a collaboration with poet David Lee), A Gesture of Kindship (a collaboration with Hucko’s former Navajo students), and photographs specific to Dead Horse Point.

The collection of images spans a rich and fulfilling photographic career. Hucko has published 15 books that feature his work exclusively and has created interpretive slide shows for Arches National Park and Organ Pipe Cactus National Monument. He has also had numerous other images published in books, magazines and calendars. In addition to his photographic work, Hucko owns and conducts the annual Moab Photography Symposium and participates in the annual Moab Artists Studio Tour. Hucko serves as the Beverley Taylor Sorenson Visual Art and participates in the annual Moab Artists Studio Tour. Hucko conducts the annual Moab Photography Symposium and participates in the annual Moab Artists Studio Tour.

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The Photography of Bruce Hucko

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Hucko has entitled his exhibit “What’s the Point? Photographs from in, around, below and beyond Dead Horse Point.” As an artist educator in Moab, Hucko is “always looking for a teaching moment.” Using this title allows me the opportunity to play with the questions of What’s the point of Dead Horse Point? What’s the point of photography? and What’s the point of life? All good questions. Hucko’s exhibit includes both color and black & white images which he printed himself. Included in the exhibit are images from Hucko’s portfolios entitled WaterSong, Desert Ice, Entrada (a collaboration with poet David Lee), A Gesture of Kindship (a collaboration with Hucko’s former Navajo students), and photographs specific to Dead Horse Point.

The collection of images spans a rich and fulfilling photographic career. Hucko has published 15 books that feature his work exclusively and has created interpretive slide shows for Arches National Park and Organ Pipe Cactus National Monument. He has also had numerous other images published in books, magazines and calendars. In addition to his photographic work, Hucko owns and conducts the annual Moab Photography Symposium and participates in the annual Moab Artists Studio Tour. Hucko serves as the Beverley Taylor Sorenson Visual Art and participates in the annual Moab Artists Studio Tour. Hucko conducts the annual Moab Photography Symposium and participates in the annual Moab Artists Studio Tour.
Clark's Lake – An Idyllic Day

The clanging of the alarm jars us out of bed – no sleeping in today! After a quick breakfast, we’re out the door. The race is on to beat the afternoon thunder booms! Then cruising up the La Sal Loop Road, an unexpected event happens as we watch a full-grown mountain lion dart across the road directly in front of us! His shape and distinctively long tail was unmistakable. We were extremely lucky to witness one of North America’s most impressive and powerful animals. This epic experience – once in a lifetime moment – had to be a good omen for our day, a good omen for my hike to Clark’s Lake.

Many trails eventually lead to Clark’s Lake. The shortest route, however, is accessed from the Geyser Pass Road - 8½ths of a mile beyond the turn off for Gold Basin. After the cattle guard, a large sign on the left prominently marks the trailhead. Clark’s Lake Trail #141 is an old road that has been closed to motorized vehicles, but it remains open to hikers, horseback riders and mountain bikers. Within sight of the first sign, a second one informs me that it is 3½ miles to Owah Lake, which is two miles beyond Clark’s Lake, my goal for the day.

On this heavily cloaked, moonlit morning, an overnight shower has left the air with a lingering pungent dampness that hangs heavily on the lush green undergrowth. Within the wooded darkness, the accumulation of moisture steadily drips from the firs and spruce as a red squirrel belts out his loud screechy disapproval of my trespass on his property. Solitary and very territorial, his rapid-fire scolding is accented with violent jerks of the entire body and tail, which I find very amusing.

Before long the forested thickness gives way to an appealing, sun-filtered meadow - a tapestry of white and yellow wildflowers. Nearby a fritillary butterfly rests on a rock waiting for the slow warmth of the sun to revitalize him – a golden opportunity to gaze very closely at his rich orange-brown coloring overlaid with a complex pattern of black stripes, bars and chevrons. The trail continues above the creek until I’m peering down on the emerald green waters of the lake, which was named for Robert C. Clark. As an ambitious entrepreneur, he opened the first butcher shop in Moab, which was named for Robert C. Clark. As an ambitious entrepreneur, he opened the first butcher shop in Moab.

Eventually Upper Mill Creek - the source of Clark’s Lake - is directly below the trail where a rush of water produces a wealth of wildflowers. Nearby a fritillary butterfly rests on a rock waiting for the slow warmth of the sun to revitalize him – a golden opportunity to gaze very closely at his rich orange-brown coloring overlaid with a complex pattern of black stripes, bars and chevrons. The trail continues above the creek until I’m peering down on the emerald green waters of the lake, which was named for Robert C. Clark. As an ambitious entrepreneur, he opened the first butcher shop in Moab.

Beaver dams abound and the water produces a wealth of wildflowers. Nearby a fritillary butterfly rests on a rock waiting for the slow warmth of the sun to revitalize him – a golden opportunity to gaze very closely at his rich orange-brown coloring overlaid with a complex pattern of black stripes, bars and chevrons. The trail continues above the creek until I’m peering down on the emerald green waters of the lake, which was named for Robert C. Clark. As an ambitious entrepreneur, he opened the first butcher shop in Moab.

Continuing my stroll through a series of flower-filled meadows, the rounded hump of Haystack Mountain is now a steady vision to the north. Before long a wooden plank provides a “piece of cake” crossing over the next stream, where I pause to enjoy the lively rhythmic beauty of a small waterfall. The gradual descent now carries me through firs, spruce and aspens interspersed with a steady procession of meadows. The last stream crossing is dry – when flowing, it is bridged by a series of flat rocks.

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

**MOAB CENTURY TOUR September 21-23, 2012** This annual event is a weekend packed with road cycling benefiting the Moab Cancer Treatment and Resource Center and other cancer survivorship Programs. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. Rolling and Climbing Routes ranging from 42 to 100 miles on this fully supported road cycling tour. Visit www.skinnytireevents.com or 435.259.2698.

**OUTERBIKE October 3-7, 2012** Outerbike is a chance for you to test ride next year’s bikes on world-class roads and trails in Moab, Utah. For three days, the world’s best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year’s innovations, pick a bike you’d like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and grueling, plus a paved bike path leading to two National Parks for road rides. Your $150 registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

**24 HOURS OF MOAB October 6-7, 2012** A endurance team race which is growing in popularity with each year. The four-man team races a rugged course approximately 12 miles south of Moab called the Behind the Rocks area. Produced by Granny Gear Productions. A world-class event that draws teams from all over the world. There is a field limit of 450 teams plus solos and 1000 riders. Don’t miss this incredible race!

**MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL - October 25-28, 2012** Presented by Chile Pepper Bike Shop - this festival includes mountain bike races, dirt jump competition, towline tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhdow.com for more information.

**SKINNY TIRE FESTIVAL March 9-12, 2013** Three rides of the Skinny Tire Festival highlight Moab’s different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient Paleo Indian petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through the grandeur of Moab’s canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit www.SkinnyTireFestivals.com.

**MOONSHADOWS IN MOAB May, 2013** Enjoy this fully supported 44 or 60 mile ride by the light of the (almost) full moon. A you gain 2700 feet in climbing elevation the moon has risen and illuminates the desert sagebrush casting a silvery glow throughout the vastness of Canyonlands National Park. Arrive at Dead Horse Point State Park for a light dinner at the outdoor Moonshadows Café overlooking the Colorado River. Drink in the ambiance at the most unique AID/food station you may ever visit. Enjoy a thrilling return to Moab. There are many other trails and old jeep roads in the area which provide a complete variety of mountain biking challenges. Several companies in the area can provide rentals and information.

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The Moab Brands Trail System has become well known as a place for novice mountain bikers to gain trail-riding experience, but these trails are not just for kids and beginners. Adventurous intermediate and expert riders are also finding fun and tons of challenging singletrack and slickrock beyond the Rusty Spur, Lazy and EZ Trails.

The Moab Brands Trails are a series of interconnecting loops which spider out from the central parking area eight miles north of Moab, giving mountain bikers a wide range of trail combinations to choose from to suit their skills and fitness level. Linked together by the Bar M 4wd road and the Moab Canyon Paved Bike Path, there are nearly 30 miles of riding at the Moab Brands.

Right out of the parking lot is the North 40 Trail, a four mile figure eight loop that dips and turns through the broken mesa terrain on the north end of the Moab Brands, with spectacular views into the heart of Arches National Park. North 40 has plenty of fast-flowing singletrack punctuated by short technical bits, which keep it interesting as it weaves between giant boulders, across arroyos and areas of broken slickrock. Four miles can be turned into eight since North 40 is fun to ride in both directions, with one way featuring harder climbs and the other, faster descents.

An easy warm-up on EZ Trail leads skilled riders with more time to Deadman’s Ridge and beyond. Deadman’s Ridge Trail twists through the corrugated country in the southern part of the trail system. Never flat and never straight, it constantly challenges bikers with tight switchbacks, quick drops and steep bump-ups. This maze of rock and dirt finally descends precipitously to its intersection with the Moab Canyon Paved Bike Path at Deadman’s Curve. Ride every bit of this trail and call yourself an expert. Then turn around and ride it in the opposite direction to test your legs, lungs, and traction on all the short steep climbs and areas of broken slickrock. Four miles can be turned into eight since North 40 is fun to ride in both directions, with one way featuring harder climbs and the other, faster descents.

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Deadman’s Ridge Trail also gives access to several outer loop trails, giving bikers extended options for more technical challenges. Short Branch Trail shoots over to the Bar M 4wd road on both ends and the Moab Canyon Paved Bike Path. The Bar M also intersects with the south end of the Lazy Trail, which, with its beamed curves, is the best way to end a ride with a huge grin.

The choices are amazing and nearly endless at the Moab Brands Trails for all kinds of mountain bikers. Tykes on tiny bikes can rip it on the easy return to the parking lot. Circle O also has a short connector to North 40 Trail and more singletrack. The Bar M also connects to the north end of the Lazy Trail, which, with its beamed curves, is the best way to end a ride with a huge grin.

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Moab Autumn 10K Run

On September 22, 2012, the second annual Moab Autumn Run 10k will be held in Moab. Three runs will be held that morning – a 10K, 5K, and Kids’ K – with all three beginning and ending at Swanny Park. All proceeds from the event will go to benefit the students of Moab Charter School (MCS) and the Grand County High School Boys and Girls Cross Country teams.

The event is intended to be both competitive and fun, following an out-and-back course along 500 West and partway down Kane Creek Road and then back to Swanny Park. All participants will receive a t-shirt, a finishing medal, and post-race refreshments. The finishing medals were made by K-6 students in MCS Charter’s pottery studio and stamped with a Moab Autumn Run imprint.

The race came about as a result of conversations between MCS board members (which includes GCHS Cross Country coach, Randy Martin) about how to raise funds for school programs through an annual event. “We thought that a healthy, outdoor event like a 10K would be a great draw for local community members and runners looking for a reason to visit beautiful Moab,” says Joe Heywood, MCS Director. “We are trying to put together a very family friendly running event, where all finishers get medals made by the kids, and the Kids’ K providing a great opportunity for children to get the feel of a race with a real finish line and cheering crowds. We realize it may take several years to develop into an event of significant size, but I hope this becomes something people can look forward to year after year. We thought that with the success of the Canyonlands Half Marathon, the Other Half, and the Winter Sun 10K, and many other races, this race can fit nicely into Moab’s annual running calendar. With all funds going to kids, it gives the event an added purpose, too.”

So, if you’re looking for a reason to get out and run before the weather turns too cold, come on out to enjoy this new Moab race. It doesn’t matter if you want to run, walk, or do a little combination of the two, all are invited to what should be a very enjoyable event. To register for the 10K, 5K, or Kids’ K, please go to the website at www.moabautumnrun.org.

Moab Century Tour

It’s that time of year when roadways become a sea of spandex with brightly colored cyclists touring the Moab area on road bikes. The Moab Century Tour kicks off Friday September 21st offering a weekend of two wheeled touring for locals and visitors. A thousand people will depart from Archway Inn Hotel Saturday morning to cycle the La Sal Loop road, scenic Highway 128, Hwy 279, Hwy 313 or the Moab Canyon Bike Path to Dead Horse Point State Park.

This ten-year event has new twists and turns to keep returning cyclists excited. A new century route (100 mile ride) along the newly paved Moab Canyon Bike Path to Dead Horse Point State Park has locals excited. “Riding the new bike path has become one of my favorite rides; it is scenic, challenging, and far enough from the road that the ride is quiet”, says a local rider. Not just locals attending this event, of course, newcomer Chelsi is bringing friends from Houston for this epic ride. “I’ve decided to do the century but living in Houston, we don’t get a chance to train for hills, so we decided to ride the Moab Canyon Century to Dead Horse Point State Park.” Some of her friends will ride the “Rolling down the River Cruise” [Hwy 279] – where cyclists ride an easier, gentler route ideal for Cruiser bikes, families, and kids. Alternatively, the ride over the La Sal Loop is a climb worthy of a cycling resume. Team In Training (cyclists from around the country raising funds for Lymphoma and Leukemia Society) will have 170 cyclists, most of which will ride the loop road including the small but mighty section nicknamed “the Big Nasty” for its elevation of 3,000 feet in only seven miles. This route offers a level of accomplishment rarely felt at other century rides. The rewards are immeasurable with soul stopping views of Castle Valley on the descent.

Local residents are encouraged to ride and can get discounts or free registration for volunteering (ask us how!). Route options vary from 40 to 100 miles with varying elevation change from “easy” to “OMG”.

The event is a collaboration among sponsoring Moab businesses, law enforcement, and local cyclists and directly benefits the Moab Regional Hospital’s Cancer Treatment and Resource Center. Check website for more information, www.skinnytireevents.com or call 260-8889 and be sure to mention you read it in the Moab Happenings.

SHARE THE ROAD! Expect cyclists on area roads, Friday, September 21-Sunday, September 23.

Moab Recreation & Aquatic Center

Indoor and outdoor pools
Individuals, families and groups welcome!
Daily passes available

- Open Swim
- Lap Swim
- 2 Spring Boards
- Slides
- Fitness Center

The Semi-Annual MRAC Attack 2012 Fall Mini-Triathlon - Open to all. 10 a.m. Run, bike, & swim at the Moab Recreation and Aquatic Center, 374 Park Ave.

3 levels: Youth under 13, Open, and Elite. Both Male & Female Divisions. Awards for top 5 finishes in both divisions for all 3 levels. A $1000 award, an awards, a participation ribbon, even if not finishing in the top five places. For info visit moabcity.org/mrac or call (435) 259-8226 and ask for Patrick.
Many family and class reunions are scheduled during this weekend event. Events kick off at 9:00 a.m. on Friday with a 3 man Golf Scramble at the golf course, while many vendors will be setting up their booths at the city park - located on Main Street. About 4:30 p.m. - Softball games will start and be played into the late evening hours - sometimes as late as 1 or 2 a.m. and all day Saturday at the city ball fields.

On Wed, Aug 22, 2012 at 1:30 PM, eight lovely young ladies are competing to become the next Melon Queen with a pageant starting at 7:00 p.m. Friday evening at the high school. The evening is topped off with square dancers dancing away at the city park starting about 7:30 p.m. Saturday’s events start off with the Melon 5K/Walk/Run starting at 7:00 a.m. at the high school where they will pass by some of the melon fields. A breakfast sponsored by the Scouts will be served at the city park starting at 7:00 a.m. until about 9:00 a.m. The big parade will start at 10:00 a.m. on Broadway and go down Main Street. Events will now go back to the city park where vendors are set up with many wares, food, fun and lots of visiting with many old friends.

At 3:00 p.m. at the river will be duck races sponsored by the Ambulance Association.

There will be a FREE concert in the park this year starting about 6:30 p.m. featuring Charlie Jenkins. Square dancing will again be in the park about 8:00 p.m. after the concert.

But most important of all is the FREE melon - ALL YOU CAN EAT in the park on Saturday. This is sponsored by our local melon growers—Dunham’s, Thayn’s, and Veteres.

Come on and all and enjoy Green River Melon Days.
Shopping Guide

Castle Creek Winery

Mile 14, Hwy 128
435-259-3332

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

Dave’s Corner Market

4th East & Millcreek Dr.
259-6999

Dave’s Corner Market 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 carry 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!

2013 calendars are in stock! Visit The Edge Gallery on Main St. in downtown Moab to view dynamic fine art landscape photography by local photographer Bret Edge. Photographs are presented as a canvas gallery wrap or an archival plaque mount for a unique and durable alternative to conventional framing. Various print sizes are available and all orders of $200 or more ship for free anywhere in the United States, including Alaska & Hawaii. International shipping is available at low rates. We also carry affordable gifts including greeting cards, small matted prints, calendars and more.

29 East Center 435-259-8404
A luxurious oasis of rich colors and fibers for knitters, crocheters, spinners, weavers and felters. Featuring local farm-raised spinning fibers and yarns, accessories for every project, inspirational patterns and books, friendly atmosphere, helpful staff and a great selection of locally handmade gifts. Join us Wednesday evenings from 7-9 pm for a stitching social and enjoy getting to know other fiber artists.

Hours: Monday - Saturday 10am - 5:30pm. Visit us online at www.desertthread.com.

Chenin Blanc • Chardonnay
Uintah Blanc • Lily Rose White
Cabernet Sauvignon • Merlot
Kid Red • Outlaw Red

Visit our NEW Tasting Room on the banks of the Colorado River. Complimentary Wine Tasting Daily!

Walker Drug & General Store

Digital • A/Ps • 35mm E-Box • Cameras Batteries

Royce’s Electronics

435.259.6630
611 South Main Street across from McDonald’s

Digital Cameras
iPods
Accessories
Batteries
Cellular Accessories
Memory Cards

RadioShack Dealer

435.259.2ART (2278)

611 South Main Street
across from McDonald’s

Digital Cameras
iPods
Accessories
Batteries
Cellular Accessories
Memory Cards

RadioShack Dealer

435.259.6630
611 South Main Street across from McDonald’s
SHOPPING GUIDE

82 South Main  435-719-2086
Our friendly staff will show you our wide variety of ideas for gifts and home decor. We have awesome T-shirts for adults, kids, even toddlers. "Keep Your Cool" with our hats and shoes. Our sandals are #1 in comfort and value. We have a huge selection of metal art, local pottery and crystals and toys.

WabiSabi Thriftique
A Luxury Thrift Shop
411 East Locust Lane
259-9114  •  www.wabisabimoab.org
WabiSabi, a luxury thrift store in Moab, is not your typical thrift store. We feature only the best in used quality clothing, collectibles, sportswear, books & camping equipment. WE HAVE WHAT YOU FORGOT TO PACK. WabiSabi supports local nonprofits & produces workshops that have a positive impact on our community. Open from everyday 10am to 7pm. Visit our warehouse (at our new location -1030 Bowling Alley Lane) for reduced price clothing, furniture, construction materials and housewares. Open everyday 9 am - 6 pm.

WabiSabi

The Rave 'N Image is a fabulous boutique with lots of style and variety. We carry UNIQUE & BEAUTIFUL JEWELRY, CLOTHING, ACCESSORIES & GIFTS including, hats, bags, belts & buckles, wallets, candles, soaps, lotions, perfumes, incense, sunglasses, bathing suits, cards & journals, wall art, make-up, body jewelry & so much more. Come by the Eddie McStiffs Plaza (59 S. Main St. #5) to see what people are "raving" about! Open daily at 10 am. 259-4968

87 N Main  435-259-2ART (2278)
facebook.com/savagespirit.moab
Savage Spirit! features a unique variety of local & regional handcrafted clothing, jewelry, gifts, home decor & objet d’art. Home of Savage Spirit! silks; scarves & clothing made in Moab by owner & award winning fiber artist, Cathya Savage-Haas. Cathya also creates Desert Savage clothing - colorful hand dyed & block printed cotton clothing. And be sure to check out Stoneage Jewelry made by Cathya’s husband, award winning jewelry artist, Jim Haas. Jim cuts & polishes his own stones & hand fabricates sterling silver settings. In addition, Savage Spirit! features an eclectic mix of whimsical & funky jewelry, home decor & objet d’art hand crafted locally and regionally!

Walker Drug & GENERAL STORE
290 South Main  259-5959
Open everyday 7:30am
Walker Drug is not an ordinary pharmacy. With 17,000 sq. ft. of merchandise overflowing from the shelves, Walker Drug is more like a general store with personality. Bikers, runners, jeeppers, 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.

THE EDGE GALLERY
Fine Art Prints workshps - guided Tours - Gifts
NEW PRINTS AVAILABLE!
137 N Main St
435-259-8015
www.bretedge.com

Savage Spirit!

Next to Sweet Cravings Bakery.
Starshine is Moab’s new age center and can make your experience of Moab even more magical. Starshine offers an extensive selection of unique jewelry, healing stones, incense and candles, aromatherapy, books and music.

SHOPPING GUIDE MAP
This Space could be Yours!
Call Aaron at Moab Happenings
259-8431
Key to Lodging Guide

1. Lazy Lizard Hostel  435-259-6957  www.lazylizardhostel.com
9. YOUR BUSINESS HERE
10. Sleep Inn  435-259-4655  www.moabsleepinn.com
Cultural Happenings

Canyonlands Natural History Association brings Navajo rugs and weavers to Moab

If you would like to see how Navajo rugs are created, don't miss the weaving demonstrations that are part of CNHA's 2nd Annual Navajo Rug Auction. Master weaver Anita Hathale will be at Arc Chairs Visitor Center on Fri, Sept 7 and Sat, Sept 8 (see her schedule below). Nathan Harry and Ahanabah Finley will also be weaving at the rug auction on Sat, Sept 8 from 10 until noon. Canyonlands Natural History Association (CNHA) is presenting this year's Navajo rug auction at Canyonlands by Night, 1861 North Highway 191. Come preview the more than 200 beautiful, handmade rugs from 10am to noon. You can also meet the weavers and enjoy the demonstrations. Then, grab a bidding paddle and a seat and settle in for the auction that begins at 1pm. A auction proceeds benefit the Navajo weavers and scientific research on the Colorado Plateau.

Anita Hathale
Anita will be working at her loom at the Arc Chairs Visitor Center: Friday, Sept. 7th, 10am to 3pm • Saturday, Sept. 8th, 9am to noon.

Anita's mastery of weaving techniques comes from lifetime spent learning and practicing the art of weaving handed down through the maternal side of her family, then from mother to daughter.

Growing up on a remote part of the Utah Navajo reservation, Anita found beauty in the barren expanses of windswept sandstone and desert brush of her homeland.

As a child she helped tend sheep; as a young girl she learned to shear the sheep, wash the wool, dye it with natural plant dyes, and card and spin it into yarn. Anita now weaves up to 12 hours a day, and loves her work. Her art has evolved from creating traditional patterns to designing her own original motifs.

Anita's mastery of weaving techniques comes from lifetime spent learning and practicing the art of weaving handed down through the maternal side of her family, then from mother to daughter.

Anita now weaves up to 12 hours a day, and loves her work. Her art has evolved from creating traditional patterns to designing her own original motifs.

As proficient as she is, it still takes Anita up to a full day to weave a mere two inches on a four foot wide rug, and up to a month to make a rug four by five feet in size.

Nathan Harry
Nathan will be weaving at the Navajo Rug Auction, 1861 North Highway 191 (at Canyonlands by Night) Saturday, Sept 8th, from 10am to noon.

A hanahab Finley
A hanabah will be weaving at the Navajo Rug Auction, 1861 North Highway 191 (at Canyonlands by Night) Saturday, Sept 8th, from 10am to noon.

A hanabah Finley exemplifies the future of Navajo weaving. Although she is just fifteen years old, her skill as a weaver has won Grand Champion awards at every county and state fair that she has entered.

For this year's rug auction, Ahanabah has created a special one-of-a-kind pictorial rug. Her stylized rendition of Delicate Arch shows her skill at creating art with a loom. With the help and urging of her mother and grandmother, Ahanabah started weaving when she was eight years old. She appreciates their helping her to keep the art of weaving going. To her, weaving is therapy and a stress reliever. She says that her mom told her that not many Navajo girls know how to weave and that she should keep weaving. Join us for CNHA's 2nd Annual Navajo Rug Auction, Saturday, Sept. 8th at 1861 North Highway 191 (at Canyonlands by Night, just north of the Colorado River bridge in Moab).

A appraisal 9 am-noon; Preview and weaving demonstrations from 10 am-noon. A auction starts at 1pm. Navajo Tacos and beverages will be available for purchase at the auction. For more information, call CNHA at 1-800-840-8978 x 10.

Moab Music Festival
August 29 - September 10

20th Anniversary Highlights:

Sun, Sept. 2
Bela Fleck & the Marcus Roberts Trio

Sat, Sept. 8
America: Three Generations
Enjoy the music of American composers Bemid, Copland & Joplin

Sun, Sept. 9
Music Hike
Hike through the picturesque red rock landscape and enjoy a concert featuring world-renowned artists in a natural landscape.

Sun, Sept. 9
The Music of Leonard Bernstein
Chamber works, songs, including the Opera “Trouble in Tahiti”

HIGHLIGHT: Sorrel River Ranch will be offering a special treat to guests on Saturday, September 8th during intermission in honor of the Moab Music Festival's 20th Anniversary. Sorrel River Ranch will be serving an Anniversary Cake made out of Sorrel River Ranch's signature cupcakes along with a sparkling toast.

For ticket information: www.moabmusicfest.org 435-259-7003

Sorrel River Ranch Resort and Spa is honored to celebrate the Moab Music Festival's 20th Anniversary by hosting two of the concerts at the Ranch's Pavilion.

• Friday, September 7th: Chamber Musi - 6pm (Schubert, Poulenc, Da Falla, Ravel, Dohnanyi)
• Saturday, September 8th: America: Three Generations - 6pm (Opin, Bemid, Copland)

The Ranch will be serving a special M ob Music Festival Two Part Pre/Post Five Garden Festive menu, prepared by Chef Richard Potts at Sorrel River Ranch.

Opening Act (Courses 1 & 2) - will be served from 3:30-5:30
Course 1 (Choose One)
• Cup of Garden Gazpacho
• Kurobuta Stuffed Pablano Peppers
• Sorrel Ranch Salad

Course 2 (Choose One) - “Gifts from the Garden”
Chef Richard Potts at Sorrel River Ranch prepares signature dishes using our finest summertime produce from our on-site sustainable garden.

Kurobuta Stuffed Pablano Peppers
Sorrel Eggplant Parmesan
Pattypan Squash
Rabattouille Nicole

Closing Act (Course 3: Dessert) will be served from 8:00pm to 10:00pm
Sorrel River Ranch’s Signature Dessert - Local Palisade Peaches a La Mode served in warm in a cast iron skillet.
Rain Forest Blend Fair Trade Coffee or Mighty Leaf Organic Teas
$25 plus tax and gratuity Reservations Recommended: 435-259-4842
STORY: A wounded man eludes a posse, rescues a woman and her young son from a Comanche Indian attack then escort them to the presumed safety of a U.S. Cavalry fort. Along the way, trouble develops and the man who rescued her was responsible for the recent death of her husband.

Dueling in the hazord stunt work for Clint Walker was Norm and for Virginia Mayo it was M Boy. Stuntman, Jack Williams with his legendary stunt horse performed the horse falls. Norm was of the Lakota Sioux and Irish heritage.

During the filming of “She Wore A Yellow Ribbon” in 1949, starring John Wayne, Norm suffered a badly broken right arm after he was thrown and the wagon ran over him. The crew then escorted them to the presumed safety of a U.S. Cavalry fort. Along the way, trouble develops and the man who rescued her was responsible for the recent death of her husband.

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PLEIN AIR PAINTING is a way to see and accept things. ‘**As you see it?**’ I paint because it’s evolutionary. I paint outside in the open air because it allows me to really see the miracle we are surrounded by, and good painting is a mirror, for it causes a blind man to ‘**see.**’ The ordinary is appreciated as a small miracle. Good painting is the poor man’s gold; there’s a whole different world just below the surface. Like a lense, the painting takes the artist along for what happens next.  

Plein air painting is a balancing act, a dance, juggling perspective, light, mood, color, temperature, contrast to maximize subtle tensions without causing chaos. Nature is continuously changing, and thus all the balance of light, temperature, mood, color, edges, and perspective need constant adjusting. A good painting demonstrates this constant changing balance. Nothing static.

Great painting takes faith in your own intuition, trust in your own experience, and work, work and more work. The process allows the artist to enter, penetrate, be part of nature and create, just like nature does, something unique.

“Looking” is different than really “seeing.” Plein air painting teaches one to “see.” It’s not comfortable; it takes skill and effort. With experience, the reward of painting becomes the process itself, and thus the artist’s spirit is liberated from the product. Oddly, the more fun and pleasure the artist derives from the process, the better the painting!

The artist discovers new crooks and crannies, new feelings and demonstrates new modes of finding things. The artist is a simple great lover, an interested explorer, ready and willing to pursue, like a cat chasing a string, never tiring, enjoying a enthusiastic, healthy imagination. Lack of fear is a requisite. The will to gamble is a requisite. Plein air painting is like falling in love. A new local point appears in your life. As Yeats said, you really see and feel “as if for the first time.” In love, all the elements of your life are re-directed around this dazzling, hypnotic subject. At art makes big changes happen. Emily D’Antonio says “it takes the top of your head off.” I think about it. From the age of the tiny Hobbit to the burly Neanderthal, some variant of the line “come up and see my этимли” has been working successfully to change history since the dawn. The charcoal artist in the Dordogne to the Homsapian expressionist in the Soho in New York. This same “falling in love” sequence occurs today in any great painting. I think about the Mona Lisa’s, the suggestions trembling in her eyes and quirky lips. Who wouldn’t want to “come up” to check out her drawings?

Good art can push all other relationships in your life into a new perspective. Good plein air painting strikes us all at once like a lightning bolt; it knocks us out of our wooden merry-go-round horse. Like new love, the fresh “**seeing**” restructures our lives. A mysterious presence surrounds us. The Mona Lisa doesn’t just get old; one afternoon with her and you feel brand new. A good painting is a loaded shotgun with the trigger just pulled but the hammer not yet striking the bullet to cause the explosion; the painting is potential energy which is completed as a work or art when it clicks and explodes in the heart of the spectator.

Phil Wagner is a painter registered in Plein air M oab 2012 scheduled for Oct. 5-13.

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**NON PROFIT HAP PENINGS**

Plein Air Moab Festival

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**MOAB CLUBS & ORGANIZATIONS**

For a community to prosper and grow, its residents have to be involved. You would like to participate in any club or organization, please call them. Many of these groups are always looking for a helping hand or two.
Sarah Harms' love affair with metal and the art of blacksmithing, the more reverent, mystical, meditative experience every day.

Sarah Harms - Forging Her Own Path

First featuring just handmade Ilfochrome prints, the store now features four media. The Gallery continues to offer paper prints from Tom’s 4x5 transparencies and 36 megapixel camera created on the legendary Lightjet Printer. With the greatest sharpness and color fidelity of any printer, the Lightjet produces the mesmerizing images that have been the gallery mainstays for many years. Metal prints, introduced last year, are printed on aluminum and are now the best-selling product. Appearing to be lit from behind, the luminous metals have to be seen to be believed. Once a year, the Gallery is excited to offer paper prints from Tom’s 4x5 transparencies and 36 megapixel camera created on the legendary Lightjet Printer. With the greatest sharpness and color fidelity of any printer, the Lightjet produces images that have been the gallery mainstays for many years. Metal prints, introduced last year, are printed on aluminum and are now the best-selling product. Appearing to be lit from behind, the luminous metals have to be seen to be believed.

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The Women’s Congress for Future Generations:
Celebrating the Earth’s Bounty and Creating the Future We Desire

What are the sacred rights of future generations and the responsibilities of present generations? How might we most powerfully write, craft, sing, pray, dream, speak, legislate, and translate our love for the environment? What affect might we impart? How might we most powerfully write, craft, sing, pray, dream, speak, and legislate rights and visions into being?

A Women’s Congress for Future Generations will gather in Moab, Utah September 27 through 30th to explore these questions.

The four-day conference will feature experiential activities to foster dialogue about issues such as how women, as the first environment for Future Generations, can transcend traditional strategies of action, and, instead, honor, embody, and translate the feminine spirit in direct political and social action.

Deep ecologist Joanna Macy is just one of the facilitators that will lead daily opportunities to design and participate in workshops to empower leaders and organizers in their respective communities. Organizers believe their labors will yield a living affirmation of their rights and responsibilities towards future generations and the environment in expressions of word, art, music, and story that will be ceremoniously released into the world at the end of the conference.

The Congress represents a ‘call to action’ for all beings, places, and elements to join voices and stand for environmental guardianship. Congress organizers believe that Men also play a valuable role in environmental stewardship and are invited to participate as sacred partners and observers.

The Congress has been convened for several reasons, including:

- To empower women’s voices and leadership to address the challenges before us
- To craft a living Declaration of the Rights of Future Generations and the Responsibilities of Present Generations through word, art, song, and performance
- To transform public dialogue about our collective future
- To attend to long term environmental threats to the ecosystem of Moab, the American Southwest, and around the world

This Congress recognizes the double layer of oppression for the marginalized, for women living on the frontlines of the environmental and social struggle. Organizers for the event endeavor to address barriers to the most diverse gathering of women, and welcome creative strategies to overcome these barriers.

Take A Seat for Future Generations is a Moab community art project inspired by the campaign to protect the Greater Canyonlands Region and is a benefit for the Women’s Congress. Utah artists have designed chairs with the theme: Protecting our Beautiful Canyon Country. To attend: click your browser to www.wcffg.org. The public is invited to attend a few key events offered by the Moab Congress:

- Sept 28th: “Arise”, a movie screening and panel discussion with film maker Lori Joyce at Star Hall, 7:30 pm (free, with donations gratefully accepted)
- September 30th: The Day of Declaration and Celebration for Future Generations at Swanny City Park, noon to 5pm. Speakers from the Congress, Live Music and the Arts will spiral forth. (free)

Local volunteers are needed and encouraged to call event producer Christy Williams at 435-259-2709. To register and attend: click your browser to www.wcffg.org. To find out more about SEHN’s work in the world here: www.SEHN.org

www.moabhappenings.com
SOUTHEASTERN UTAH

September 27-29 2012

10 trails: Local guides
©Easy □Moderate ◊Difficult

Hells Revenge/ Moab Rim Trail/ Kane creek/ Chicken corners
Behind the Rocks/ Fins & Things/ Steel Bender
Trailered Rides: Flat Iron/ Poison Spider/ Golden Spike

Registration: September 27 1:00 PM – 6:00 PM

Location: Old Spanish Trail Arena 3641 South Highway 191
moabatv-utv.com 435-260-9628
moabatv.utv@gmail.com

Online registration $70.00 per Drivers or Register@ Arena September 27, 2012
Riders @ 50.00 Each 15 and under are free
Banquet fee for unregistered guests: $15

If you are interested to be a vendor please contact us at moabatv.utv@gmail.com

Thursday September 27: Registration: 1:00pm - 6:00pm
Friday September 28 - Trail Rides depart from Arena W/Escort 8:00 AM
Saturday September 29 - Trail Rides depart from Arena W/Escort 9:00 AM
Vendor/ Skill games/ Raffle/ Dinner/ Music & Cutting Loose

Sunday September 30, 2012 / Head for Home!
Moab Senior Games

Moab Senior Games has its very own, locally organized ATV / UTV event. It is called the Red Rockin' Rendezvous. It began this spring when a group of local ATV/UTV riders started talking about how they would organize such an event if it were up to them. Jack and Jerri Foy, Cory and Michelle Foy, Tony and Rhonda Iman and Cathy M. attingly of Moab Event Planners decided they can do this on their

The first year's Games infrastructure participation

The five-day event is being actively supported by the Moab community from sponsorship and accommodations to health and wellness information. Our include the City of Moab; Aaruchay Inn; Big Horn Lodge; the Grand Center; Humana; KZMU radio; Law Firm of James Slavin; Larson & Rosenberger LLP; Mountain America Credit Union; the Moab Area Travel Council and Rio Rojo Design & Sales.

Event registration is available via www. moabseniorgames.com. Activities start at $3 and range to $40. Event management expects several hundred participants, primarily from Utah and Colorado, for the first year's Games. The schedule for the variety of sports events and activities is currently being finalized but is updated regularly online.

For adults interested in participating in one, or several Games events, Martin also encourages volunteer participation to support the Games infrastructure and activities. Persons interested in volunteering should complete the online application and contact Martin with any questions.

For more information about the Moab Senior Games, visit www. moabseniorgames.com. Find us on Facebook at Moab Senior Games. For health and wellness information, contact Suzan Martin 435-260-0161 or moabseniorgames@gmail.com.

First Annual Red Rockin' Rendezvous

For online registration, visit www.moabseniorgames.com. Event expects several hundred senior sports enthusiasts.

Each person helping with the event is experienced on most of the trails. Each has a love for one trail above the others and their skill level is best on that trail. Each guide knows the hazards of their trail and how to avoid senseless accidents making this the right guide for the right trail.

The Red Rockin' Rendezvous event is similar to the annual Easter Jeep Safari which is a great event. It was started by a very special 4x4 lovers that wanted to share their love and experience of Moab's trails. This event is known worldwide and has been going on for 45 years and counting. Red Rockin' Rendezvous hopes to have the same success with their event and provide a pleasure year after year to ATV/UTV participants.

Cathy enthusiastically states, "We all live and play in this community. We are friends and neighbors, co-workers and business owners. We love Moab, and want to share our love of ATV & UTVs on the local trails." By organizing this event the group intends to teach protection of the trails, pick up trash and rebuild where others have torn up the trails. All are invited who want to experience Moab's back country, it's beauty, and it's raw experience that is a joy to be part of.

The spirit with freedom to protect and enjoy the landscape. Come and join the first annual Red Rockin' Rendezvous with locals and friends of Moab's back country. Registration begins September 27th from 1 PM - 6 PM at the Old Spanish Trail Arena. Trails start Friday, September 28th at 8 AM with an escort from the arena. Saturday starts with a pancake breakfast served by the Lion's Club, before heading off to the trails. Upon return to the arena, there will be skill games for all levels, dinner, raffle and music by a local band. Sunday is time to pack it up and head on home.

For more information contact organizer Cathy Martin or Lani A. say on the website www.moabatv-utv.com. Email: moabatv-utv@gmail.com or telephone 435-260-9628. And be sure to mention you read about it in the Moab Happenings.
Dog Walking Etiquette

Though the unspoken rules of dog walking are as common sense to many of us dog owners, there are, of course, some people who may be ignorant or actively choose not to follow the etiquette of dog walking. If one were to ask a “Miss Manners” of the dog world what the rules entail, here are five simple tips on dog walking that will make your neighborhood much more pleasant, for you, your neighbors (some of whom may not be as accepting of dogs and their behavior as the typical dog-lover), other dogs and, of course, your dog:

1) No Trespassing: When walking your pet, it is universally accepted as rude if you allow your dog to walk on people’s lawn, into their gardens, snack on their landscaping, or urinate on their mailboxes, garbage cans, or lawn decorations. Best to encourage them to eliminate on the sidewalk, on the strip of grass between the sidewalk and the street or if you’re my dog on the street. Saffron likes to poop in the middle of the street and usually will do it as soon as the other person is gone. It is unacceptable to leave the “poo to stew” anywhere, left on the trail or the street, it is still disgusting!

2) Pick up the Poop!!! Obviously, dog walkers should be prepared, under all circumstances, with a plastic bag (or several) for picking up dog poop... and simply做到 isn’t enough: don’t forget to use it! I’ve seen dog walkers make an elaborate show of getting out their bag as someone goes by, and then stuffing it away, still empty, as soon as the other person is gone. It is unacceptable to leave the “poo to stew” anywhere, left on the trail or the street, it is still disgusting!

3) Your dog might be friendly - but other people might not be: Does your dog want to say hello to everyone that passes, inspired to jog alongside runners, or chase down bicyclists? Not everyone may be as much of a dog lover as you are, and even if they are, they may be otherwise occupied, then again some people are just afraid of dogs. If a passerby is interested in your dog, you’ll know it. Best to assume that no one is as interested in your dog as you are, and act accordingly. Your objective on a walk should be: keep walking, calmly and purposefully, and not let your dog run your walk!

4) Other dogs might not be friendly either: Rule #3 also applies to other dogs. Do not assume that other dog walkers (or dogs) are as interested in socializing their dogs as you (or your dogs) might be. Not all dogs are as happy-go-lucky, social, or calm around other dogs as your dog may be. Best to ask the other owner: “Is your dog friendly” and gauge their response, and the dog’s responses. Make sure you have a hold of your leash, and also check to make sure the other dog walker seems in control of their dog as well to prevent any unfortunate encounters.

5) Best to keep the leash on: Even though you might feel confident in how good your dog is in their ability to walk calmly by your side off-leash and obey all of your verbal commands, their behavior could be unpredictable upon the unexpected nature of a given stimulus, such as a cat darting across the street, a tempting rabbit on a trail, a rushing car. The worst thing that could happen while walking a dog is to lose your dog. Even if you have the utmost confidence in your dog’s off-leash ability, make sure that you acquaint yourself with the leash laws in the area you will be walking; you do not want to get a ticket, or worse.

Pet parents hold a significant amount of responsibility in their hands, and every time you and your pet hit the street or the trails, you are both acting as ambassador for dogs, dog owners, and responsible behavior all round. As dog lovers would all agree the presence of all of the sweet, funny, quirky, silly, wise, protective, placid, loving dogs in our lives all contribute to enriching our neighborhoods, when they listen, of course! Now….who wants to go for a walk?!!

**SPACE ETIQUETTE FOR DOGS**

To: People with "Friendly Dogs", Off-Leash Dogs, & Retractable Leash Dogs

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**MY DOG IS FRIENDLY!!**

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**IT’S OK! MY DOG LOVES EVERYBODY!**

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**MY DOG WAS ONLY BEING FRIENDLY!**

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**GRRR!!!**

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**NEWSPRINT: Running up to another dog and ignoring requests to go away is not “friendly”, it is rude.**

Just like people, DOGS NEED PERSONAL SPACE. If a stranger comes up and puts his hand or your body, you’d be allowed to step back, yell, and push him away. Dogs have the same right to enforce their boundaries. Some dogs are called “reactive” because they are more sensitive than others. Reactive dogs are good dogs, they just need more distance and compassionate training. You can help them by honoring their need for personal space.

**1. NEVER LET YOUR OFF-LEASH DOG GO UP TO AN OFF-LEASH DOG.**

**2. LOCK RETRACTABLE LEASH WHEN YOU SEE OTHER DOGS.**

**3. ARE BEFORE APPROACHING ORペット ANY DOG.**

**4. HAVE COMPASSION FOR PEOPLE WITH SHY OR REACTIVE DOGS.**

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Please do not chase us. Let us pass without interaction, and keep your judgments to yourself.

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**Inspired by:** readesfree@dogwalking.com  functionsforamara.com

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**PET HAPPENINGS**

**Humane Society of Moab Valley**

435-259-4862 • www.moabpets.org

**SEPTMBER 2012**

September 1st - Cat Adoption Day at The Moab Barkery from 11am - 1pm

September 8th - Dog Adoption Day at City Market from 10am - 12 noon

September 15th - Cat Adoption Day at The Moab Barkery from 11am - 1pm

September 17th - 21st - Discount Spay/Neuter Clinic at The Dog and Cat Clinic and The Moab Vet Clinic - Call for an appointment TODAY

September 22nd - Dog Adoption Day at City Market from 10am - 12 noon

September 29th - Dog and Car Wash at ALCO - 10am - 1pm

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Don’t forget to get your 2012 Humane Society Membership. The membership card offers free items or discounts with 18 different local businesses. To purchase a membership please stop by our office at the City Shelter or visit the website at www.moabpets.org

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**OPEN at 10am DAILY**

82 N. Main

435-259-8080

www.moab Barkery.com

Self-Service Dog Wash starts @ $10

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**Moab Barkery**

woof...arf...yip...yip

(Where the cool dogs hang.)

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By Kaye Davis of the Moab BARKery

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**This page sponsored by:**

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**PET HAPPENINGS**

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Moab Happenings is online at moabhappenings.com