RIVER ADVENTURES

FULL-DAY RIVER ADVENTURE  
World-famous scenery and a barbecue lunch rafting the Colorado River. (min age: 5)  
$105 $85

COLORADO RIVER MORNING HALF-DAY  
Raft the river from Fisher Towers to Rocky Rapid. 8:15am - 12:30pm (min age: 5)  
$70 $60

COLORADO RIVER MIDDAY HALF-DAY  
Raft from Rocky Rapid to Takeout. Includes BBQ lunch along the river. (min age: 5)  
$85 $75

WESTWATER CANYON FULL-DAY  
Enjoy exciting whitewater rapids & lunch in this unique Canyon. (min age: 10)  
$190 $190

STAND UP PADDLEBOARDING  
Transportation, board rental, instruction, guide, snacks and water are included. (min age: 10)  
$85 $75

CANYONEERING & CLIMBING

EPHEDRAS GROTTO CANYONEERING  
Excellent canyoneering intro gives you access to seldom seen canyons with exciting rappels! 4 hrs (min age: 10)  
$104 $99

DESERT ROCK CLIMBING  
Climbing, instruction, and fun on rope and rock! All equipment provided. 5 hrs (min age: 5)  
$104 $99

AIR TOURS & HORSEBACK  

HOT AIR BALLOON RIDES  
Soar over the sandstone valleys and spires of Moab from an unforgettable perspective. (Approx 3.5 hours)  
$99 $99

ARCHES & FISHER TOWERS FLIGHT  
See all highlights of Arches & Castle Valley in just over an hour with a bird’s eye view! (30 min)  
$99 $99

HUMMER SAFARIS

SLICKROCK SAFARI  
Incredible 4x4 experience over a landscape of petrified sand dunes. (2 hrs)  
$85 $75

GRAND SAFARI  
Further explore the backcountry in the world’s most serious 4x4. Departure times vary by season. (4 hrs)  
$175 $125

SUNSET SAFARI  
The ideal time of day for the perfect off-road experience over petrified dunes and desert scenery. (3 hrs)  
$96 $73

ARCHES N.P. TOURS  

ARCHES N.P. ADVENTURE TOUR  
Explore fins, arches & canyons with easy guided hikes in the morning hours. (4 hrs)  
$85 $75

ARCHES N.P. DISCOVERY  
Relaxing park tour and easy walks at the perfect time of day in amazing red rock landscapes. (4 hrs)  
$85 $75

RESERVE 3 OR MORE ADVENTURES AND SAVE 10%
The Living Lichens

As Moab begins to quiet down from the bustle of busy year and summer sun, many plants and animals also begin to make their retreat from the winter months ahead. However, there are a few bold enough to face the winter. Lichen across the canyon country have adapted to live in the extreme conditions of desert winters and summers. Lichen grow on varying substrates including rocks, soils, and even old plants, houses, and cars and are found throughout canyon country. They are a symbiotic relationship between fungi, which provides shelter, and algae and/or cyanobacteria, both of which are capable of photosynthesis to create food. Because algae typically need an abundant water source to survive, the protection from the fungus allows it to live and grow in in diverse environments.

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

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

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

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

By Emma Tucek

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Castle Creek Winery

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

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

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

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

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


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

Nov 2-4 Moab Folk Festival- The Moab Folk Festival is a 3 day live music festival featuring 12 folk, Americana and roots musicians. The festival has intimate venues, a quality lineup & amazing red rock scenery. Beer, wine, food & arts vendors at the Center Street Ball field venue. For info: moabfolkfestival.com or 435-259-3198. See ad pg 14A

Nov 2 Moab Celtic Festival- brings the life rich heritage & culture of Scotland and Celtic cultures through education, crafts, music, highland dance/competition & athletic competition. Many clans will be in attendance to share their history & information about their clan. All events take place at the Moab Clay Sport Shooting Plaza, 3641 S. Hwy 191. For info: scottsontherocks.moab.com. See article pg 1B & pg 20A

Nov 2, 9, 16, 23, 30 Gravel Pit Lanes - 7pm No-Tap Monte Carlo, Moab Style! Call (435) 259-4748 to reserve a spot - only 12 lanes available. 1076 Millcreek Drive.

Nov 3 Soup Bowl Fundraiser & Ceramics Silent Auction- 5-7:30pm at the Moab Arts & Recreation Center, 111 E. 100 North. Includes a handmade bowl, soup, bread, dessert & drinks. $20 Adults & Youth 12+, $10 Children 5-11. Tickets at: Desert Sun Ceramics, Gallery Moab, Moab Park, & Beyond Books, Seekhaven, Canyonlands Copy Center. For info: 970-819-7938.

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

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

Nov 4 DAYLIGHT SAVINGS TIME

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

Nov 5, 12, 19, 26 Desert Sun Ceramics Class- Pots 101 "Throwing for Glazing". This 10-week course includes tools, instruction, glazes, firings & some clay. No prior experience necessary. For info: 970-819-7938 or DesertSunCeramics@gmail.com.

Nov 5, 12, 19, 26 Desert Sun Ceramics Class- Slip- Chatter- Carve beginning & intermediate throwing. This class includes clay, tools, instruction, glazes & firings. Learn to make & apply a slip on a plain surface along with using a flexible chattering tool to create ditch-like impressions. Prior experience on the wheel is necessary. For info: 970-819-7938 or DesertSunCeramics@gmail.com

Nov 5 Moab Trail Marathon- 1/2 Marathon, Adventure SK, Plus Kids K. An unforgettable voyage through some of the world’s most scenic & unique lands. Entry includes t-shirt, goodie bag, access to Sun River & Willow Flats as well as a scenic, well-marked course. Try it! For info: moabtrailmarathon.com or 970-389-4838. See article pg 5B

Nov 6 Daylight Savings Time

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

Nov 7 Moab Toastmasters Meeting- Noon-1pm at Zions Bank, 330 S. Main, Street. Improve your public speaking & leadership skills. Please visit us on facebook.com/MoabToastmasters

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

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

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

Nov 9 Star Party at Canyon Country Discovery Center- 7pm 1117 N. Main St. in Monticello. For info: 435-587-2156. See ad pg 1B

Nov 9, 10, 11 Writing Workshop: Your Memoir, Your Family Story, Your True Life Adventure- for more info: 435-505-4846. See article pg 5A

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

Nov 10 1st Annual Fall Festival for Moab Christian Homeschool Co-op yard sale. For more info visit moabartwalk.com or call 435-259-6272. See map & article pg 6A

Nov 10 Gallery Moab Artist Reception- featuring the work of Brent Flory, an oil painter who specializes in portraying cowboys, Native Americans, farmers, ranchers, & their animals. Reception will be held from 5-8 during Art Walk. See page 4B

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

Nov 16 Desert Sun Ceramics Class- Sculpting a Clay Mask from 1-4pm & 1-3pm. This 2 session workshop includes all supplies, firings & instruction. No prior experience necessary. For info: 970-819-7938 or DesertSunCeramics@gmail.com

Nov 11 National Park Service Fee Free Day- the Southwest Utah Group of the National Park Service (Arches & Canyonlands national parks and Havasu Creek & Natural Bridges national monuments). Fee-free days are rare across the country in waiving entrance fees several days in 2017 as a way to encourage people to get outdoors & spend time with their friends & family in the national parks this year.

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

Nov 12 Veterans Day (HOLIDAY)

DEADLINE for DECDEMBER Events Calendar: NOVEMBER 15, 2018

Listings in the Moab Happenings Events Calendar are FREE!! Do you know of an event for the Happenings calendar??

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

email: info@moabhappenings.com
Writing Workshop, Nov 9-11

“Personal stories are the perennial stories. We tell them in our families through generations. They are the ones repeated at weddings, funerals, reunions and other special celebrations.”

Dan McNeil, who participated in Lou’s earlier workshop in Moab, says this of his experience: “Come prepared to think in new ways and expand your vocabulary & add variety to your swing skills so they can record their stories. Also, the holidays are coming and these kinds of stories make unique, treasured gifts.”

Knowledge is power and this workshop is designed for participants to complete the first draft of their work within the framework of the weekend intensive. For more details, visit www.moabandwriting.org. For questions or to register, contact Lou at lou@liberty.net. 

Enrollment is limited, so please register early. The registration fee is $250, which includes materials and meals. Scholarships are available. 

Registration: Please register by November 1 for the November 9-11 workshop. No registration required for the November 2-5 workshop.

For questions, contact Lou at lou@liberty.net or visit the Edge of the Cedars State Park Museum at 660 West 400 North, in Blanding, Utah.

More Events

November Events continued

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

Nov 13 Basics of QuickBooks - 11am-2pm at SLC QuickBooks. Both desktop & online versions will be covered. Cost is $20. Scholarships available through program@quickbooks.com. Light lunch & water provided. For info: kathy.lacy@usu.edu

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


Nov 17 Dead Horse Ultra- Mountain bike race! 3-6pm, Sunday 1-4pm. This is the 36th annual event, started in 1983 by the Rim Rock Runners. Escape your winter for the sunny blue skies of Moab. For info visit moabultramtb.org. 

Nov 18-20 Native American Heritage Celebration - 10am-6pm daily. Find a unique gift while supporting the ‘local’ community in the Moab area. Regional artisans & crafters displaying holiday cards, ornaments, paintings, ceramics, textiles, jewelry, glass, wood, work, woodwork, candles, soaps, salads, baby items, jams, syrups & more.


Dec 1 Winter Sun Run 26.2- be the 36th annual event, started in 1983 by the Rim Rock Runners. Escape your winter for the sunny blue skies of Moab. For info visit moabultramtb.org.

Dec 10-11 Native American Heritage Celebration - 10am-6pm daily. Find a unique gift while supporting the ‘local’ community in the Moab area. Regional artisans & crafters displaying holiday cards, ornaments, paintings, ceramics, textiles, jewelry, glass, wood, work, woodwork, candles, soaps, salads, baby items, jams, syrups & more.

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

Dec 13, 16, 23 Desert Sun Ceramics Class - Intermediate throwing. This is an 8 week course & includes tools, instruction, glazes, firings & some clay. For intermediate students. Learn throwing to glaze techniques. For info: 970-819-7938 or DesertSunCeramics@gmail.com.

Dec 24 Christmas Eve Dancing! 7pm at the Moab Arts & Recreation Center, 111 E. 100 North. Learn how to expand your vocabulary & add variety to your swing skills so they can record their stories. Also, the holidays are coming and these kinds of stories make unique, treasured gifts.

Dec 25 Christmas Day Dancing! 7pm at the Moab Arts & Recreation Center, 111 E. 100 North. Learn how to expand your vocabulary & add variety to your swing skills so they can record their stories. Also, the holidays are coming and these kinds of stories make unique, treasured gifts.

Dec 31 New Year’s Eve Dancing! 7pm at the Moab Arts & Recreation Center, 111 E. 100 North. Learn how to expand your vocabulary & add variety to your swing skills so they can record their stories. Also, the holidays are coming and these kinds of stories make unique, treasured gifts.

Visit the Grand Center!

182 N. 500 W. 435-259-6623
Lunes: Men., Wed., & Fri. under 60 $16.00, over 60 $12.50 suggested donation.

Thanksgiving Day (Holiday)
MOAB ARTWALK • SATURDAY, NOV 10TH 5PM - 8PM

Enjoy November ArtWalk! Be sure to pick up a postcard at any ArtWalk destination and have it punched at all NINE locations for your chance to win a prize! Turn in your full punch card at your final art destination, to enter.

**Museum of Moab**
18 E. Center St. • 435.259.7985

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

**Multicultural Center**
156 N. 100 W. • 435.259.5444

Check out the Multicultural Mural! Free audio tours and learning activities. Learn about important social justice leaders painted by local artists! Receive your stamp and get more info about Moab Valley Multicultural Center at the CommuniTea Garden.

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

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

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

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

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

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

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

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

**Moonflower Co-Op**
39 E. 100 N. St. • 435.259.6737

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

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

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

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

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

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

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

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

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

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Moab Made means just that... locally crafted artisan made goods. Add to that a little bonus of some Utah made. Every now and then a Utah artisan comes our way that I describe as irresistible.
WabiSabi is once again hosting a free and/or by donation Thanksgiving meal at the Grand Center Thursday, November 22nd, 2 pm to 5 pm at the Grand Center. This annual event is a wonderful opportunity for the individuals, nonprofits and businesses of Moab to unite in sustaining area residents and the community at large. This meal is more than a gesture to help people through lean economic times; it is about creating a sense of community. We invite people of all ages and backgrounds to share in this essential bond of community, gratitude and sharing.

WabiSabi is currently seeking volunteers to help with Thanksgiving meal setup, serving and cleanup. Anyone interested in getting involved can contact Liz at 259-2553 or volunteer@wabisabimoab.org. WabiSabi is unable to accept food donations from individuals. Everything served must be prepared in a commercial kitchen. However, financial contributions or gift certificates to local grocers for the event are enormously helpful and may be mailed to WabiSabi at 160 E 100 S or contributed through wabisabimoab.org.

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

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

Join us for a holiday market experience and browse the 50+ local and regional artisans. Look forward to holiday cards, ornaments, paintings, ceramics, textiles, jewelry, glass work, woodwork, candles, soaps, salves, baby items, jams, syrups & more. Find a unique gift while supporting local and regional artisanal businesses. Maybe even buy yourself something, just ‘cause! Additionally, Santa Claus will be at the MARC on Saturday, so bring the kids and take some pictures while you shop for the perfect gifts.

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

Happy Holidays!
Sources of Moab Happenings

Moab Happenings

Thanksgiving Dinner

Where can you go for Thanksgiving Dinner?

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

For more information, see the Restaurant Guide on pages 9A - 13A.

City Market
Open 6am-6pm (435) 259-5181

Village Market
Open 7am-Close (435) 259-3111

Surrel River Grill
Open 2-9pm is a special Thanksgiving Dinner. Reservations required. Check website for menu options at sorderriver.com (435) 259-4642

Red Rock Bakery
Open 6:30am-3pm. Order your pumpkin pies early for Thanksgiving Dinner (435) 259-5941

Zax
Open 5-9pm serving a limited menu. For reservations call (435) 259-6555

Atomic Burger, BBQ & Lounge
Open starting at 3pm serving a Turkey Dinner along with other menu options available. For reservations call (435) 259-6092

Moab Brewery
Moab Brewery is open for it's 21st annual Thanksgiving dinner! Open at 11:30am serving light appetizers. Seating 1pm for the restaurant. Offering a special Thanksgiving menu including a traditional turkey dinner with all the fixings. Accepting reservations for parties of 10 or more (435) 259-6333

Packaging Agency will also be open at 1pm. You can get Moab Brewery beer and Moab Distillery vodka & gin to go!

Sunset Grill
This will be the 26th year the Sunset Grill has been serving our traditional Thanksgiving Day Dinner. Open from 2:00-9:00pm, please call for reservations (435) 259-7146

Free Shuttle Service (435) 259-7777

Eddie McStiff's Restaurant & Brew Pub Wake & Bake Cafe
Open 10 -Close serving a Thanksgiving Day Brunch until 3pm. Serving a traditional Turkey Dinner after 3pm. Parties of 10 people or more, please call for reservations (435) 259-2337 Bar will be open until 10pm.

Denny's
Open 24 hours and will be serving a Thanksgiving Dinner along with our regular fare.

Archax Thai
Open for Dinner Menu only. Please call for reservations and hours (435) 355-0533

Broken Oar
Open at 5pm for a Traditional Thanksgiving Dinner (435) 259-3127

Moab Coffee Roasters
Open 8am-1pm serving Coffee, Espresso, Gelato and more.

Cowboy Grill at Red Cliffs Lodge
Open by reservation only call (435) 259-2002

Szechuan Restaurant
Open regular hours for lunch and dinner
(435) 259-8944

El Charro Loco Mexican Grill
Open 11am serving our regular menu along with Thanksgiving specials (435) 355-0854

Sweet Cravings
Will be closed on Thanksgiving Day but remember to order your holiday pies and pastries (435) 259-8983.

The Spoke on Center
Open please call for hours and menu Traditional Turkey dinner along with dessert selection (435) 260-7177

Moab Grill
Open from 7am-11am for breakfast only (435) 259-4984

Crystal's Cakes & Cones
Will be closed on Thanksgiving Day but will be selling cupcake orders. Call early (435) 259-9393

Wicked Brew
Open on regular hours for Thanksgiving Day

Burger King
Open 7am-6pm serving their regular menu (435) 259-2700

Pancake Haus
Open 6:30am-lpm serving their breakfast menu (435) 259-7141

Bangkok Too Sushi Bar & Asian Bistro
Open regular hours, serving their Sushi & Asian menu. (435) 355-0168

Gilberto's
Open 6am-6pm. (435) 259-1678

Club Rio
Open regular hours. (435) 259-2654

Moonflower Community Coop
Open 8am-3pm. For those last minute items! (435) 259-5712

Eklectic Cafe
Open 7:30am-1:30pm (435) 259-6896

Singha Thai
Open on Thanksgiving Day. Please call for hours (435) 259-0039

Thanksgiving GUIDE

This list brought to you by Moab Happenings

For more information, see the Restaurant Guide on pages 9A - 13A.

Thanksgiving Dinner

Moab Happenings

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

Where can you go for Thanksgiving Dinner?

Let's Talk Turkey

Thanksgiving Dinner

Moab Clubs & Organizations

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

Thanksgiving Dinner

Let's Talk Turkey

Where can you go for Thanksgiving Dinner?

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

For more information, see the Restaurant Guide on pages 9A - 13A.

City Market
Open 6am-Close (435) 259-5181

Village Market
Open 7am-Close (435) 259-3111

Surrel River Grill
Open 2-9pm is a special Thanksgiving Dinner. Reservations required. Check website for menu options at sorderriver.com (435) 259-4642

Red Rock Bakery
Open 6:30am-3pm. Order your pumpkin pies early for Thanksgiving Dinner (435) 259-5941

Zax
Open 5-9pm serving a limited menu. For reservations call (435) 259-6555

Atomic Burger, BBQ & Lounge
Open starting at 3pm serving a Turkey Dinner along with other menu options available. For reservations call (435) 259-6092

Moab Brewery
Moab Brewery is open for it's 21st annual Thanksgiving dinner! Open at 11:30am serving light appetizers. Seating 1pm for the restaurant. Offering a special Thanksgiving menu including a traditional turkey dinner with all the fixings. Accepting reservations for parties of 10 or more (435) 259-6333

Packaging Agency will also be open at 1pm. You can get Moab Brewery beer and Moab Distillery vodka & gin to go!

Sunset Grill
This will be the 26th year the Sunset Grill has been serving our traditional Thanksgiving Day Dinner. Open from 2:00-9:00pm, please call for reservations (435) 259-7146

Free Shuttle Service (435) 259-7777

Eddie McStiff's Restaurant & Brew Pub Wake & Bake Cafe
Open 10 -Close serving a Thanksgiving Day Brunch until 3pm. Serving a traditional Turkey Dinner after 3pm. Parties of 10 people or more, please call for reservations (435) 259-2337 Bar will be open until 10pm.

Denny's
Open 24 hours and will be serving a Thanksgiving Dinner along with our regular fare.

Archax Thai
Open for Dinner Menu only. Please call for reservations and hours (435) 355-0533

Broken Oar
Open at 5pm for a Traditional Thanksgiving Dinner (435) 259-3127

Moab Coffee Roasters
Open 8am-1pm serving Coffee, Espresso, Gelato and more.

Cowboy Grill at Red Cliffs Lodge
Open by reservation only call (435) 259-2002

Szechuan Restaurant
Open regular hours for lunch and dinner
(435) 259-8944

El Charro Loco Mexican Grill
Open 11am serving our regular menu along with Thanksgiving specials (435) 355-0854

Sweet Cravings
Will be closed on Thanksgiving Day but remember to order your holiday pies and pastries (435) 259-8983.

The Spoke on Center
Open please call for hours and menu Traditional Turkey dinner along with dessert selection (435) 260-7177

Moab Grill
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Crystal's Cakes & Cones
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Wicked Brew
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Pancake Haus
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Bangkok Too Sushi Bar & Asian Bistro
Open regular hours, serving their Sushi & Asian menu. (435) 355-0168

Gilberto's
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Club Rio
Open regular hours. (435) 259-2654

Moonflower Community Coop
Open 8am-3pm. For those last minute items! (435) 259-5712

Eklectic Cafe
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Singha Thai
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Thanksgiving Dinner

Let's Talk Turkey
Getting A Drink in Moab

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

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

Moab has two local wineries. Castle Creek Winery is located at Red Cliffs Lodge, 15 miles from Moab on Scenic Highway 128 (the River Road). Spanish Valley Vineyards is located just off Highway 191, about 6 miles south of Moab on Zimmerman Lane. Both wineries have on-site tasting rooms and wine available for sale. Utah State Liquor Stores also sell many local wines.

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

The Utah State Liquor Store is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at 55 West 200 South and is open Monday through Saturday (11am to 7pm). It is closed on Sundays and holidays. The Moab Brewery Package Agency sells their full-strength beers (in 16oz cans and 22oz bottles) and unique spirits to go every day including Sundays, opening at 11:30am. Castle Creek Winery also sells wine on Sundays and Holidays from 10am to 7pm.

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

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

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

Restaurant Guide
Antica Forma
267 North Main Street
435-356-0167
The name Antica Forma means “The Old Form.” We serve pizza made by master pizza writer, Tommaso Hernandez, who was raised in the art of pizza made in its birthplace, Naples. Italian, authenticity and quality are important to us, so our ingredients are either imported from Italy or made fresh in house every day.

The Alley Sports Pub & Grill
1078 Millcreek Drive
435-259-4748
Open Daily

Archers Deli
218 North 100 West
435-355-0555
Archers Thai
60 North West 435-355-0533

Atomic Grill & Lounge
1393 North Hwy 191
435-259-5201
Dinner
Open Daily 4:30 pm - Close
Chef designed menu with a wide range of locally sourced meats & vegetables. Everything is made fresh from scratch, even the desserts! Cholesterol-free and gluten-free options. Can accommodate allergies. Plan your holiday parties with us. You may choose your seating either from the warm earth-toned dining area, the beautiful secluded patio or mingle in the lounge invoking with one of his unique craft cocktail creations. See full menu at atomicmocmo.com.

Bangkok House Too, Sushi Bar & Asian Bistro
59 South Main St. Suite 8
435-356-0168
Lunch • Dinner • Take Out • Delivery After 5pm
Open Daily 11am-10pm
Our chefs prepare authentic dishes using the highest quality ingredients. We have a large menu including Sushi, Thai, Bento Boxes, Pho and Seafood. There are vegetarian options, gluten free and kids menu. We offer take-out lunch specials.

Bike Fiend/Coffee Fiend
69 East Center
435-352-0015
Open 7 days a week, 9am to 9pm
Classics Bikes, Classic Coffee. Professional baristas creating specialty hot but drinks using Moab’s heirloom locally roasted coffee (FMC) and Organic milk. Free WiFi. We nwly renovated and fresh seating area. The fiend is a full service bike shop featuring new, used, training, rentals. Classic Coffee bar is PERFECT for an after dinner espresso. www.facebook.com/moabbikefiend

Blu Pig & Blu Bar
811 S. Main
435-259-3333
Lunch • Dinner • Take Out • Open Daily 11:30-Close
Moab’s only BBQ and Blues destination with ribs to write home about. Smokey’s favorites all day, every day.

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

Burger King
606 South Main
435-259-2700
Cafe Italiano
83 South Main
435-259-3630

Club Rio
2 South 100 West
435-259-2654
Lunch • Dinner • Open everyday Till 1:00am
Open Sunday Noon. 1am for Football

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

Denny’s
989 North Highway 191
435-259-8839
Breakfast • Lunch • Dinner • Open 24hr
Family dining at affordable prices. Over 100 menu items including senior’s menu, Daily Special and Fit Fare for the health conscious. About “Kids Eat Free”. Take-out menu available. Reservations for large parties and busiess welcome. Great food and Great Service by Great People, EVERY TIME!

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

Domino’s PIZZA
702 South Main Street, Ste 100
435-259-5555

Electrice Cafe
352 North Main Street
435-259-6896
Breakfast • Lunch • Open Daily 7:30am - 1:00pm

El Charro Loco Mexican Grill
812 S. Main Street
435-355-0854
Lunch • Dinner • Open daily 11am
Serving authentic Mexican cuisine 7days a week. Family owned and operated using the freshest ingredients and traditional recipes. Weekly specials served daily from 11am-3pm. Come enjoy our intimate and friendly atmosphere, JM Arte & Comer Bistro. The art of good eating! Large enclosed patio available for holiday parties.

Fiesta Mexican
204 South 100 West
435-439-4366
Lunch • Dinner • Sun - Thurs 11-9 Fri & Sat 11-10
Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequilla. Newly remodelled patio and interior. Large groups are welcome. Children’s menu. Take-out orders available. Is it your birthday? Let us know and we’ll take your picture, “Las Mananitas!” Daily lunch specials $8.25 Full bar.

Giliberto’s
396 South Main
435-259-1678
Breakfast • Lunch • Dinner • Open Sun.-Sat.

Hidden Cuisine
2740 South Highway 191
435-259-7711
Breakfast • Lunch • Open Daily at 6:30 am
Breakfast at garden patio. Owners and staff are dedicated to the true Mexican value of the Mexican culture in our dishes, which are fresh, healthy and made for “your” enjoyment. “Las Mananitas” recently featured in Sunset Magazine, April 2012. Also named the “Fan Favorite” in the March/April issue of 2015 Sunset Magazine.

Jailhouse Cafe
101 North Main Street
435-259-3900
Closed for the Season
Moab’s Breakfast Place located in Grand County’s historic first Courthouse. Features special breakfast fare like our locally grown eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

La Sal House
11 East 100 North
435-259-5725
La Hacienda
574 North Main St.
435-355-0529

Love Muffin Cafe
139 North Main
435-259-6833

McDonald’s
640 South Main
435-259-8800

Miguel’s Baja Grill
51 North Main Street
435-259-6546
Dinner • Open Daily 5pm - Close

For more information about these restaurants pick up a "Moab
Pasta Jay's
Moab Kitchen
Moab Grill Steakhouse
Moab Giants Cafe
T-Mike's Krusty Krab
Downtown Dawgs
Hermanos Taco Co
Red Wok Kitchen
Hermanos Taco Co   435-724-7348
Downtown Dawgs
Moab Giants Cafe
Milt's Steap & Eat
400 East and Millcreek Drive 435-259-7242
Lunch • Dinner
Tuesday-Sunday 11am-8pm
Moab Brewery
680 South Main 435-259-6333
Lunch • Dinner
Open daily 11:30 am to 9pm
Moab Coffee Roasters
331 N. Main St. 435-355-0010
Open everyday 7am - Close
Join us for the freshest and most delicious coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian soda. Organic gelato made with all fresh ingredients. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference! Check out our selection of Republic of Tea, bagels, pastries (gluten free options) & Moab souvenirs.
Moab Diner & Ice Cream Shoppe
189 South Main 435-259-4006
Breakfast • Lunch • Dinner
Mon-Thurs: 6am - 9pm
Fri-Sat-Sun: 6am-10pm
Closed Sundays
Home of the best green chile in Utah. You’ll love our specialty breakfasts, lunches and dinners. Our Ice Cream Shoppe is open year-round.
Moab Food Truck Park
39 West 100 North
Big Dog's Pizza Bus
Delicate Donuts
Downtown Dawgs
Hermanos Taco Co
Red Wok Kitchen
Taco Gordo
T-Mike's Krusty Krab
Moab Garage Co.
78 North Main
Breakfast • Lunch • Dinner
Open Wed-Mon 8am-9pm
Closed Tuesdays
The Moab Co. is a full service cafe offering specialty coffee, breakfast, lunch and dinner as well as beer on tap and an excellent wine selection. And of course our made to order liquid nitrogen ice cream. Come see all the exciting changes at The Garage, Beer & Wine Garden now open 11am-9pm Wed-Sat. 5:30-10pm Sun.
Moab Giants Cafe
112 West SR-313 435-355-0288
Breakfast • Lunch • Dinner
Enjoy our ranging from Cowboy Benedict in the morning to hand cut steak and seafood for dinner. Homemade soups, pies and cobblers, espresso and crazy juicy burgers. Steak and King crab legs anytime. Serving slow roasted Prime Rib Friday Saturday and Sunday. New Pasta dishes, small private meeting room, internet, 2 Bat screens, sunny window booths, counter dining, full beer and wine menu, vegetarian and gluten free dishes.
Moab Kitchen
239 W. Center St.
Moonflower Community Cooperative
39 East 100 North 435-259-6712
Hot breakfast & lunch • Fresh coffee • Grab and go
Open daily 8am-9pm
Moonflower offers breakfast, sandwichs & burritos, a hot lunch bar featuring a freshly baked entree and rotating soups, and a wide selection of grab & go sandwiches, salads, spreads, and snacks. Our deli makes a variety of muffins, scones, cookies, and breads every day. Gluten-free and vegan options are always available. For catering, email catering@moonflower.coop.
MOYO – Moab Frozen Yogurt
331 N. Main 435-355-0010
Open Daily 1-9
Self-serve frozen yogurt with 14 delicious flavors of yogurt, including low fat and no-sugar added, custard and Italian ice. Our topping bar offers over 30 choices. All food yogurts and sorbets are real dairy, live and active culture certified when indicated (LGC certified). Indoor seating or covered, lighted patio with misters. Plenty of parking in back. Enjoy a free sample and meet our friendly staff.
Pancake Haus
196 South Main 435-259-7341
Pasta Jay's
4 South Main 435-259-2900
Peace Tree Juice Cafe
20 South Main 435-259-0101
Breakfast • Lunch • Dinner
Welcome to the healthy restaurant. We have full Breakfast and Lunch menus in addition to our Dinner menu. Good pasta selection. Beer, Wine, Cocktails, Fresh Juice, Fresh Fruit Smoothies, Green Smoothies.
Pizza Hut
265 South Main 435-259-6345
Quesadilla MOBilla 89 N. Main 435-260-0289
Red Rock Bakery & Net Cafe
59 S. Main, McStiff's Plaza 435-259-2420
Breakfast • Lunch • Dinner
Endless Homemade Pastries
Boxed Lunches • Catering
Order Online
Open Daily 8am - 3pm
435-259-8983 • www.cravemoab.com
397 N. Main Street, Moab, UT 84532
90 N. Main St. • Moab, UT open everyday 7am - Close
Sweet Cravings Bakery & Bistro
397 North Main 435-259-8983
Breakfast • Lunch • Open daily 8am - 3pm
A local's favorite featuring fresh baked goods made onsite (cinnamon rolls, cookies, pies, etc) with incredible breakfast and lunch selections. A full menu to dine in or take out on the trails. Choose from our wide selection or build your own sandwiches, wraps and pastas. Gluten Free & Healthy Options. Catering available
Szechuan Restaurant
125 North Main 435-259-8984
Breakfast • Lunch • Dinner
Local favorites in downtown Moab with the million dollar view. State Liquor License.
Susie's Branding Iron
2971 South Highway 191 435-259-6275
Breakfast • Lunch • Dinner
Featuring fresh local fried chicken, sandwiches (gluten free option), Tues, Thursdays, and Daily Specials. New on site garden plot providing in season "farm-to-table" veggies on our specials, in our specials, and for sale! Call in order at 435-259-2212. Store, fuel and car wash open Sun-Thurs 4am-10pm, Fri-Sat 4am-midnight.
Sunset Grill
900 North Highway 191 435-259-7146
Dinner • Open daily. Closed Sundays
Susie's Mexican Restaurant
590 South Main 435-259-7146
Lunch • Dinner
590 South Main 435-259-7146
Lunch • Dinner
Welcome to my ranch cookhouse. Come in, take off your hat, enjoy a seat at the bar and sip a malt. Relax and enjoy a home cooked, hearty cow boy meal. Our signature Prime Rib is served every Wednesday, Friday and Saturday night after 5pm. Ribs served Tues. & Thurs. All day Friday order and take out.
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Victoria Dempster.

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“A Rather Large Amount of Gratitude”

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

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

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

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

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

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

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

“A Rather Large Amount of Gratitude”

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Live Music Locations

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Time</th>
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<tr>
<td>Nov 1</td>
<td>Blu Bar, Lost Buffalo</td>
<td>7pm</td>
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<tr>
<td>Nov 2</td>
<td>Blu Bar, Bob Greenspan &amp; Mama T</td>
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<td>Nov 3</td>
<td>The Alley, Karaoke</td>
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<td>Nov 4</td>
<td>Blu Bar, Andrew Wyatt</td>
<td>7pm</td>
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<td>Nov 5</td>
<td>Blu Bar, Jon O</td>
<td>7pm</td>
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<td>Nov 6</td>
<td>Blu Bar, Karaoke</td>
<td>9:30pm</td>
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<td>Nov 7</td>
<td>Blu Bar, Meander Cat</td>
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<td>Nov 8</td>
<td>Blu Bar, Community Music Night</td>
<td>7pm</td>
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<td>Nov 9</td>
<td>Blu Bar, Jeremy McKinley Band</td>
<td>7pm</td>
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<tr>
<td>Nov 10</td>
<td>Blu Bar, Bob Greenspan &amp; Mama T</td>
<td>7pm</td>
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<tr>
<td>Nov 11</td>
<td>The Alley, Karaoke</td>
<td>8pm</td>
</tr>
</tbody>
</table>

The Alley Sports Pub & Grill
1078 Millcreek Dr. 435-259-4478
http://www.moabhappenings.com/

Club Rio
2 South 100 West 435-259-2654
www.BLUPIGBBQ.com

Blu Bar
811 South Main Street 435-259-3333

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**FRIDAY November 2, 2018**

**EVENING**

- Gallery Moab
  - 5:00-6:30pm Roland Tec: No Place to Hide (pg 22)
- Star Hall
  - 7:00pm Sloan Wainwright
  - 8:15pm Penny & Sparrow
  - 9:30pm Kathy Mattea

**SATURDAY November 3, 2018**

**DAYTIME**

- Workshops at Star Hall
  - 9:00-10:00am Interview with Sam Baker
  - 10:15-11:15am Interview with Kathy Mattea
- Sun Court
  - 9:00 – 11:00 am Coffee Slam and Bluegrass Jam (pg 19)

**EVENING**

- Gallery Moab
  - 5:00-6:30pm Roland Tec: No Place to Hide (pg 22)
- Moab Ball Field
  - 12:00pm Mean Mary
  - 1:30pm Mike Farris
  - 3:00pm Shawn Colvin

**SUNDAY November 4, 2018**

**DAYTIME**

- Workshops at Star Hall
  - 9:00-10:00am Interview with Hubby Jenkins
- Sun Court
  - 9:00 – 11:00 am Coffee Slam and Bluegrass Jam (pg 19)
- Moab Ball Field
  - 12:00pm Les Pailles À Colin
  - 1:30pm Liz Vice
  - 3:00pm Amy Helm

* GCIS = Grand County High School

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**MOAB FOLK FESTIVAL 2018 SCHEDULE**

**November 2-4, 2018**

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

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

Talking Turkey in November

By Damian Fagan

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

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

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

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

Adult male turkeys, known as toms or gobblers, are larger than females and average 17-21 pounds. In contrast, females average 8-10 pounds and are smaller than males. Males have an impressive array of tail feathers that fan out in a near circular pattern when the birds are displaying or during territorial interactions.

Turkeys breed in the spring. Females, called hens, lay an average of 10-12 buff-colored eggs in a ground nest that they construct under cover. Successful incubation takes about 28 days, done solely by the female. Because her nest is on the ground, the female and eggs are at risk from ground predators such as coyotes, foxes, bobcats, and other predators. The female doesn’t initiate incubation until all her eggs are laid, so that when the eggs hatch simultaneously, the young all leave the nest soon after hatching.

The young, called pouls, will follow and forage on insects and larvae with the female. It takes about 10-14 days for their feathers to develop so that the pouls can fly short distances. Though adult turkeys seem too large to fly, they can fly up into trees in search of nuts or berries or to roost at night. When I was watching bald eagle nests for the BLM along the Colorado River, I’d often see turkeys roosting in the same large cottonwood tree that held an active bald eagle nest. Neither seemed to mind their neighbors.

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

It is interesting to note that early European explorers to the New World brought wild turkeys back with them to Europe. The bird’s popularity as poultry grew and spread rapidly across Europe. So much, that when the early colonists reached the New World they had turkeys on board their ships.

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

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Healthy Happenings

Moab Happenings

RESTORATION

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

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

Improves your memory. Stimulates creativity.

Helps with weight management.

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

Reduces anxiety and depression. Helps you experience less pain.

Improves your overall health, restores, and energizes. Rest-what can we do if we are stressed or not getting those 8 hours that our doctors recommend?

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

Set a timer for 10-15 minutes. Start to progressively relax the body; Relax left toes to hip-relax right toes to hip.

HEALTHY CLASSES

TUESDAYS

Sheng Zhen Tuesdays with Lisa- two meditation forms from 1-1:45 seated from a chair and a standing form taught from 2:00-3:00 pm at the Grand Center Vitality Room at 182 North 500 West. Contact certified teacher, Lisa DeRees 435-259-9678 for details.

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

No Classes of the week of Thanksgiving.

THURSDAYS

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

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

SATURDAYS

10am Kundalini Yoga & Gong Meditation at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kezel, PhD. By donation. For info: 713-817-7859

No classes of the week of Thanksgiving.

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

Moab Yoga Class Schedule

September-November 2018

Monday

8:30-9:30am Pilates Jenna

10-11:30am Gentle Yoga Star

noon-1pm Lunch Flow Courtney

5:30-6:45pm All Levels Yoga Angela

7:15-8:30pm Unwind from a Active Lifestyle

Tuesday

9:10-10:30am Yoga Basics Star

6-7:30pm Yoga Porscha

Wednesday

9:10-11:15am All Levels Yoga Meagan

8:30-10:45am Lunch Flow Chelsea

noon-1pm Prana Flow Jess

5:30-6:45pm All Levels Yoga Kristi

Thursday

9:10-10:30am Unwind & Renew Porscha

noon-1pm Lunch Flow Chelsea

5:30-6:45pm All Levels Yoga Chelsea

Friday

12:30-1:30pm Lunch Flow Jill

6-7:30pm Restorative Yoga Jill

Saturday

8-4:30pm Primal Flow Natali

10:30-11:45am Hatha Yoga Courtney

Sunday

9-10:15am All Levels Yoga Kristi

11-12:15pm Level 2 Kristi

www.moaboga.com

37E Center St. 435-259-2455
Worried about the Flu?

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

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

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

So for all those deaths, recently the CDC decided to lump flu deaths in with deaths from pneumonia. Separating them out, actual flu deaths are estimated to be approximately 1,000 per year. Compare this to 480,000 deaths from smoking, 190,000 from obesity, 45,000 from suicide, 10,500 from drunk driving, and you can clearly see where America’s real health hazards lie.

Even if the flu shot were effective, consider this: It makes your brain and immune system. Before taking that jab, ask your doctor or pharmacist for a copy of the package insert. You can clearly see where America’s real health hazards lie.

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

The Healing Art of Abdominal Chi Massage

by Meagan Coy

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

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

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

On a physical level, Chi Nei Tsang manipulations can feel different for different people, depending on each client and how they are storing imbalances in their bodies. Some of the techniques and areas may feel good to have massaged, while other areas and techniques may bring some discomfort. A Chi Nei Tsang practitioner doesn’t try to “fix” the client instead, an attitude of compassion and curiosity is used, and they act as an intermediary to bring the client more in touch with themselves and help the healing to come from within. Beyond the physical benefits, one of the key strengths of this type of massage is to help people successfully address unprocessed emotions lying hidden within their bodies. When no doctor, path, or therapy is available, or when their body has become a vessel for holding trauma and negative emotions. Like when we are “livid” or “green with envy” and “bitter”, that’s our liver and gallbladder talking, or if you’ve felt “heartbroken” or “cold-hearted”, or your “stomach is in a knot” or we have a ‘gut feeling’ or are ‘frozen with fear’ (kidneys). On the other hand, when our organs are balanced and healthy, they naturally contain the positive feelings of love, enthusiasm and respect (heart), optimism and courage (lungs), trust, wisdom and gentleness (kidneys), generosity and kindness (liver) and nurturing and balance (spleen). These positive, balanced feelings are who we truly are, and are already within us and seated deep within the organs. By clearing the mental and emotional blocks that have led to an accumulation of negative emotions in the body, Chi Nei Tsang restores a healthy flow of energy so that we can once again be our best selves. If any of this resonates with you, then receiving an Abdominal Chi Massage may just be what you are looking for.

Meagan Coy is a Licensed Massage Therapist and Registered Yoga Teacher. She is the owner of M.C.’s Healing Arts in Moab, UT and offers Abdominal Chi Massage in her practice. www.mcmassagetherapy.com

The Healing Art of Abdominal Chi Massage...
### Hells Revenge

Our premier slickrock trail lies northeast of town between the Sand Flats Road and the river. There are long stretches of slickrock where the 4WD trail has been marked. The most difficult obstacles are out of the stock-vehicle class, but those can be bypassed. There are steep climbs and descents and some edges that are not for the faint of heart. The steep slopes, however, are not technically difficult because of the excellent traction on sandstone. In a few places, the trail crosses the now-famous “Slickrock Bike Trail,” a motorcycle and mountain-bike trail. Approximate mileages: 16 total, off highway.

### Scenery

The large vistas sweep full circle from the La Sal Mountains through Arches National Park to the cliff rims that overlook Moab Valley. The nearby country is an amazing stretch of bare sandstone with clefts and canyons, including the Colorado River canyon.

### Surface

In addition to the slickrock, there are rock ledges, broken rock, sand, and a little blow sand.

### Trail Details

The first ascent offers an immediate challenge to first, get onto it, and then to overcome nervousness about the drops on both sides. The major slickrock area includes steep climbs, sharp turns, and a hair raising descent along a steep ridge with little room for error left or right. Names like “Tip Over Challenge” and “Rubble Trouble” offer an insight into challenges offered in the later portions of the trail.

### Mileages to Moab

Distance chart is based on main numbered routes from point to point. Shorter distances may be available using different routes.

### Trail Difficulty Ratings

For Moab area roads in dry conditions. The effects of snow or rain varies greatly depending upon the altitude of the roads and the type of soil.

**NOTE:** The Red Rock 4-Wheelers Club attempts to keep the trail ratings current. However weather and usage constantly alters the routes. Heavy but localized rains can change Kane Creek from a moderate trail to impassable in an afternoon. It is always wise to obtain the most up-to-date information prior to departing for a trip, and be prepared. Remember, turning back is usually an option as well.

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

### Motorized Happenings

**Easter Jeep Safari**

April 13th • April 21st, 2019

Registration will open January 2019

**Wake up & Tune-in to**

97.1 FM Moab

7:00am-9:00am Daily

for Canyon Country Morning Show

Moab’s Information Station 24/7

at kcynfm.com

- Moab Happenings www.moabhappenings.com
- @canyoncountrykcyn
- @kcynfm
Planning an hour, a day, a week or a lifetime in Moab?

Pick up your copy of these Moab publications available at many businesses in town.

374 Park Avenue
(Northwest Corner of Swanny Park)
435-259-8226
www.moabcity.org/mrac

MOAB CELTIC FESTIVAL
NOVEMBER 2-4 2018
DO YOU KNOW WHERE YOUR CELTIC ROOTS LIE?
DO YOU BELONG TO ONE OF THESE CLANS?

COME VISIT AND FIND OUT MORE ABOUT YOUR CELTIC FAMILY!
Moab Celtic Festival Fifth Year!

SCHEDULE:
Friday, November 2
6-7 pm Meet & Greet: Meet the Wicked Tinkers at the Old Spanish Trail Arena
7 pm The Tattoo at the Old Spanish Trail Arena, a sample of the awesome music you will hear on the weekend, featuring: Brian Caldwell (lead singer of Highland Way), The Rinceoiri Don Spraci Irish Dancers and The Wicked Tinkers

Saturday, November 3
10 am - 2pm Dance Competition in the Arena
8 am - 5pm:
• Athletic competition on the south end of the field
• Pipes and Drum band competition on the field
• Entertainment by Brian Caldwell, The Knockabouts and The Wicked Tinkers in the Pavilion
• Food & Wares Vendor Booths
• Family Clan Booths
• Silent Auction & Door Prizes
• Bonnie Knees Contest
• Whisky Tasting
• Kid’s Corner
• VIP and more surprises!

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

Sunday, November 4
8 am – 4pm:
• Athletic competition on the south end of the field
• Pipes and Drum band competition on the field
• Entertainment by The Knockabouts and The Wicked Tinkers in the Pavilion
• Food & Wares Vendor Booths
• Family Clan Booths
• Silent Auction & Door Prizes
• Bonnie Knees Contest
• Whisky Tasting
• Kid’s Corner
• VIP and more surprises!

Don’t miss the CLOSING CEREMONIES at 2 pm!

VISIT OUR WEBSITE FOR MORE INFORMATION!
TICKETS AVAILABLE ONLINE IN OUR STORE!
www.scotsontherocksmoab.com

Book today at www.united.com

Canyonlands Field Airport
Jet Service Coming Soon to Denver.

Moab Onward
Moab has become known worldwide as a mountain biking mecca. The canyon country around Moab offers some of the most unique and varied landscape on earth, from 13,000 foot peaks and high alpine meadows to high desert vistas above the sandstone canyons. Varied terrain and spectacular scenery bring riders from all over the world to Moab to try the trails. Many trail systems have been developed in the area to provide a variety of mountain biking challenges. Several companies in the area can provide rentals and information.

- **POISON SPIDER BICYCLES SPRING THAW**, March 8-9, 2019. A fun, long weekend with demo bikes, women’s rides, shuttles, frame giveaway and guided group rides on the Bar-M and the Mag 7 Trails. Food and parties included. For $50 preregister for free t-shirt! For more info visit poissonspiderbicycles.com or call 435-259-7882.

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

- **MOAB ROCKS MOUNTAIN BIKE STAGE RACE**, March 30-April 1, 2019. Takes some of the regions best classic & new routes including Klondike, Porcupine Rim & Mag 7 combining them into a 3-day masterpiece of cross-country & timed descents in a fully supported format. All this wrapped up in a fun & friendly atmosphere, combining camaraderie & competition. For info: transrockies.com/moab-rocks or 435-243-9977.

- **7TH ANNUAL GRAN FONDO MOAB**, May 4, 2019. The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sal, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates. Scott 9/14 contact info 435-259-6294

- **THE UTAH HIGH SCHOOL CYCLING LEAGUE**, September 2019. The Utah High School Cycling League is hosting races in Moab at the Bar M Trailhead. Approximately 800 students will be racing each day from the north and south regions starting at 8am. The Utah League is the governing body for interscholastic cycling for students grades 7-12. They currently have close to 2400 students on 81 teams across the state. Please see their website www.utahmtb.org for more information.

- **MOAB CENTURY TOUR - ROAD CYCLING TOUR**, September 2019. Ride one or two days! On Saturday, choose from 40-100 mile paved routes with breathtaking views of Moab’s sandstone marvles and the Colorado River. On Sunday ride the newly-paved La Sal Loop Road through the mountains with 5550’ elevation change and views of fall colors before carving down through red rock canyons and finishing along the Colorado River. Every registration includes a donation to the Moab Cancer Treatment Center. For more information visit skinnytireevents.com or call 435-260-8889.

- **OUTERBIKE FALL October 4-6, 2019.** Outerbike is a chance for you to test ride next year’s bikes on world-class roads and trails in Moab, Utah. For three days, the world’s best bike manufacturers will be set up at the Outerbike Expo site. See next year’s innovations, pick a bike you’d like to try, and take it for a ride. Repeat as needed! There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your registration fee buys you lunch, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

- **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL**, October 2019. Presented by ChilePepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Einar Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.
The Slickrock Trail
Why it’s so attractive... and why it’s not for everyone

By Franklin Seal, photos by Marla Bailey

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

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

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

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

• Exposure: there are numerous places where a fall in the wrong place can send someone tumbling down a hard stone slope for 20 feet or more, or even over a cliff.
• Technique: the trail shoots up and down the sides and ends of many sandstone fins. Often these very steep sections are interrupted by tight turns or small ledges, requiring many riders to learn a few new techniques they may have never needed on other trails.
• Fitness: due to its many short, steep pitches, completing the loop requires a combination of both aerobic and anaerobic fitness.
• Hydration/Temperature: the wide expanses of uninterrupted, exposed rock can heat up during summer, making the extreme temperatures of Moab even more extreme. It is not uncommon for people to underestimate the amount of water they will require.

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

Better yet, be extra safe and hire a guide to take you on a half-day tour.
Direct Connections to the Past  
by Kathleen Martin

Most of us are many generations removed from our ancestors who were born, lived, and died in the outdoors, beneath the sun, moon and stars. But despite today’s relatively domestic lifestyles, there are certain times of the year when we still herald the movements of the stars, in particular our own sun, as we transition from one season to the next. In September we crossed one such celestial marker of the passing of time: The autumnal (fall) equinox. Accompanying the equinox is the Harvest Moon, which is the full moon that occurs closest to the autumnal equinox. As the seasons change, so do the stars that grace the night sky. Slowly and consistently, the star constellations transition from their summer to their winter positions. For our ancestors who farmed, these seasonal transitions had great significance. They knew it was time for harvesting of crops and livestock, storing of food, gathering of fuel, and preparing for the long, dark winter to come. For nomads and travelers, stars and constellations were their reliable compasses as they moved from place to place.

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

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

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

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

The Moab Dark Skies was established by the Friends of Arches and Canyonlands Parks in conjunction with the National Park Service and Utah State Parks Division of Natural Resources.
The Nation’s top elite runners as well as over 2300 recreational trail runners will be competing in the November 3rd & 4th USA Trail Marathon Championships in Moab, UT. The event is full with runners signed up for either the Marathon, ½ Marathon, 5k, or Kid K events. The Marathon, with its National Championship title has drawn over 50 elite runners who will vie for top honors. Participants will run up to 26.2 miles on the beautiful, rugged course that features trails along the Kane Creek Corridor including Pritchett Canyon, Hunter Rim, Jackson Trail as well as some unnamed trails, and trails through Private Property including a rope-assisted section. The top runners in the Marathon will be recognized as National Champions in addition to receiving the $4500 prize purse.

Not for the faint of heart, the Moab Trail Marathon has a reputation for being one of the toughest cross country races around. The course features a mix of Moab’s unique 4wd roads and trails; this course travels up, down, and through several stunning canyons. Rugged terrain and spectacular scenery bring runners from around the World to compete on this course. 2018 is the 10th anniversary edition of this race. The course was designed by world renowned local runner, Danelle Ballengee, who is known to set challenging courses. The course actually crosses the path of her famous fall in 2006 where she survived at 60 foot fall and two freezing nights with a shattered pelvis only to be saved by her dog, Taz and neighbor, Dorothy Rossignol. The story and the race was featured on the show “I Shouldn’t Be Alive” as well as “20/20 In An Instant.” Trail runner magazine has named the race as one of the top 10 “Bucket List” races.

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

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

By | Stephen Burns

When you begin climbing, highlining, and participating in other adventure sports, you are purchasing a ticket to the unknown. Often, the thought of the approach inspires eye-rolling and groans, seen as the prerequisite necessary to get to the real adventure. In this piece, Stephen Burns contemplates the importance of the approach in all facets of a fulfilling life.

How we approach something says everything.

As anyone who has spent any time in the outdoors with a dog to do something great is aware, an approach is always necessary. Sometimes it’s just the short drive to the roadside cay, often it’s a journey that involves effort, carrying weight, sweat, and countless stops back up at the end of the trail that seems so far away. Be it a peak, a cay, a run-in with a stranger, or a committed relationship seems so far away. Be it a peak, a cay, a run-in with a stranger, or a committed relationship, the value in and point of living comes from the approach.

The value in and point of living comes from the approach.

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

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

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

We are not shy and grow a tall stem to aid with seed dispersal. All this rapid growth requires us to constantly lose our precious water. All plants face this problem and it becomes more and more acute as the temperature increases. One of the challenges faced by all plants is the need to open our “skin,” using specialized cells called stomata to let air inside and release waste products. We must have the outside environment. We are not shy and grow a tall stem to aid with seed dispersal.

As summer approaches, by the first part of June our seeds have been safely dispersed. We have a lot of energy and our luxurious leaves provides that for us! Those leaves become a great resource for rainwater catchment once we get the gutters installed and cistern plumbed. And then the fun part began – sculpting the walls to balance thermal mass for absorbing the sun’s heat, insulation to keep the interior comfortable, and aesthetics to create a space of beauty and function. Being less than 200 square feet and without utilities means it is required, allowing the outputs of our waste stream to be organically incorporated into the hut walls as we go.

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

Working with mud is fun. It’s relatively easy to make and use, and is highly adaptable in terms of material mixes and applications. There’s a sensuality when applying mud with bare hands and a child like playfulness resonates through groups of friends working together. For us, mud huts and hybrid cob structures are an extension of the connection between the odd, eccentric, adventurous people of this desert oasis with its inhabitants, passers-through, and far-off observers. It is a connection between the odd, eccentric, adventurous people of this place and their various passions.

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

Check us out online @ www.thedustmag.com
The Geologist’s Life List, Moab Edition
by Allyson Mathis

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

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

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

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

A geologist’s life list contains both generic and specific features and sites. Generic features represent significant geologic principles or processes, such as an erupting volcano, a limestone cave, or a fossil trilobite. Specific sites are superlative or “textbook” examples of the results of these processes that are important in the history of the Earth, geosites are specific sites that are important in the history of the planet. Specifi c sites are archetypes or are thrilling examples.

The incredible exposure of the rock record in the Moab area, with its fossils, mesas, buttes, cliffs and canyons, and the red rock desert and high mountains speaks to a much larger world.

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

Fisher Towers. To understand what geologists mean when they say “red bed.”

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

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

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

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

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

Delicate Arch

Of these places, Upheaval Dome stands out as a particular favorite, both because of its location in a wonderful geologic setting and because it is a great place to see the cycle of geologic processes that led to the formation of the dome in the first place. When they say “red bed,”

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Brent Flory at Gallery Moab

Gallery Moab’s November guest artist is Brent Flory. Brent loves to paint “the honest reality of the western experience” whether it’s cowboys, Native Americans, farmers, ranchers, or their families and animals. “Your work has such heart,” is one of the favorite compliments Brent has received about his work. Though many people comment on his use of light, his goal is to bring the experiences of his subjects as close to reality as possible. “People then were so much more connected to or reliant on the land, weather, and nature. They appreciated it more because their lives depended on it. Horses also are a huge part of Brent’s paintings. “I think the horse is probably the most often painted subject in history. When you think of how many thousands of years that man has used the horse, it is an extremely brief moment in time that we have gotten away from its dependence.” Brent’s painting “All I Need,” was featured on the cover of the Fall 2001 Equine Vision Magazine.

Brent graduated from Brigham Young University with a B.F.A. in Illustration. His work has been in numerous solo and juried shows including The Cowboy Christmas at the NFR (National Finals Rodeo) in Las Vegas, and The Charles M. Russell show in Great Falls, MT. At the San Dimas, CA show he received Best of Show, the Festival Choice Award, and a Silver Medal in oils. Brent was the poster artist for the Art of the American Cowboy show at South Pointe in Las Vegas. In 2017 he won the Bosque Art Classic-Best New Entrant Award. He won the NOAPS (National Oil and Acrylic Painters Society) Best of Show International Online Show, as well as first place in oils at the Red Bluff California Bull and Gelding Sale Art Show.

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

Women's hats are happening and they're hot!

You have a head: why not dress it up with a hat this season? Hats are back in and it's easier than ever to sport the most noticeable fashion item you can wear.

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

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

Tracking the history of women's hats with the growth of fashion in Western Europe and the US is complex. Women's hat fashions began in the Renaissance and grew dramatically with the nineteenth-century industrial revolution. They had to keep up with the rapidly changing hairstyles and clothing fashions of the day. At times material shortages caused by wars modified current styles. During the world wars of the 20th century, hat materials were not rationed, and elaborate creations brightened otherwise dreary utility fashions.

Following women's hat styles in the last century, including war time, is like taking a roller coaster ride. Sometimes they were large and highly decorated, and sometimes small and exceedingly feminine, with nets and sparkles. In the 60's, hats fell out of fashion but came back in during the 80's with Princess Diana. After a quiet period, they are making a strong re-entry today in a multitude of styles that suit all activities and looks.

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

Canyonland Quilts New Shop

Canyonland Quilts is a new quilt shop located in the Moab Business Park a few miles south of town. Chyrrel Meyer is the owner of this fun quilt shop. She moved here about 10 years ago with her Heating and Air Conditioning business Advanced Air. The opportunity came up in May 2018 to open up a small quilt shop and become a Handi Quilter Certified Retailer. We opened up shop in late June and have been growing every since. Chyrrel is certified to install repair and maintain the Handi Quilter long arm quilting machines and the Stitch Sewing machines.

Chyrrel has been a sewing and quilting enthusiast since youth. “My grandfather was an inspiration to me as he quilted until he was 97 years old and donated over 1000 quilts to hospitals, he also quilted over 100 eagle quilts and gave them to the young men that earned their eagle scout award. My fondest memories are when we were gathered around the campfire and each of those can be manipulated in dozens of different ways. The shop is set up to take a test drive on the long arm machines and classes are offered if you are interested in renting the machine to finish your own quilt. There is something to be said about being able to take your fabric from start to finish and produce your own one a kind Quilt. Canyonland Quilts offers custom quilting if you want to bring your quilt in and have it done for you. You take care of the top, we can bring it to the finish with the backing the batting and the binding. The shop has Riley Blake Design fabric and notions, along with a full inventory of Handi Quilter Quilting supplies. Order from our website, we ship daily. The website shows the classes, and products. We will be having a Handi Quilter National Educator coming to Moab in the March 2019 for a 2 Day Demo/Training event. Get certified to rent the Longarm machine at our Wednesday evening training class. Our hours are 4-9pm Monday-Friday and Saturday 9-5. It’s always best to call to schedule an appointment, since heating and air conditioning is my job and Canyonland Quilts is my passion. Give us a call 435-668-7454, stop by and see us at 11850 S Highway 191 #C9, Moab, Utah or visit our web site at www.canyonlandquilts.com

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

Black Friday
10% OFF Longarms, Sewing Machines
20% OFF Fabrics & Notions
Not good with any other offer
Expires 11/30/18
10th North Main
435-259-6007
Open
Mon-Sat 9am-5pm
Closed Sunday

Look your best with quality outdoor gear, clothing, footware and accessories from Canyon Voyages Adventure Co. We have what you need for your Moab adventure. Featured brands include Patagonia, Columbia Sportswear, Royal Robbins, Aventura, Camelbak, NRS, Smartwool, Keen, Chaco, Salomon and many more.

Canyonlands Quilts
11850 S. Hwy 191
Moab Business Park #C-9
Only 10 minutes South of Downtown
435-668-7454
Open Tuesday - Saturday 4pm - 9pm
Authorized & Trained Handi Quilter Retailer
This is your shop to rent or purchase Handi Quilter longarm quilting and sewing machines. Take a test drive and see firsthand why quilters love our longarms. Checkout the website for workshops and fabrics. We will also sell kits, panels, and Moab-themed fabrics.

Canyonlands Copy Center
375 So. Main Street in front of City Market.
435-259-8432 • Fax 435-259-2418
Color copies, high volume copying, large selection of paper and card stock available, e-mail, fax, large format printing. No job too big or too small. Great selection of greeting cards by local photographers & artists, along with a “Made in Moab” gift section.

Castle Creek Winery
Mile 14, Hwy 128
435-259-3332
Open Daily
Wine Sales 10am - 7pm
Wine Tasting 11am - 7pm
Castle Creek Winery offers wine tasting and sales seven days a week in our new tasting room. Our gift shop has everything from gourmet cheeses and snacks to t-shirts, hats and wine trinkets. Stop by and sample some of our award winning wines and enjoy the breathtaking views surrounding our vineyards. We are located 14 miles upriver from Moab on Scenic Highway 128.

Royce’s Electronics
435.259.6630
611 South Main Street
Open Monday - Saturday 9AM - 6PM
CB Radios & Parts
Sirius XM
Cellular Accessories/Bluetooth
Phone Chargers & Auxiliary Cords
Batteries
Memory Cards

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

YOURS AD COULD BE HERE! CALL 259-8431 FOR DETAILS.

10th Moab Happenings www.moabhappenings.com
MOAB MAILING CENTER
375 S. Main (in front of City Market)
435-259-8431
Moab Mailing Center is an authorized shipping outlet for UPS and FedEx. Next day service to anywhere in the US from Moab (UPS and FedEx). Mailbox rentals - private & secure with mail forwarding service available. Shipping supplies, boxes, packaging materials, bubble wrap, & tape. 24 HOUR DROP BOX FOR FEDEX AND UPS ENVELOPES. Stop by and let us help you out! Open Mon-Fri 8 am to 6pm, Sat 9am to 5pm

Rave ‘N Image
59 South Main, #5
LOCATED IN McStiffs Plaza
259-4966
Don’t miss our Thanksgiving Sale 11/23 - 11/25
The Rave’N Image Boutique carries a wide variety of STYLISH CLOTHING, GORGEOUS JEWELRY, FASHION ACCESSORIES, BATH/BODY PRODUCTS & UNIQUE GIFTS (including, many wonderful things Made in Moab). With a focus on FAIR TRADE items & Socially-Conscious companies that give back, we combine Style with Care. We have something for everyone (even a fun USED Section)! Come by the Eddie McStiffs Plaza (59 S. Main St. #5) to see what people are “RAVEN” about!!

Tech Zen
59 S. Main St. Suite #7
Located in McStiffs Plaza
Open from 10AM – 7PM closed Tuesdays.
435-260-8285
Tech Zen is now open to assist with all of your mobile device and computer needs! Our 600 sq/ft shop is ready to repair your broken iPhone or Samsung Device with a full inventory of replacement parts and accessories. Screen protectors and rugged cases are in stock from many premium brands like Otterbox and Lifeproof.

Walker Drug
290 South Main • 259-5959
Mon -Sat open at 7:30am      Sunday open at 8:30am
Walker Drug is not an ordinary pharmacy. With 23,000 sq. ft. of merchandise overflowing from the shelves, Walker Drug is more like a general store with personality. Bikers, runners, jeepers, campers, river rafters, photographers, young & old alike, will find an endless variety of merchandise. From bathing suits, hats, fishing tackle, knives, toys, housewares, shoes, spaghetti sauce to socks & underwear, Walker Drug has something for everyone.

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Open Daily 10am - 7pm
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Moab Area Lodging Guide

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Southeast Utah Map

Credit: Utah Campgrounds
Canyonlands-Utah.com
Dino Star, Moab Resident

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

Utahraptor was first described and named in 1993 by Dr. James Kirkland, now the Utah State Paleontologist with the Utah Geological Survey. At that time, Utahraptor was the seventeenth new dinosaur to be discovered in Utah. Now, 25 years later, a total of 121 have been discovered here and new discoveries continue.

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

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

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

The historic Dalton Wells Quarry (DWQ) just west of Arches NP has been making news for decades. This was the first quarry located within the Cedar Mountain Formation, from about 122 Mya, DWQ was excavated for 35 years by a team from BYU beginning in 1977, producing more than 5,500 bones of 10 dinosaur species known only in Utah including Utahraptor and the armored ankylosaur Gastonia burgei and the recently-named sauropod Moabosaurus. The Museum of Moab has a full skeleton of a juvenile ankylosaur, already as large as an adult grizzly bear, which will be on display when the museum re-opens next spring after renovations.

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

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

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

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

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

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

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

Rhiana Medina, Moab Valley Multicultural Center’s Executive Director, will talk to businesses about how business owners and managers can gain cultural awareness for our increasingly diverse local workforce and how this awareness can lead to more productive interactions with employees and a more successful workforce. Government trends across the country, state, and local area, how these partnerships could benefit their business, and other opportunities for state business grants.

In addition to the programed presentations, attendees will be provided ample opportunities for networking, allowing business leaders to build connections within and across industries. Service providers, including DWS and the Small Business Development Center, will also be present to answer questions and inform businesses on how their services can be used.

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

Utah State University Extension Offers Education To Prepare For Retirement

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

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

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

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

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

Utah State University

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

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

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

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

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

by Stephanie Hamborsky and Rosemarie Russo

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

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

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

Cancer – Distant shores are beckoning. Now could be the time to start planning a getaway you have always dreamed of. Enjoy this exciting trip. It may be best if you plan some quiet evenings at home with family this month to catch up with your family. This will be invaluable time spent with one another. Your attention is focused in your direction. Just weigh through all the options first. You'll be in a good frame of mind. There’s a lot of work to do at home, but right now you may not be in the right frame of mind to start. Wait to start until you’re ready.

Leo – Romance may not be in the stars this month for you as you are too distracted by work. Make some time to come up for air and then focus on relationships. You have never been one to inducing in gossip. Take the high road and stay silent so you can continue to pride yourself on staying above the fray. You have to pull back and recuperate if you have been running around to do this month and wonder how you are going to meet all of your obligations. Delegation can help with that.

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

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

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

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

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

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

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

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

By Kaye Davies
co-owner of Moab BARKery

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

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

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

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

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

CBD reduces and relieves pain. The cannabinoids in CBD work so well for pain that scientists are considering CBD for treating pain and epilepsy, resulting in a reduction of the frequency of seizures.

CBD has shown to work well in drug-resistant seizures, they can also be extremely harmful to your dog’s health. Most dogs suffer from seizures. Most dogs that up to 5% of dogs suffer from seizures. Most dogs that are a major cause of autoimmune diseases. It also inhibits the production of inflammatory macrophages and decreases chronic inflammation. CBD is also a powerful antioxidant that’s shown to be more powerful than vitamins C and E.

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

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

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

CBD oil for dogs is legal and safe. With so many studies showing the health benefits of CBD, the most encouraging result is that CBD appears to be safe, even when taking high doses and over extended periods of time. It can decrease the activity of liver enzymes used to metabolize many prescription drugs, so if your dog is on medication, you might want to check with your vet before using CBD. Most CBD oil for dogs and other animals is derived from hemp oil, so it contains no or very little traces of THC. Because of this, all 50 states have approved the use of hemp-based CBD for human and animal products. The bottom line is, CBD oil could be a healthy or even life-saving herb for your dog. More and more pet owners and holistic vets are drawn to its diverse and marked health benefits and they feel good knowing the side effects are mild and animals appear not to build up a tolerance.

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

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

At the Moab BARKery we carry CBD products from Healthy Hemp Pet Company; it was the first naturally extracted hemp oil on the market, which is completely free of chlorophyll and carbonic acid. They source their hemp oil from the first certified USDA organic hemp greenhouse in the state of Colorado. They are a small batch production and their products contain 0.08-0.1% THC. We carry their line of 400MG PCR (phyto-cannabinoid rich) tinctures in coconut and salmon oil, 200MG PCR sprays and 600MG PCR Immune tincture with Turkey Tail Mushroom.

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

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Fri/Sat. Nov. 30-Dec 1 MARC Holiday Art & Craft Fair
Moab Arts & Recreation Center, Friday 4-8PM, Saturday 10AM-5PM

Fri/Sat. Nov. 30-Dec 1 Holiday Craft Fair
Moab Valley Inn, Friday 9AM-8PM, Saturday 9AM to 6PM.

Saturday, December 1 Electric Light Parade
Parade begins at dark on Main Street, 6:00PM
Hot cocoa & cookies will be served before and after the parade in The Cocoa Shack located in the parking lot of Canyonlands Trading Post, hosted by Moab Regional Hospital.

Saturday, December 1 Winter Sun 10K
36th Annual Winter Sun 10K begins at the Moab Golf Course and ends at Grand County High School track.
For more information contact madmoosevents.com/winter-sun-10k

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