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MOAB HAPPENINGS

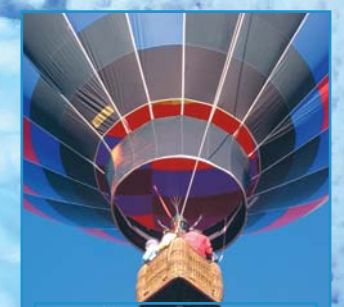
JANUARY 2010

Volume 21 Number 10

FREE COPY



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Bluff International Balloon Festival
 January 15 - 17

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MOAB HAPPENINGS

MOAB HAPPENINGS®

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

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Christopher Layer returns to Moab for 6th Annual Robert Burns Tribute Concert

Come January, the silent winter streets of Moab will once again be filled with the sound of flutes and bagpipes as Christopher Layer returns as the Moab Music Festival's Artist-in-Residence from January 13-January 24.

The highlight of his residency, the 6th Annual Robert Burns' Tribute Concert, will take place on January 23 at 6 p.m., at the Grand Center and will feature singer Marta

Haggis" featuring the Scottish spiced paté. After Burns' poem of that name is read, the steaming haggis is paraded before the audience on a silver tray preceded by a sword bearer as Layer follows playing the Highland pipes. After circling the Great Hall, the haggis is pierced by the sword, sliced and served to everyone in attendance. "For me personally,"



Sandra Wong

Layer said when describing his favorite part of the event, "I love when Ron Regher and Flora Erickson parade the



Haggis Procession
 Burton, fiddler/nyckelharapist Sandra Wong and the Moab Community Dance Band.

First held at Back of Beyond Books in 2003, the Tribute Concert includes a number of Moab residents who help celebrate common themes in Burns' works, including universal unity and the brotherhood of man by serving as guest readers of Burns' inimitable poetry.

The program, modeled on the traditional January Robert Burns Suppers, includes the unique ceremony "Salute to the



Marta Burton and Christopher Layer

Center. Refreshments will be served. Admission is free. Donations will be taken at the door to support the Dance Band and the Festival's Community programs. For more information please contact the Moab Music Festival at 435.259.7003 or visit www.moabmusicfest.org.

KZMU - Moab Community Radio 90.1 & 106.7 FM

P.O. Box 1076 • Moab, Utah 84532 Studio 259-5968 • Office 259-8824 • Fax 259-8763 contact us: www.kzmu.org

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00		KZMU OVERNIGHT						7:00
8:00	Native Spirit	DEMOCRACY NOW						Desert Diva
9:00		MOAB Morning Blend						Shine Time (Children)
10:00	Jah Morning Reggae	Moab Mamas (everything)	Classical Collusion	Tilted Park (acoustic/folk/pop)	Belle Jar/ Rainbow Plumage	Blue Plate Special (blues/rock)	Trailer Park Companion / Wayward Wind	10:00
11:00								11:00
Noon						The Trading Post (call-in Buy/Sell)	Ain't Live Grand? (live recordings)	Noon
1:00	Grass is Greener (Bluegrass)	It's My Party/ Merry Pranksters	radio mmm... (can't define it)	Horizon Line	Random Toonage			1:00
2:00						1-2-3 (funky world soul)	Belagaana Revue (fruit and nuts)	2:00
3:00	Amarillo Hwy (Hillbilly)	Radio Mundial (world music)	Planet Picante (latin)	Odd Bins	Red Rock 'n Blues/ Red Rockn' Reggae		Tween Time (pre-teen fun)	3:00
4:00			WORLD MUSIC			Fire on the Mountain		4:00
5:00		New Dimensions	Peeps Show/ Sound Thing	Gaelic Circle/ Wednesday Drive Time	MOAB Drive Time			5:00
6:00	West of Broadway (musicals/showtunes) (Classical 4th Sunday)	This Week in Moab (Interviews / Calendar)	DEMOCRACY NOW			Free Speech Friday Public Access	Big River / Ranch Exit (twang)	6:00
7:00								7:00
8:00	Kokopelli Coffeehouse (folk)	Big Swing Face (big band jazz) or The Dog Lady (jazz)	Moab City Council/ Atomic Lounge	Thin Edge (jazz)	Rock Garden (rock)	Heaven Lounge Invasive Species	Main Street Cruise	8:00
9:00								9:00
10:00	Mel's Diner (Rainbow Room)	The Sound Lair (Experimental Dance)	MOAB Conscious Party	After Suburban Urge	Hours Teenage Wasteland	Altered State	Radio Free Moab (college rock)	10:00
11:00								11:00
12:00	Seti TranceMissions/ Listening Essentials	KZMU OVERNIGHT			the eleventh hour	Rhythm Quest (techno rhythm)	NewClear Ned (classic rock)	12:00

KEY: Talk Shows Easy Mix - Jazz Blue Grass - Country - Folk
 Eclectic/World Rock - Blues Heavy - Hard

FESTIVAL HAPPENINGS

12TH ANNUAL BLUFF INTERNATIONAL BALLOON FESTIVAL JANUARY 15-17, 2010



Balloon design
by Bluff Elementary
5th grader, Tala Maryboy

Friday, January 15
Sunrise Fly in Bluff
Coyote and Hare Race

5:00 - 8:00pm
Bluff Elementary Navajo
Taco Sale/Performances

Saturday, January 16
Sunrise Fly in Bluff

9:00am - 3:00pm - Arts Fair
4:00 - 6:00pm - Southwest Cuisine Cookoff
5:00 - 6:00pm - Balloon Glow
6:00 - 7:00pm - Awards & Silent Auction

Sunday, January 17
Sunrise Fly in Valley of the Gods

- Arts Fair
- Balloon Glow
- Coyote & Hare Race
- Southwest Cuisine Cookoff

Visit bluffutah.org for
event details & schedule.
Information: Call 435-672-2360 or email
georgianasimpson@yahoo.com

The Business Owners of Bluff bring you this lovely festival. We are grateful to our many generous sponsors including San Juan County Economic Development, Rocky Mountain Power, Hole in the Rock Foundation, Cottonwood Steakhouse, Twin Rocks Trading Post & Cafe, Desert Rose Inn, Gouldings Lodge, Recapture Lodge, Sysco, Amerigas, Four Corners Inn, Pacheco Development, San Juan Inn, San Juan Record and numerous friends of the festival.

MOAB AREA EVENTS CALENDAR



Behind McDonald's 259-4583
Moab, UT

- Go Carts
- Laser Tag
- Arcade
- Mini Golf
- Air Hockey
- Bumper Boats
- Carnival Swing
- Air Slide
- Kiddie Playground

Mon and Thurs 4:30pm - 8:30pm
Fri 4:30pm - 10:00pm
Sat 1:00pm - 10:00pm
Call for Private Party

Seekhaven's 20th Anniversary
"Puttin' On The Ritz"
Saturday, February 27th, 2010
Red Cliffs Lodge

A Special Evening for a Special Cause!

Social Hour at 5:30 pm
Dinner at 7:00 pm
Silent Auction
\$40.00 per person in advance
\$45 at the door.
Call 259-2229 for information



Fallen Arches Square Dance Club

Thursday Nights 7:30 - 9:30 p.m.
The Grand Center
182 N. 500 West, Moab, Utah

All Square Dancers & Visitors Welcome

Please call to verify dance and for lesson information:
Bob or Flora 435-259-2724
Tom or Sandy 435-719-4169

Old Spanish Trail Arena

Have your event at the Arena!
Class Reunion, Family Reunion, Reception, Meetings, Group Activities

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Moab's TV Tour Guide

Where to:

- Raft
- Eat
- Bike
- Stay
- Hike
- Shop
- Eco-Education
- Historical Info

Watch Channel 21 in your Motel room, RV Park or Condo

Volunteer for your favorite special event

January 2010

- 1 **NEW YEAR'S DAY**
 - 5 Little Devil Wrestling signups, 5-7pm, GCHS
 - 7 Registration for Winter Art Classes at the MARC, 7 pm
 - 7 Want to Learn to use a Sewing Machine? 7-9 pm
It's Sew Moab. Your machine or ours. 259-0739
 - 10 WabiSabi's Community Sunday Brunch, 10 am to 1pm
Celebrate community with your friends and neighbors while enjoying a delicious Sunday brunch. Held at the Youth Garden Project, next to Grand Co. High School, 530 S. 400 E. Everyone is invited. No reservations are necessary. This will be WabiSabi's 4th year hosting these FREE brunches. For more info, call 259-3313. See article on page 23.
 - 13 Second Wednesday Book Club at the Library, 6 pm
The Story of Edgar Sawtelle by David Wroblewski is January's book selection. All are welcome - meet in the Library's Board Room. Copies are available for checkout at the Library, 257 E Center St. 259-1111
 - 14 Male Dance Review from Las Vegas, Frankie D's
 - 14 Want to Learn to use a Sewing Machine? 7-9 pm
It's Sew Moab. Your machine or ours. 259-0739
 - 15-17 Bluff International Balloon Festival , (see info on page 3)
12th annual event includes Arts Fair, Balloon Glow, Coyote & Hare Race, Southwest Cuisine Cookoff. www.bluffutah.org for event details & schedule.
 - 17 WabiSabi's Community Sunday Brunch, 10 am to 1pm
Celebrate community with your friends and neighbors while enjoying a delicious Sunday brunch. Held at the Youth Garden Project, next to Grand Co. High School, 530 S. 400 E. Everyone is invited. No reservations are necessary. This will be WabiSabi's 4th year hosting these FREE brunches. For more info, call 259-3313.
 - 18 **MARTIN LUTHER KING JR. DAY**
 - 20 Dan O'Laurie Museum Annual Membership Dinner
Christopher Layer guest speaker illuminates history of music in our community and America. Social hour at 5:30 pm Dinner at 6:30pm. Annual Meeting at 7:30 pm. see article on page 23.
 - 21 Thursday Night Movie Night at the Library, 7:00 pm
Film - "District 9" produced by Peter Jackson. This event is FREE. Everyone is invited. Children under 18 must be accompanied by a parent or guardian. For more info visit the Grand County Public Library at 257 E. Center Street or call 435-259-1111.
 - 21 Moab Point & Pebbles Club meeting, 7pm, Grand Center
 - 21 Want to Learn to use a Sewing Machine? 7-9 pm
It's Sew Moab. Your machine or ours. 259-0739
 - 22 "Paws for the Cause", 6-8:30 pm, Jeffrey's Steakhouse
Ladies evening out. Wine tasting and hors d'oeuvres. Wine featured by Castle Creek Winery. Tickets will be \$60.00 per person. Reservations are limited! Call Sherry at 435-220-0847. Benefit for the Humane Society of Moab Valley.
 - 23 Moab's 2nd Annual Redrock & Ice Winter Ball
Presented by Red Rock Forests; come to our Climate Change Winter Ball! Dress up in your Copenhagen formal attire and bring the climate talks home with a night of live music, dancing, and celebration of this special crossroads we are at with global and local conservation. Proceeds will help fund RRF's legal efforts to protect Moab's watershed. 8pm until midnight. Eddie McStiff's. \$10 at the door. 259-5640 or www.redrockforests.org for more info.
 - 23 6th Annual Robert Burns Tribute Concert, Grand Center
Marta Burton, Sandra Wong, and Christopher Layer (Moab Music Festival Artist in Residence), return to Moab to perform. Admission is free. Concert begins at 6 pm. see article on page 2.
 - 24 WabiSabi's Community Sunday Brunch, 10 am to 1pm
Celebrate community with your friends and neighbors while enjoying a delicious Sunday brunch. Held at the Youth Garden Project, next to Grand Co. High School, 530 S. 400 E. Everyone is invited. No reservations are necessary. This will be WabiSabi's 4th year hosting these FREE brunches. For more info, call 259-3313.
 - 29-31 Avalanche Class, Level 1 AIARE
Call 259-7155 to sign up or for more details.
 - 31 WabiSabi's Community Sunday Brunch, 10 am to 1pm
Celebrate community with your friends and neighbors while enjoying a delicious Sunday brunch. Held at the Youth Garden Project, next to Grand Co. High School, 530 S. 400 E. Everyone is invited. No reservations are necessary. This will be WabiSabi's 4th year hosting these FREE brunches. For more info, call 259-3313.
- ### February 2010
- 7 WabiSabi's Community Sunday Brunch, 10 am to 1pm
 - 12-14 Moab Western Stars Cowboy Poetry Gathering
friday night ... cowboy campfire concert at MARC
saturday..Dave Stamey Concert, Saturday Night Community Cowboy Dance, Dutch Oven Lunch, Matinee Concert
sunday...Suzy Bogguss Concert
 - 14 **VALENTINE'S DAY**
 - 14 WabiSabi's Community Sunday Brunch, 10 am to 1pm
 - 15 **PRESIDENT'S DAY**
 - 20 WabiSabi Mardi Gras Fashion Bazaar
 - 27 Puttin' On The Ritz, Fundraiser for Seekhaven

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6TH ANNUAL
ROBERT BURNS TRIBUTE CONCERT
JANUARY 23 AT 6 P.M.
AT THE GRAND CENTER





Featuring
flutes/bagpipes of CHRISTOPHER LAYER
singer MARTA BURTON
fiddler/nyckelharapist SANDRA WONG
The MOAB COMMUNITY DANCE BAND
see article on page 2

Western Stars
Cowboy Poetry Gathering

February
12th to 14th
2010

Put a little yippe-ki-yay
in your winter weekend...

www.moabwesternstars.com



Grand County Library
257 E. Center St.
435-259-1111

TUESDAYS at 10:30 am
...Movie Time for Tots...0-5 years old

WEDNESDAYS at 10:30 am
...Toddler Time...

SATURDAYS at 10:30 am
...Storytime for children of all ages...

Your Ad could be
on this page.
call 435-259-8431 for rates.

DEADLINE for February Events Calendar: JANUARY 20, 2010

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
e-mail: info@moabhappenings.com

MORE MOAB AREA EVENTS

2010 Events

January 15-17	Bluff Balloon Festival
February 12-14	Western Stars Cowboy Poetry Gathering
February 20	WabiSabi Mardi Gras Fashion Bizzare
February 27	Puttin' On the Ritz
March 12-16	Skinny Tire Festival
March 15	Banff Mountain Film Festival
March 20	Canyonlands Half Marathon
March 27 - April 4	Easter Jeep Safari
April 21-24	4th Annual UTV Rally
April 23-25	April Action Car Show
April 29-May 2	Moab Photography Symposium
April 29- May 2	Moab Spring Quarter Horse Show
May 1-2	Gran Fondo Bike Ride
May 12-15	Rally on the Rocks UTV event
May 29-30	18th Annual Moab Arts Festival
June 3-6	Canyonlands PRCA Rodeo
June 6	Moonshadows in Moab
June 6	Free fishing day for everyone in Utah
July 4	Independence Day Celebration
September 2-13	Moab Music Festival
September 17-19	Moab Century Tour
October 9-10	24 Hours of Moab
October 17	The Other Half Marathon
October 30	Annual Pumpkin Chuckin' Festival
October TBA	Annual Chile Ho-Down Bike Festival
October TBA	Gem & Mineral Show
November 5-7	Moab Folk Festival

Flying 4 Futures

Great Lakes Airlines is Hittin' the Skies for School Supplies!

Great Lakes Aviation, Ltd. is helping to refuel school supplies during the month of January with their "Flying 4 Futures" campaign to benefit the Grand County School District.

Did you know

- 13 million U.S. children live below the poverty line?
- Most teachers spend between \$500 and \$1000 per year to purchase supplies for their students and classrooms?

This is why Great Lakes Airlines and the Grand County School District are asking for your help.

Through the month of January, 2010, bring a school supply item to the Great Lakes counter and you will be eligible to win one of 4 round trip tickets between Moab and Denver. Donate as much as you like, however only one entry per person / per week is permitted. Donations will be accepted Monday through Friday from 8 a.m. - 4 p.m. at the Canyonlands Field Moab Airport, N. Hwy 191. Weekend hours are limited. Please contact Great Lakes- Regional Sales Manager, Kassi Mohlenkamp at 307-432-7018 with any questions.

Following is a list of items needed: rulers, highlighters, erasers, scissors (children's), crayons, markers, Kleenex, copy paper, backpacks, index cards, colored pencils, black pens, #2 pencils, pocket folders, hand sanitizer, notebooks, white out, glue sticks, loose and leaf lined paper.

Great Lakes is providing scheduled passenger service at 63 airports in sixteen states with a fleet of Embraer EMB-120 Brasilias and Raytheon/Beech 1900D regional airliners. A current route map may be viewed at http://www.flygreatlakes.com/route_map/route_map.htm.

All scheduled flights are operated under the Great Lakes Airlines marketing identity in conjunction with code-share agreements with United Airlines and Frontier Airlines at their Denver, Phoenix, and Billings hubs. Code-share agreement with only United at their Kansas City and Ontario hubs; and only Frontier at their Albuquerque hub. The company also operates hubs in Milwaukee and St. Louis.

Additional information about Great Lakes Airlines is available at www.flygreatlakes.com

Happy New Year from Grand Area Mentoring!

January is National Mentoring Month. A great time to...

be a MENTOR.



"The great end of life is not knowledge, but action."
-Thomas Fuller



"Children have more need of models than of critics."
-Joseph Joubert

Next training: **January 14, 4:00PM**

Call 260-9646 to register.

30 reasons to be a mentor:

1. Learn new skills.
2. Share your interests.
3. Meet great people.
4. Foster community spirit.
5. Pass on your knowledge.
6. Mentoring is fun.
7. Believe in the future.
8. GrandAM prepares you.
9. Understand our schools.
10. Encourage a student.
11. Enhance your resume.
12. Learn about new ideas.
13. Talk with a child.
14. Feel good about yourself.
15. Try new board games.
16. Discover a child within.
17. You are kind.
18. Share your enthusiasm.
19. Mentoring is simple.
20. Play sports.
21. Mentors are regular people.
22. You are ready.
23. Support a student's confidence.
24. You've had mentors too.
25. Pass it on.
26. Do arts and crafts.
27. You are compassionate.
28. Our children are looking for role models.
29. Mentoring is timeless.
30. One hour per week is priceless.

www.grandschools.org/mentor

go to www.moabhappenings.com
for more event information all year

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www.moabredstone.com

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MOAB RUSTIC INN

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WINTER RECREATION HAPPENINGS

Winter in the La Sal Mountains



Avalanche Class
 Level 1 AIARE Avalanche Class
 3 days –
 January 29th-January 31st, 2010
 Call 259-7155 to sign up
 or for more details



When the weather in Moab gets cold, freezing the Colorado River and putting snow and ice on everybody's favorite bike trail or climbing route, there is another alternative available. Find yourself in an inversion? It is time to go and discover the recreation opportunities in the La Sal Mountains.

The La Sals are second only to the Uintas as the highest peaks in the state of Utah. These mountains soar to almost 13,000 feet above sea level and over 8,000 feet above the valley floor. A laccolith process formed the La Sals. With this process, a mass of igneous rock intruded between layers of sedimentary rock, resulting in uplift. You could call them frustrated volcanoes too. Aside from the volcanoes of the Pacific-Northwest, there are no peaks with greater rise in the continental U.S.

Winter recreation in the La Sals includes cross country skiing, skate skiing, snowshoeing, sledding, back-country skiing and snowmobiling. The winter access to the mountains is provided from two routes kept open by the Grand and San Juan County Road Departments.

1. The La Sal Mountain Loop Road is plowed regularly. The Geyser Pass road is kept open to the restrooms and parking area at 9,600'. The Geyser Pass Road and Gold Basin Road beyond the winter trailhead is a popular area for cross country skiing, snowshoeing and snowmobiling. Groomed trails are provided by the Lower Utah Nordic Alliance (LUNA). Volunteers groom trails approximately twice a week, which provide 12 kilometers of a groomed trail-system, open to every winter user group. These roads also provide access to backcountry skiing and snowboarding in the Mt. Tomasaki and Gold Basin areas. There is a sledding hill just below the parking lot. If you are using the sledding hill, please park in the parking lot so other vehicles can get to the parking lot. The road in the winter is narrow enough!

Snowmobiles are not allowed to leave the road in Gold Basin. Please respect this closure of the most popular skiing area in the La Sals - the rest of the entire range is open to you!

2. From near Old La Sal at the south end of the range, the road is plowed regularly two miles short of Dark Canyon Lake, just below Mount Peale. The San Juan Road Department makes a parking lot at about 9,600'.

Winter Huts are available for rent from Tag-A-Long Tours, 259-8946.

These simple cabins are great for folks who want to spend several days in the mountains, but don't want to lose a couple of hours driving back and forth from town every day. The hut operators can snow cat your supplies and camping gear in for you saving you the heavy carry.

Avalanche Hazard in the La Sal Mountains

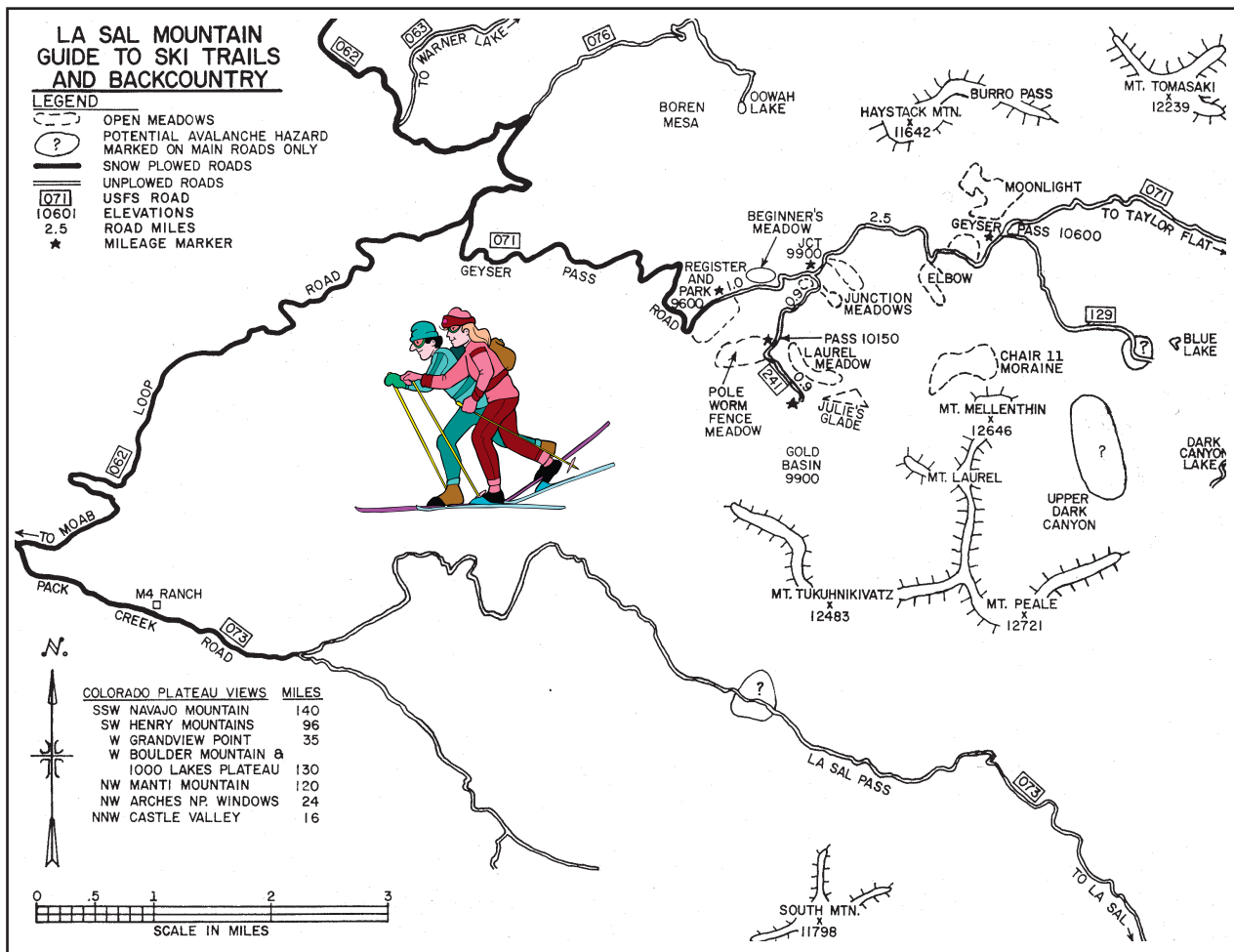
The La Sals are rubbly piles of fractured stone. The angle of repose for this broken stone is 38 degrees, and since snow is also a granular substance, 38 degrees is the bulls-eye slope angle for snow avalanches. Keep in mind though, that avalanches run on terrain from 30 - 45 degrees. Most people caught in avalanches are in terrain that is 30 - 35 degrees of steepness. The La Sal Mountains usually possess one of the weakest snow packs imaginable.

Why do we care? Because 30% of people completely buried by avalanches are killed by trauma and many of those remaining die from suffocation. These are not good odds. It's not good

policy to plan on outrunning an avalanche, even on a fast snowmobile, because avalanches have been clocked at well over 200 mph. Grim statistics showing that snowmobilers are the most likely people to be killed in avalanches also support this.

So what do we do? Fortunately, staying safe doesn't have to mean staying at home! The good news is that most people trigger the slide that catches them, so if we learn a little about snow and adjust our behavior to suit the conditions, we can continue to enjoy our winter playground!

The Manti-La Sal Avalanche Center in Moab exists to help you make the right decisions. The MLSAC Forecasters examine the snow and produce an advisory informing you of where you are most likely to run into problems and just how sensitive the snow is. They also produce a mountain weather forecast, work with the Moab Winter Search and Rescue Team and provide avalanche education to the community in numerous ways. The MLSAC educates the community through the advisories, classes held periodically, radio announcements on the weekends on KZMU, the website and at the Geyser Pass Trailhead information board.



You can access the current advisory by calling **259-SNOW (7669)** or from the Internet at www.avalanche.org

- The website is a great tool for:
- Finding a weather forecast for the Moab area, including radar images
 - A current photo gallery of the La Sal Mountains
 - Advisories for the La Sals and the Abajo Mountains
 - A current course schedule for southeast Utah
- Watch for periodic special events like ski swaps, and avalanche awareness classes. If you need to talk to one of the avalanche forecasters, please call 259-7155 Monday-Friday during normal business hours and be sure to mention you read about it in Moab Happenings.



NATURE HAPPENINGS

A New New Year's Resolution

by Damian Fagan

Winter is a season of movement. Just like people who seek warmer climates, birds do the same. However, not all birds head for the tropics south of the border. Some find the winter cold of southeastern Utah to be just perfect.



rough-legged hawk

Three winter species that come from northern latitudes to winter in the Moab area are the merlin, the rough-legged and the evening grosbeak. The first two are raptors and the grosbeak is a colorful songbird with a very stout beak.

The merlin is one of five falcon species that haunts the Moab Valley. Similar in size to an American kestrel, the merlin is darker than its close relative is. Whereas the kestrel's flight is often buoyant and light, the merlin zips across the sky as if shot from a gun. Merlins are the Harley Davidsons of the avian world.

Like their larger relatives the peregrine falcons, merlins also hunt on the wing. They use speed and surprise to run down (fly down?) birds in flight or to explode upon a flock of birds, seeking one of the slower members. To show their hunting prowess, merlins catch dragonflies in flight during the falcon's migration.

Merlins breed in some of the northern western states and up into the boreal forests of Alaska and Canada. They move south of the breeding grounds in winter and may show up in any western state or southern states from Texas to Florida.

Another bird of prey that winters in the Moab vicinity is the rough-legged hawk. Similar in size and shape to the red-tailed hawk, this buteo or soaring hawk breeds in the northern boreal forests and on the tundra from Alaska to Newfoundland. They prey on small mammals, particularly lemmings, during the breeding season. But in winter, the entire population of hawks moves south to find prey.

Again, this southern migration doesn't mean that all the birds winter in the tropics. They may be observed across many western and northern states, and cause a stir if they wander into any southeastern ones.

The rough-leggeds are birds of open country. In the Moab area that means these birds may be found in the open grasslands of the Cisco Desert or agricultural areas in San Juan County. In these open areas the birds hunt for small or mid-sized mammals. Like

Contrary to these birds of prey is the evening grosbeak, another bird of winter. Named for their large, not ugly or gross, beak, these songbirds migrate in irregular patterns each winter. Some winters they are scarce. Other winters the birds are abundant.

Often found in large, noisy flocks, the grosbeaks may descend to feast at bird feeders or to pry pine seeds from cones. Large white wing patches offset the male's mustard-colored back and eyebrow line. Their occurrence is a winter special.

If you are in need of a New Year's resolution how about this one: I plan to go or start birding more often. Painless and possible. After all, an estimated 50 million people in the United States feed or watch birds for a hobby. And out of the 100 or so species of birds that winter in the Moab area, these three would make a good start to your 2010 bird life list. And that would be one New Year's resolution that would be fun to keep.



evening grosbeak

many other hawks, these birds might be spotted perched on a fence post or telephone pole. These elevated perches provide the hawks with a better vantage point to locate prey.

Named for their feathered legs, rough-leggeds come in different color morphs – light and dark. Immatures and adult females of the light morph sport a light colored head and chest with a dark "vest" across its belly. Although a bit harder to see on the dark birds, both morphs have dark patches on the undersides of the wings. These "carpal patches" are located near the wrist, the last bend in the wing before the tip.



merlin

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SAM GREEN, CORTAZ JOURNAL

MOUNTAIN BIKING

Slickrock Bike Trail

LEGEND

- BIKE TRAIL
- ===== DIRT ROAD
- PAVED ROAD
- NATURAL FEATURE
- [1.2] MILEAGE BETWEEN ★

MOAB
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400 EAST
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SAND FLATS RD.
CEMETARY

START TRAIL
Please Register

Mountain Biking Mecca

The canyon country around the Moab area 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 carved by the forces of the rivers. The harshness of the area provides an unparalleled group of back country trails to ride on.

Moab has become known worldwide as a mountain biking mecca. Varied terrain and spectacular scenery bring riders from all over the world to Moab to try the trails. One of the most famous and popular is the Slickrock Trail. This trail is 12 miles of moderate-to-difficult riding on Navajo sandstone, located a few minutes from Moab.

There are many other trails and old jeep roads in the area which provide a complete variety of mountain biking challenges. Several companies in the area can provide rentals and information.

The major annual bicycle events include:

- **24 HOURS OF MOAB October 9 & 10, 2010** - An endurance team race which is growing in popularity with each year. The four-man teams ride a rugged course approximately 12 miles south of Moab called the Behind the Rocks area. Produced by Granny Gear Productions. A world-class event that draws teams from all over the world. There is a field limit of 450 teams plus solos and the race books up faster every year, so get your team entered early. Don't miss this incredible race!

- **CHILE HO-DOWN October 29, 30, 31, 2010** - Come join Chile Pepper Bike Shop for 3 days of a rockin' good time! Bring your fat tire bike and your dancin' shoes. Group shuttles, a townie tour, bike industry vendors with demos and swag, a big air contest, and a mountain bike race DH style. Oh, and we can't forget the Halloween costume party with lots of rock'n roll. Sound like fun? You bet, so don't miss it!!!

- **SKINNY TIRE FESTIVAL March 12-16, 2010** - Three rides of the Skinny Tire Festival highlight Moab's different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient pueblans petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through this grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit www.SkinnyTireEvents.com.

- **NEW EVENT: GRAN FONDO May 1-2, 2010** - The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the anti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates. That said, as any serious cyclist knows, there is also satisfaction with not only completing an epic ride but with comparing your times with other riders afterward.

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TRAIL HAPPENINGS

NORDIC SKIING IN THE LA SAL MOUNTAINS

By Kirstin Peterson

Winter in Moab offers a wonderful chance to see the red rock country covered with snow however most of the snow in the low desert isn't deep enough to offer good ski conditions. When looking for skiing, consider trying our local groomed Nordic trail system in the La Sal Mountains for your next winter adventure!

LUNA (Lower Utah Nordic Alliance) is a group of dedicated volunteers who work with the Manti-La Sal Forest Service to provide a groomed Nordic track system. Once enough snow has fallen to create a base, LUNA volunteers use snowmobiles to pull grooming equipment. The "groomer" creates a Nordic track wide enough for skate skiing and a set of parallel tracks on the side for classic skiers.

The track starts the Geyser Pass Road winter trailhead at 9600 feet and goes up into even higher elevations and thinner air. There are sections of the track that are suitable for all levels of skiers. Most of the track is "shared use" and there are a variety of winter recreationists enjoying the mountains including snowmobiles, backcountry skiers, snowboarders, snowshoers, sledding parties, and many canine companions. We ask everyone to please be courteous to other users, move right to allow others to safely pass and keep yourself under control in regards to downhill speeds.

The Meadow Loop is the easiest and closest track to the parking lot. Ski just a short distance uphill from the trailhead, follow the track left, then wind through some aspen and into a beautiful open meadow with Haystack Mountain in the background. The terrain is rolling and the .8 mile (1.2 km) loop will soon rejoin the main track. This is fun in either direction and is the perfect place to work on your form, get your lungs used to the high elevation, and possibly be the final destination for beginners.

Gold Basin, a 5 mile (8km) out and back excursion from the trailhead, is an intermediate track. It leaves the main

Geyser Pass Road on the right at the intersection with the Gold Basin Road. This track is rolling and more uphill on the way out. It offers a peaceful ski through pines and aspens with occasional views down toward the red rock desert below.

Backcountry skiers use Gold Basin to access many of the popular runs above the track. The track ends at the point that motorized travel is prohibited.



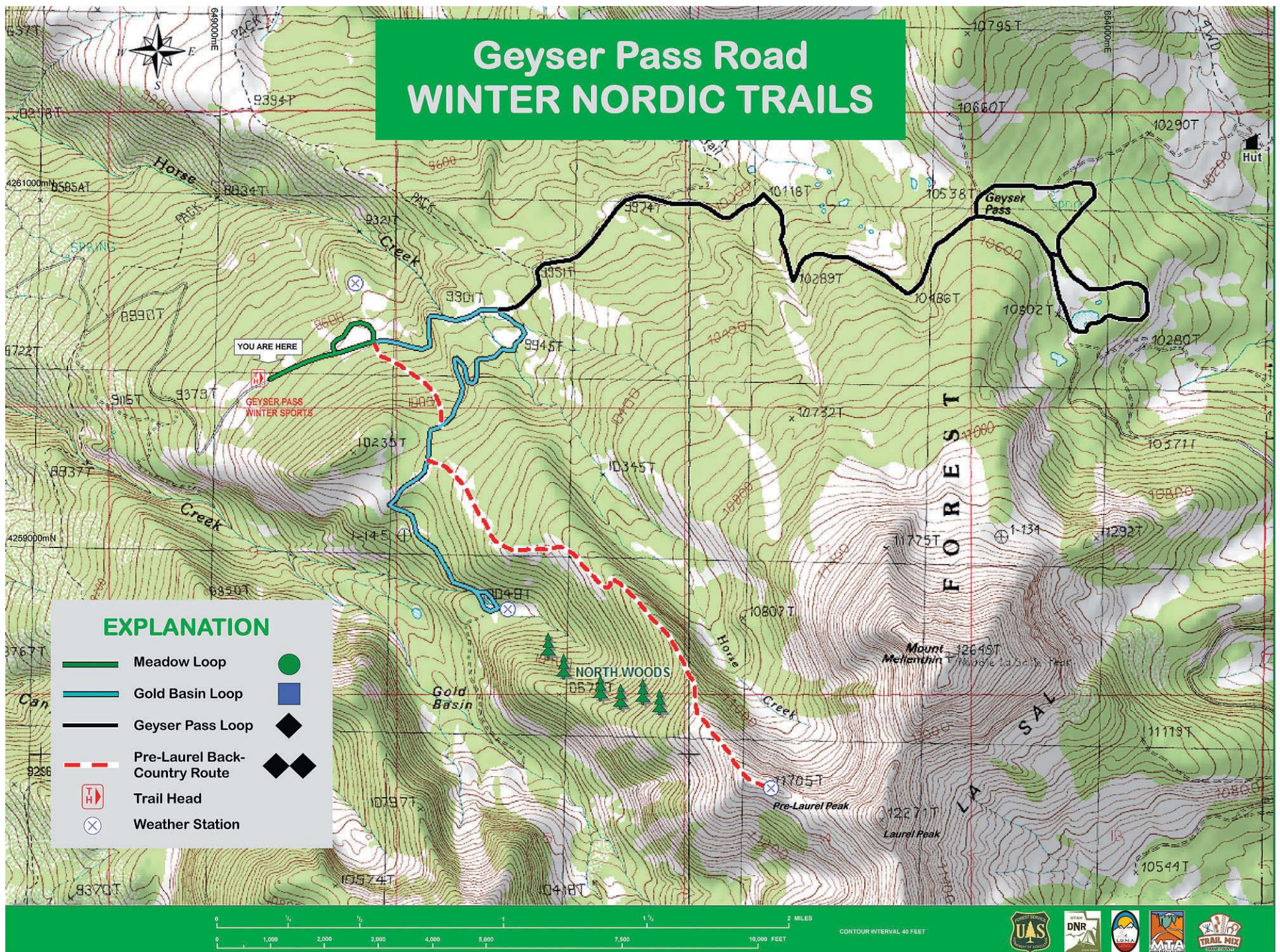
For the ambitious and fit skier, **Geyser Pass and the La Sal Loppet Loop** branch off from the top of the pass and offer a challenging and beautiful Nordic skiing experience. The Lasaloppet, a fun ski event started by McKay Edwards, marked the first true grooming of a big meadow loop. From the Gold Basin intersection, Geyser Pass is approximately 2 miles further and most of it uphill. Geyser Pass tops out at 10,600 ft and the La Sal Loppet Loop begins on the right along the road towards Dark Canyon. After approximately .5 miles look for the track to go left off the main road and wind around through open meadows to a point offering wide ranging views into Colorado and the stunning San Miguel and Wilson mountains near Telluride in the distance. This 1.8 mile (3 km) rolling loop continues through the trees emerging on

the east side of the Geyser Pass Road, and then take a left up a short hill back to return to the pass. Total distance is 8.6 miles (13.2 km) from trailhead. From here is it mostly downhill to return to your vehicle so be sure to have a warmer wind protective layer for the descent.

Directions to trailhead: From Moab head south on Hwy 191 to the La Sal Mountain Loop Rd. Turn left off the Highway and then right onto the Loop Road for about 13 miles to a well marked turn onto Geyser Pass Rd. Drive 3.5 miles to the trailhead. The road is plowed fairly regularly but call 435-259-7155 or check <http://utahavalanchecenter.org/advisory/moab> for current conditions and the latest

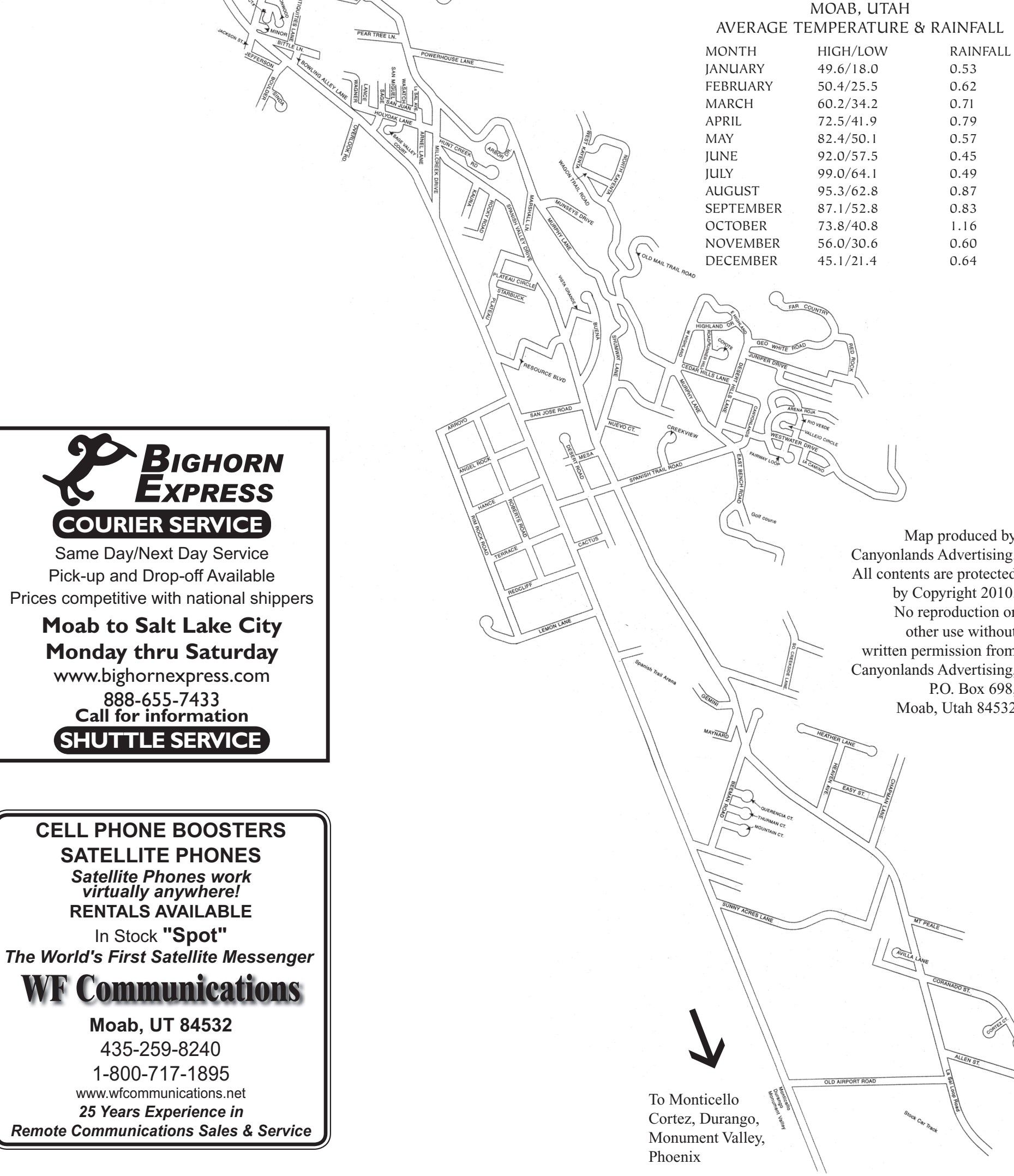
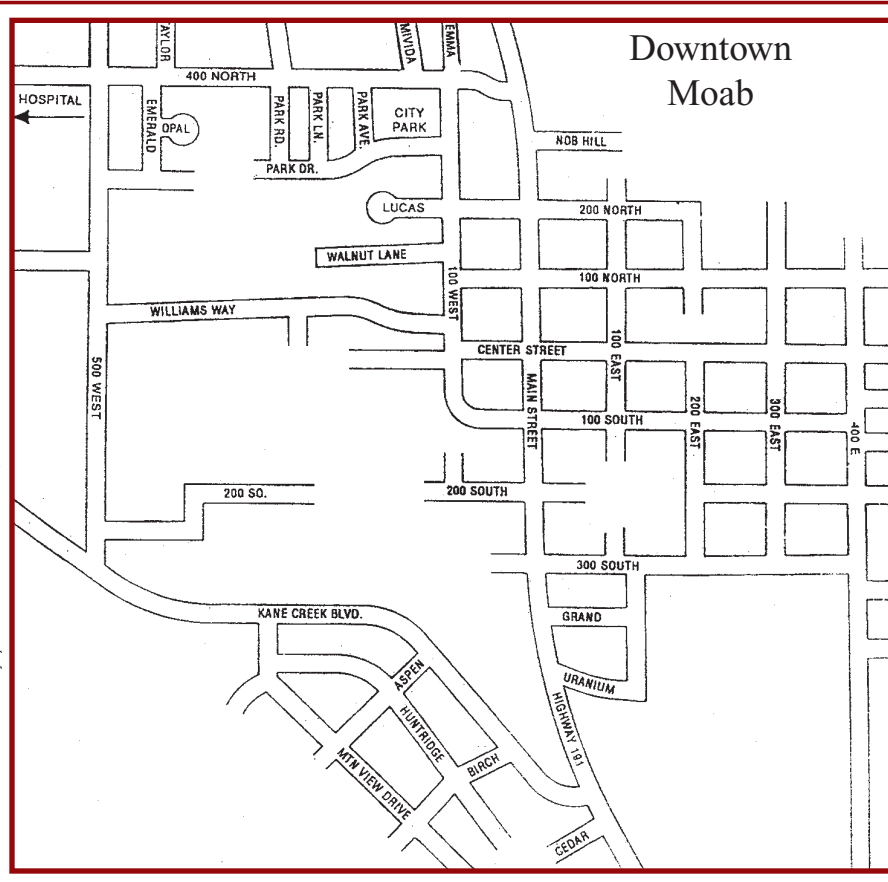
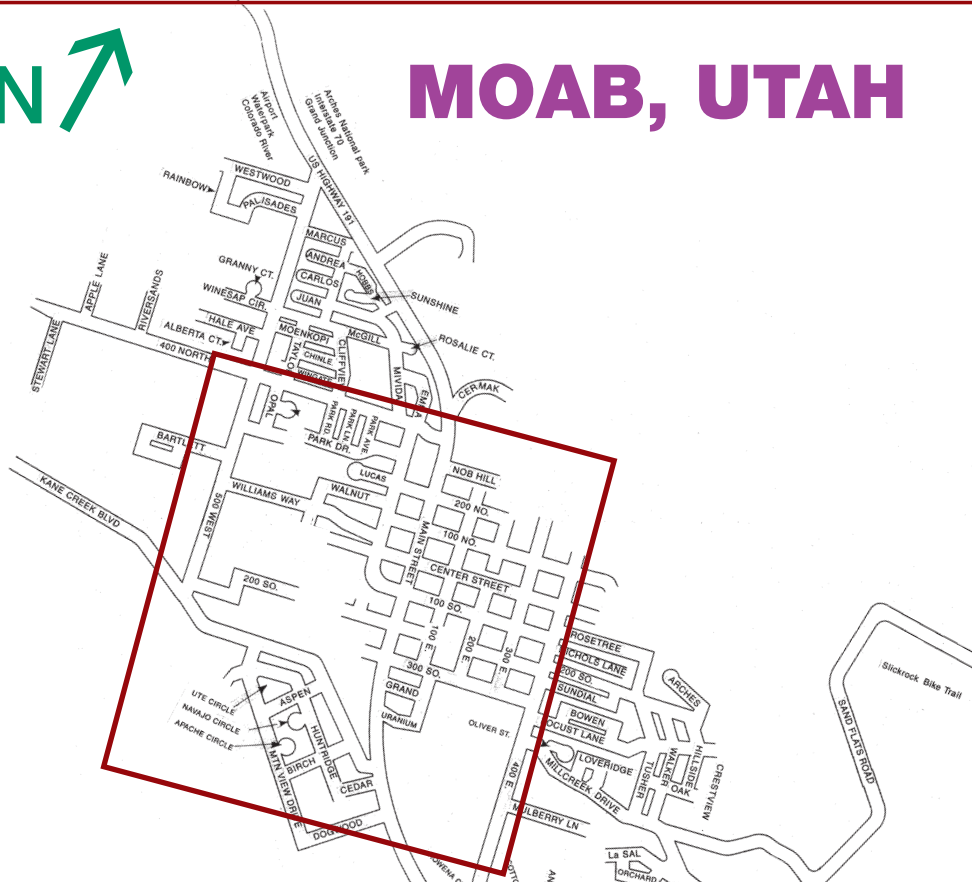
on road clearing. **Snow tires and/or 4wd are recommended.** Be prepared for winter mountain conditions including wind and bring appropriate warm clothing, water, and food. There are no services other than a toilet at the trailhead.

Trail Mix, the Grand County Non Motorized Trails Advisory Committee, includes skiing as part of the "Mix". Kirstin Peterson, the author of this article, is an active member of Trail Mix and Trail Mix is a financial contributor to the ski grooming program. If you are interested in volunteering to be a ski groomer, contact kirstin.m.p@gmail.com. Everyone is welcome to attend Trail Mix meetings held the second Tues. of each month 12-2 at the Grand Center, 500W. 182 N. to join hikers, bikers, skiers, and equestrians in our effort to develop and maintain non motorized trails. Contact Sandy Freethey at sngmoab@preciscom.net for more information.





MOAB, UTAH



MOAB, UTAH
AVERAGE TEMPERATURE & RAINFALL

MONTH	HIGH/LOW	RAINFALL
JANUARY	49.6/18.0	0.53
FEBRUARY	50.4/25.5	0.62
MARCH	60.2/34.2	0.71
APRIL	72.5/41.9	0.79
MAY	82.4/50.1	0.57
JUNE	92.0/57.5	0.45
JULY	99.0/64.1	0.49
AUGUST	95.3/62.8	0.87
SEPTEMBER	87.1/52.8	0.83
OCTOBER	73.8/40.8	1.16
NOVEMBER	56.0/30.6	0.60
DECEMBER	45.1/21.4	0.64

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↓
To Monticello
Cortez, Durango,
Monument Valley,
Phoenix

HIKING HAPPENINGS

Fins and Things – The Big Picture

by Marcy Hafner

From near and far mountain bikers and jeepers flock to the renowned Sand Flats Recreation Area (SFRA). Famous for the Slickrock and Porcupine Rim bike routes and almost 40 miles of jeep trails, this backyard gem is a mere ten-minute drive from downtown Moab. The hiking opportunities, however, especially in the quietude of winter, shouldn't be overlooked. I come here often to enjoy the outstanding, unrestricted big picture - the stunning full circle horizontal panorama of Arches National Park, Behind the Rocks, Porcupine Rim and the La Sal Mountains - a wide screen portrait of striking high alpine peaks against the red rock desert below.

Sand Flats sits on exposed layers of sedimentary rock that include the Navajo and Kayenta Formations. During the Jurassic period, way back 150 million years ago, it's mind-boggling to realize that the Colorado Plateau was situated near the equator in a dry, hot, empty land of shifting sand. Over the eons these prevailing sands petrified into Navajo sandstone, leaving behind the rounded slickrock that is so characteristic of what we see today throughout much of this territory. As the sand dunes drifted with the whims of the wind, they etched into the Navajo Sandstone a series of mystifying diagonal lines called "cross-bedding" leaving behind a signature trademark of their existence.

Bordered by two wilderness study areas - Negro Bill to the north, Mill Creek to the south - this unique playground receives almost 100,000 visitors a year. In response to the recreational overload, the Moab community, Americorps, Grand County and the Bureau of Land Management (BLM) collaborated in 1995 with the intent of preserving this precious resource. This coalition precipitated an unusual partnership between the county and the BLM so they could manage, protect, maintain and rehabilitate the over-used, exhausted land. In order to meet these goals, it became necessary to charge entrance and camping fees. Water is not available here and in the heat of the summer, you need to bring a truckload.

To get to this outstanding recreational area, go south on Main Street and take a left at the Moab Information Center on to Center Street. At the stop sign on 400 East, go right. Then drive five blocks and turn left at Dave's Corner Market on to Mill Creek Drive. At the three-way stop, go straight for the drive up the steep, winding Sand Flats Road to the entrance booth.

The entirety of the Fins and Things jeep trail is 9.4 miles, but since it parallels the Sand Flats Road, you can enter and exit at various intervals for a much shorter hike. I'm particularly fond of an easy-going segment that starts at the highly visible radio tower, which is also a good beacon while on the trail. One mile beyond the pavement a Fins and Things sign directs you on to the tower road, where there is available parking at two pullouts. From the lower spot, you'll have to negotiate walking over the cattle guard.

A rough jeep trail, which steadily switches back and forth from sand to slickrock, drops sharply down from the tower. The route I've chosen is marked by painted white dots that quickly change to white dinosaurs. At the first signed fork, I hang a left to stay on the Fins and Things; a right leads back to the Sand Flats Road. Soon an arrow points toward a detour around a steep slickrock embankment that is blackened with rubber. Sometime after that the trail gradually sweeps in a westerly direction, with a brief, far off glimpse of The Three Gossips in Arches National Park. I don't know why this vision intrigues me so much, but recognizing this well-known landmark from way off yonder is an extraordinary experience. Soon after that sighting, I am on the edge of a cliff with a spiraling look down into Negro Bill Canyon. Eventually the trail

jogs a hard right, and I wander out on a long fin before approaching another sign - exit left for the Sand Flats Road (half-mile away) or go right to continue hoofing along on the rest of the trail.

The many sandstone rock formations trigger my imagination. A flat-topped rock looks like a perfect table all set for a party to show up for lunch. Two rock lizards meet snout to snout in an endless embrace. A gigantic protruding pinnacle thrusts its heavy bulk to the south sky, while a heavily fortified castle guards the northern horizon.



Sand Flats lies within the Pinyon-Juniper Belt, and the green foliage of the scattered pinyon pines and Utah junipers adds a dash of pizzazz to the soft brown landscape. The more subdued vegetation of Mormon tea, scrub oak, saltbush and rabbitbrush spreads out before me as I walk my course.

Time for a break, and on this partly cloudy wintry day, I choose the radiating warmth of a slickrock backrest that offers the best angle to witness in the distance the entire profile of the La Sals, skimpily clad in snow. As I look around at my closer surroundings, I sense that this is the perfect habitat for the Ord's kangaroo rat. It has sandy soil for its burrows and blackbrush, which produces seeds that are a staple food of this rodent's diet.

Blackbrush, a spindly, lackluster shrub, received its name from the dark gray color of the bark, which blackens with age. On a wet day it appears even darker, creating a somber melancholic atmosphere. Don't be fooled by its diminutive height. This hardy slow growing plant can live well over 100 years. Getting a start on life, however, is a finicky business because the seed producing yellow flowers only bloom when spring rains are unusually early and prolific.

The kangaroo rat population swings wildly in accordance with that food supply. These animals, whose life span is brief, like that of other rodents, maintain their numbers with a high rate of reproduction. Solitary and strongly territorial, they communicate by drumming with their hind feet.

These seed gatherers transport their load in two cheek pouches to their burrows for later consumption. Their ability to extract moisture from their diet of dry seeds enables them to survive without drinking water, a distinct advantage in the parched desert.



Sightings of these nocturnal beasts during the day are rare but I've been very lucky on several occasions to actually observe these adorable creatures in broad daylight as they hopped like kangaroos on their strong hind legs. A long tail ending

in a blackish brush completes the look-alike kangaroo costume. Even though they are seldom seen, it is reassuring to know that they are probably sleeping underground in their cozy burrows.

By mid-afternoon the sun plays peek-a-boo with ever-thickening clouds. After awhile it disappears completely - a chilly signal clearly suggesting that the warmth of the day has departed and it is time to move along.

Overly crowded in the spring, Sand Flats is also wildly popular in the fall. It loses its appeal in the summer, though, when temperatures rise above the century mark, and hiking there becomes a recipe for a blazing workout in a land of minimal shade. The best strategy then is to go super early in the morning or during the cooling hours of dusk. For my money it is best in the winter when that short drive from the heart of Moab quickly transports me to an empty, easily accessible trail that features a dramatic big picture perspective that extends for miles and miles in all directions.

Wes Studi - Film and Television Actor

Native Oklahoman, Vietnam veteran, sculptor, musician, author, activist. Each of those describes the legendary actor Wes Studi. Within a few years of his arrival in Hollywood, Studi caught the attention of the public in "Dances with Wolves". In 1992, his powerful performance as Magua in "Last of the Mohicans" established him as one of the most compelling actors in the business.



Wes Studi - Art by John Hagner

Studi has since appeared in more than 50 film and television productions, including "Geronimo: An American Legend". The Hollywood Stuntmen's Hall of Fame which was located in Moab, Utah from 1989 until 1996, had the pleasure of honoring Wes Studi and 3 other actors and stunt people who worked in the "Geronimo" film. Wes was also seen in "Comanche Moon", "Streets of Laredo", "Mystery Men", "The New World", "Bury My Heart At Wounded Knee" and "Seraphim Falls". He recently starred as Tony Hillerman's Lieutenant Joe Leaphorn in a series of PBS specials produced by Robert Redford, "Skinwalkers", "A Thief of Time" and "Coyote Waits". His upcoming films include "Avatar" directed by James Cameron, and "The Only Good Indian", directed by Kevin Willmott.

Wes was born in Norfire Hollow, Oklahoma. He exclusively spoke his native Cherokee language until beginning school at the age of five. He is a professional horse trainer who began acting at The American Indian Theatre Company in Tulsa.

Studi and his wife Maura Dhu live in Santa Fe, New Mexico, and perform in the bank Firecat of Discord. They have a son, Kholan. Studi has a daughter, Leah, and a son, Daniel from a previous marriage.

John Hagner, better known as 'The Artist of the Stars' has drawn portraits of more than 500 famous celebrities over his seventy years as a professional artist and resides in Moab, Utah with his wife Dorothy.

John has been a member in good standing in the Screen Actors Guild since 1960 and he has been a stunt/actor all that time for some of the major stars of motion pictures and television, including Gregory Peck, Walter Pidgeon, Gardner McKay and is currently scheduled to work in the upcoming film, "Poor Things", starring Shirley Maclaine and Olympia Dukakas.

John Hagner is Founder, Curator and CEO of the Hollywood Stuntmen's Hall of Fame and Museum, which was organized in 1973 in California. It was open to the public in Moab, Utah in 1989 and remained open for nearly eight years. Anyone interested in learning more about the Hall of Fame, click on www.stuntmen.org and to learn more about John Hagner, check him out on Google. To email him, his address is: johnhagner@yahoo.com. Hall of Fame's email address is: stuntmenshalloffame@gmail.com. Phone and FAX: 435 259-7027 or Cell: 435 260-2160.

PARK HAPPENINGS

Winter at Dead Horse Point State Park



Dead Horse Point State Park became a Utah State Park on December 18, 1959 and it's easy to see why this area of land was set aside as a "jewel" of state parks. The park sits on top of a high desert plateau with stunning views of Canyonlands National Park and the surrounding area, with the Colorado River 2,000 feet below. The park gets its name from an old legend that says cowboys used to corral wild horses, called mustangs, on the Point. They chose the horses they wanted to sell, leaving the rest of the horses on the waterless Point where they died of thirst.

There are about 6 miles of hiking trails at Dead Horse Point, nine miles of mountain bike trails (The Intrepid Trail System), a campground with 21 sites with electricity and is open year-round, and a visitor center with a museum and nature trail. Spring, summer and fall the park offers interpretive programs including junior ranger programs, guided walks and evening programs.

There is a new art gallery inside the visitor center. Dave Manley's photography is currently showing at the park. The opening is January 1 and the show will be here

through spring. Local artists are encouraged to contact the park if they're interested in showing their work in our art gallery. Call (435) 259-2614 and ask for Megan.

Winter is an especially beautiful time to visit the park. There are no crowds and the snow on the red rocks is amazing. Local photographers visit the park after a snowstorm for the perfect sunrise shot.

Dead Horse Point State Park is located nine miles northwest of Moab on US 191 and then 23 miles southwest on Utah 313 to the end of the highway.

The Park hours are 6 a.m. to 10 p.m.

Visitor Center Hours:
 Summer - 8 a.m. to 6 p.m.
 Winter - 8 a.m. to 5 p.m.

MILEAGES TO MOAB

Distances used on this chart are based on main numbered routes from point to point. Shorter distances may be available using different routes.

MILEAGE CHART

	Albuquerque, N.M.	Arches	Blanding, Utah	Bluff, Utah	Bryce Canyon N.P.	Canyonlands N.P.	Canyonlands Needles	Canyon Rims	Capitol Reef N.P.	Cortez, Colorado	Dead Horse Point	Denver, Colorado	Durango, Colorado	Goosenecks	Grand Canyon N. Rim	Grand Canyon S. Rim	Grand Junction, CO	Green River, Utah	Hovenweep	Lake Powell Halls Csg.	Lake Powell Hite	Las Vegas, Nevada	Los Angeles, CA	Mesa Verde N.P.	Mexican Hat, Utah	Moab, Utah	Monticello, Utah	Monument Valley	Natural Bridges	Newspaper Rock	Page, Arizona	Phoenix, Arizona	Price, Utah	Salt Lake City, Utah	Zion National Park
Albuquerque, New Mexico		367	329	355	608	398	359	353	487	249	396	444	218	389	535	407	430	415	291	419	416	587	805	278	382	362	307	324	376	335	456	449	548	730	575
Arches National Park	367		81	107	361	31	62	80	244	119	29	356	165	142	499	325	110	49	116	171	168	447	722	149	134	5	60	159	129	58	285	480	110	230	404
Blanding, Utah	329	81		26	279	113	58	74	158	83	111	446	130	56	322	242	196	130	45	90	87	358	630	99	52	74	22	77	47	47	199	393	192	321	322
Bluff, Utah	355	107	26		301	139	84	100	180	82	137	477	152	30	296	220	222	152	35	110	107	332	604	125	26	103	48	51	65	74	173	367	214	343	296
Bryce Canyon National Park	608	361	279	301		310	347	353	100	361	418	553	406	331	219	159	308	221	320	282	192	205	477	390	323	356	301	277	232	327	151	378	280	324	86
Canyonlands National Park	398	31	113	139	310		109	86	275	151	2	377	196	169	435	359	142	80	158	203	200	478	750	180	165	36	91	190	150	89	316	506	142	362	435
Canyonlands N.P. Needles	359	62	58	84	347	109		70	230	106	107	434	151	114	380	314	188	126	113	148	145	524	746	135	120	73	46	145	115	20	271	451	188	308	390
Canyon Rims Rec. Area	353	80	74	100	353	86	70		236	112	84	411	157	130	396	320	165	103	119	164	161	501	773	141	126	50	52	151	121	50	277	467	165	285	396
Capitol Reef National Park	487	244	158	180	100	275	230	236		244	273	422	289	209	319	259	177	75	199	161	71	336	608	273	202	239	184	227	111	209	353	509	134	257	217
Cortez, Colorado	249	119	83	82	361	151	106	112	244		149	421	45	139	405	324	204	158	47	172	169	566	838	29	128	105	60	159	129	85	285	475	220	359	404
Dead Horse Point	396	29	111	137	418	2	107	84	273	149		375	194	167	433	367	127	78	156	201	198	392	664	178	163	34	89	188	148	87	314	504	140	260	433
Denver, Colorado	444	356	446	477	553	377	434	411	422	421	375		339	462	750	681	246	346	468	536	533	758	1031	550	490	361	416	519	493	414	638	826	408	512	764
Durango, Colorado	218	165	130	152	406	196	151	157	289	45	194	339		183	450	337	170	271	92	220	217	575	847	54	143	160	105	168	174	130	294	520	333	404	413
Goosenecks	389	142	56	30	331	169	114	130	209	139	167	462	183		266	261	252	186	65	138	135	439	711	168	8	101	78	32	92	188	158	348	248	377	277
Grand Canyon North Rim	535	499	322	296	219	435	380	396	319	405	433	750	450	266		214	505	404	277	404	401	237	509	434	270	396	344	236	361	370	123	347	466	413	127
Grand Canyon South Rim	407	325	242	220	159	359	314	320	259	324	367	681	337	261	214		417	372	255	324	321	283	555	357	194	320	268	169	287	263	139	217	434	583	297
Grand Junction, Colorado	430	110	196	222	308	142	188	165	177	204	127	246	170	252	505	417		101	241	286	283	510	782	233	247	115	170	248	243	168	395	590	163	285	493
Green River, Utah	415	49	130	152	221	80	126	103	75	158	78	346	271	186	404	372	101		175	220	217	398	664	197	184	53	108	203	177	106	329	519	62	182	241
Hovenweep	291	116	45	35	320	158	113	119	199	47	156	468	92	65	277	255	241	175		127	124	491	763	76	61	122	67	86	84	92	210	402	237	366	331
Lake Powell Halls Crossing	419	171	90	110	282	203	148	164	161	172	201	536	220	138	404	324	286	220	127		90	562	838	201	134	164	112	155	43	137	281	471	171	411	400
Lake Powell Hite Marina	416	168	87	107	192	200	145	161	71	169	198	533	217	135	401	321	283	217	124	90		559	831	198	131	161	109	152	40	134	278	468	96	408	397
Las Vegas, Nevada	587	447	358	332	205	478	524	501	336	566	392	758	575	439	237	283	510	398	491	562	559		272	595	432	451	506	307	525	512	281	287	460	419	121
Los Angeles, California	805	722	630	604	477	750	796	773	608	838	664	1031	847	711	509	555	782	664	763	838	831	272		867	704	717	779	579	797	784	553	376	602	691	393
Mesa Verde N.P., Colorado	278	149	99	125	390	180	135	141	273	29	178	550	54	168	434	357	233	197	76	201	198	595	867		163	144	89	188	158	115	314	504	259	388	433
Mexican Hat, Utah	382	134	52	26	323	165	120	126	202	128	163	490	143	8	270	194	247	184	61	134	131	432	704	163		129	74	25	91	99	151	341	240	373	270
Moab, Utah	362	5	74	103	356	36	73	50	239	115	34	361	160	101	396	320	115	53	122	164	161	451	717	144	129		54	151	120	53	280	475	115	235	294
Monticello, Utah	307	60	22	48	301	91	46	52	184	60	89	416	105	78	344	268	170	108	67	112	109	506	779	89	74	54		99	72	28	225	415	168	299	344
Monument Valley	324	159	73	51	277	190	145	151	227	159	188	519	168	32	236	169	248	203	86	155	152	307	579	188	25	151	99		118	125	126	316	265	394	245
Natural Bridges Natl Monument	376	129	47	65	232	150	115	121	111	129	148	493	174	92	361	287	243	177	84	43	40	525	797	158	91	120	72	118		94	244	432	136	368	363
Newspaper Rock	335	58	47	74	327	89	20	50	209	85	87	414	130	188	370	263	168	106	92	137	134	512	784	115	99	53	28	125	94		231	440	168	334	370
Page, Arizona	456	285	199	173	151	316	271	277	353	285	314	638	294	158	123	139	395	329	210	281	278	281	553	314	151	289	225	126	244	231		272	391	420	119
Phoenix, Arizona	449	480	393	367	378	506	451	467	509	475	504	826	520	348	347	217	590	519	402	471	468	287	376	504	341	475	415	316	432	440	272		663	645	382
Price, Utah	548	110	192	214	280	142	188	165	134	220	140	408	333	248	466	434	163	62	237	171	96	460	602	259	242	115	168	265	136	168	391	663		123	281
Salt Lake City, Utah	730	230	321	343	324	262	308	285	257	359	260	512	404	377	413	583	285	182	366	411															

RESTAURANT GUIDE



Moab's ONLY ON-SITE Microbrewery & Restaurant
 State Liquor Licensee
Orders To Go Beer To Go
 PATIO SEATING
 KIDS MENU
SEAFOOD • SANDWICHES • STEAKS • SALADS
BURGERS • VEGETARIAN FOODS • DAILY SPECIALS

We will be closed
 December 31 to January 19, 2010

LUNCH & DINNER 7 DAYS - OPEN 11:30 AM
686 South Main • 259-6333
 (McDonald's is next to us)

How To Get A Drink...

...In Moab, Utah.

Utah has a well-earned reputation as a challenging state in which to get any form of alcoholic drink. Moab is even more interesting because of having two legal wineries and one microbrewery.

Moab has two local wineries; Castle Creek Winery, located at the Red Cliffs Resort, 15 miles from Moab on Scenic Highway 128, The River Road – (see ad on page 3) Spanish Valley Vineyards, located just off Highway 191, South of Moab about 6 miles on Zimmerman Lane. Both wineries have on-site tasting rooms and wine available for sale. Utah State Liquor Stores also sell many local wines. If you would like to try some of these award winning vintages, look for restaurants serving these wines.

The Moab Brewery, Moab's only microbrewery, offers a variety of locally brewed beers at their own location, as well as being available at other restaurants in town. Many flavors are on sale at retail stores in Moab as well in the



540 South Main • Moab, Utah • (435) 259-4848
Next to BigHorn Lodge. Open 7 days a week, featuring steaks, prime rib, hamburgers, and a full breakfast menu. Prompt coffee shop service.
 State Liquor Licensee
MOAB'S FINEST FAMILY DINING
 COMPLETE CATERING SERVICES AVAILABLE.



hogi yogi • Taste It • Love It • Crave It •

Buy One 6" Sandwich, Chips & Two Regular Drinks...and get 2nd 6" Sandwich FREE with this coupon!
 (2nd sandwich of equal or lesser value)
 Offer good with coupon at Moab Location Only - Across from City Market

Buy any Teriyaki Stix Entree and Two Regular Drinks & get a 2nd Entree FREE!
 (2nd entree of equal or lesser value)
 Offer good with coupon at Moab Location Only - across from City Market

396 So. Main • Open Everyday • 259-2656
 One Coupon per Customer Per Day

Teriyaki Stix™
 Japanese Grill




The Rio Sports Bar & Grill
 Affordable Drinks & Food!
Fully Stocked Bar
 Serving Beer, Liquor and Wine
 Largest Liquor Selection in Moab!
Weekly Bar Specials
 Nightly Entertainment
COLDEST BEER IN TOWN!
The Locals Bar
 1 Block West of Main on Center Street
259-6666 • www.theriomoab.com
OPEN EVERYDAY at 3pm
NOW SERVING SUNDAY BRUNCH 11am
 VISITORS WELCOME! Must be 21 years or older

Open Everyday 7am-4pm Mon-Sat 7am-3pm Sun



RED ROCK BAKERY
 A Quality Scratch Bakery with fast, friendly service.
 Internet Café • Dine-in or Take-Out
 Now Serving Organic Fresh Moab Coffee
 74 South Main • Moab, UT 84532 • 435-259-5941

Salt Lake City area. If you enjoy these locally produced products, be sure to ask for a list of locations where you may purchase them when you return home.

The Utah State Liquor Store is the only location to purchase bottled liquor and beer with an alcoholic content above 3.2%. The Moab store is located at 55 West 200 South and is open from Monday through Saturday (11:00 a.m. to 7:00 p.m. - November 1st to May 1st and from 11:00 am to 9:00 pm - May 1st to November 1st.) They are closed on Sundays and Holidays. Beer (3.2% alcohol content) for take-out can be purchased at food stores and convenience stores for off-premise consumption only.



On-premise (you can drink it here) is available at various licensed locations, including taverns, golf courses, bowling alleys, and restaurants that have the required beer license. Restaurants may be licensed to serve mixed drinks and wine by the glass, provided that they have a liquor license and offer food service. Last but not least, Utah law forbids open containers in or about any motor vehicle. A blood alcohol level of 0.08% (0.05% if you have a child in the car with you) is the maximum allowable under Utah Code to be declared "driving under the influence."



The Branding Iron STEAKHOUSE, BBQ & GRILL
DINNER AT 5PM
 7 DAYS A WEEK
 Featuring:
Prime Rib
BBQ Baby Backs
Broiled Steaks
 FULL SERVICE LIQUOR LICENSE
 2971 So. Hwy 191 • 259-6275
 3 miles south of Moab • **NOW OPEN!**

JAILHOUSE CAFE
 101 NORTH MAIN STREET
CLOSED TIL SPRING
BREAKFAST ONLY
because that's what we do best.
 This is our 16th year at it!
 Open 7am to 12Noon
"Good Enough for a Last Meal"



Singha
 Authentic Thai Cuisine
Lunch: Monday - Saturday 11:00 - 3:00 p.m.
Dinner: Monday - Saturday 5:00 - 10:00 p.m.
 Now Serving Beer, Wine & Saki
Closed Sundays
Closed 'til Jan 18
 92 E.Center Street
 Moab, Utah 84532
 Tel: 435-259-0039
 Fax: 435-259-0005

RESTAURANT GUIDE

RESTAURANT

Celebrating 28 Years!
Spicing your Life since 1981



LA HACIENDA RESTAURANT
Mexican American

Closed Sundays in January

OPEN DAILY AT 11 AM • SERVING LUNCH AND DINNER
DAILY SPECIALS • VEGETARIAN FRIENDLY

574 NORTH MAIN • MOAB, UTAH • 435-259-6319
State Liquor Licensee

Eat Well, Have Fun and Welcome to



Now Closed for January
New Menu

Tues-Sat
4 pm - 9 pm

Globally Inspired


A Place to Celebrate Life with great food and friends in a beautiful and relaxed atmosphere!

5 Years Best Restaurant in Southern Utah
6 Years Zagat Award of Excellence

Fresh Seafood • Black Angus Beef • Free Range Chicken
Innovative Vegetarian Fare • Locally Grown Organic Produce

Chefs/Owners: Paul and Zee McCarroll

60 North 100 West
Moab, Utah
For Reservations: 259-4295
State Liquor Licensee



EklectiCafe

Carnivores, Herbivores, Omnivores!

Vegetarian Friendly

ORGANIC COFFEE

EklectiCafe

Breakfast • Lunch

"Best Desert Oasis" Salt Lake City Magazine

WINTER HOURS
7 Days A Week 7:30am-1:30pm

352 North Main, Moab • 435-259-6896

Your Home Town



Pizza Hut

265 South Main, Moab
Open Daily • 259-6345

Sunday - Thursday 11 am - 10:00 pm
Friday/Saturday 11:00 am - 11:00 pm
Pick-Up or Delivery Available

Bar M Chuckwagon
7000 North Highway 191 259-BAR-M(2276)
Dinner
Live Western Show & Cowboy supper. Gunfights, games, saloon, gift shop. Fun evening activity for all ages. 4 miles North of Arches National Park entrance on Hwy 191. Beer Available. Call for information about private parties & special events. **Closed for season.**

Branding Iron Bar & Grill
2971 South Highway 191 259-6275
Dinner at 5pm
Western style family restaurant. Home of the Moab Super Burger. New Specials, Great Food. Prime Rib every night. Open 7 days a week. Full Service Liquor License.

Broken Oar **Closed for the Season**
53 West 400 North 259-3127

Buck's Grill House & Vista Lounge
1393 North Highway 191 259-5201
Dinner
Don't think you can find casual elegance in the desert? Think again. Buck's Grill House offers fine dining in a relaxed, yet elegant atmosphere with some of the best food in the West. For a special evening out, this is the place to share an exceptional meal with your favorite friends. You'll never be disappointed at Buck's. Vista Lounge is a sophisticated adult environment offering cocktails along with dining.

Burger King
606 South Main 259-2700

Cassano's Italian Restaurant
11 East 100 North **Closed 'til Feb** 259-6018
Open daily 12:00 p.m. - 8:00 p.m.
Come in and join us for home made sauces and hand tossed pizzas and paninis. Moab's new traditional Italian restaurant is located in the old Poplar Place. Patio seating available so you can dine alfresco and bask in splendid red rock views. Great choice for take out and catering.

Center Cafe **Closed for January**
60 North 100 West 259-4295
Open Tues - Sat at 4 - 9 p.m.
A place to celebrate life with great food and friends in a beautiful and relaxed atmosphere! Paul & Zee McCarroll are the chef/owners. New Winter Menu. NEW PRICES. Casual affordable, tasty.

City Market
425 S. Main 259-5181

Cowboy Grill at Red Cliffs Resort
16 Miles up Highway 128 259-2002
Breakfast Buffet • Lunch • Dinner
RIVER FRONT TABLES overlooking the Mighty Colorado. American steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make your reservations for weddings and private parties.

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

Desert Bistro **Closed for the Season**
1266 N Hwy 191 at Moab Springs 259-0756
Owners/Chef Karl & Zee invite you to enjoy a relaxed evening of dining at our new location. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Beautiful patio for outdoor dining.

Eddie McStiff's Restaurant & Brew Pub
57 South Main Street 259-BEER
Dinner • 3:00 p.m. Nightly
12 beers on tap. Brick Oven Organic Pizza. Southwestern, Pasta, Great Salads! Natural/Choice Aged Steaks, Burgers. Kids Menu. State Liquor Licensee. Pool Tables. Patio Dining. Discount for Seniors 65 and older. FREE WIRELESS INTERNET! Pizza Delivery to Main Street Hotels.

EklectiCafe
352 North Main Street 259-6896
Breakfast • Lunch
Open 7 days a week 7:30 a.m. - 1:30 p.m.
Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! Winner "BEST DESERT OASIS" Salt Lake Mag. August 2002!

Fiesta Mexicana
202 South Main Street 259-4366

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

Hogi - Yogi
396 South Main (next to Teriyaki Stix) 259-2656
Lunch • Dinner Open Daily
Sandwiches, Ice cream, Shakes, Frozen Yogurt & Smoothies. Over 15 great sandwiches. Low-fat icy, cold nutrient-packed line of real fruit smoothies. Try our new ice cream & cookie sandwiches made to order. Drive thru service. Call in & take-out orders welcome.

Jailhouse Cafe **Closed for the Season**
101 North Main Street 259-3900
Breakfast
Moab's Breakfast Place located in the county's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

Jeffrey's Steakhouse
218 North 100 West 435-259-3588
Open for parties in January. Call for reservation.
Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American Kobe Beef. Tucked away upstairs is the Ghost Bar. State Liquor Licensee.

KaleidoScoops **Closed for the Season**
331 North Main 259-3677

La Hacienda
574 North Main 259-6319
Lunch • Dinner - Open daily 11:00 a.m.
CELEBRATING 28 YEARS! Superior Mexican specialties with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor Licensee. Closed Sundays in January.

Leger's Sandwiches
817 So Main (inside the Moab Chevron) 259-2212
Deli Open 6 a.m. - 2 p.m.
Leger's Sandwiches, a favorite since 1977, is now OPEN inside the Moab Chevron. Leger's has five locations in Utah. Our Sandwiches are made to order. Call in orders welcome.

Love Muffin Café **Closed 'til Jan 14**
139 North Main 259-6833
Breakfast and Lunch
Open everyday at 7:30am-1:00pm
Fresh baked muffins and cupcakes every morning! Check out the vegan and gluten free selection. Breakfast burritos, Whole Wheat Waffles and more... Proud to use local and organic ingredients along with eco-friendly containers.

Desert Bistro



Casual Fine Dining
Contemporary Southwestern Cuisine
Located in the Historic Ranch House
at Moab Springs Ranch

Closed for the Season
1266 N Hwy 191 • 259-0756
STATE LIQUOR LICENSEE

Jeffrey's STEAKHOUSE

CASUALLY UPSCALE
CLASSIC STEAKHOUSE FARE

218 NORTH 100 WEST
259-3588
JUST SLIGHTLY OFF MAIN

OPEN FOR PARTIES IN JANUARY
CALL FOR RESERVATION
State Liquor Licensee

For more information about these restaurants pick up a "Moab Menu"



GUIDE

McDonald's
640 South Main 259-8800

Miguel's Baja Grill
51 North Main 259-6546
Dinner
Genuine Mexican Cuisine. Traditional recipes and methods of Baja California and other states in Mexico. We pride ourselves on fresh food and prepare it as you order it. Great Margaritas and seafood dinners are our specialty. Proud to cook with zero trans fat.

Milt's Stop & Eat
400 East and Millcreek Drive 259-7424
Breakfast • Lunch • Dinner
Open daily 7:30 am.

A true Moab icon since 1954. Featuring locally processed 100% ground beef burgers, classic diner sandwiches, all beef hot dogs, flavored shakes and malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. See ya' all at Milt's.

Moab Brewery
686 South Main 259-6333
Lunch & Dinner
Open 11:30 AM DAILY. Whatever the season, whether you're hungry or thirsty, come in and enjoy the comfortable atmosphere. Food to go. Moab's only brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu. State Liquor Licensee.

Moab's Daily Grind
1146 South Hwy 191 #B 259-1115
Mon-Sun: 6 a.m. - 2 p.m.
FAST, FRIENDLY & AFFORDABLE Drive-Thru Coffee & Espresso. We serve up lattes, mochas, cappuccinos, breves, chai, hot & iced teas, iced & blended drinks, Italian sodas, and more. Featuring Ghiradelli chocolate sauces, including white and dark chocolate. We use fairly traded coffee from a small quality roaster. Iced & Blended Drinks.

Moab Diner & Ice Cream Shoppe
189 South Main 259-4006

Pancake Haus
196 South Main (next to Ramada Inn) 259-7141

Pantele's Desert Deli
98 East Center 259-0200

Paradox Pizza
702 South Main St 259-9999
Lunch • Dinner
12 a.m. - 9 p.m. in January

At Paradox Pizza all of our salads, soups, pizzas and breads are handmade fresh daily. You will taste our commitment to quality with every bite. Order in person, online or over the phone. We offer dine in, take-out and delivery. Website is www.paradoxpizza.com

Pasta Jay's
4 South Main 259-2900

The Peace Tree Juice Cafe
20 South Main 259-8503
Breakfast • Lunch
Moab's ONLY Fresh Wheat Flour Fruit and Vegetable Juice Cafe! Healthy, fresh breakfast entrees. Egg wraps, sprouted wheat bagels. Finest wrap sandwiches, salads & secret recipe hummus. Delicious smoothies. Organic coffee & espresso. No microwaves. "Healing Ourselves and Healing the Earth."

Pizza Hut
265 South Main 259-6345
Lunch • Dinner
Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up or delivery when available. OPEN EVERY DAY

Red Rock Bakery & Net Cafe
74 S. Main Street 259-5941
Breakfast • Lunch
7am - 2pm Mon - Sat and 7am - 1pm Sunday Serving freshly baked bagels, muffins, scones and cinnamon rolls. Fresh Moab Coffee (FMC). Best Sandwich in Moab. Moab's original high speed Internet Access. Fine photography by Chris Conrad. OPEN EVERY DAY.

The Rio Sports Bar & Grill
1 block west of Main on Center 259-6666
Sports Bar & Grill. Affordable drinks & food. Fully stocked bar, serving beer, liquor & wine. Nightly entertainment. Karaoke at 9pm. Live music on weekends. Visitors welcome, 21 years and older. OPEN EVERY DAY AT 3:00PM

Singha: Authentic Thai Cuisine
92 East Center 259-0039
Lunch • Dinner
For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Singha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Closed Sundays.

Slickrock Cafe
5 North Main 259-8004
Lunch • Dinner
Open daily 11:30 a.m. - 8 p.m.
Steaks, New & Improved Lunch & Dinner Menu, Atrium Seating, Appetizers, Gourmet Burgers, Sandwiches, Salads and Freshly Grilled Entrees. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License.

Smitty's Golden Steak
540 South Main 259-4848
Breakfast • Lunch • Dinner
Open 6am-9 pm 7 days a week
Next to Big Horn Lodge. Featuring steaks, prime rib, hamburgers, full breakfast menu. Prompt coffee shop service.

Sorrel River Grill
17 Miles Northeast on Scenic Hwy 128 259-4642

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

Sunset Grill
900 North Highway 191 259-7146
Dinner
Steaks, Seafood, Pasta. Fresh ingredients brought in daily. Children welcome. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. Open 5:00 daily. CLOSED SUNDAYS. State Liquor Licensee.

Szechuan Restaurant
125 North Main 259-8984

Teriyaki Stix
396 South Main, Next to Hogi-Yogi 259-2656
Lunch • Dinner
Wide selection of rice or noodle bowls with grilled teriyaki chicken, hot & spicy chicken, beef, kalua pork, fresh steamed veggies, pot stickers & more. Drive thru, take-out & call in orders welcome. Open 7 days a week. Located across from City Market.

Village Market
702 South Main 259-3111

Wake and Bake Cafe
59 S. Main #6, McStiff's Plaza 259-2420

Wendy's
260 North Main 259-2595

Wicked Brew Espresso Drive Thru
132 North Main 259-0021

Yo Mama's Pizza
812 South Main 259-0101

Zax
96 South Main Street 259-6555
Breakfast • Lunch • Dinner • Family Dining
We have it all, from our all new sunrise breakfast served 6:30 am to 11 am Saturday and Sunday to our hand cut steaks. We offer an extensive menu that include the best burgers in Moab, deli sandwiches, pastas, salads, seafood and our all U can eat pizza buffet and salad bar. Dine inside or out on our all-weather patio and covered porch. For those 21 and over, visit Zax watering hole. Watch your favorite sporting event on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Featuring a full liquor license. Open 6:30 am to close Thurs thru Monday. 11:30 am to close Tue - Wed. Locally owned and operated.

Family Dining
Locally Owned and Operated

Winter Hours

Breakfast Saturday & Sunday 6:30 - 11am	Lunch Monday - Thursday 11:30 - 2pm	Dinner Monday - Thursday 4:30 - Close	Friday - Sunday 11:30am - Close
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- FULL BREAKFAST MENU •
- APPETIZERS •
- BURGERS & SANDWICHES •
- PASTA •
- ALL YOU CAN EAT PIZZA BUFFET, SOUP & SALAD BAR •
- HAND CUT STEAKS •
- SEAFOOD •
- SALADS •

Full Service Liquor in Restaurant

GREAT OUTDOOR PATIO • LARGE GROUPS WELCOME

COME QUENCH YOUR THIRST AT THE WATERING HOLE
@ Corner of 100 South and Main • Moab, Utah 84532 USA
(435) 259-6555

Check Out Our Wet Spot Laundromat

Restaurant & Brew Pub

State Liquor Licensee

Nightly Dinner SPECIALS

Center & Main • Moab
435-259-BEER (2337)

FREE WIRELESS INTERNET!

Meet Me At McStiff's!
Moab's Oldest Legal Brew Pub

OPEN EVERYDAY Open at 3pm for Dinner
Enjoy our Lunch Menu next door at the Wake & Bake Cafe
Pizza Delivery to Main Street Hotels

Located inside Walker's Convenience Store

Buy one six inch sub and a medium drink and get one six inch sub FREE.

Expires February 15, 2010

Coupon valid at your Moab Subway

299 South Main • 259-SUBS

SLICKROCK CAFE

We are closed till February. Thanks for a great season! See ya next year.

Lunch & Dinner Menu
Open daily
11:30 am - 8:00 pm
Atrium Seating,
Full Service Liquor License
Appetizers
Gourmet Burgers,
Sandwiches,
Salads, Steaks
Freshly Grilled Entrees
Kids Menu, Daily Specials

Slicker than ever - Food with 'tude - All that is missing is YOU!!

CORNER OF CENTER & MAIN
(435) 259-8004 • www.slickrockcafe.com

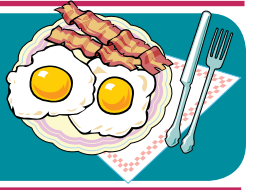
1393 North Highway 191
435-259-5201

www.bucksgrillhouse.com

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



RESTAURANT GUIDE



Denny's
Tilapia Ranchero

DON'T FORGET!
Kids Eat Free Tuesday and Saturday
4pm - 10pm

989 North Hwy 191
OPEN 24 HOURS

breakfast.lunch.espresso.bakery
local, organic seasonal ingredients
Closed Dec. 25 - Jan. 14

LOVE MUFFIN cafe

7:30 - 1:00 daily 139 n. main street
435.259.6833 lovemuffinCafe.com

PEACE TREE JUICE CAFE

www.peacetreecafe.com

Wraps
Paninis
Breakfast
Smoothies
Wheatgrass
Fresh Salads
Fresh Juices
Organic Espresso
Croissant Sandwiches

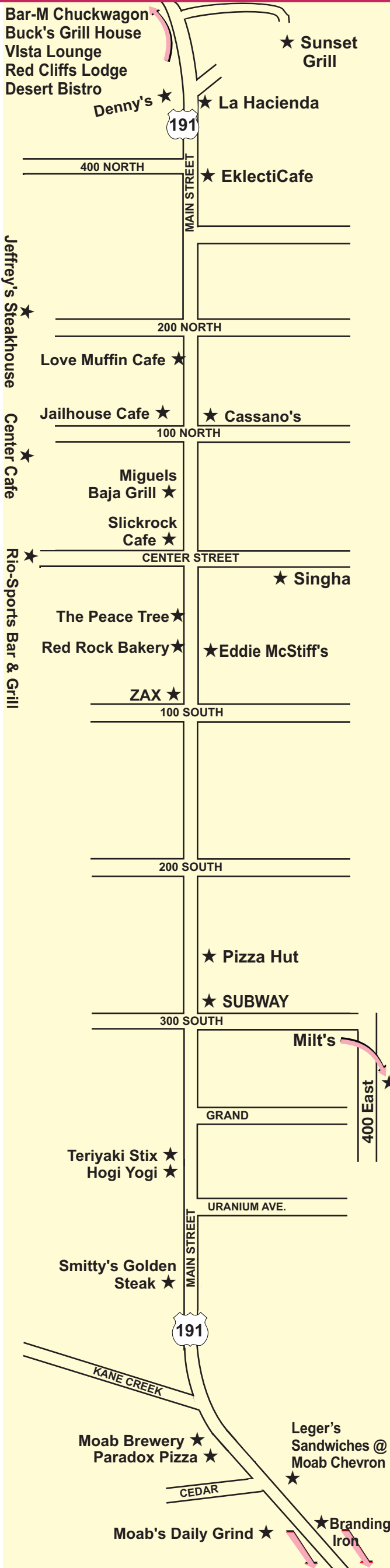
Moab **Closed for the Season**
435-259-8111
20 South Main St.
Blanding
435-678-3969
164 North Hwy 19
Monticello
435-587-5063
516 North Main St.
Evening Appetizers, Beer, and Wine now available @ Monticello

PARADOX PIZZA
MOAB UTAH

**WE'RE OPEN ALL WINTER!
WE DELIVER**

THIN CRUST NEW YORK-STYLE PIZZA,
HOMEMADE BREADS AND DESSERTS

702 SOUTH MAIN ST. 435-259-9999
TRY OUR ONLINE ORDERING AT WWW.PARADOXPIZZA.COM



SUNSET GRILL

"Dining with a Million Dollar View"

Steaks · Pastas
Prime Rib
Fresh Seafood

259-7146

Patio · Catering
Family Dining

Open Nightly at 5:00 pm - Closed Sundays

Moab's New Italian Restaurant
in the old Poplar Place
Great Choice for Take Out and Catering

We are closed for the season and will reopen in February. Thanks for a great year!

16" large cheese pizza 9.99 all day every day!

Traditional Italian Food

Bruschetta Lasagna
Crab Stuffed Mushrooms Chicken Penne Gorgonzola
Antipasto Chicken Parmesan

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RESTAURANT GUIDE

HISTORIC HAPPENINGS

“Greatest Show” vs. “Greatest Snow”: Moab’s Role

by Vicki Barker

If climate change means Moab winters will feature progressively more snowfall, the desert may yet yield a champion ski team and join the choir in singing praise for “the greatest snow on earth.”

It’s a catchy slogan that Utah won the right to use 15 years ago after a legal battle with the circus Ringling Brothers/Barnum & Bailey Combined Shows Inc. Known as “The Greatest Show on Earth,” the circus challenged Utah in 1988 when the state filed to protect its play on the slogan it had been using since 1959.

P.T. Barnum coined the phrase, “The Greatest Show on Earth” in 1879 when his circus merged with its largest competitor at the time, the Bailey Circus. The slogan also was later used as a movie title.

As Utah pointed out, the circus didn’t object to Utah boasting “the greatest snow on earth” until the moniker became common on state license plates. The new, white plates -- the first of a series of plates aimed at promoting tourism -- also depicted a skier. They were first issued in 1985. Ten years later, Utah won its case for federal trademark protection of “the greatest snow on earth,” successfully arguing that the slogan had become identified with Utah’s ski industry.

The circus had worried that the public might perceive a link between the circus and Utah’s ski slopes, and by “diluting” the power of the original slogan, cause actual economic harm to the circus. Upon winning the case with the federal trademark panel, Utah’s assistant attorney-general Ralph Finlayson quipped, “the snow must go on!” The circus appealed, but Fourth District Court upheld the defendant, the Utah Division of Travel Development.

The circus wasn’t the only disgruntled critic affecting the fate of the plates in 1988. While the case simmered in litigation, residents in red-rock country scoffed at the little skier swooshing the slopes and made the case among themselves that snow wasn’t the best thing about Utah. A visit to Arches National Park was “the greatest show on earth.”

In a story from Moab picked up by The Associated Press and published throughout the state, two artists in Moab expressed disdain for the state’s newly official “Ski Utah” decorative plates. Sharing gripes with a reporter, Dutch Walker and Eric Witte swilled drinks at a local tavern and poked fun at Utah’s transparent vanity about the white

powder of the Wasatch Range, and its “panting pursuit” of the 2002 Winter Olympics. They reiterated an old and familiar sentiment that Moab should change allegiance and adjust boundaries to become part of Colorado to obtain proper appreciation.

The plates should have Delicate Arch on them, the reporter said. They should say, “Ski Moab!” Witte said. And we can have our own Olympics, Walker cried. An idea was born.

Walker (now deceased) went to work sketching an animated Kokopelli petroglyph in full ski gear swooshing down the western slope of a snow-capped Delicate Arch. Below were the words “Petrolympics 1988-89.” Within weeks, he was selling “Ski Moab” t-shirts out of a teepee he erected on Main Street. He noted at the time that German and French tourists in particular loved the novelty.

A few years later, Utah unveiled a new and colorful license plate to commemorate the state’s centennial.

Delicate Arch had finally made its way onto Utah plates in designation of Utah’s 100 years of statehood. Below the arch were the words “Centennial 1896-1996.”

The specialty plates, first issued in 1992, were to help promote and pay for an upcoming statewide centennial celebration. Bruce Louthan of Moab, who served on the Centennial Committee for Grand County, said he was unsure exactly how the idea originated, but Delicate Arch would seem an obvious choice to promote tourism and world-wide visibility for Utah.

“It turns out somebody in Utah County wanted to champion it, which seemed odd to me at the time,” Louthan said. “It was something to get away from Park City’s domination of the plates, I think.”

In January 2007, the state Legislature passed a bill approving a new slogan and license plate design for Utah, and removing “centennial” from the Delicate Arch plates.

The plain white “Ski Utah” plates with the little skier at bottom were retired for a new design with mountains and a skier on the bottom half, a red-rock panel of petroglyphs

above, and a new slogan across the top: “Life Elevated.” Below, the hard-won slogan, “greatest snow on earth,” remains.

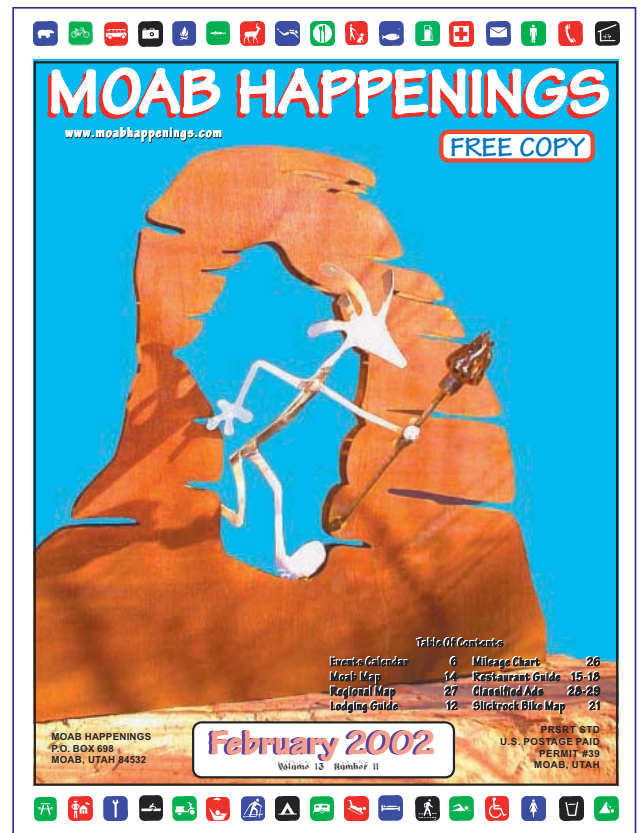
The Delicate Arch design on the plates meantime has become so popular, a sundry of souvenirs and commercial



Earliest report suggests Delicate Arch license plates idea originated with Moab artists. The Salt Lake Tribune, Sunday, September 4, 1988. From Barker Collection



Moab artist Dutch Walker collaborated on idea combining rock art, Delicate Arch, and the upcoming winter Olympics in a 1988 illustration. From Barker Collection



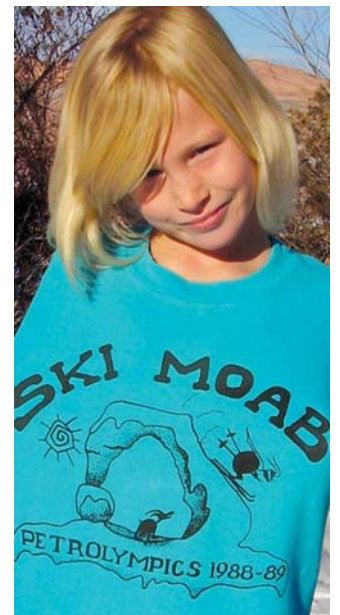
The Kokopelli and Delicate Arch theme was used with the 2002 Winter Olympics, too, as shown on this Feb 2002 cover of Moab Happenings.

products sport the design on sales racks everywhere. Manufacturers do not have to get permission to use the design, as it is in the public domain, said Charlie Roberts, spokesman for the Utah Division of Motor Vehicles.

“It’s very popular,” affirmed Callie Tranter, administrative assistant at the Grand County Travel Council. “Delicate Arch is out there all over the place, on a lot of promotional products. It does a lot for our state, and for our area.”

Roberts calculated that of nearly 2.7 million vehicles registered in Utah (including ATV’s, motorcycles and trailers) in the past fiscal year, more than 10% sport the Delicate Arch plate.

“They pick the arch because it’s this area, or they don’t like the snow,” commented Marcy Babcock, who processes vehicle registrations as deputy assessor of Grand County. Lately, there has been an uptick in registrants choosing the “Life Elevated” plate with petroglyphs and mountains, she said.



Hayden Sky Zieler, 8, a Moab native, models original “Ski Moab” t-shirt. Photo by Vicki Barker

As for the “Ski Moab” t-shirts, an employee of the T-Shirt Shop that bought the design from Walker said sales of the shirt, which was altered to remove the date 1988-89 from Petrolympics, have remained fairly consistent over the years, though “it does better this time of year.”

“It tends to be more of a repeat type of customer who buys them,” said the employee, who preferred use of only his first name, Mike. “It’s more of a spoof, a joke, or a pun.”

There are out-of-town customers who have bought the shirt in the past and return seeking that specific design, Mike said. And there is a particular customer whose name he does not know but who he believes is from Park City who comes to the shop regularly just to buy the “Ski Moab” t-shirt. Says Mike, “It’s just a lady whose son is on a ski team or club. She comes in a couple of times a year, and buys them for new members.”

He was unsure whether the ski club is in Park City or Moab.

Grand County High School January Sports Calendar

BOYS BASKETBALL

DATE	OPPONENT	PLACE	TIME
Sat. 1/9	Monument Valley	Monument Valley	3/4:30
Tues. 1/12	Green River	Moab	4:5:30/7pm
Fri. 1/15	N. Sevier	Salina	5:15/5:15/7pm
Sat. 1/16	S. Sevier	Monroe	4:15/4:15/6pm
Wed. 1/20	San Juan	Moab	3:30/5:15/7pm
Sat. 1/23	Gunnison	Moab	2:30/4:15/6pm
Tues. 1/26	Monticello	Moab	4:5:30/7pm
Fri. 1/29	S. Sevier	Moab	3:30/5:15/7pm
Sat. 1/30	N. Sevier	Moab	2:30/4:15/6pm
Wed. 2/3	Green River	Green River	4:5:30/7pm
Fri. 2/5	Gunnison	Gunnison	5:15/5:15/7pm
Fri. 2/12	San Juan	Blanding	3:30/5:15/7pm

DRILL

Sat. 1/9	Utah Valley Classic	Provo	TBA
Sat. 1/16	Southern Utah Elite	Richfield	TBA
Tues. 1/19	Region XV meet	Monroe	5pm
Sat. 1/30	State Championships	UVU	9am

GIRLS BASKETBALL

DATE	OPPONENT	PLACE	TIME
Tues. 1/5	Green River	Moab	5:30/7pm
Sat. 1/9	Monticello	Monticello	5:30/7pm
Tue. 1/12	Whitehorse	Whitehorse	5:30/7pm
Fri. 1/15	N. Sevier	Moab	5:15/7pm
Sat. 1/16	S. Sevier	Moab	4:15/6pm
Tues. 1/19	San Juan	Blanding	5:15/7pm
Sat. 1/23	Gunnison	Gunnison	4:15/6pm
Fri. 1/29	S. Sevier	Monroe	5:15/7pm
Sat. 1/30	N. Sevier	Salina	4:15/6pm
Fri. 2/5	Gunnison	Moab	5:15/7pm
Thur. 2/11	San Juan	Moab	5:15/7pm

WRESTLING

Sat. 1/2	Beaver Invitational	Beaver	TBA
Tues. 1/5	San Juan	Blanding	7pm
Fri-Sat. 1/8-9	2A Duels	Richfield	TBA
Wed. 1/20	Monticello	Monticello	7pm
Thur. 1/21	San Juan	Moab	6pm

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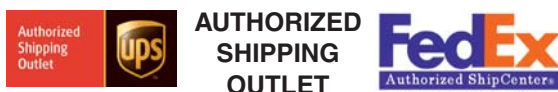
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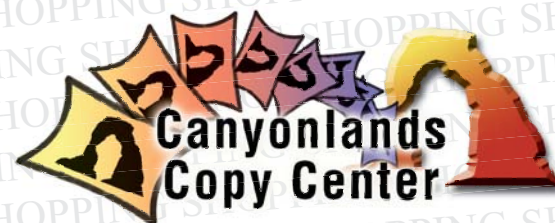
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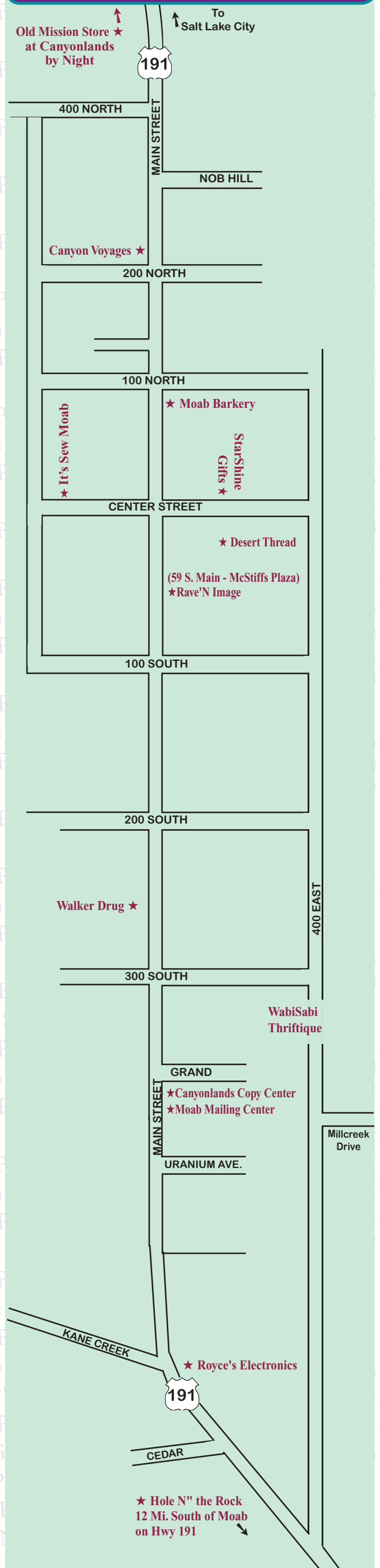
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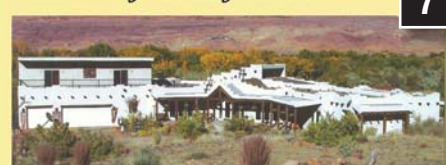
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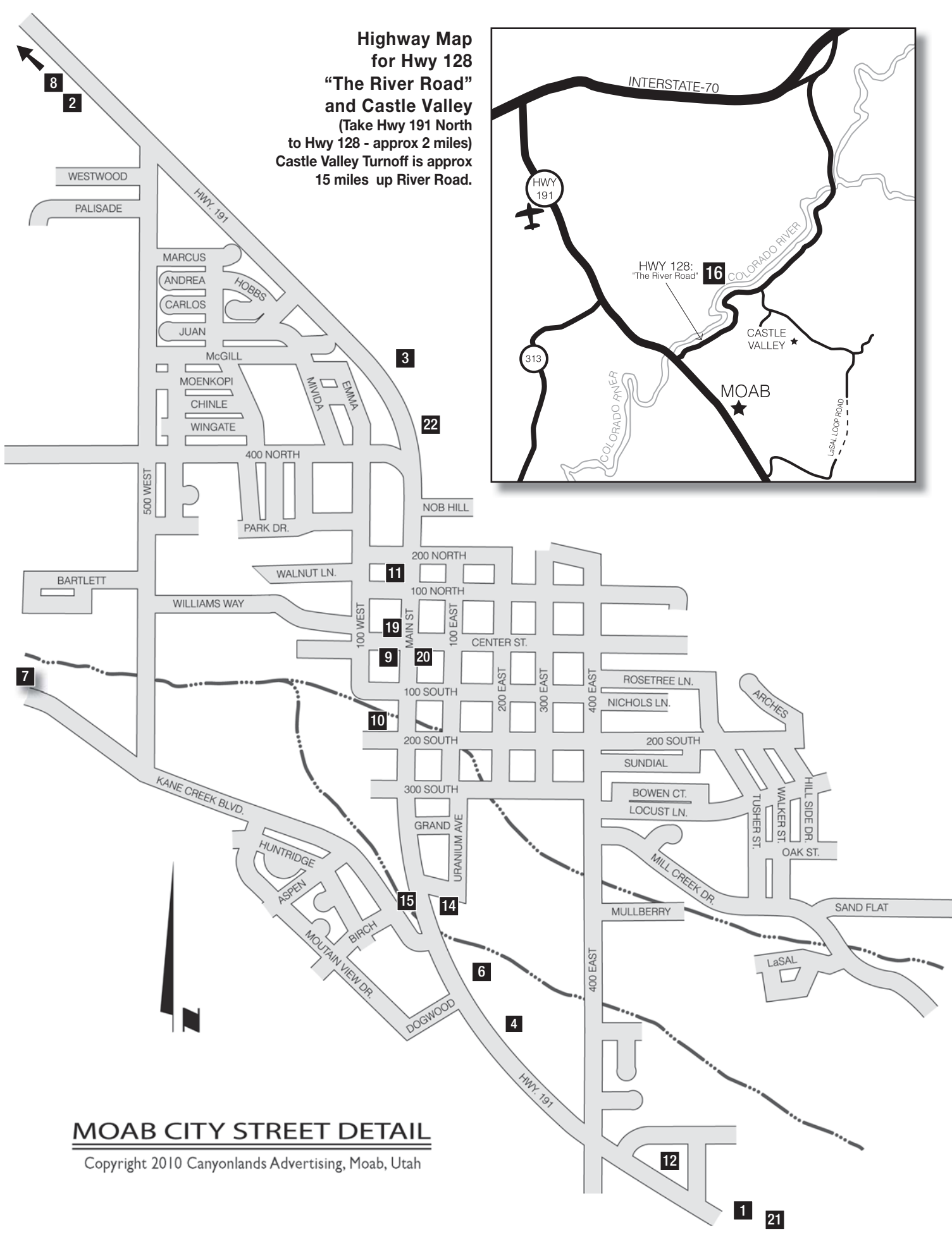
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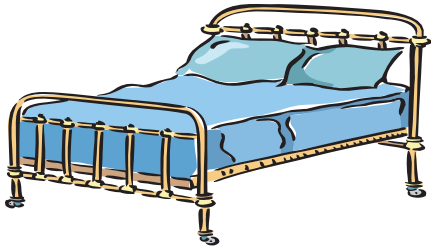
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22.	Days Inn	435-259-4468	www.daysinn.com

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18

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Call Aaron at 259-8431

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14

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16

SCENIC ROAD HAPPENINGS

Potash Road

Article and Photos by Rob Cassingham

The Potash Road (Utah Highway 279) was originally constructed both to serve the potash mine 15.3 miles downcanyon, and as a connecting road for a planned highway (Utah 278) that was to have provided access to Dead Horse Point State Park. Though Utah 278 was never constructed (Utah Highway 313 having been built instead), the Potash Road continues to serve the potash mine. Semi trucks are a semi-common sight on this road, so visitors should remain alert to big truck traffic. Stopping in the middle of the road to gawk at the scenery is not a good idea!

To access the Potash Road, start at the intersection of Main and Center streets, at the Moab Information Center. Drivers interested in following the Potash Road past the potash mine and into Canyonlands National Park should stop at the information center and inquire about the latest road conditions.

Drive north on Main Street (US 191) 4.0 miles to the intersection of Utah 279 and US 191. Turn left on 279, and reset your trip meter.

There are restroom facilities at miles 4.0, 5.5, 5.9 and 9.9.

Mile 0 Start of Utah 279 (the "Potash Road").

Over the next .5 mile, you will be passing the tailings pile for the old Atlas uranium mill. Originally constructed by the 'Uranium King of Moab' Charlie Steen in 1957, the mill processed raw uranium ore into a more concentrated 'yellowcake', which was then shipped for further refinement into nuclear weapons and fuel rods for reactors. When the mill was shuttered in 1984, the pile of tailings had grown to cover 130 acres to a height of 110 feet. This mildly radioactive pile has been leaching chemicals (primarily ammonia and various acids that were used in the refining process) into the Colorado River for decades. As over 20 million people downriver depend on the Colorado's water, removing the tailings pile became a pressing need. After many years of wrangling to get federal money to remove the pile, the first load of tailings was removed on April 20, 2009. The tailings are loaded into steel containers and hauled to the railroad tracks across the highway from the pile. Then the containers are loaded onto the train and transported 30 miles north to a specially prepared disposal site. It is expected to take over 15 years to completely remove the toxic eyesore.

Mile 2.7 You are entering "The Portal". The river is leaving the Moab valley and entering a canyon gorge. From this point until below Lake Mead, the river remains bounded by canyon walls, including the Grand Canyon.

Mile 4.0 Jaycee park offers several choice tent-only campsites.

Mile 4.2 Over the next mile, the road passes through an area rock climbers call "Wall Street". There are often



Detail picture of dinosaur track, Mile 5.9

vehicles parked on the shoulder, and rock climbers scaling the cliffs. Due to the occasional congestion, the speed limit drops to 35 mph. Drive cautiously!

Mile 5.0 There are many petroglyphs on the right, located 10-20 feet above the road level. Attributed to the



Sandstone slab with dinosaur tracks, Mile 5.9



Jughandle Arch, Mile 13.3

Fremont culture, they were likely carved approximately 1000 years ago. One of the more common questions asked about this panel involves how they managed to carve them so high above ground level. The answer is that there used to be a pile of stone rubble that the Fremonts stood on. When the Potash Road was constructed 1963, the rubble pile was bulldozed away. This had the happy side effect of protecting the panels from vandalism.

The ancient images are better viewed and photographed in the afternoon shade.

Mile 5.1 This panel of Fremont petroglyphs (located just off the pile of stone rubble) is not nearly as large as the prior rock art site, but there is a large and splendid image of a bear, including ears and toes.

Mile 5.5 Williams Bottom camping area

Mile 5.9 The trailhead for the Poison Spider trail is on the right. This very rugged route is popular with mountain bikers and jeeps. There is also a large rectangular slab of dark sandstone that contains several theropod (three-toed predator) dinosaur tracks upon the surface. The stone slab can be viewed from road level, or by scrambling up to the tracks.

Mile 9.9 On the right is the parking area for the Corona Arch hiking trail. This moderately strenuous trail (3 miles/4.8 km round trip, 440 feet/134 meters) leads to spectacular Corona Arch, which rivals any arch in Arches National Park for grace and beauty. There is an informational kiosk here that displays the map for the hiking route.

Across the highway from the trailhead is the recently constructed Gold Bar Recreation Area, suitable for group camping, and large motorhomes.

Mile 13.3 Jughandle Arch on the right.

Mile 13.4 The entrance to Long Canyon on your right. This 4x4 route ends near the entrance to Dead Horse Point State Park. The road is easier when taken from the top down, but if you choose to drive this route, under no circumstances should you drive it when wet or snow covered. The road surface in the upper half of the canyon becomes VERY slick, and the author of this article can testify from personal experience that the road, when wet, quickly becomes a sphincter-clenching ordeal.

Mile 15.3 You arrived at the potash mine buildings, and the end of the road log. The potash mine has been extracting potash (commonly used in fertilizer) and salt from the subsurface Paradox salt deposits for nearly 50 years. Originally, the salt and potash was extracted conventionally from mine shafts. In 1963, an explosion in the 2,700 foot/823 meter mine (at the time, the deepest mine in the country) killed 18 miners. Since then, potash and salt have been extracted by pumping water

into the old mine shafts, then pumping the water to several vast evaporation ponds (which are clearly visible from Dead Horse Point State Park). As the water evaporates, it leaves behind the salt and potash, which is then scraped up and prepared for market.

This is the end of the road log. Please return to Moab by reversing this route.

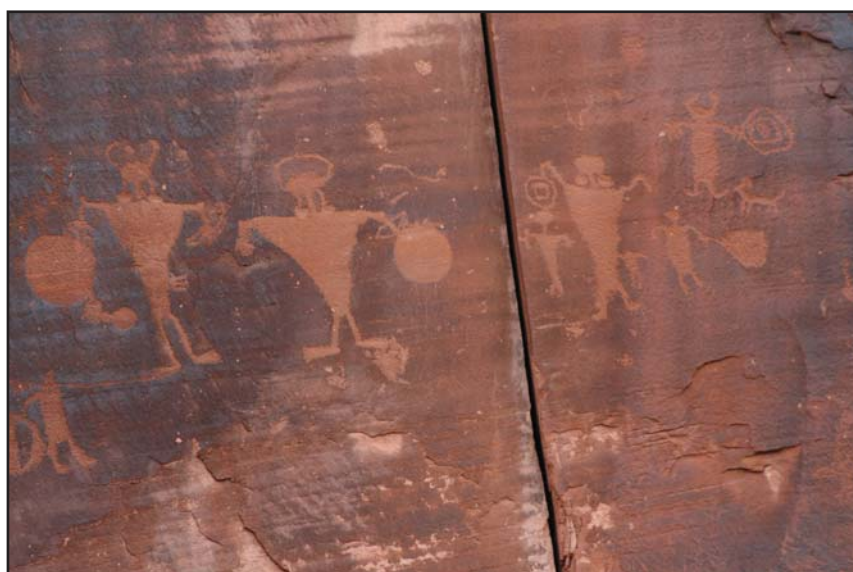
If you were to continue following the Potash Road farther, it becomes a dirt road in another 1.3 miles, it



Fremont bear petroglyph, Mile 5.1

becomes a 4x4 road, which will lead you in 12.6 miles to the boundary of Canyonlands National Park. Another 2.4 miles, and the Potash Road will intersect with the Shafer Trail (generally closed to winter travel-check with the Moab Information Center for info regarding road conditions). Another 5.3 miles up the thrilling (and not for those afraid of heights) switchbacks of the Shafer Trail will take you back to pavement within Canyonlands NP.

Thank you for visiting! The Moab Happenings wishes you a wonderful 2010, and encourages you to explore all that Moab has to offer.



Fremont petroglyphs, Mile 5.0

NON PROFIT HAPPENINGS

WabiSabi Sunday Brunch January 10, 17, 24, 31 & February 7 & 14

Celebrate community with your friends and neighbors while enjoying a delicious Sunday brunch. There will be six Sunday brunches this winter that everyone is invited to. The brunches are part of WabiSabi's Hands Up Program. The Hands Up program provides several free meals during the winter with the intention of bringing community members together.

"It is our belief that by inspiring individuals to come together we can create a healthy community in Moab that will outlive us all, a place we can truly call home," said one of the many volunteers that make the brunches possible.

WabiSabi's Hands Up program includes a Thanksgiving Dinner, a Christmas Dinner, and 6 Sunday Brunches during the winter. The program is made possible through a grant from the United Way of Southeastern Utah and donations made from area individuals and businesses. More than 100 volunteers help each year at the Hands Up meals.



Volunteers prepare and serve the food, clean, decorate, wash dishes, launder table clothes and help with many other tasks.

WabiSabi is a nonprofit organization that operates two thrift shops in Moab, UT. The money raised at the stores is used to support other local nonprofit organizations and WabiSabi's community programs. This will be WabiSabi's fourth year hosting the popular Sunday brunches.

The Sunday brunches will take place at The Youth Garden Project, 530 South 400 East, on January 10, 17, 24, 31 and February 7, 14. The brunches will be served from 10 AM to 1 PM. The brunches are free with donations gladly accepted. For more information about the brunches or to find out how you can help, call WabiSabi at (435) 259-3313 and be sure to mention you read about it in *Moab Happenings*.

Dan O'Laurie Museum Annual Membership Dinner

The Museum is excited to announce our Annual Dinner this year with guest speaker and performer Christopher Layer. As Part of the Museum's build up to our "New Harmonies" musical history exhibit from the Smithsonian, Chris will be delivering a lecture and performance highlighting the musical history of Moab.

Chris has worked for many years to foster a love of music in the Moab community, both as Artist-in-Residence for the Moab Music Festival and as a driving force behind the Moab Community Dance Band.

The Annual Dinner will be held Wednesday January 20th, 2010 at the Grand Center starting at 5:30 pm.

From 5:30 pm 6:30, we invite you to come and mingle with other Museum members while enjoying drinks and hors d'oeuvres. Dinner will be served at 6:30 with an Italian menu prepared by Pasta Jay's restaurant. The Annual Membership Meeting will begin at 7:30 with election and re-election of board members and officers.

Standing for re-election is Mike Arehart, with Steve Hawks, Barb Webb, Suzan Martin, and Sharyl Kinnear-Ferris being slated for election to the board. After the Museum business meeting we will be treated to our guest speaker Christopher Layer as he illuminates the history of music in our community and America. We hope that you'll join the Museum at our Annual Dinner. Please RSVP 259-7985



Christopher Layer

Moab's 2nd Annual Redrock & Ice Winter Ball January 23rd

Presented by Red Rock Forests; come to our Climate Change Winter Ball! Dress up in your Copenhagen formal attire and bring the climate talks home with a night of live music, dancing, and celebration of this special crossroads we are at with global and local conservation. Proceeds will help fund RRF's legal efforts to protect Moab's watershed. 8pm until midnight. Eddie McStiff's. \$10 at the door. 259-5640 or www.redrockforests.org for more info.

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.

AARP, Chapter 1539	259-6396
Alcoholics Anonymous/Alanon	259-7556
Alpha Rho Sorority (Bobbie Long).....	259-6758
American Legion Post (Bill Smith).....	259-3470
Arches Adult Education (Trish Hedin)	259-2293
Arches New Hope Pregnancy Center (Debbie Nelson)	259-LIFE (5433)
BEACON (Stephanie Dahlstrom)	260-1143
Boy Scouts of America (Kent Dalton)	259-6521
Canyonlands Field Institute (Karla Vander Zanden)	259-7750
Canyonlands Film Society (Becky Thomas)	259-2286
Canyonlands Rodeo Club (Kent Green).....	259-7089
Canyonlands Wildlife Federation (Dave Bierschied)	259-8217
Center for Water Advocacy (Harold Shepherd)	259-5640
Daughters of Utah Pioneers (Inalyn Meador)	259-5225
Deadhorse Motorcycle Club (Terry Flynn).....	259-3878
Delicate Stitchers Quilt Guild (Shauna Dickerson)	259-0906
Elks Lodge #2021 (Dan Stott)	259-7334
Fallen Arches Square Dancers (Bob & Flora Erickson).....	259-2724
Friends of Indian Creek (Emma Medara)	259-3586
Friends Of the Grand County Library (Adrea Lund).....	259-1111
Grand County Public Library.....	259-5421
Girl Scouts of The U.S.A. (Cynthia Williams)	259-6683
Grand Area Mentoring (Dan McNeil)	260-9645
Grand County Democratic Party (Novella Maia)	259-0869
Grand County 4-H (Marion Holyoak).....	259-7558
Grand County Extension (Michael Johnson).....	259-7558
Grand County Food Bank	259-6456
Grand County Hospice (Tracey Harris).....	259-7191
Grand County Prevent Child Abuse	260-1039
Humane Society of Moab Valley	Animal Services 259-4862 Administration 259-4089
Ladies Golf Club (Chris Corwin).....	259-5344
League of Women Voters (Cynthia Smith)	259-5306
Lion's Club (Tom Warren).....	259-7834
Moab Aglow Lighthouse Fellowship (Murine Gray).....	259-5514
Moab Arts Council (Bruce Hucko)	259-4176
Moab Arts Festival (Theresa King)	259-2742
Moab Arts & Recreation Center (Bailey Rogers).....	259-6272
Moab Bird Club (Nick Eason).....	259-6447
Moab Chamber of Commerce	259-7814
Moab City Recreation (John Geiger)	259-2255
Moab Community Theater (Kaki Hunter).....	259-8378
Moab Country Club (Rob Jones).....	259-6488
Moab Duplicate Bridge Club (Gail Darcey)	259-1733
Moab Friends For Wheelin' (Jeff Stevens)	259-6119
Moab Half Marathon (Ranna Bieschke)	259-4525
Moab Horse Racing Association (Chuck Henderson)	259-4111
Moab Horse Show Association (Tosha Audenried).....	260-9252
Moab Lodging Association (Britnie Ellis).....	259-6171
Moab Music Festival (Andrew Yarosh).....	259-7003
Moab Poets & Writers (Marcia Hafner)	259-6197
Moab Points & Pebbles Club (Jerry Hansen).....	259-3393
Moab Quarter Horse Assoc. (Kathy Wilson).....	259-8240
Moab Rod Benders (Jim Mattingly).....	259-5858
Moab Ropers Club (Terry Lance).....	259-9972
Moab Sportsmen's Club (Frank Darcey).....	259-2222
Moab Taiko (Stephanie Dahlstrom)	259-2264
Moab Teen Center-Club Red	259-9991
Moab Trails Alliance (Kimberly Schappert)	260-8197
Moab Valley Multicultural Center (Sarah Heffron or Leticia Bentley).....	259-5444
Mutual UFO Network (Elaine Douglass).....	259-5967
Order of the Eastern Star (Fran Townsend)	259-6469
Parent Teacher Association (Tiffany Saunders).....	259-5830
Plateau Restoration/Conservation Adventures (Tamsin McCormick)	259-7733
Red Rock Forests (Terry Shepherd)	259-5640
Red Rock 4-Wheelers (Ber Knight)	259-7625
Retired Senior Volunteer Program RSVP (Jody Ellis)	259-1302
Rotary Club (Kyle Bailey).....	259-6879
Seekhaven Crisis Center (Jaylyn Hawks).....	259-2229
Senior Center (Verleen Striblen)	259-6623
Sierra Club (Mike Stringham).....	259-8579
Solutions - www.moab-solutions.org - (Sara Melnicoff).....	259-0910
Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
Southern Utah Wilderness Alliance (Liz Thomas).....	259-5440
Toastmasters International (Al Boyd)	259-5767
Trail Mix Committee (Sandy Freethey).....	259-0253
Valley Voices (Marian Eason).....	259-6447
Veterans of Foreign Wars (Fred Every).....	259-5428
WabiSabi (Jeff Cohen).....	www.wabisabimoab.org - 259-3313
Word Watchers (Nancy Kurtz).....	259-0734
Youth Garden Project (Jen Sadoff)	259-BEAN (2326)

VISITING ROTARIANS: Join us for Lunch every Monday 12 noon at La Hacienda Restaurant

VISITING ELKS: The Moab B.P.O.E. 2021 invites you up to the lodge Wed, Thurs, & Fri evenings. Up hill behind La Hacienda on North Main Street

ASTROLOGY HAPPENINGS

Your Monthly Horoscope - January 2010

By Rob Wells

Dec. 22 - Jan. 20



Capricorn: Hold on to your hat Birthday person, this month is packed with fun and challenges to keep you amused and busy. The first weeks ask you to look at how you think about yourself and start making some real changes. Not until the last week of the month will you be fully able to put them into effect, which gives you sometime to think things through. Get out and circulate between the 11th and the 14th, when love can find you easily.

After the 20th, the Sun moves into you house of money and you'll focus your efforts there for the next thirty days, but happily so. Solid changes will bring you lasting results with patience. Avoid confrontations on the 29th.

Jan. 21 - Feb. 18



Aquarius: Though this is the time of year for you to sit back and relax, your mind may prove too busy for you to get any rest. If so, try slowing down a little and conserve some of the energy you do have. Best days to relax are the 3rd and the 4th, after that until the 14th, activities will grow a little every day until you reach your usual head of steam.

After the 20th you focus on yourself. Think about changes you would like to make in your appearance. Be wary of a bomb on the 29th when partners will be looking for blood and that mostly looks like yours. A decision you made five years ago will be tested on the 31st.

Feb. 19 - Mar. 20



Pisces: This is your time to dream, Little Fish. Don't apply too much energy to the task until after the 15th and then you have five days to pull your future together for the coming year. I know it's late in the year but you could still harvest a wish of love left over from last year between the 11th and the 14th.

Keep your eyes and your options open.

As the Sun moves into Aquarius on the 20th, you may feel like getting extra rest and that would be a good thing. It is! Keep warm and away from drafts on the 26th through the 29th. You face a test of your will on the 31st regarding a friend or a lover.

Mar. 21 - Apr. 20



Aries: Changes are taking place in your career sector right now. It's best to let things lay until after the 4th before taking any action, though. Look for an up turn in your circumstances between the 11th and 14th when a friend could come to your rescue.

From the 20th, you may be facing making some personal changes that will deeply impact your life. Don't wait until the last minute to make them. Start early for best results, like around the 5th when you can see clearly the direction you need to take. Setting personal wants aside for the people around you may prove difficult on the 26th and 29th but you must do it. The test comes on the 31st so be ready.

Apr. 21 - May 21



Taurus: You'll be everybody's shining light with regard to your church or academic group this month. A little church social could land you a new love between the 11th to the 17th. By and large, the first three weeks of the month are pretty mellow for you.

As the Sun moves into Aquarius on the 20th, you'll notice an upturn in your career sector. Things move smoothly until the 29th when jealous motives try to take you down a peg or two, so be forewarned. A final test is given you on the 31st regarding matters around your health.

May 22 - June 21



Gemini: You'll be focused on joint holdings and finances this coming month. Possibly your upcoming taxes or saving what investments you have from further shrinkage. All and all, it has a lot of silver linings to keep you smiling these first three weeks of the month. Look forward to a

financial plum between the 11th to the 14th and again on the 21st.

A war of words could erupt between you and someone in authority between the 26th and especially on the 29th. Best advice is keep your mouth shut. You'll be given a final test from a loved one on the 31st. Good Luck.

June 22 - July 22



Cancer: Your partnerships have your full attention this month. It's really all good news. This is the perfect chance to deepen the bonds you share with another. Try to get away from it all from the 11th to the 14th when you could make some wonderful memories together.

After the 20th of the month all the money planets are in your house of joint finances. This bodes well for getting things balanced and budgeted for the coming year. Avoid a major confrontation over the cash on the 25th and the 29th when you could wrongly take an unyielding stand. A final test regarding your home comes your way on the 31st, so be ready.

July 23 - Aug. 24



Leo: This month the main emphasis is on your job or your health. Both are glowing, but it would be wise to have them assessed. See a doctor and get a check-up. Have a heart-to-heart with your boss and make sure your doing all you can do around the workplace. There are some serious

romantic waves coming your way on the 11th through the 14th so be ready to take advantage of the energy.

From the 15th of the month on, your attention is on your committed relationships and what you contribute to them and how much you get from them. It's going to be a magical time if you let it. However, on the 26th and the 29th egos could get out of hand and destroy everything so be ready to give ground to save what is valuable. Trying news comes your way on the 31st, so be ready.

Aug. 24 - Sept. 22



Virgo: Your love life is one for the books this month. So many offers and so little time. Activities really pick-up after the 11th and continue through the rest of this month and well into next with the emphasis being on the formation of a lasting union.

After the 20th the focus changes to your place of employment. It's still very good but if there is a house keeping, or better said, house clearing it's coming on the 26th or the 29th and it may not turn out pretty. The kicker comes on the 31st when the universe hands you a final test regarding your finances, or a child. It could get interesting.

Sep. 23 - Oct. 23



Libra: Are you planning a party to break the winter chill? Well this would be the month to do it. With four happy planets in your house of home the heat is turned on for such and occasion. From the 11th to the 14th, it looks like the best time. If not a party then time spent on your own will do as well.

After the 15th the mood turns to romance and you'll be in the thick of it for the rest of the month. Two days to watch out for are the 26th and the 29th when egos could go over the edge, especially in romantic situations. There's a test coming for you on the 31st regarding something about yourself. There's a change you must make, so make it and move on.

Oct. 24 - Nov. 22



Scorpio: Happy news comes your way this month. A change you make in your thinking on the 5th changes everything like a wish come true. From the 11th to the 14th words of love and a surprise visit could rock your world. Romance continues centered in your home from the 15th.

After the 20th, matters regarding your home are in focus. A decision regarding your home is called for on the 26th and the 29th. It won't be an easy one for sure. A final test about your employment or health comes up for a last review on the 31st. Choose wisely.

Nov. 23 - Dec. 21



Sagittarius: The big thing this month is your cash and things that you hold as valuable. Seems you'll be counting both as the first three weeks of the month pass by. An added windfall could find you on the 11th and the 14th.

Be slow to react and hold off any changes until after the 15th when the planets are more in your favor for making those changes. The 21st is an excellent day for that task.

After the 20th of the month all the focus is on messages and errands and little trips around town. Be careful in your travels on the 26th and, especially, on the 29th when you could have an accident. There's a test coming your way on the 31st from a friend.



Rob has been an Astrologer for over 30 years. A student of Carol Green and the Ray of Light School in SLC, Rob is a member of the American Federation of Astrologers. "Astrology is a tool for living. It can be used in every aspect of life. Let me help you with your choices in life." Prices start at \$25.00. Call for an appointment, 259-7116.



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HEALTHY HAPPENINGS

What to get the Person Who Has Everything

There are countless sprays, lotions, gels, rub-ons and the like available to the public and all are new "formulas" and most are all natural. These topical analgesics are being used for not only the usual muscle, joint and back pain, but more complex problems such as fibromyalgia, migraine headaches, including the extreme cluster headaches.

So what is one to do in order to find the right product for you and your family? And in addition, know that it works!

We recommend three important steps: 1) See if you can get samples. This important because not all body chemistry is the same for all individuals; further the smell, or heat/cold may be uncomfortable as well. This is a personal input; the side effects could be as uncomfortable as the pain! 2) Get testimonials from your friends or the company website, being alert that information from the company website maybe selective. But word of mouth recommendations are very, very powerful. 3) The Company website should offer a total list of the ingredients **and** why they are part of the formulation of the product. The website should offer an excellent insight into the quality of the product; such as manufactured in a FDA certified facility, money back guarantee, sold to a range of clients from medical professionals to the consumer.

Because of all the above, we are pleased to be able to introduce and recommend **Sore No More**. It is also an all natural formula which successfully provides topical pain relief for joint, muscles, arthritis, fibromyalgia, back pain; and migraine headaches. We currently have patents with the US Patent Office pending for the fibromyalgia and headache applications and more! And guess what, it was our customers who discovered these applications and were telling all their friends!

Sore No More Natural Pain Relieving Gel is fast acting and begins to work quickly once it is massaged onto the affected areas. For years **Sore No More** has provided temporary relief of pain associated with simple backaches, arthritis, bursitis, strains, bruises, and sprains with its unique heating ingredients.

Contrary to other analgesics sold on the market today, which are formulated with waxes, oils, artificial colors, paraben and other chemicals, we carefully selected these active ingredients for the safest results in this product, **Sore No More** is completely alcohol free, non-greasy, non-staining, and has a light refreshing scent that comes from orange peel extract and witch hazel.

Sore No More is made from pure and natural ingredients without unhealthy solvents, diluting agents, preservatives, and is animal by-product and animal

testing free. Although, we do have veterinarians buying Sore No More for race horse tendonitis and for arthritis for dogs! For over 15 years we have proudly manufactured **Sore No More** in the southwestern USA in a FDA certified facility and is widely accepted as the standard in pain management clinics, physical therapy clinics, massage therapy, and sports therapy ... around the world. Money back guaranteed. Available in various sizes and bulk. We do offer free samples, you pay for the postage.

For centuries the native tribes of northern Mexico have been using plant extracts to relieve pain. With that knowledge and modern science, we've developed a unique formula by blending those plant extracts with safe active ingredients. The result is an elegant gel that provides temporary relief to minor aches and pains. Our formulation is the result of trying various formulas on sports teams for several years. Based on their feedback, the formula was 'fine-tuned' resulting in the **Sore No More** as we know it today.

The '**Sore No More Natural Pain Relieving Gel**' was first introduced in 1992 to the health care industry under the name, '**Sombra Natural Pain Relieving Gel**', which is a private label only sold to and through certified health professionals. 'Sore No More' is the retail label that we make available to the general public through health food stores, natural markets, pharmacies and drug stores. We mention the professional label as it does have more awareness in the marketplace and we

are aware that a lot of individuals visit chiropractors and physical therapists. The **Sore No More Company** is aggressively seeking more retail outlets and distributors to bring this solution to the consumers.

The **Sore No More 'Warm Therapy'**, which is the original gel, is very unique in that it goes on cool and then heats-up as it does have both warming and cooling elements. There is no medicinal scent as we use an orange-peel extract that not only leaves a refreshing orange scent, but it also works as an anti-inflammatory agent. The orange-peel extract is one of

five natural extracts used in the formulation and others include: Aloe Vera extract, which helps soothe the skin and is used to treat minor abrasions and burns; grapefruit seed extract, which is an organic anti-microbial and fungicidal agent that is gentle on the skin; green tea extract used as an anti-irritant and is rich in Vitamin C and is also a mild antibacterial agent; queen of prairie extract, which also has antiseptic properties. Menthol and camphor are the active ingredients and we still like to consider the capsaicin an active ingredient, but was listed as inactive after the FDA raised the requirements for active ingredients.

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SKY HAPPENINGS

The Sky for January 2010

By Faylene Roth

JANUARY SUNRISE AND SUNSET TIMES

DATE	SUNRISE	SUNSET
1	7:36am	5:08pm
2	7:36am	5:09pm
3	7:36am	5:10pm
4	7:36am	5:11pm
5	7:36am	5:11pm
6	7:36am	5:12pm
7	7:36am	5:13pm
8	7:36am	5:14pm
9	7:36am	5:15pm
10	7:36am	5:16pm
11	7:36am	5:17pm
12	7:35am	5:18pm
13	7:35am	5:19pm
14	7:35am	5:20pm
15	7:34am	5:21pm
16	7:34am	5:22pm
17	7:34am	5:23pm
18	7:33am	5:25pm
19	7:33am	5:26pm
20	7:32am	5:27pm
21	7:32am	5:28pm
22	7:31am	5:29pm
23	7:31am	5:30pm
24	7:30am	5:31pm
25	7:29am	5:32pm
26	7:29am	5:33pm
27	7:28am	5:35pm
28	7:27am	5:36pm
29	7:26am	5:37pm
30	7:25am	5:38pm
31	7:25am	5:39pm

Six bright stars outline the Winter Hexagon—Capella in Auriga, Aldebaran in Taurus, Rigel in Orion, Sirius in Canis Major, Procyon in Canis Minor, and Pollux in Gemini.

MAJOR CONSTELLATIONS OF JANUARY

- | | |
|------------------|------------------|
| Overhead | Eastward |
| Andromeda | Cancer |
| Aries | Canis Major |
| Orion | Canis Minor |
| Taurus | Gemini |
| Triangulum | Leo |
| Northward | Southward |
| Auriga | Aquarius |
| Cassiopeia | Cetus |
| Cepheus | Eridanus |
| Perseus | |
| Ursa Major | Westward |
| Ursa Minor | Aquarius |
| | Cygnus |
| | Pegasus |
| | Pisces |

VISIBLE PLANETS

Jupiter - Look for Jupiter's brilliant beacon in the early evening twilight low in the southwestern sky. It outshines all the stars, including Sirius (Canis Major) which has a magnitude of -1.6. By January 6 Jupiter has moved from Capricornus into Aquarius. At month's end, it sinks below the horizon as astronomical twilight ends. (Magnitude -1.9)

Mars - Now that Venus is lost in the sun's glow and once Jupiter has set below the horizon, the night sky belongs to Mars. It is second in brilliance only to the bright blue light of Sirius (Canis Major). At the beginning of the month it rises in the eastern sky soon after 8:00pm. By month's end it rises before sunset. It is visible throughout the night and its red orb appears to guide Leo toward the western horizon each morning. Mars reaches its closest approach to Earth on January 27. On January 29 it presents its full face to Earth when it is directly opposite the sun. Mars continues retrograde motion this month as it appears to move westward from Leo towards Cancer. (Magnitude -1.2)

Saturn - Identify Saturn by its steady yellow light because it is no brighter now than an average first magnitude star. It rises before midnight and is located on the celestial equator halfway between Spica (Virgo) and Denebola (Leo's tail). By month's end it rises about 10:00pm. Saturn can be seen high in the sky in early morning twilight. It begins retrograde motion on January 15. It appears to drift westward, moving farther away from Spica over the next five months. (Magnitude +1.1)

Note: Apparent magnitude values range from -4 to +6 for most planets and visible stars. The lower the value the brighter the object. A decrease of 1.0 magnitude is 2.5 times brighter.

DAYLENGTH

January provides an additional 43 minutes of daylight as the Earth's orbit swings away from its solstice position. Civil twilight provides an additional 30 minutes of adequate daylight for outdoor activity. Nautical twilight continues another half hour and is defined by the disappearance of color and detail in the surrounding landscape. During astronomical twilight—a final half hour—the reflected light of the sun on the western sky fades to black. (The time of sunrise and sunset assumes a flat horizon. Actual time may vary depending upon the landscape.)

MOON HAPPENINGS

January begins with a waning gibbous moon. On January 2 the moon rises with Mars soon after 8:00pm on the eastern horizon. On January 6 it rises one hour after Saturn. The last quarter moon occurs January 7. In the early morning hours of January 8 a waning moon rises around 2:00am (about 30 minutes after Spica). On January 11 a waning crescent moon appears to the left of Antares (Scorpius) about one hour before sunrise. A new moon occurs January 15. On January 17 a thin waxing crescent appears in the southwestern sky below Jupiter. The next night the moon is almost 15 degrees above Jupiter. The first quarter moon occurs January 23. On January 24 a waxing gibbous moon appears below the Pleiades as twilight fades. A full moon rises on January 29 at 5:19pm. It becomes full at 11:18pm as it moves across the sky below Gemini's twin stars. Mars and Saturn trail behind its eastern side. On January 30 a waning moon hangs below Mars. On January 31 it sits with Mars on its right and Saturn on its left.

PERIHELION

On Saturday, January 2, at 5:00pm, the Earth makes its closest approach to the Sun. This point is called perihelion. Since Earth's orbit around the Sun is an ellipse, the Sun is offset slightly from the center point of the orbit. The variation in distance between perihelion and aphelion (farthest point from the sun) is less than three percent. It is a coincidence that perihelion occurs during our winter

season when the Earth's axis is tilted away from the Sun. The date of perihelion regresses by about 25 minutes every year (one day every 58 years). Within a 21,000 year cycle, perihelion will pass through every season.

RETROGRADE MOTION

Both Saturn and Mars exhibit retrograde motion this month. The orbital direction of the planets causes them to move eastward each night against the background stars. However, the Earth orbits the Sun faster than do the outer planets. When the Earth moves past an outer planet, the outer planet's motion appears to drift westward against the background stars. Retrograde motion reverses to normal once the Earth has passed the outer planet.

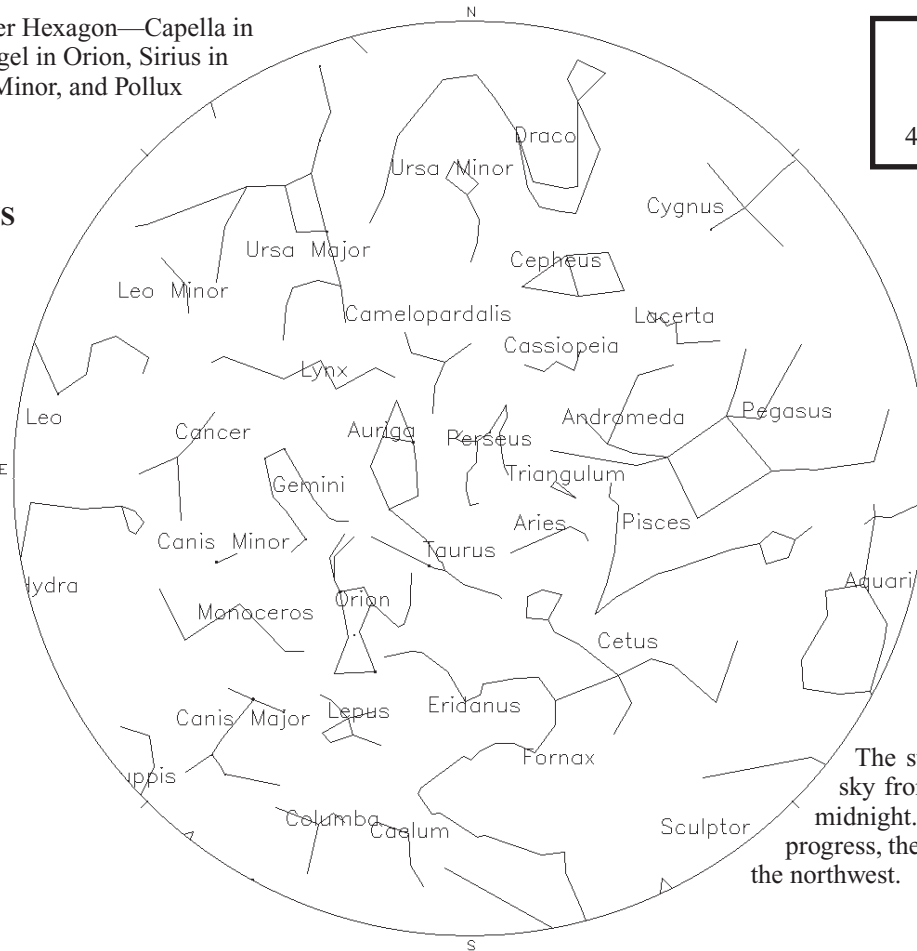
METEOR ACTIVITY

The Quadrantids peak on the night of January 3/4 with sightings possible January 1-5. The radiant for this meteor shower is the region between Bootes and Ursa Major. The Quadrantids are known to produce abundant meteors, but they are faint. A waning gibbous moon shines throughout the night during this year's event so expect most of the activity to be obscured. If you do see meteors after midnight during this meteor shower, trace their trail backwards to see if they originated from the Quadrantid region.

NASA SIGHTING OPPORTUNITIES

To find out when the Space Shuttle and International Space Station are visible from your location, go to the following website and click on Sighting Opportunities: <http://spaceflight.nasa.gov/realdata/sightings/index.html>

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



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38°34' N Latitude
109°33' W Longitude
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Hold the star chart high above your head and match the compass directions to the direction you are facing. Adjust the star chart by orienting Ursa Major (Big Dipper) to match its position in the sky.

The star chart approximates the sky from astronomical twilight to midnight. As the night and the month progress, the constellations shift toward the northwest.

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

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PET HAPPENINGS

Dog Training 101: The Basics

by Lisa Lawrence Moore

Training your dog is not so much teaching your dog tricks as it is learning to speak a language that your dog understands, then having the ability to communicate with your dog about things that come naturally to them.

Canis familiaris is a common dog that has become domesticated over time. Canis lupus is the dogs' wild cousin, the wolf. Even though the dog is no longer wild like the wolf most of the behaviors still apply. These behaviors are innate and have succeeded in allowing the wolf to survive for the entirety of its existence on earth. Wolves and our sweet house pets all communicate by smell, sound, energy, body posture and eye contact.

Though your dog has feelings, it's important to avoid anthropomorphizing their feelings as they are quite different. One of the most important things to a dog is the pack; your household and your dog are a pack as he sees it. In a pack there must always be a pack leader. Your dog is very happy having you as their pack leader however if you are not going to be the pack leader then your dog will step up to get the job done because someone has to do it.

To have harmony with in your pack and your home it is very important you are the pack leader and once you assume this role realize that your dog's "feelings" no longer matter. It's all very black and white in a dog's world; the pack leader gets to eat first, eats the best food and always walks in front unless the dog has permission to walk a head of you. The pack leader never gives any reward to the lesser pack member unless that pack member has done something to be rewarded for.

Your dog will constantly test you to see if you are serious about being the pack leader because this is extremely important to your dogs' survival as they see it. As your establish pack leadership your dog will test you less and less. The main way your dog learns is by trial and error. Therefore a dog memory is supreme. A dog never forgets.

This leads us to consistency. You, as pack leader, must be consistent to a fault. If for example your dog tries to get up on the bed with you and is allowed to once out of 200 times then your dog will continually try to get up on the bed. They have learned that once out of 200 times they will be allowed to stay and to your dog those are pretty good odds and will keep them motivated to try and try and try. That's the hardest part in training your dog. Consistency!!! If your dog learns that no matter how many times they try to get on the bed they will NEVER be allowed to stay then eventually that is a test they give up on. Dogs are very smart opportunists. If something doesn't eventually pay off then that is a waste of energy and one to just avoid.

The other very important thing to know is your dog will do anything to please the pack leader. A dog's feelings do not get "hurt" if they are corrected. They want to be shown and to know "how to act". If a dog puts its eyes down, tucks their tail between their legs, rolls onto their back and exposes their belly or even tinkles a little bit they are NOT saying "my feelings are hurt...why are you so mean to me". Instead they are saying "I respect you as the pack leader and I am going to show you how much I respect it by showing you how submissive I can be".



Another example of miscommunication is when a dog jumps up on you. First of all this is undesirable behavior. The first thing you must do is correct your dog so that they will stop it, but most importantly

you should know WHY they are jumping in the first place. If you have ever watched a video about wolves you will often see the entire pack go up to the pack leader and "nuzzle its muzzle" or lick the alpha wolf's mouth. That is all your dog is trying to do to you when they jump up so earnestly when you get home from work. They are desperately trying to "nuzzle your muzzle". This is a show of respect. So instead of punishing your dog for what he sees as a demonstration of respect, teach him instead to do it by your rules. Teach him to sit then wait for you to bend down to him before they lick your muzzle.



The main goal in dog training is to teach YOU the dogs "language", then to teach YOU to teach your dog the rules of

the "pack" and their role and acceptable behavior within that pack. In the long run your dog will be much happier because their world makes sense to them. Also this provides you with the best possible relationship you could possibly have with your dog.

The majority of problems people have with their dogs boils down to simple miscommunication that is easily corrected. But unless you are truly skilled in training many unfortunate things can happen. Potty training is one such example. Unless you catch your dog in the act of urination yelling and spanking your dog will mean nothing to them except that in their mind sometimes out of the blue you yell and hit for no reason. There is a joke out there that shows a man throwing his dog out the window every time he sees an "accident" on his floor. Before long the dog will have his accident then leaps out the window. Funny yes, but also very telling on "dog training" done incorrectly.

Another sad example of "training done incorrectly" is one man got a shock collar to stop his dog from jumping up on his small child. Every time the dog would jump on the child the man would angrily push down on the button that would emit the shock to the dog. This was very painful and upsetting to the dog and he couldn't understand why this was happening. Pretty soon the dog realized that every time he would feel this horrible pain the child was next to him. Before long the dog put it together in his mind that the child was causing him all this pain and eventually he attacked that child as a way to protect himself. This is a very harsh and sad lesson that shows you training must be done by someone that is trained in training dogs.

Training is different for big dogs and little dogs and even though it is never too late to teach an old dog new tricks, training an older dog is very different from training a puppy. An aggressive dog is trained differently from a fearful dog. Each dog is unique as are people. As a school teacher has to learn many different ways to teach many

different "learners" a dog trainer's job is no different. Each situation is unique and must be treated as such.

As a trainer there is nothing more rewarding than seeing this creature with such a capacity for unconditional love to learn how to be a better pack member to the one person that means more than anything to him in this world...you.

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Humane Society of Moab Valley January Events

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January 9 and 23 Dog & Puppy Adoptions:

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The Humane Society of Moab Valley is sponsoring a benefit, "Paws for the Cause". January 22 from 6-8:30. Held at Jeffrey's Steakhouse. Ladies evening out. Wine tasting and hors d'oeuvres. Wine featured by Castle Creek Winery. Tickets will be \$60.00 per person. Reservations are limited! Please call Sherry at 435-220-0847.

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