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MOAB HAPPENINGS

Volume 22 Number 10

JANUARY 2011

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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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STUNTS, STARS AND LEGENDS

YAKIMA CANUTT

by John Hagner (Artist of the Stars)

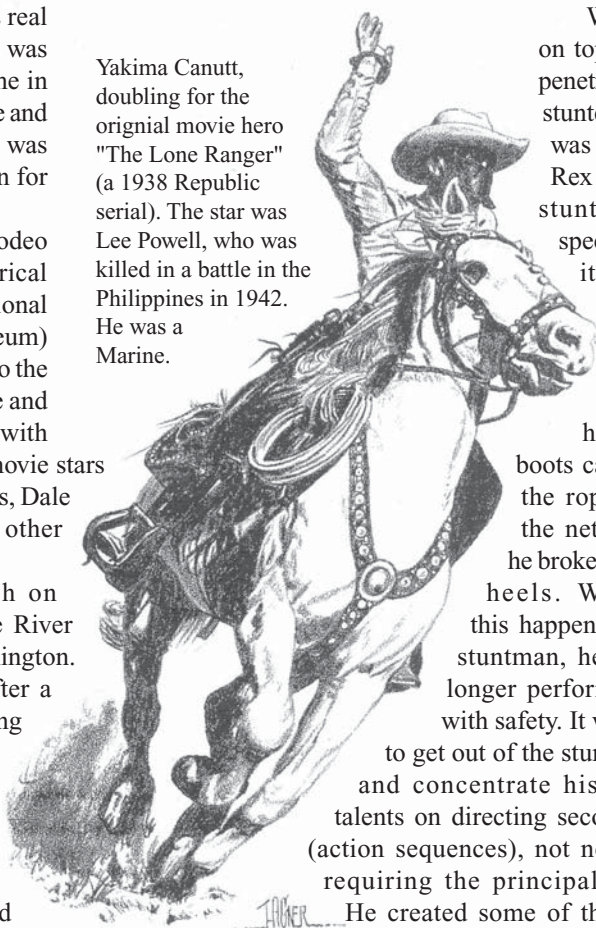
Before entering into the movie business, Yakima was a rodeo cowboy in 1917, 1919-20 and 1923. World All-Around Rodeo Champion. He was named Yakima after the city of Yakima, Washington. His real name was Enos Edward Canutt. He was installed in the Cowboy Hall of Fame in Oklahoma City, OK. His two sons Joe and Tap Canutt were also stuntmen. Joe was the stunt double for Charlton Heston for more than thirty years.

'Yak' was inducted into the Rodeo Hall of Fame of the Rodeo Historical Society (a support group of the National Cowboy and Western Heritage Museum) in 1975. In 1978, he was inducted into the Hollywood Stuntmen's Hall of Fame and was foot printed in cement, along with 31 other famous stunt people and movie stars including Burt Reynolds, Lee Majors, Dale Robertson, Yvonne DeCarlo and other stunt people.

Canutt was born on a ranch on the Penewawa Creek in the Snake River Hills, 16 miles from Colfax, Washington. He grew up riding and roping. After a brief stateside stint in the navy during World War I, he continued a record-breaking career as a saddle-bronc rider. A rodeo in Los Angeles led to a meeting with cowboy star Tom Mix, who got him work as a cowboy extra. His skills rider and stunt fighter led to a contract starring in a series of his own silent western films. He caught the flu and it damaged his vocal chords, and when sound films came into vogue, his raspy voice was not suited for talkies. He concentrated on stunt work. Although he continued to play roles as heavies, he quickly became known as filmland's premier stuntman, during the 1930s. He and John Wayne created a new technique for filming screen fights and made them look more believable. He created and refined most of the stunt techniques employed in westerns and action films

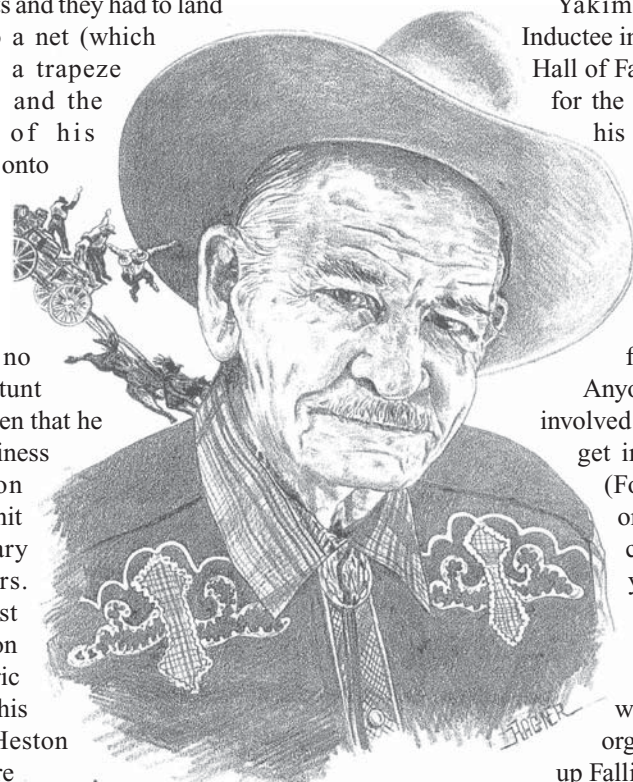
for many years to come. He was severely injured performing stunts in "Boom Town" (1940) starring Clark Gable and Spencer Tracy.

Yakima Canutt, doubling for the original movie hero "The Lone Ranger" (a 1938 Republic serial). The star was Lee Powell, who was killed in a battle in the Philippines in 1942. He was a Marine.



While riding a wild bronc, it fell on top of him and the saddle horn penetrated his stomach. In 1943, Yak stunted in "In Old Oklahoma". It was in a Republic western starring Rex Allen that Yak and Cliff Lyons, stuntman, had to jump from a speeding horse and wagon before it crashed. Yak was wearing

boots and they had to land into a net (which was a trapeze net), and the heels of his boots caught onto the rope of the net and he broke both heels. When this happens to a stuntman, he can no longer perform a stunt with safety. It was then that he to get out of the stunt business and concentrate his action talents on directing second unit (action sequences), not necessary requiring the principal actors. He created some of the most dynamic and memorable action scenes in film history. In the historic chariot race in "Ben-Hur" (1959) his son Joe doubling for Charlton Heston did the majority of Heston's more dangerous chase scenes and suffered a severe cut to his chin when he was almost tossed out of the chariot, but was able to hang onto it and landed chin-first on the railing.



To John -
with best wishes -
Yakima Canutt

He was the first to do a "horse transfer" (transferring from a galloping horse to another moving object).

Canutt doubled for Wayne in "Stagecoach" (1940), filmed in Monument Valley (although the chase sequence where the Indians are overtaking the stagecoach, was filmed at Victorville, California). Yak was portraying one of the renegade Indians who leaps from his horse to one of the lead horses of the stagecoach. Wayne on top of the coach shoots Yak and he falls below the horses, and is run over by the rest of the team and the stagecoach. A stunt that Yak did many times before at Republic Studios in Roy Rogers films and other movie cowboys.

Yakima Canutt is an honored inductee in the Hollywood Stuntmen's Hall of Fame. He was in Moab, Utah for the filming of "Blue". He and his wife Audrea were regular visitors to the Hall of Fame before it moved to Moab (which was in 1989). It was opened to the visiting public up until 1996. Presently, it is looking for a new home to reopen. Anyone interested in becoming involved in this undertaking, please get in touch with John Hagner (Founder) at 435 260-2160, or email him at www.gmail.com and be sure to mention you read about it in *Moab Happenings*.

The Hall of Fame website is www.stuntmen.org. Go to Facebook and look up Falling For Stars. Then Artist of the Stars, then Stunt Stars and Legends. Mailing address is 81 W. Kane Creek Blvd. - #12, Moab, Utah 84532.

HIKING HAPPENINGS

Hell's Revenge – To The Black Hole And Beyond

by Marcy Hafner

Recently while I was looking over the Moab East Trails map, my eyes locked in on the fire and brimstone words of "Hell's Revenge." Scanning over the course of this 6.5-mile difficult jeep trail, which runs through the Sand Flats Recreation Area, the terminology of Tip-over Challenge, The Escalator, Hot Tub, Rubble Trouble, Hell's Gate and The Black Hole triggered my imagination and curiosity.

A few days later, I'm following the painted yellow flames up and down the slickrock of Hell's Revenge to check out this ominous sounding trail. Quickly I discover that I'm in for a heart-pumping, calf-burning workout and scanning this angle-of-repose at close range, I am amazed at what man and his machine can traverse!! The extraordinary steepness can be daunting even for a hiker. The excellent traction of the dry slickrock does make it possible for a well-equipped off-road vehicle to surmount an incredibly steep grade, but it doesn't come easily.

The amount of rubber on this extremely technical route is proof of that and observing these tricky, dangerous maneuvers from a safe distance can be very entertaining!

While in the Sand Flats Recreation Area, the Hell's Revenge Trail crosses over the well-known Slickrock Bike Trail several times before making its trek out towards an overlook of the Colorado River above Negro Bill Canyon. On the return trip, it completes a loop around the Lions Back before exiting west of the entrance booth.

The majority of the trails in Sand Flats are designed for mountain bikes and four-wheel drives, but great hiking opportunities also exist that are especially appealing in the quietude of winter. During that season the crystallized air sharpens the outlines of the stunning full circle panorama of Arches National Park, Behind the Rocks, Porcupine Rim and the La Sal Mountains - a wide screen portrait that is a striking contrast between snow covered alpine peaks and a red rock desert.

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 this recreational overload, the Moab community, Americorps, Grand County and the Bureau of Land Management (BLM) collaborated in 1995 for the purpose of preserving this precious resource - a coalition that formed an unusual partnership between the county and the BLM so they could manage, protect, maintain and rehabilitate this over run land. In order to meet these goals, however, it became necessary to charge entrance and camping fees.

To get to this outstanding recreational area from Main Street, turn east 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 and drive 1.7-miles on the Sand Flats Road to the entrance where trailhead parking can be found to the left of the entrance booth.

It's mind-boggling to realize that way back 150 million years ago during the Jurassic period 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, becoming the rounded mounds and fins of slickrock that are so characteristic of what we see today throughout the Sand Flats Recreation Area. As the sand dunes drifted with the whims of the wind, they etched into the sandstone a series of diagonal lines called "cross-bedding," leaving behind a signature trademark of their existence.

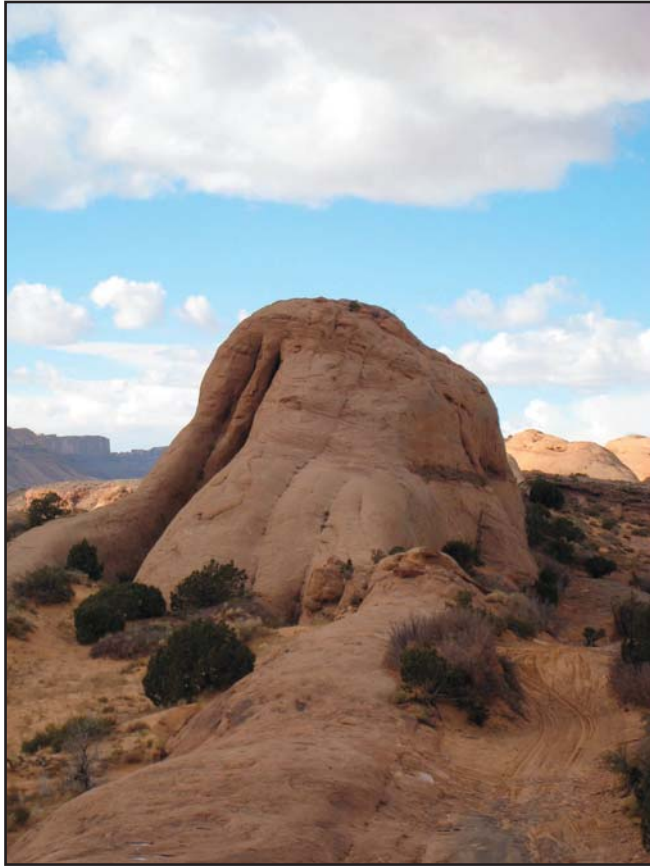
One and a half miles into my hike, the Hell's Revenge makes a brief connection with the Slickrock Trail just above Abyss Canyon, which is a sidebar canyon of Negro Bill. The edge of this canyon is definitely on the brink of the abyss - a sudden drop off of hundreds of feet to the deep, dark shadows of a well-watered, lushly vegetated canyon floor below. In the summer the steep scallop-shaped walls protect the inner depth of this canyon from the worst of the scorching sun,

but now with the summer long gone, the barren leafless branches of cottonwoods and oaks portray the chilling mood of a late fall day.

Stopping for a break, I study the swirling soft brown patterned consistency of the sandstone mounds and fins that surround me with their artistic flowing beauty. While munching on a sandwich, I survey the somber winter sky layered with fleecy clouds. With the textured appearance of white-gray cloth, they filter most of the sunlight; only a few colored patches of aquamarine and pale blue manage to peak through this heavenly curtain.

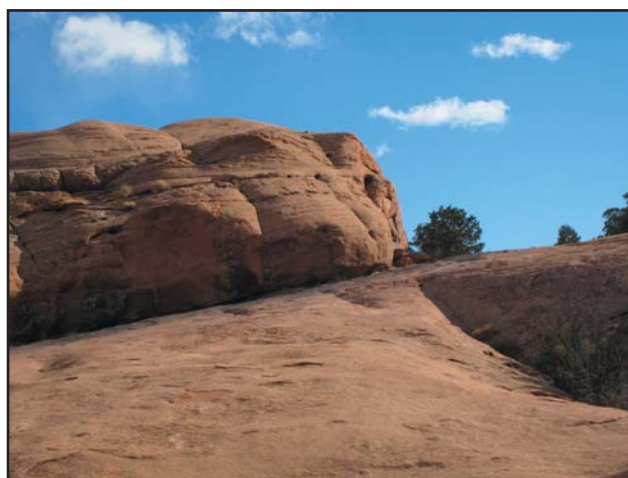
A raven's voice breaks the silence and I catch a glimpse of his profile against the slickrock as he glides in and then out of this quiet scene. According to a sign at the entrance booth, these birds have the largest brain of any bird species in the world and are excellent mimics having mastered a wide range of vocalizations.

All is so calm and peaceful until two very aggressive yellow jackets buzz in to disrupt my reflective interlude!!



What are they doing out on this nippy day!! Aren't they supposed to be hunkered down until next spring?! Moving in for the attack, these persistent pests completely ignore the swats of my hand. For some reason unknown to me, they are determined to run amuck until I change my strategy and chase them off with my hat. Finally they are gone and I return to my tranquil state of mind, giving my full attention to this majestic scene that I am now so fortunate to have all to myself.

Overly crowded in the spring, scathingly hot in the summer and still wildly popular in the fall - winter is when Sand Flats puts on its best face of a brisk coolness accompanied by a blissful solitude. The short winding road from Moab quickly transports me from the civilized world to this treasured off-season refuge of petrified sand dunes - a geologic wonderland filled with intriguing, odd shaped sandstone formations that extend for miles and miles in all directions.



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Reception, Meetings,
Group Activities

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January 2011

December 27th - January 12th. Food for Fines at the Grand County Public Library. Bring non-perishable food and domestic items to the library and remove \$1 from old overdue fines for each item donated. For more info call 435-259-1111.

- 1 **NEW YEAR'S DAY**
- 4 **Porchlights playing at Eddie McStiff's 6:00pm**
- 6 **Credit & You** - a free class on credit and credit reports. Everyone is invited. Will be held at the Grand County Public Library at 6:30 p.m. and will be taught by Matt Mecham, Branch Manager of the Eastern Utah Community Credit Union. Call the Library at 435-259-1111 for more info.

7-8 **4th Annual Film Festival**, Star Hall 6:00 pm, Free Admission see schedule on page 5

8 **Flute Festival**, presented by Echo Hunters Association, 6-8pm, at the Moab Arts & Recreation Center, 111 East 100 North. \$10 per ticket. For info leave a message for Evan at 801-414-5354

9, 16, 23, 30 **Sunday Hands Up Brunch, Youth Garden Project** Serving FREE community brunch from 10am - 1 pm. Coordinated by WabiSabi thru February 13th. (see sidebar for more details.)

11 **Basic Avalanche Awareness Class** - at the Grand County Public Library. La Sal Avalanche Center staff member will show a narrated video of avalanches, people triggering avalanches and the destructive power of avalanches. This presentation will focus on instruction on the basics of how to recognize avalanche terrain & obvious signs of instability, safe travel practices, basics of avalanche rescue equipment and self-rescue procedures, and where to obtain information about current avalanche conditions including the La Sal and Abajo Mountains. Admission is FREE. See box on page 5 for future classes.

12 **Second Wednesday Book Club at the Library.** *The Help* by Kathryn Stockett is January's book selection. All are welcome - 6:00 p.m. in the Library's Board Room.

13-16 **13th Annual Bluff International Balloon Festival** See article on page 6.

13 **The Moab Garden Club** will NOT be meeting this month. (see sidebar)

15 **Moab Arts Festival Poster Art Design competition Exhibition Opening** at the MARC 6:00-9:00PM. Everyone is welcome to come and vote for their favorite design! Winner will be announced January 19. Exhibition runs through January 29. See ad Page 2

17 **Martin Luther King Jr. Day**

20 **Thursday Night Movie Night at the Library.** *Despicable Me* will be shown at 7:00 p.m. This event is FREE. Popcorn for this event is donated by the Moab Chevron. For more info visit the Grand County Public Library at 257 E. Center St. or call 435-259-1111.

28,29 **Vipassana the Musical.** Star Hall 7:00 pm. An original locally written and produced play conceived by OKOKOK Productions and presented by Moab Community Theater. The story takes place at a 10-day Vipassana silent meditation course. Funny, sad, provocative and unpredictable, this high-energy musical follows the playful and soul-baring story of one woman's journey on the path toward self-discovery. The play features 14 original musical numbers. For more info visit realitycanbeagas.com or call 435-719-4076 Vipassana, the Musical continues with more performances on ...**February 4, 5, 6, 11 & 12.**

29 **Moab Music Festival 7th Annual Robert Burns' Birthday Tribute Concert** 6 p.m. Grand Center. Admission Free. Donations accepted. Featuring Christopher Layer, flute & bagpipes; Natalie Haas, cello; Kate MacLeod, voice, fiddle, guitar. Refreshments will be served. Event supports the Festival's Community programs & the Moab Community Dance Band. More info contact Aubrey or Andrew at 435-259-7003. See article on page 5.

February 2011

- 2 **GROUNDHOG DAY**
- 14 **VALENTINE'S DAY**
- 21 **PRESIDENTS' DAY**
- 26 **WabiSabi Fashion Bizarre**
- 25-26 **Abajo Winter Festival**
- 26 **Blue Mountain Triathlon**
- 26-27 **Quilting in the Red Rocks Quilt Show**

For more info on events see www.moabhappenings.com



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182 N. 500 West, Moab, Utah

All Square Dancers & Visitors Welcome

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Bob or Flora 435-259-2724
Tom or Sandy 435-719-4169

The Moab Garden Club will resume regular meetings on February 10th

at a members home. Bring seed catalogs and discuss plant varieties that work well for here. We will also look at doing some bulk orders and combining our needs to reduce shipping costs, etc. The Moab Garden Club is a social club that hopes to learn more about gardening here in Moab through our members and speakers. We go tour local gardens and seek speakers for increasing our knowledge. Come and join us! For more details call Tricia at 435-259-6342

Seekhaven's Annual Puttin' On The Ritz"

Saturday, March 5th, 2011

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



Volunteer for your favorite special event

WabiSabi Offering Free Sunday Brunches for fourth winter in Moab

Hands Up Brunch
January 9th thru February 13th
from 10am to 1pm
at the Youth Garden Project

Everyone is invited to attend. These Sunday brunches are made possible by generous donations from the community, local sponsors and volunteer support. In the past each brunch has served up to 200 people across all ages and from all walks of life. The Youth Garden Project lends their commercial kitchen to volunteer chefs who serve up everything from pancakes, scrambled eggs and bacon to biscuits and gravy, complete with juice, tea and coffee. These Sunday brunches are served to order by friendly volunteers in the historic Shafer home.

Holly Dinsmore, longtime manager of the WabiSabi Warehouse, is the heart and soul of these Brunches. She is the driving force who coordinates volunteer chefs, servers and dishwashers, procures food and orchestrates the meals. "These brunches are something I look forward to each year," says Dinsmore, "these Brunches are more than a meal; they are shared time between the larger Moab Family. Please join us this winter for a delicious meal and the warmth of community."

"Hands Up is a chance for the individuals, nonprofits and businesses of Moab to unite in sustaining area residents and the community at large," she adds. If you are interested in supporting WabiSabi's Hands Up Sunday Brunches or for more information please call 435.259.3313.

WabiSabi is an integral part of the Moab community, supporting its eclectic sense of identity and the diversity of residents that comprise it. To learn more, visit www.wabisabimoab.org.

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

Moab Music Festival's 7th Annual Robert Burns Tribute Concert

Christopher Layer returns as Festival Artist-in-Residence
Utah's Kate MacLeod and cellist Natalie Haas also to perform

On January 29, 2011, the Moab Music Festival's Artist-in-Residence, flutist & piper Christopher Layer, cellist Natalie Haas and singer/fiddler/guitarist/composer Kate MacLeod, will headline the Festival's 7th Annual Robert Burns Tribute Concert at Moab's Grand Center, 182 North 500 West Moab UT, at 6:00 pm.

The concert kicks off Layer's annual winter residency and will feature the Utah based MacLeod, who appears locally as a soloist, with Red Rock Rondo and the Celtic group Shanahy. MacLeod is best known for her unique fiddling style and original songs which have been heard on A Prairie Home Companion, Tom May's River Folk and Judy Collins' holiday program Peace on Earth. Haas, who now lives in Montreal, Canada, collaborates regularly with master fiddler Alasdair Fraser and has toured with Mark O'Connor's Appalachian Trio and premiered O'Connor's double concerto for violin & cello "For the Heroes" with the composer.

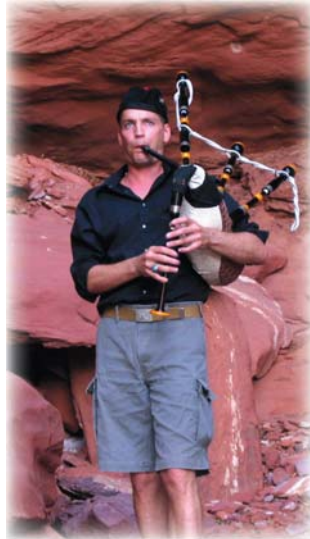
First held at Back of Beyond Books in 2003, the Burns Tribute Concert will also involve Moab locals who will celebrate Burns' universal themes of unity and the brotherhood of man by serving as guest readers of Burns' inimitable poetry.



Natalie Haas

The program, modeled on the traditional Robert Burns Suppers held throughout the world in January, will include a ceremonial "Salute to the Haggis." During this part of the event, Burns' "Address to the Haggis" will be read, the steaming haggis (a savory Scottish sausage/pudding) will be paraded through the audience on a silver tray preceded by a sword bearer and followed by Layer playing the Highland pipes. After circling the Great Hall, the haggis will be pierced by a replica of William Wallace's giant sword, sliced and served to everyone in attendance. Layer said when describing his favorite part of the event, "I love when Moab's Ron Regher and Flora Erickson parade the Haggis down the aisle with pipes flaring behind. Big Ron with the tray and little Flora with her big sword make quite a sight."

In addition to the concert, between January 27 and February 9, Christopher Layer's residency will include work with the Grand County High School and Middle School bands (directed by Ryan Morrill), coaching with the Moab Community Dance Band – an organization he helped to start, a performance for Moab Seniors during a regular Grand Center lunch and an informal visit/performance with patients at Allen Memorial Hospital. Admission is free with donations accepted. This event supports the Festival's Community programs & the Moab Community Dance Band. Refreshments will be served. More information: Aubrey Davis or Andrew Yarosh at 435.259.7003. See also www.moabmusicfest.org • www.nataliehaas.com • www.katemacleod.com



Christopher Layer



Kate MacLeod

2010-2011 Moab Events

March 11-15.....Skinny Tire Festival
March 19.....Canyonlands Half Marathon
April 16-24Easter Jeep Safari
April 29-May 1.....April Action Car Show
April 28-May 1Moab Spring Quarter Horse Show
May 7.....Gran Fondo
May 28-29.....Moab Arts Festival
June 2-5Canyonlands PRCA Rodeo
September 1-12.....Moab Music Festival
September 16-18 ..Moab Century Tour
September 22-25 .Moab Fall Quarter Horse Show
October 5-9.....Outerbike
October 8-9.....24 Hours of Moab
October 16.....The Other Half
October 27-30Moab Ho-Down Bike Fest
October 29.....Pumpkin Chuckin' Festival
November 4-6.....Moab Folk Festival

Avalanche Courses

Basic Avalanche Awareness Class - Free!

Tuesday Jan 11th at the Grand County Public Library
La Sal Avalanche Center staff member will show a narrated video of avalanches, people triggering avalanches and the destructive power of avalanches. This presentation will focus on instruction on the basics of how to recognize avalanche terrain & obvious signs of instability, safe travel practices, basics of avalanche rescue equipment and self-rescue procedures, and where to obtain information about current avalanche conditions including the La Sal and Abajo Mountains. Admission is FREE.

La Sal Avalanche Center AIARE Level One 3-day class

January 28, 29, 30 - Evening class begins 5:30 pm
Moab, Utah - La Sal Mountains/Grand County Search and Rescue Building, 2600 S. Highway 191, Moab, UT

This is the La Sal Avalanche Center's Yearly Level 1, 3-day Avalanche Class in the La Sal Mountains. Learn safe travel in avalanche terrain and recognition of weather, snow pack and terrain factors contributing to avalanche hazard in a spectacular S. Utah Location. No previous avalanche education necessary. Class/Field time - 24 hours.

The class is open to skiers, snowboarders, snowmobile riders and snowshoers. Participants MUST be able to travel on snow and arrive at the class with working backcountry equipment. A complete list of required gear is available at the phone number below.

All proceeds from this class go to the Friends of the La Sal Avalanche Center to help pay for the costs of Avalanche Education and Forecasting in SE Utah. Cost is \$199

La Sal Avalanche Center AIARE Level TWO 4-day class

The level 2 course is a 4-day program that provides backcountry leaders the opportunity to advance their avalanche knowledge and decision making skills. This course also includes the introductory and prerequisite components for the professional progression: the level 3 certificate.

The Level 2 builds from the introductory avalanche hazard management model introduced in the level one and adds to it the evaluation of factors critical to stability evaluation with more snowpack analysis and snowpack dynamics than are covered in a level 1 course. More advanced rescue topics are also covered.

Previous Level 1 Avalanche course or equivalent experience required. Ability to travel moderate distances on snow in backcountry conditions is essential. Pre-registration required. Contact Dave or Max at 435-636-3363 or dave@utahavalanchecenter.org.

Please call Dave or Max at 435-636-3363 for more information or to sign up for these classes.

Check out the "EDUCATION" tab on utahavalanchecenter.org for other avalanche classes in the state of Utah

Also see the Winter Recreation Happenings on page 6.

January 7-8, 2011
Star Hall @ 6:00 PM

FRIDAY
Shorts - 6:00 PM

FREE Admittance
- Donations Accepted

Museum of Moab - a film about the services provided by Moab's local museum, and some of the history of Moab. **Directed by students of the filmmaking workshop with Eric Temple.**

Being Awesome in Reverse - a music video of cool things happening in reverse, and slow motion. **Director, Wyatt Brown**

Hell's Real - A group of volunteers from town go and try to find the killer of the town, as they want to get some footage for their documentaries. They go to the park where he was last seen. The three females do not know they are being set up by one of the volunteers with them. **Director, Mildred Loredo**

Ikarus - Ikarus, according to the Greek legend fittes with wings from his father Daedallus, fell fatally from the sky as he dared to reach for the sun. What would have happened if this brave man would have survived the fall from the stratosphere? **Director, Bernhard Huwiler**

Feature - 7:00 PM

I Hear What You See: The Old Time Life of Kenny Hall - Kenny Hall has been blind since birth. Hard times have dogged his life, but his joyful music has transcended the troubles and transformed the lives of thousands. **Director, Chris Simon**

Q&A with the director immediately following the showing!

SATURDAY
Shorts - 6:00 PM

Battle of the Bulge - a short reenactment of the final day of the Battle of the Bulge in WWII. **Director, Garrett Brown**

Anywhere But Here - a hitchhiker ends up right where he originally started from, and discovers it is better than where he has been. **Director, Dashiell Kulander**

The Treasure Hunt - Mr. Jenkins' last wish was for his grandsons to find his secret treasure stash hidden in the hills. So in his will, he gave each of them a map. Who will hunt down the treasure first is a mystery! **Director, Wyatt Brown**

Feature - 7:00 PM

The Return of Navajo Boy - a documentary that reunited a Navajo family, forced the US Department of Justice to pay out a \$100,000 compensation check to a former uranium miner and triggered a federal investigation of uranium houses. **Director, Jeff Spitz**

Q&A with the director immediately following the showing!

www.filmmoab.com

435.259.4341

Moab to Monument Valley Film Commission

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UP UP AND AWAY HAPPENINGS

13th Annual Bluff Balloon Festival

Twenty-five hot air balloons are scheduled to fly in the 13th Annual Bluff International Balloon Festival from January 13th – 16th, 2011 in Bluff, Utah. Organized by the Business Owners of Bluff the festival is widely acclaimed as such a great small event that pilots sign on to the waiting list to join us. This year's winning poster design was by Keshia Dee, a Bluff Elementary School 5th grader.

Brightly colored hot air balloons soar in the early morning hours over Bluff on Friday, January 14th and Saturday January 15th. On Sunday morning, January 16th, the pilots cap the festival by flying Valley of the Gods, one of the most beautiful red-rock locations in the Four Corners. Organizing Committee member Marcia Hadenfeldt says,

"The pilots love to fly across the cliffs from one end of Bluff to the other – and beyond! They look forward to soaring above the monuments of Valley of the Gods for the spectacular scenery and vast expanse for flying."

But the January 2011 festival isn't all hot air. The festival also features activities where pilots visit the school to teach children about flying and events that support the local school and arts community. On Friday at 5 p.m., the Bluff Elementary School hosts a Navajo Taco Dinner with live entertainment featuring Native American dancing and singing. Proceeds benefit the Bluff Elementary School.

On Saturday, January 15th from 9 a.m. – 3 p.m., an Arts Fair at the Bluff Community Center spotlights arts and crafts from artists around the Four Corners area. Also on Saturday, a Southwest Cook-off will be held at 3 p.m. at the Community Center. Burgeoning chefs offer their clever culinary creations for visitors and the community. This spirited event is free of charge, but visitors are asked to choose their top chef by voting with their cash. A sunset

Glow-in also is held Saturday right at sundown (5:30pm) in which the balloons are inflated but are tethered to the ground, giving visitors a great



opportunity to see the balloons up close and mingle with pilots and crew.

Visitors should be in at the Community Center on East 3rd Street in Bluff by 7 a.m. each day as the balloons are aloft in the early morning hours to avoid wind currents. For more information, visit www.bluffutah.org. To obtain a vendor booth space at the Arts Festival, visit www.bluffutah.org

or contact Gene at 435-672-9959. With thanks to San Juan County Economic Development, Rocky Mountain Power and all our other sponsors, we invite you to the best winter event in Utah!

Winter in the La Sal Mountains

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: 435-259-8946

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.



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.



PARK HAPPENINGS

“Spying” on Wildlife at Dead Horse Point State Park

by Kim Clawson

Dead Horse Point State Park recently acquired a motion activated wildlife camera, which has provided some beautiful pictures of both commonly seen and infrequently seen wildlife in a remote area of the park. Mule deer frequent the park; they can be seen almost anywhere, including the visitor center and park housing areas. They are crepuscular animals, active at dawn and dusk, but can be seen at other times of the day.

The camera doesn't go unnoticed. A picture was taken of a curious mule deer sniffing the camera.

The kit fox picture was taken the first night the camera was set up. Kit fox eat mainly kangaroo rats and black-tailed jackrabbits. Kit foxes are a species of concern in the area because of declining habitat, but are frequently seen at Dead Horse Point State Park.

This black-tailed jackrabbit's picture was taken between mule deer visits. They are crepuscular, spending the day in the shade. This picture was taken at 4:44 a.m. on a cold, dark morning.

Winter is a great time of year to visit the park, for all kinds of activities. Birding, hiking and photography are common. This year, Dead Horse Point State Park was approved for participation in the annual Christmas Bird Count.

For more information about the park and trail conditions, call (435) 259-2614 or visit www.stateparks.utah.gov/parks/dead-horse.



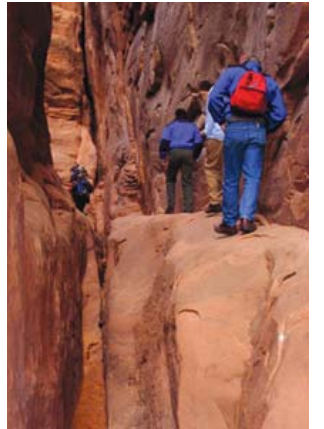
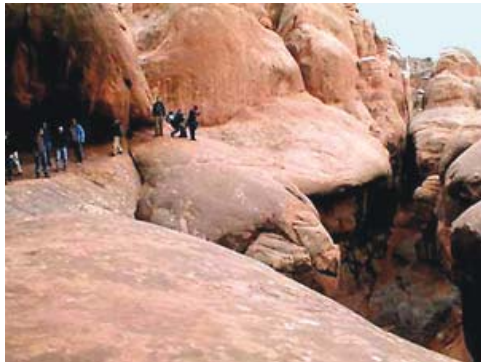
Arches National Park - Fiery Furnace Ranger-Guided Tour Reservations Change

Ranger-guided hikes through the Fiery Furnace are offered twice each day from March through October. These popular three-hour hikes are considered by most to be moderately strenuous. The Fiery Furnace hike is not a casual stroll and everyone attending the walk should be aware of the demanding nature of this hike and be properly equipped.

During the hike, participants will be walking and climbing on irregular and broken sandstone, along narrow ledges above drop-offs and in loose, sometimes wet, sand. There are cracks which must

be stepped over and narrow places in the rock that you must squeeze into and pull yourself up and through. In some of these places, you must hold yourself off the ground by pushing against the sandstone walls with your hands and feet. Due to the maze-like nature of the terrain, all participants are committed to completing the hike once they enter the Fiery Furnace. Please, check the Arches National Park website for more information and requirements for attending the Fiery Furnace tour: www.nps.gov/arch

Due to their popularity, these hikes often fill far in advance—early reservations are highly recommended. Reservations can be made online at www.recreation.gov up to six months in advance and at least four days before the date of the hike. Unreserved tickets may be available on a first-come, first served basis at the Arches Visitor Center within 4 days of the hike (in-person only).



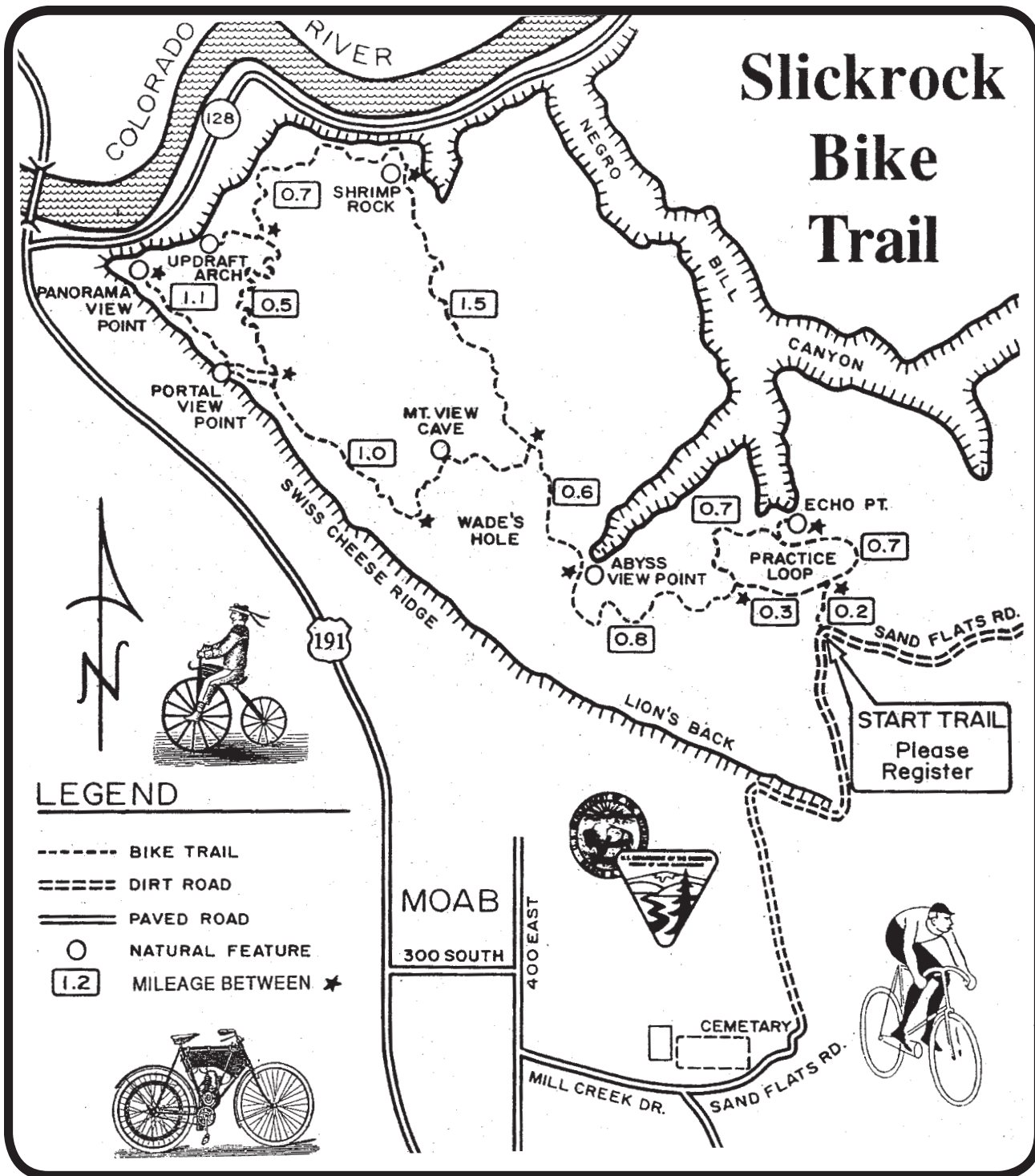
MILEAGES TO MOAB

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	

MOUNTAIN BIKING



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

Mountain Biking Mecca

• **SKINNY TIRE FESTIVAL March 11-14, 2011** - 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 puebloans 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.

• **2ND ANNUAL GRAN FONDO MOAB May 7, 2011** - The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates. 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.

• **MOAB CENTURY TOUR September 16-18, 2011** - This annual event is a weekend packed with road cycling benefiting the Moab Cancer Treatment and Resource Center and other cancer survivorship Programs. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. Rolling and Climbing Routes ranging from 42 to 100 miles on this fully supported road cycling tour. Visit www.skinnytireevents.com or 435.259.2698.

• **OUTERBIKE October 5-9, 2011** - Outerbike Demo Days: October 7-9 For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, and a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunch, shuttled rides, prizes, movies, parties, and beer! Outerbike Guided Rides and Clinics: October 5-6 Show up before the Demo Days and join us for guided rides and clinics that will range from the Whole Enchilada--an all day epic, to the new Intrepid Trails that even your kids would love. Sign up for these rides when you register for Outerbike Demo Days. Outerbike proceeds go to IMBA and the Moab Trails Alliance.

• **24 HOURS OF MOAB October 2011** - 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!

• **MOAB HO-DOWN Mountain Bike Festival - October 27, 28, 29, 30, 2011** Presented by Chile Pepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.

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TRAIL HAPPENINGS

NORDIC SKIING IN THE LA SAL MOUNTAINS

by Kirstin Peterson

Winter is here and there is snow in the La Sal Mountains, a half hour (or so) from Moab. Even though Moab isn't a mountain town in the truest sense of a Telluride or Breckenridge, when winter arrives, the mountain people emerge and flock to enjoy our private La Sal range and all the recreational opportunities that exist. Whether you prefer skinny or fat skis, telemark or randonee, classic or skating, snowboards or snowshoes, sledding or snowmobiling, there's something for you in Moab's winter wonderland. Moab locals and visitors alike are lucky to have groomed trails in the La Sal Mountains which offer access for all kinds of winter recreationists.

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 starting from the Geyser Pass Trailhead. Beginning in mid-December or whenever the snowpack is established, LUNA volunteers use a system of 2 snowmobiles pulling grooming equipment to lay a Nordic track wide enough for skate skiing and with a set of parallel tracks on the side for classic skiers. If you are interested in volunteering to be one of the ski groomers contact kirstin.m.p@gmail.com.



The starting point is the Geyser Pass Road winter trailhead at 9600 ft. and the groomed track goes up from there, where the elevations are higher yet and the air is thin. There are sections of the track that are suitable for all levels of skiers and snowshoe enthusiasts. As you set out from the parking area it is important to know that most of the track is "shared use" and you will see a variety of winter recreationists enjoying the mountains including snowmobilers, backcountry skiers and snowboarders, snowshoe and sledding parties with 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 when traveling downhill.

The Meadow Loop is the easiest and closest track to the parking lot. Ski a short way uphill from the trailhead and you'll see the Meadow Loop take off on the left and wind first through some aspens and then into a beautiful open meadow with Haystack Mountain in the background. The terrain is rolling and the loop rejoins the main track close to where you entered. This .3 mile sunny loop is fun to ski in either direction and is the perfect place to work on your form and get your lungs used to the high elevation.

Gold Basin is an intermediate track and is reached by continuing up the main Geyser Pass Road track from the Meadow Loop to the intersection with the Gold Basin Road, which branches right. The Gold Basin Track is rolling, though more uphill on the return, and offers a peaceful ski through pines and aspens with occasional views of the red rock desert below. You may see backcountry skiers accessing many of the popular runs above the track or returning from turns in the powder. The Gold Basin Track ends at the point where motorized travel is prohibited from going further, thus making this an out and back excursion totaling 8 km (5 miles) round trip from the trailhead.

Geyser Pass and the La Sal Loppet Loop is for the ambitious and fit skier, which branches off at the top of the pass, offers a challenging and beautiful Nordic skiing experience. The Lasaloppet, a fun ski event started by McKay Edwards of Moab Springs Ranch, marked the first true grooming of a big meadow loop off Geyser Pass, hence the name. From the Gold Basin intersection, Geyser Pass is another 2 miles (3.5 km) mostly uphill. Geyser Pass tops out at 10,600 ft and the La Sal Loppet Loop takes off to the right along the road towards Dark Canyon. After approximately .5 miles, the track leaves the main route on the left and winds through open meadows to a point offering wide ranging views of Colorado including the stunning San Miguel and Wilson mountains near Telluride. This rolling loop continues through the trees and emerges on the east side of the Geyser Pass Road where you will take a left up a short hill back to the pass, adding an additional 1.8 miles (3 km) to your distance (8.6 miles/13.2 km total from trailhead). From the pass it is mostly downhill back to the



trailhead 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 off at the south end of Spanish Valley. Turn left off the Hwy and then right onto the Loop Rd for about 13 miles to a well marked turn onto Geyser Pass Rd. From here travel 3.5 miles to the trailhead. Note that snow tires and/or 4wd are recommended for this road. The road is plowed fairly regularly but call 435-259-7155 or check <http://utahavalanchecenter.org/advisory/moab> for current conditions and the latest information about road clearing. Be prepared for winter conditions in the mountains and bring appropriate warm clothing, water, and food for any outing into the backcountry. There are no services other than toilet facilities at the trailhead.

About the Author: The Author, Kirstin Peterson is the ski representative for Trail Mix, the Grand County Non Motorized Trails Advisory Committee when she's not running her mountain bike tour company: Rim Tours.

Trail Mix is a contributor to the ski grooming program. Come to the Trail Mix meetings held the second Tues. of each month, starting at noon and lasting approximately 2 hours, at the Grand Center, 500W. 182 N. Join hikers, bikers, equestrians and skiers, in our effort to develop and maintain non motorized trails. Contact Sandy Freethey for more information. sngmoab@preciscom.net 259-0253. moabtrailmixinfo@gmail.com or www.grand.county.utah.net/trailmix/



Trail Mix is an advisory committee to Grand County in the development and maintenance of non motorized trails. The committee represents non motorized users including bikers, hikers, equestrians, and skiers. Many government agencies and private citizens make up the "mix" that makes this group work so well. Come join us on the 2nd Tues. of each month from 12-2 at the Grand Center (500W. 182 N.). Everyone is welcome. Contact Sandy Freethey 259-0253 or find us online at www.grandcountyutah.net/trailmix/. You may also reach us at moabtrailmixinfo@gmail.com.





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ASTROLOGY HAPPENINGS

Your Monthly Horoscope - January 2011

By Rob Wells

Dec. 22 - Jan. 20



Capricorn: Happy Birthday Capricorn and Happy New Year. Money and Love flow freely into your life this first week of the year as you discover it also brings new responsibilities with its freedoms. You grapple with an over active imagination during the second week, so be careful with what you suggest to others. After the 20th, money matters continue in a good light and focus for the next month. Purchasing something you have long wanted on the 23rd not only brings you joy but furthers your career.

opportunity to serve your community or church during the third week of the month. After the 20th, you have fun using something you purchase on the 23rd that helps you in the workplace.

May 22 - June 21



Gemini: Your focus is on joint holdings with partners, but the fun is in your career with surprises that take your breath away during the first week of the month. This augments your accounting interests in a very good way. Try to control off the cuff

comments and suggestions during the second week; they are not well received. Career surprises continue during the third week. After the 29th, you purchase something to share with your partner that brings the two of you closer together during the last week of January.

June 22 - July 22



Cancer: Your children, a hobby, or something you've done creatively finds surprise acceptance from a school or church peer group during the first week of the month, to your joy. Your partner and you are proud parents in this endeavor. Prepare for rough seas in the workplace during the second week and know the storm passes. During the third week of January, surprises come from your partner that will really make you happy. After the 20th, you focus on the joint holdings you and your partner have, but it's all good and on the 23rd a purchase regarding your home's décor enlivens your enjoyment.

July 23 - Aug. 24



Leo: While you're working like a maniac, suddenly a windfall breaks the action and sets you on your ear. Your partner will be overjoyed, as well. Be slow to react to sudden changes coming in the second week. During the third week of January, the surprise-a-day theme continues until the 20th. After that date, a purchase you make of an electronic nature is a wise decision that keeps you happy and amused for the remainder of the month and well into the future

Aug. 24 - Sept. 22



Virgo: If you are single, that BIG question is suddenly on the table this first week of January. A big YES is supported by the stars at this time, so don't wait too long to respond. The second week of the month finds you grappling with unusual problems but it

all works out in unexpected ways. The third week is a great time to take action in the partnership department. After the 20th, a purchase on the 23rd is wise, of good quality and long lasting. It could well become a family heirloom in your lifetime.

Sep. 23 - Oct. 23



Libra: You could be wearing a look of total surprise when the boss hands you a raise during the first week of January. It comes with an increase in responsibility, but they always do. You will find yourself grappling with that responsibility during the second week, but you manage to work it out quickly

and move on, so that the third week of the month finds you back enjoying the employment boost. After the 20th, a purchase you make on the 23rd, most probably clothing, should be kept on the conservative side, so that it will never go out of style and last you for years.

Oct. 24 - Nov. 22



Scorpio: There you'll be yammering away on the phone when love walks through the door and knocks you right off your feet. Hang up. Pay attention. This could be the BIG ONE. Finally, you meet someone who speaks your language and shares your point of view. You could be testing each other during the second week to make sure it's real, but you both do fine, thus paving the way for more romance during the third week of the month. After the 20th, the 23rd says, buy that little something you've always wanted. It will last and last and give you so much enjoyment.

Nov. 23 - Dec. 21



Sagittarius: Whether on purpose or not you could make a change in your residence that is totally of benefit to you this first week of the month. Be prepared to move quickly. It may result in your having to sort things out during the second week, but by the 14th you'll be settled in and as happy as you can be by the 20th. Help from a friend made this change possible and showing your appreciation on the 23rd pays back the favor tenfold.

Jan. 21 - Feb. 18



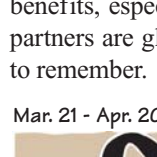
Aquarius: A sudden financial windfall is a big surprise and will really bring you happiness, be sure you share some with those in need. You may be troubled by requests from friends for help during the second week. Weight requests carefully to protect your self. After the 20th, you find your new beginning for the year ahead looks bright and happy. You have an opportunity to help someone in need on the 23rd that will return to you tenfold. Don't miss it.

Feb. 19 - Mar. 20



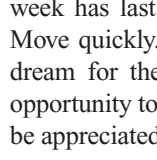
Pisces: Your popularity rating soars during the first week, as you appear unique and eclectic to close friends and associates. You turn lemons into lemonade during the second week and teach those around how to do it. This continues during the third week of the month. After the 20th, balancing assets held by you and another has some real benefits, especially on the 23rd. Financial matters between partners are glowing and prosperous making this a January to remember.

Mar. 21 - Apr. 20



Aries: Career matters are helped by money coming from your partner during the first week of January. Surprises like this should be treated with true gratitude. The second week finds sudden insights; should be kept close and out of the sight of others. Career obligations are easily met at this time. This week has last week's secrets coming to a point of action. Move quickly. After the 20th, spend time with friends and dream for the future. On the 23rd take advantage of an opportunity to purchase a gift for your partner that will truly be appreciated.

Apr. 21 - May 21



Taurus: Your friends may have a surprise for you this first week of January. Receive it gracefully, especially on the 7th. Upsetting news from friends troubles you during the second week, but it works itself out by weeks end. Take advantage of an



Rob has been an Astrologer for over 30 years. A student of Carol Green and the Ray of Light School in Salt Lake City, 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."

38° NORTH 109° WEST

Moab Arts Festival Poster Art Design Competition

On January 15, 2011 at the MARC the First Annual Moab Arts Festival Poster Art Design Competition Exhibition opens to the public. From 6:00 to 9:00 PM, come, view the entries, and vote for your favorite design. The winner will be announced January 19. The competition artwork will remain on display through January 29.

Many different renderings of the theme 38° North 109° West are predicted to emerge from the vibrant local art scene in Moab. The competition is designed to encourage and support local talent. The winning artwork will be reproduced in its entirety as a poster and any part may be reproduced in publications for the 2011 Moab Arts Festival. The artist will receive widespread recognition, a \$200 cash prize and fees waived for an artist booth at the 2011 Moab Arts Festival.

The Moab Arts Festival is a free community event in its 19th year. Artisans gather in Moab on Memorial Day weekend each year to share and sell their artwork. Music, children's art events, and food vendors are present throughout, offering an opportunity for families to linger and enjoy the whole program.

For more information go to www.moabartsfestival.org and see ad on page 2.

MOAB ARTS FESTIVAL

MAILBOX RENTALS PRIVATE & SECURE

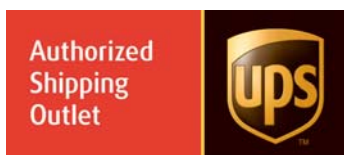
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- MAIL FORWARDING AVAILABLE
- AS A MAILBOX CUSTOMER, YOU CAN RECEIVE UPS & FEDEX

375 South Main
Corner of Main St. and Grand Ave.
Open Monday - Friday 8 a.m. to 6 p.m.
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Forget something?
UPS & FedEx offer overnight services in Moab!



MOAB MAILING CENTER



AUTHORIZED SHIPPING OUTLET



RESTAURANT GUIDE



Moab's ONLY ONSITE Microbrewery & Restaurant

State Liquor Licensee

Orders To Go
Beer To Go
PATIO SEATING
KIDS MENU
GELATO

The Moab Brewery will be Closed from Dec 21 to Jan 21 and will reopen Jan 22

STEAKS • BURGERS • BBQ • SALADS • SEAFOOD

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

How To Get A Drink... ...In Moab, Utah

Recent changes to Utah Liquor Laws have made it less confusing and easier to get an alcoholic drink. Private Clubs are a thing of the past. You can now go to a restaurant or a tavern (and without ordering food or buying a club membership) and order a drink.

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



Moab has two local wineries and two microbreweries. Eddie McStiff's Restaurant & Brew Pub, is Moab's Oldest and Original Brewery. They have 12 beers on tap and a hassle free bar where you can get a glass of wine or a cocktail or beer without ordering food or joining a club.

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

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

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

Also new this year, two lounges have emerged. Vista Lounge at Buck's Grill and the Ghost Bar at Jeffrey's Steakhouse. Both locations have an upscale casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

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

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

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



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
Sunday Brunch 11 am
OPEN EVERYDAY at 3PM
Look for us on Facebook
Must be 21 years or older



• 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




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Coffee
Gelato

Smoothies
Cold Drinks
Chocolate

Coffee Roasters

Offering Fresh Coffee Roasted In-House and Locally Made Gelato

open 7 days a week 7:30am - 10:00pm
90 N. Main St., Moab, UT
259-2728



Singha

Authentic Thai Cuisine

Re-opening end of January.

Lunch: Monday - Saturday 11:00 - 3:00 p.m.
Dinner: Monday - Saturday 5:00 - 9:00 p.m.
Closed Sunday

Now Serving Beer, Wine & Saki

92 E.Center Street
Moab, Utah 84532
Tel: 435-259-0039
Fax: 435-259-0005



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DINNER AT 5PM
7 DAYS A WEEK

Featuring:
Prime Rib
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3 miles south of Moab • NOW OPEN!

JAILHOUSE CAFE

101 NORTH MAIN STREET
Moab's Breakfast Place

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Now Serving Espresso!
Open 7 am to 12 Noon

"Good Enough for a Last Meal"

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

RESTAURANT GUIDE



RESTAURANT

Celebrating 29 Years!
Spicing your Life since 1981



LA HACIENDA RESTAURANT
Mexican American

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

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

Authentic Mexican Food



FIESTA MEXICANA

Tony and His Staff Welcome You

Patio Seating Childrens Menu Available
Large Parties Welcome Nice Atmosphere

Lunch Specials - All \$6.25

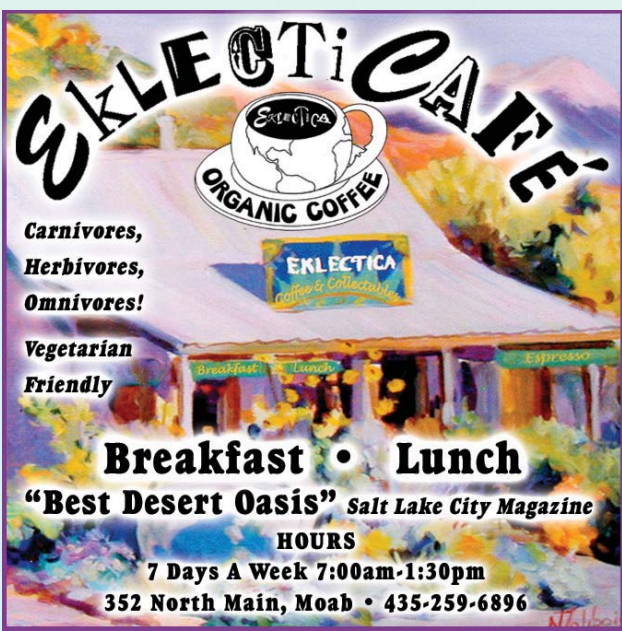
All Served with Rice & Beans except Tostada Deluxe

Monday: Burritos ~ Beef or Chicken
Tuesday: Enchiladas ~ Beef or Chicken
Wednesday: Chimichanga ~ Beef or Chicken
Thursday: Tostada Deluxe
Friday: Taco Enchilada ~ Beef or Chicken

"Fiesta Margarita" Best Margaritas -Made from Scratch with Fresh Squeezed Limes and 100% Blue Agave Tequilla

Best Mexican Food in Town

Winter Hours Sun-Thur 11-9 Fri & Sat 11-10
202 So. Main St. Moab, Utah 259-4366



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Herbivores,
Omnivores!

Vegetarian
Friendly

Breakfast • Lunch

"Best Desert Oasis" Salt Lake City Magazine

HOURS
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352 North Main, Moab • 435-259-6896



PARADOX PIZZA

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JAN 12-19

MOAB UTAH

EAST COAST STYLE, STRAIGHT FROM MOAB
WE DELIVER

EAST COAST STYLE PIZZA FRESHLY MADE TO ORDER
SLICES! HOMEMADE SOUPS, BREADS & DESSERTS
702 SOUTH MAIN ST. 435-259-9999
TRY OUR ONLINE ORDERING AT WWW.PARADOXPIZZA.COM

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.

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.

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 259-6018
Closed for the season.
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. State Liquor License

City Market
425 S. Main 259-5181

Cowboy Grill at Red Cliffs Resort
16 Miles up Highway 128 259-2002
Lunch • Dinner
Breakfast Buffet 6:30 - 9:30 Sat & Sun only
RIVER FRONT TABLES inside and out overlooking the Mighty Colorado. American menu. Steaks, chops, fish, fowl, pasta. Featuring local wines from Castle Creek Winery, located on site. Western Hospitality in a casual atmosphere. Make your reservations for weddings and private parties.

Denny's
989 North Highway 191 259-8839

Desert Bistro
1266 N Hwy 191 at Moab Springs Ranch 259-0756
Closed for the season.
Owners/Chef Karl & Michelle Kelley 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
Lunch • Dinner
12 beers on tap. Brick Oven Organic Pizza. Southwestern, Pasta, Great Salads! Natural/Choice Aged Steaks, Burgers. Kids Menu. Hassle free cocktails, wine & beer. Pool Tables. Patio Dining. Discount for Seniors 62 and older. FREE WIRELESS INTERNET! Delivery to Main Street Hotels. Live Music on Selected Nights.

EklectiCafe
352 North Main Street 259-6896
Breakfast • Lunch
Open 7 days a week 7:00 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
Sun - Thur 11am - 9pm, Fri & Sat 11am - 10pm
Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Large groups are welcome. Children's menu. Patio Seating. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.25. Full bar.

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
101 North Main Street 259-3900
Breakfast Closed for the season.
Moab's Breakfast Place located in Grand County's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts. Now Serving Espresso!

Jeffrey's Steakhouse
218 North 100 West 435-259-3588
Open Fridays & Saturdays at 5:00pm
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 License. Party and event reservations available throughout the week.
www.jeffreyssteakhouse.com

La Hacienda
574 North Main 259-6319
Lunch • Dinner - Open daily 11:00 a.m.
CELEBRATING 29 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.

Leger's Sandwiches
817 So Main (inside the Moab Chevron) 259-2212
Deli Open 6 a.m. - 8 p.m.
Leger's Sandwiches, a favorite since 1977, is located inside the Moab Chevron which is open 24 hours. Our Sandwiches are made to order. Call in orders welcome.

Love Muffin Café
139 North Main 259-6833
Breakfast and Lunch
Open every day from 7 a.m. - 1 p.m.
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.

McDonald's
640 South Main 259-8800

Mi Ranchito Mexicano
812 South Main Street, Suite B 259-0550
Breakfast • Lunch • Dinner fax 259-5533
Mon to Fri 9am - 9pm
Sat & Sun 10am - 9pm

See ad for January Dinner Special. Come join our family owned restaurant for great authentic Mexican food. We use our own recipes to make fresh salsa, tamales, and chorizo, just like my mother's cooking at home. Our full breakfast selection includes burritos, huevos rancheros, and omelettes. We also have menu items from a quick lunch to a full dinner. Call ahead for quick lunch or dinner pick-up. Free delivery. We will cater your employee holiday party.

Desert Bistro



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

We are Closed for the Season.

1266 N Hwy 191 • 259-0756
STATE LIQUOR LICENSEE

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

For more information about these restaurants pick up a "Moab



Miguel's Baja Grill
 51 North Main 259-6546
 Dinner
 Closed for the season, re-open in Feb.
 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
 Lunch • Dinner
 Open Daily 11am - 7pm
 Re-opening end of January.
 A true Moab icon since 1954. Featuring 100% ground chuck 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. Daily Specials Website is www.miltstopandeat.com

Moab Brewery
 686 South Main 259-6333
 Lunch & Dinner
 Closed Dec 31 - Jan 20
 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 Coffee Roasters
 90 N. Main St. 259-2728
 7 days a week 8:00am - 5:00pm
 On-site roasting for the freshest coffee and espresso in town available by the cup or by the pound. Professional baristas serve carefully prepared lattes, smoothies, Italian sodas, and locally made gelato. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference!

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
 Closed January 12-19.
 At Paradox Pizza, everything is made in house, from our pizza dough to the New York Cheesecake. Join us for a slice and a beer after your day in the desert, or have dinner delivered to you. Voted Best Moab Pizza by Salt Lake City Weekly. Dine in, take-out or delivery. Family friendly. Order online at www.paradoxpizza.com.

Pasta Jay's
 4 South Main 259-2900

Pizza Hut
 265 South Main 259-6345
 Lunch • Dinner
 Fri-Sat: 11 a.m. - 11 p.m. Sun-Thu: 11 a.m. - 10 p.m.
 Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up or delivery available. OPEN EVERY DAY

Red Rock Bakery & Net Cafe
 74 S. Main Street 259-5941
 Breakfast • Lunch
 Open 7am-4pm Mon-Sat and 7am-3pm 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. 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. Live music on weekends. 21 years and older. Sunday brunch at 11:00 am OPEN EVERY DAY AT 3:00PM

Sabuku Sushi
 90 East Center 259-4455

Singha: Authentic Thai Cuisine
 92 East Center 259-0039
 Lunch • Dinner
 Lunch: Mon-Sat 11a.m. - 3 p.m.
 Dinner: Mon-Sat 5 p.m. - 9:00 p.m.
 Re-opening end of January.
 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. Now serving beer, wine and saki.

Slickrock Cafe
 5 North Main 259-8004
 Lunch • Dinner
 Closed for the season.
 Steaks, New & Improved Lunch & Dinner Menu, Atrium Seating, Appetizers, Gourmet Burgers, Sandwiches, Salads and Freshly Grilled Entrees. Ice cold beer. 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, Prime Rib. Fresh ingredients brought in daily. Children welcome. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. 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.

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

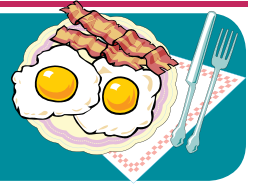
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 We have it all, from our all new sunrise breakfast, served Sat/Sun 7am to 11:30 am, to our hand cut steaks. We offer an extensive menu that includes the best burgers in Moab, deli sandwiches, pastas, salads, seafood and our all U can eat pizza buffet and salad bar. Dine inside or out on our all-weather patio and covered porch. For those 21 and over, visit Zax Dining Club. 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 7 days a week. Locally owned and operated.

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




RESTAURANT GUIDE



breakfast.lunch.espresso.bakery
local, organic seasonal ingredients



Open 7:00 - 1:00 Daily
139 n. main street
435.259.6833 lovemuffinCafe.com



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You can also fax in your orders. 259-5533 Fax

We also do catering.	• Breakfast all day • Lunch • Dinner	Free Delivery anywhere in town
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812 South Main St., Suite B
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Mon to Fri 9 am to 9pm
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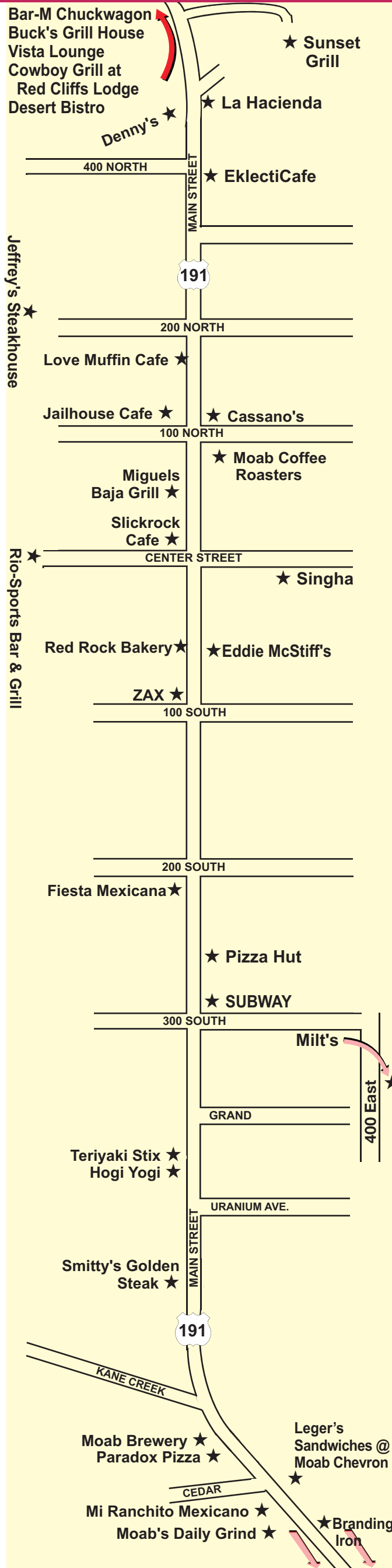


Located inside Walker's Convenience Store

Buy one 6 inch sandwich and a medium drink and get a 6 inch sandwich free.

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RESTAURANT GUIDE

HEALTHY HAPPENINGS

South Town Gym

South Town Gym is dedicated to serving the community's needs for fitness training with a professional and friendly environment. More and more people are discovering the benefits of an active lifestyle and are searching for fitness programs that provide more than just a workout. Fitness programs should encourage, motivate, and support each individual.

Our goal is to be the catalyst for change and success in the quality of life for the citizens of Grand and San Juan Counties. We believe that the excellent facility and equipment that we have assembled will help our members to achieve their ultimate fitness goals.

South Town Gym offers:

- 22 State of the Art Cardio Fitness Machines
- A large selection of Free Weights and Cybex Strength Training Machines
- A Private Women's Section
- Tanning Beds
- Functional Training area, Physio balls, Bosu balls, Plyometric, Stability and Agility equipment.
- Spinning Bikes
- 28 Flat Screen TVs
- Mixed Martial Arts Facility
- Dance Studio
- Supplement and Energy Bar
- Lockers, Showers, and Dressing Room

Here at South Town Gym we believe everyone can improve their quality of life and we will be offering a variety of cardio classes and activities which will help them in this endeavor. Class offerings that will be available include:

- Aerobics
- Disco ball Dance Aerobics
- Spin Classes
- NIA- (Health, wellness, and fitness sensory based movement instructions.)
- Yoga
- Yoga meets Dance
- Zumba

We also feature a functional Dance Studio where the following classes will be held:

- "Simply Dance" Studio (a variety of dance offerings for children from 3yrs-18yrs)
- Triple Swing Dance Series (no partner necessary)



Additional features at South Town Gym include:

- Mixed Martial Arts (variety of classes for ages 7-18 yrs old.)
- Mixed Martial Arts Training (for 18 and older)
- Women's Kick Boxing
- Mixed Martial Arts Events (TBA)

We offer daily, weekly, monthly, quarterly, and annual memberships. Memberships include:

- Use of all exercise facilities (Main Gym, Private Women's Section, Functional Training Area and Mixed Martial Arts Room.)
- Tanning Beds
- Showers and Dressing Rooms
- A Personalized Training Program
- Keyfob (deposit required)
- Unlimited access 4am-12am

Personalized training programs will be created and individualized by Fitness Director, Nicholas Oldroyd. Nick is a Certified Athletic Trainer, Personal Trainer, and received a Masters degree in Exercise Science from Utah State University. He is a former trainer for the Arizona Diamond backs. He and his family are excited to be back in the community where his wife was born and raised.

We would love for the community to come in and tour our facilities, and familiarize yourself with our programs. We are located at 1070 S. Highway 191 Moab, UT 84532. We are on the web at: www.moabgym.com

You can contact us at mstg@frontier.com or 435-259-5775 and be sure to mention you read about it in Moab Happenings.

FULL SERVICE FITNESS CENTER
 1070 S. Hwy. 191
 435.259.5775
 info@moabgym.com
 5am - 1am
 7 days a week
 www.moabgym.com

Membership includes daily, weekly, monthly, quarterly and yearly. Family rates available. Certified Personal Trainer included with membership.

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- acrylic nails
- hair dressing
- & more

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 classes at the MARC
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MOAB AREA LODGING GUIDE



3

488 N. Main Moab, UT

- 79 Rooms
- Free high speed internet
- Cloud 9 beds
- Outdoor pool/hot tub
- Guest laundry
- Continental breakfast
- Fitness center
- Free secure bike storage
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- Studio suites

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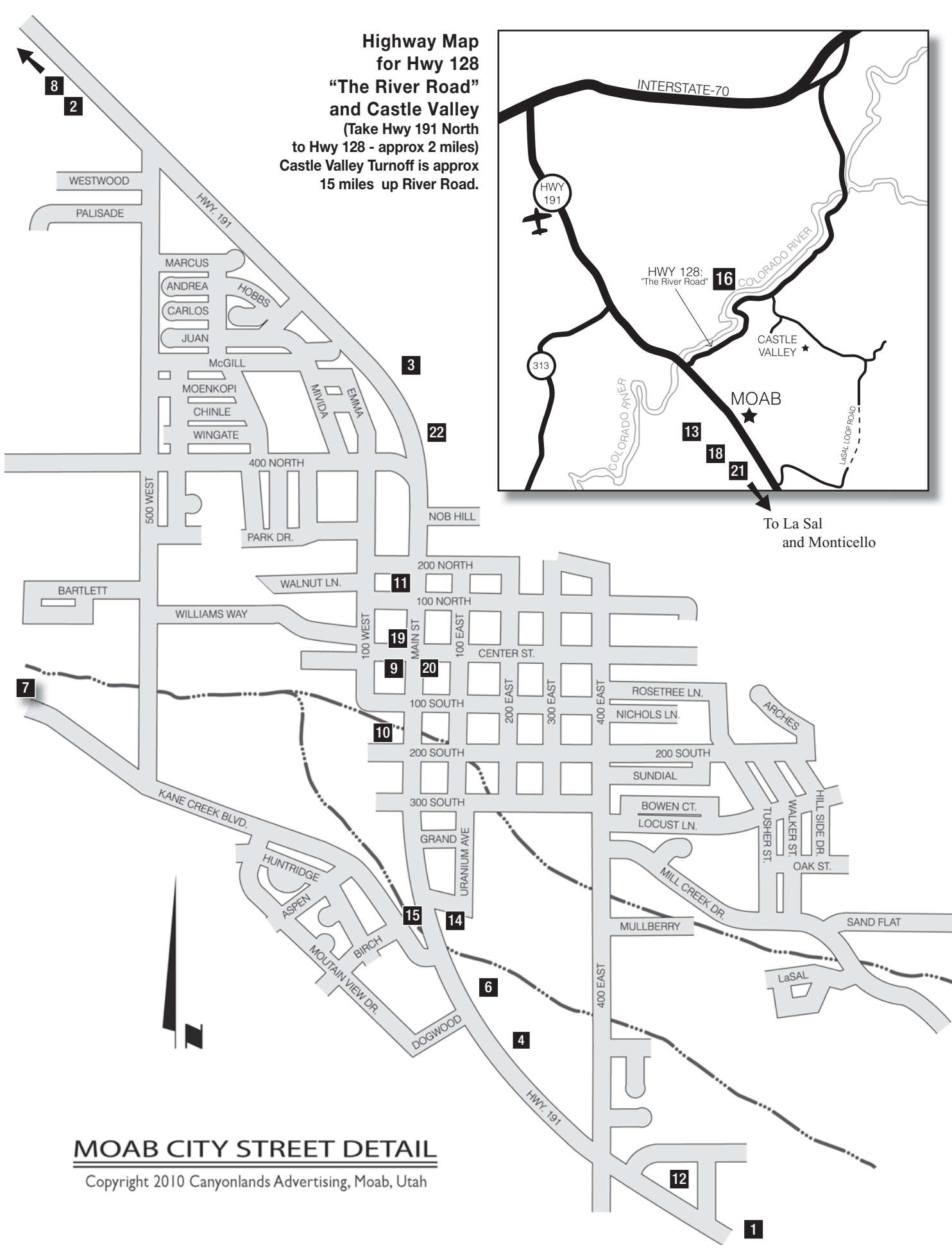
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6

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 3 bed, 2 bath, full kitchen,
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SLEEP INN

BY CHOICE HOTELS

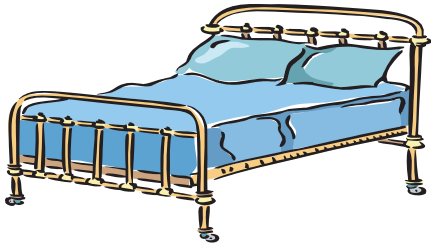
- 61 Rooms
- Heated outdoor pool
- Indoor Hot Tub
- Complimentary Continental Breakfast
- Bike Storage
- Guest Laundry

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 Moab, Utah 84532

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12

MOAB AREA LODGING GUIDE



Moab Area Condo Rentals

Days Inn
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 Moab, Utah 84532
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 FAX 435-259-4018

The Best Value Under the Sun.

- Hot Tub/Outdoor Swimming Pool
- Continental Daybreak Breakfast with hot waffles and much more
- 24 hr. Front Desk Help
- Free Local Calls • Free WiFi
- Full Amenities
- Good Parking Facilities
- All Rooms are Non-smoking

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RODEWAY INN
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 Monticello, Utah 84535
 435-587-2489
 www.rodewayinn.com

- Free Continental Breakfast with hot waffles
- Pets Allowed
- Indoor Heated Pool
- Free local phone calls • HBO
- Free computer use for guests • Wi-Fi
- All rooms have a refrigerator, hair dryer and microwave
- Smoking rooms available
- Suite rooms available
- Truck/Trailer parking available
- 24 hr. front desk help

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Key to Lodging Guide

1.	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
2.	Holiday Inn Express	435-259-1150	www.HIExpress.com/moabut
3.	Hampton Inn	435-259-3030	www.hampton.com
4.	La Quinta	435-259-8700	www.laquintamoab.com
5.	YOUR BUSINESS HERE		
6.	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
7.	Adobe Abode	435-259-7716	www.adobeabodemoab.com
8.	Aarchway Inn	435-259-2599	www.aarchwayinn.com
9.	Canyonlands Best Western	435-259-2300	www.canyonlandsinn.com
10.	Gonzo Inn	435-259-2515	www.gonzoinn.com
11.	Bowen Motel	435-259-7132	www.bowenmotel.com
12.	Sleep Inn	435-259-4655	www.moab-utah/sleepinn
13.	The Monticello Inn	435-587-2274	www.themonticelloinn.org
14.	Red Stone Inn	435-259-3500	www.moabredstone.com
15.	Big Horn Lodge	435-259-6171	www.moabbighorn.com
16.	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
17.	Moab Rustic Inn	435-259-6177	www.moabrusticinn.com
18.	Hidden Oaks Lodge	435-459-9444	www.hiddenoakslodge.com
19.	Accommodations Unlimited	435-259-6575	www.moabcondorentals.com
20.	Moab Lodging	435-259-5125	www.moabutahlodging.com
21.	Rodeway Inn & Suites	435-587-2489	www.rodewayinn.com
22.	Days Inn	435-259-4468	www.daysinn.com

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 Moab, Utah 84532
 www.moabrusticinn.com

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

Quiet off Main location

16
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SHOPPING GUIDE



Sportswear & Gear for Active People



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www.canyonvoyages.com

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www.canyonvoyages.com

Visit our retail store and find everything for the outdoors: Guide books, Riverwear, Footwear, Repair Materials, Rafts and Kayaks, Spraydecks, Paddles, Helmets, Dry Bags, PFDs, First Aid Supplies, Sportswear and more! We offer River Trips, 4x4 Tours, Rock Art Tours, Boat Rentals, Kayak School, Boat Sales - whew! Stop by or visit us at www.canyonvoyages.com!



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SHOPPING GUIDE



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McStiff's Plaza
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Walker Drug
& GENERAL STORE

290 South Main • 259-5959
Open everyday 7:30am

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they bring in, locally owned, independent businesses give back a demonstrably higher public return to the community. They give back more in other ways as well--economically, culturally, aesthetically, socially, and environmentally--enriching these places we call home in the process. Hence our motto, Buy close by, preserve community.

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SHOPPING GUIDE MAP

Map labels include: To Salt Lake City, 191, 400 NORTH, MAIN STREET, NOB HILL, Canyon Voyages ★, 200 NORTH, 100 NORTH, ★ It's Sew Moab, ★ Moab Barkery, ★ Desert Thread, CENTER STREET, ★ Rave 'N Image, 100 SOUTH, Hogan Trading Co. ★, 200 SOUTH, Walker Drug ★, 300 SOUTH, WabiSabi Thriftique ★, GRAND, ★ Canyonlands Copy Center, ★ Moab Mailing Center, URANIUM AVE., Dave's Corner Market ★, Millcreek Drive, KANE CREEK, 191, CEDAR, ★ Royce's Electronics

SKY HAPPENINGS

The Sky for January 2011

By Faylene Roth

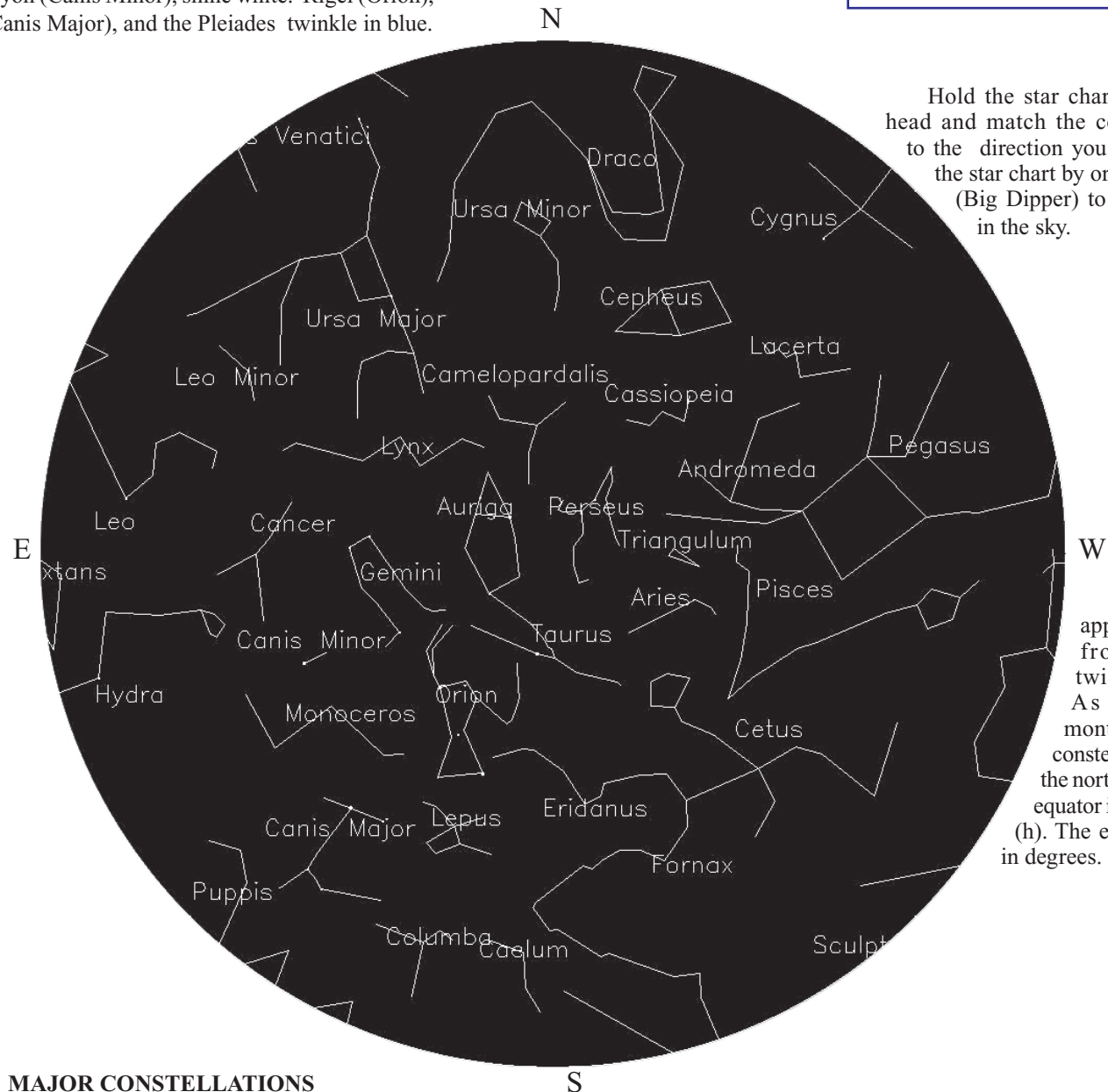
JANUARY SUNRISE AND SUNSET TIMES

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

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

Enjoy the holiday color of winter skies. Aldebaran (Taurus) and Betelgeuse (Orion) glow red, Pollux (Gemini) orange. Castor (Gemini), Capella (Auriga), and Procyon (Canis Minor), shine white. Rigel (Orion), Sirius (Canis Major), and the Pleiades twinkle in blue.

Moab UT (at City Hall)
 38°34' N Latitude - 109°33' W Longitude
 4048 ft - 1234 m Elevation



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 month progresses, the constellations shift toward the northwest. The celestial equator is measured in hours (h). The ecliptic is measured in degrees.

MAJOR CONSTELLATIONS OF JANUARY

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

DAYLIGHT

The January sun demonstrates little acceptance of the Winter Solstice's passing. Sunrise occurs no earlier on January 11 than it did on December 30. The gain achieved from the sun's northward movement is negated by an increase in the earth's orbital speed. It affects the position of the earth relative to the sun after a 360 degree rotation. The earth must rotate a little farther to achieve sunrise, a little later. As the sun's declination in the morning sky rises, it overcomes the effect of delayed sunrises. Daylength does increase during January by 42 minutes, due primarily to later sunsets. The delay in the time of sunset by a minute each day results from both the increase in the earth's speed and the rising declination of the sun in the sky. Twilight also contributes to the appearance of longer days. Astronomical twilight brightens the horizon one and one-half hours before sunrise when the sun is still 18 degrees below the horizon. Nautical twilight begins one hour before sunrise when the sun is 12 degrees below the horizon. Civil twilight begins one-half hour before sunrise when the sun is six degrees below the horizon. The reverse progression occurs with sunset. Actual time of sunrise and sunset for a specific location depends upon the landscape.

MOON HAPPENINGS

January 4 – New Moon occurs at 2:03am
 January 12 – First Quarter Moon sets after midnight
 January 19 – Full Moon rises at 5:37pm
 January 26 – Last Quarter Moon rises after midnight
 (The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

METEOR ACTIVITY

A new moon on January 4 provides prime viewing conditions for the Quadrantid Meteor Showers, which are visible January 1-5. Its radiant is the constellation

Bootes, which rises over the La Sal Mountains around 1:00am. Locate Bootes by extending the arc of the Big Dipper's handle about 25 degrees to Arcturus, which is the brightest star in Bootes. At its peak, this meteor shower can produce 40+ faint, blue meteors per hour. Best viewing is during the morning of January 3/4 as Arcturus approaches its zenith. Several other radiants along the ecliptic provide good meteor viewing throughout January, up to 20 per hour. Best viewing for these meteors are the dark morning skies that precede astronomical twilight.

PERIHELION

Earth reaches its closest point to the sun on January 3 at 12 noon. Since the northern hemisphere experiences winter while the southern hemisphere experiences summer, it is obvious that the distance between earth and sun is not the cause of our seasons. The tilt of the earth's axis claims that credit. Over a 21,000 year cycle, the time of perihelion will pass through every season. Perihelion and aphelion (farthest point from sun) can affect the intensity of the season in which it occurs, but it is just one of many factors that affect climate. (The difference in perihelion and aphelion is about 3,000,000 miles or 5 million kilometers.)

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

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

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

VISIBLE PLANETS

Jupiter - The first light in the evening twilight this month is Jupiter. Look for it high in the southwestern sky at dusk. It sets before midnight with the constellation Pisces. During the first week of January use binoculars to find Uranus, the green planet, above and to the right of Jupiter. On January 5, it is one-half degree from Jupiter directly to its right. A waxing crescent moon hangs above the steady yellow light of Jupiter on January 10. (Magnitude -2.1)

Saturn - Watch Saturn rise in the southeastern sky around midnight--about one to two hours after Jupiter sets. It remains in Virgo throughout the year. Look for its steady yellow light above and to the right of the bright blue twinkle of Virgo's bright star Spica. On January 25 Saturn hangs above a waning gibbous moon. (Magnitude +0.4)

Venus - Sometime between 4:00am and 5:00am each morning, Venus claims the morning sky. Its bright white light outshines every star and planet in the night sky. Venus begins the month in Libra. Each morning it rises a little later, which causes it to cross first Scorpius, then Ophiucus, and finally touch Sagittarius by the end of the month. A waning crescent moon hovers with Venus on the mornings of January 29 and 30. (Magnitude -4.4)

NATURE HAPPENINGS

An Easy New Year's Resolution

by Damian Fagan

Feeding wild birds seems like an inexact science. Throw out some seed and see what happens. To some degree that is correct, but go buy seed and you'll be faced with a myriad of seed and feeder choices. Shelled or unshelled black oil sunflower seed? Suet cakes or plugs? Nyjer thistle or millet? The options are many, but then so are the rewards.

Once you've decided



on an option(s), here are a few tips for attracting birds to your backyard.

Location, location. Place a feeder in a quiet location and where you can see the feeder from inside. If placing a feeder near a window, put it within 3 feet of the window to minimize injuries caused by collisions into the glass. If you don't have trees nearby, plant a pole or post from which to hang a feeder. Birds also like to have some escape or hiding cover nearby, as well as for a place to perch and watch you refill their feeders.

Seed, suet and feeders. I use a variety of feeders in my yard to attract a range of birds. First, there is the suet feeder

that accepts pre-made suet cakes. Made of rendered beef kidney fat and mixed with nuts, seeds or berries, these cakes attract woodpeckers, bush tits, scrub jays and nuthatches - sometimes the neighborhood dog. Birds cling to the wire suet cage as they peck away at the high-energy food.

A thistle tube feeder takes nyjer or black thistle seed which attracts pine siskins and goldfinches. The tiny feeding ports are wide enough for these slim-billed birds and keep out the larger-billed sparrows or house finches. Because the siskins and goldfinches travel in groups, don't be surprised when several individuals, or a huge flock, show up at these feeders.

A hopper feeder is the traditional bird feeder that fills from the top and allows seeds to spread out into the feeder channels. This is my "catch all" type of feeder that attracts a variety of birds. At times, it is hovering room only.

In addition to the hanging feeders, I use a platform feeder to attract

necessarily show up every winter. The grosbeaks like the thin-shelled black oil sunflower seeds.

Water. I place a flat-bottomed water bowl, surrounded by rocks, in a sunny location. The sun melts the ice, and the attraction of open water also draws in the birds.

Pinch of science. If you want to combine some citizen science with your viewing enjoyment, the Cornell Lab of Ornithology

(www.allaboutbirds.org) offers Project FeederWatch. Participants record winter visitors to their feeders. This provides a snapshot of winter bird distribution.

Researchers and volunteers have studied the seed preferences of backyard birds and now bird feeding is a multi-million dollar a year industry. There are even some high tech components involved that use

web cams and radio frequency identification technology (RFID) to study feeder use. Tiny PIT tags are embedded in captured birds, and then the

researchers use this microchip technology to study the frequency of visits to electronically wired bird feeders. Suddenly backyard bird feeding shines in a new light.

So if you are in need of a New Year's resolution, how about one that brings enjoyment and ease - feeding your feathered friends this winter.



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.

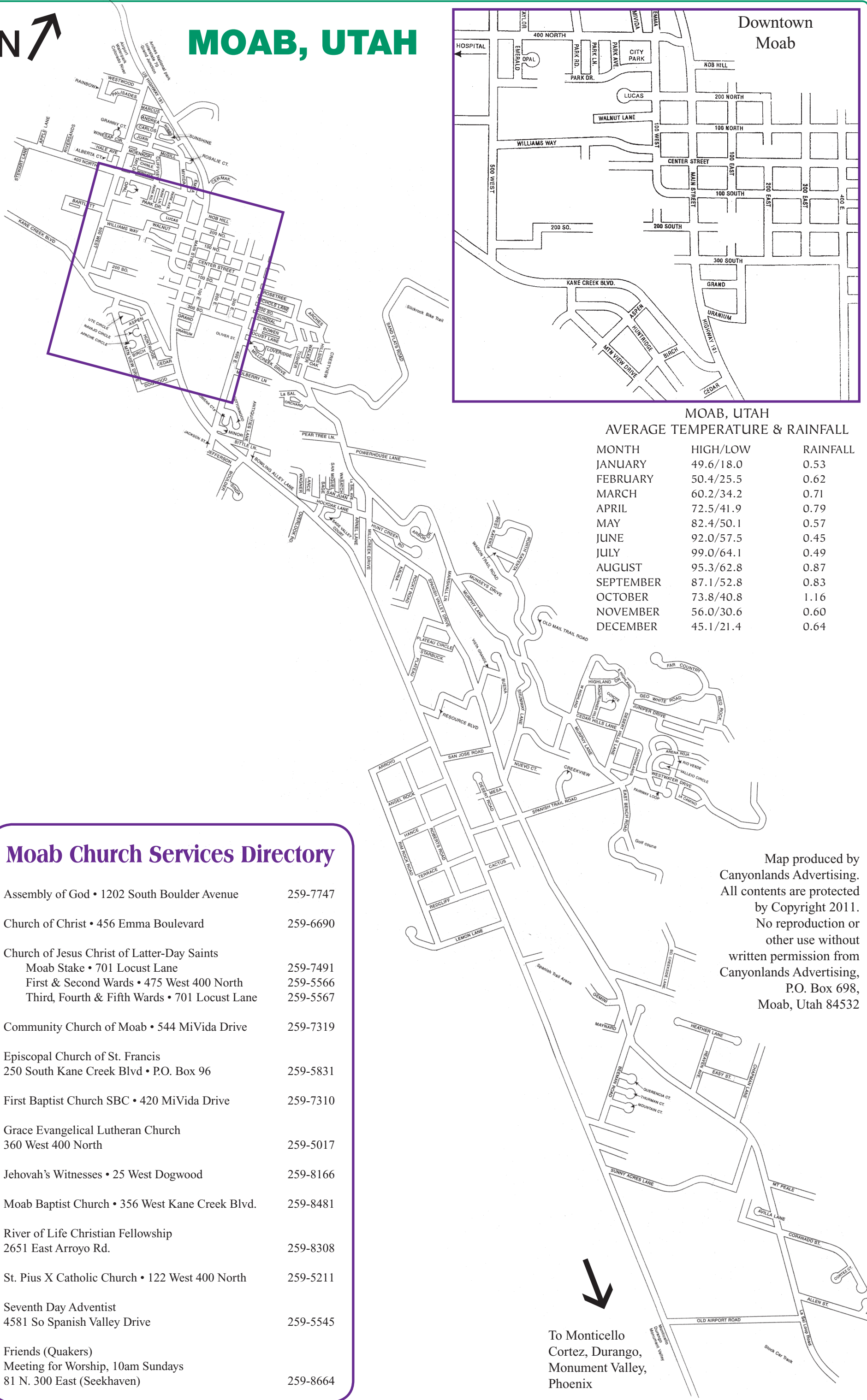
AARP, Chapter 1539	259-6396	Moab Duplicate Bridge Club (Gail Darcey)	259-1733
Alcoholics Anonymous/Alan	259-7556	Moab Friends For Wheelin' (Jeff Stevens)	259-6119
Alpha Rho Sorority (Bobbie Long).....	259-6758	Moab Garden Club (Tricia Scott).....	259-6342
American Legion Post (Bill Smith).....	259-3470	Moab Half Marathon (Ranna Bieschke)	259-4525
Arches Adult Education (Trish Hedin)	259-2293	Moab Horse Racing Association (Chuck Henderson)	259-4111
Arches New Hope Pregnancy Center (Debbie Nelson)	259-LIFE (5433)	Moab Horse Show Association (Tosha Audenried).....	260-9252
BEACON (Stephanie Dahlstrom)	260-1143	Moab Lodging Association (Britnie Ellis).....	259-6171
Boy Scouts of America (Kent Dalton)	259-6521	Moab Music Festival (Andrew Yarosh).....	259-7003
Canyonlands Field Institute (Karla Vander Zanden)	259-7750	Moab Poets & Writers (Marcia Hafner)	259-6197
Canyonlands Film Society (Becky Thomas)	259-2286	Moab Points & Pebbles Club (Jerry Hansen).....	259-3393
Canyonlands Rodeo Club (Kirk Pearson).....	260-2222	Moab Quarter Horse Assoc. (Kathy Wilson).....	259-8240
Canyonlands Wildlife Federation (Dave Bierschied)	259-8217	Moab Rod Benders (Jim Mattingly).....	259-5858
Center for Water Advocacy (Harold Shepherd).....	259-5640	Moab Ropers Club (Terry Lance).....	259-9972
Daughters of Utah Pioneers (Hattie Tibbetts).....	259-5225	Moab Sportsmen's Club (Frank Darcey).....	259-2222
Deadhorse Motorcycle Club (Terry Flynn).....	259-3878	Moab Taiko (Stephanie Dahlstrom)	259-2264
Delicate Stitchers Quilt Guild (Shauna Dickerson)	259-0906	Moab Teen Center-Club Red	259-9991
Elks Lodge #2021 (Dan Stott)	259-7334	Moab Trails Alliance (Kimberly Schappert)	260-8197
Fallen Arches Square Dancers (Bob & Flora Erickson).....	259-2724	Moab Valley Multicultural Center (Kandee DeGraw or Leticia Bentley)	259-5444
Friends of Indian Creek (Emma Medara)	259-3586	Mutual UFO Network (Elaine Douglass).....	259-5967
Friends Of the Grand County Library (Adrea Lund).....	259-1111	Order of the Eastern Star (Fran Townsend).....	259-6469
Grand County Public Library.....	259-5421	Parent Teacher Association (Tiffany Saunders).....	259-5830
Girl Scouts of The U.S.A. (Cynthia Williams)	259-6683	Plateau Restoration/Conservation Adventures (Tamsin McCormick)	259-7733
Grand Area Mentoring (Dan McNeil)	260-9645	Red Rock Astronomers.....	259-4743
Grand County Democratic Party (Mike Binyon).....	259-1633	Red Rock Forests	259-5640
Grand County 4-H (Marion Holyoak).....	259-7558	Red Rock 4-Wheelers (Ber Knight)	259-7625
Grand County Extension (Michael Johnson)	259-7558	Retired Senior Volunteer Program RSVP (Jody Ellis)	259-1302
Grand County Food Bank	259-6456	Rotary Club (Kyle Bailey).....	259-6879
Grand County Hospice (Tracey Harris)	259-7191	Seekhaven Crisis Center (Jaylyn Hawks).....	259-2229
Grand County Prevent Child Abuse	260-1039	Senior Center (Verleen Striblen)	259-6623
Humane Society of Moab Valley	259-4862	Sierra Club (Mike Stringham).....	259-8579
Ladies Golf Club (Chris Corwin).....	259-5344	Solutions - www.moab-solutions.org - (Sara Melnicoff).....	259-0910
League of Women Voters (Cynthia Smith).....	259-5306	Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
Lion's Club (Tom Warren).....	259-7834	Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
Moab Aglow Lighthouse Fellowship (Murine Gray).....	259-5514	Southern Utah Wilderness Alliance (Liz Thomas).....	259-5440
Moab Arts Council (Bruce Hucko)	259-4176	Toastmasters International (Al Boyd)	259-5767
Moab Arts Festival (Theresa King)	259-2742	Trail Mix Committee (Sandy Freethy)	259-0253
Moab Arts & Recreation Center	259-6272	Valley Voices (Marian Eason).....	259-6447
Moab Bird Club (Nick Eason).....	259-6447	Veterans of Foreign Wars (Matt Keogh)	260-9822
Moab Chamber of Commerce (Kammy Wells)	259-7814	WabiSabi (Jeff Cohen).....	www.wabisabimoab.org - 259-3313
Moab City Recreation (John Geiger)	259-2255	Word Watchers (Nancy Kurtz).....	259-0734
Moab Community Theater (Kaki Hunter).....	259-8378	Youth Garden Project (Jen Sadoff)	259-BEAN (2326)
Moab Country Club (Rob Jones).....	259-6488		

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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

Moab Church Services Directory

- Assembly of God • 1202 South Boulder Avenue 259-7747
- Church of Christ • 456 Emma Boulevard 259-6690
- Church of Jesus Christ of Latter-Day Saints
Moab Stake • 701 Locust Lane 259-7491
First & Second Wards • 475 West 400 North 259-5566
Third, Fourth & Fifth Wards • 701 Locust Lane 259-5567
- Community Church of Moab • 544 MiVida Drive 259-7319
- Episcopal Church of St. Francis
250 South Kane Creek Blvd • P.O. Box 96 259-5831
- First Baptist Church SBC • 420 MiVida Drive 259-7310
- Grace Evangelical Lutheran Church
360 West 400 North 259-5017
- Jehovah's Witnesses • 25 West Dogwood 259-8166
- Moab Baptist Church • 356 West Kane Creek Blvd. 259-8481
- River of Life Christian Fellowship
2651 East Arroyo Rd. 259-8308
- St. Pius X Catholic Church • 122 West 400 North 259-5211
- Seventh Day Adventist
4581 So Spanish Valley Drive 259-5545
- Friends (Quakers)
Meeting for Worship, 10am Sundays
81 N. 300 East (Seekhaven) 259-8664

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To Monticello
Cortez, Durango,
Monument Valley,
Phoenix

PET HAPPENINGS

PLAY

by Sue Sternberg

This article is a second in a series of articles about what defines "play" in dogs by Dog Behaviorist Sue Sternberg. Often in dog-to-dog interactions, owners often assume anything that is not an outright attack is play. This series reviews what behaviors are considered more risky than "healthy" play. These are things as an owner you should watch for and interrupt when you see it.

Slightly More Risky Behaviors:

The following responses are not necessarily signs of aggression or danger—but these are behaviors to observe and consider important, as they often serve as 'red-flags' for potential future escalations and a possible fight or injury. With any red-flag behavior I observe, I will interrupt or intervene if there are more than two red-flag behaviors occurring simultaneously. There is no harm in interrupting dogs during play, as long as it's not punitive. Rewarding dogs for returning to their owner(s) when recalled is a wonderful way to keep arousal levels low. Even if you have to walk right up to your own dog's head, and talk in his ear and tell him to come away, it is worth interrupting dogs whenever you see a slightly more risky behavior, lure your dog away from the other dog, praise, pet, reward the dog when he sits in front of you, and keep him there for at least 15 seconds while his heart-rate drops and his arousal levels lowers before sending him back to play.

Note these are 'slightly more risky behaviors' and not 'slightly more risky dogs'—the same dog can have healthy, slightly risky, and at times very risky behaviors with other dogs depending on not just the situation, but depending also upon the play partner(s).

Slightly Risky Play:

- Rise in Intensity/Arousal
- Hackles Up (full or partial)
- Snarling (teeth exposed—defensive or offensive)
- Hard, Physical Contact (eg hip-checks, shoulder-checks, rolling)

Explanations of Slightly Risky Behaviors

Rise in Intensity or Arousal: This is hard to quantify but when dogs have been engaged with each other, uninterrupted, and the play becomes more and more intense. Whatever behaviors the dogs started out with, these progressively become exaggerated and faster and harder.

Hackles Up: Whether the dog has just a razor-thin line of hackles up between his shoulder blades, or a full spine-full, or just his rump-hackles, this indicates to me a rising level of either arousal or stress, and I use it as an indicator to keep a close eye on the situation.

Snarling: When a dog (or both or all) is playing and is exposing his teeth, whether or not the dog is on the defense and snarling, or on the offense and snarling—I use this as an indicator of a level of arousal and stress that keeps me on edge. I have noticed that snarling is commonly a symptom of two dogs in a household who play too intensely, too much, too often uninterrupted—which can sometimes lead to other behavior problems from one or both dogs (but usually the younger dog). It doesn't matter to me if the dogs ALWAYS play while snarling—it is still an indicator of arousal or stress that I consider a concern.

Hard, Physical Contact: Any hip-checking, shoulder-checking, pummeling of the other dog with his or her chest, or rolling of another dog is to me a violation of space and an intent to do harm, and I would see this as a sure sign to interrupt or terminate the play.

NOTE: When in doubt, interrupt. As long as you're not punishing your dog for engaging, but merely calling him benignly off and to you, there is no harm in interrupting or intervening too often. It's really a case where it's better safe than sorry.

Most Risky Responses:

- Most Risky Play Behaviors:
- Relentless, uninterrupted engagement
- Orientation to the other dog's neck or throat
- Grab-bite with head-shaking
- Full mouth biting

The following responses are what I have observed to indicate the greatest risk, and the behaviors that should keep the handlers in high alert. In the presence of one or more of these behaviors I will usually recommend terminating the interaction. I believe the dogs are either practicing for something we don't want them practicing for (dog-aggression, dog-killing) or they are spending so much time honing skills that could do harm.

Explanation of Most Risky Responses

Relentless, Uninterrupted Engagement: When two dogs are engaged in an intense interaction without coming up for air, and I don't yet have a time amount after which I would say the engagement becomes 'relentless', sorry. Being out of control of a human's voice and presence is a high risk for trouble, since any issue that ignites is, absolutely, out of control.

Orientation to the Other Dog's Neck or Throat: This is when one or both dogs are either constantly staring at, nose-bopping (muzzle punching) grabbing, clamping, or biting at the other dog's throat or neck. Practice makes perfect, and I have observed, in my private consults, that dogs that regularly 'play' by neck or throat grabbing (usually with another dog in the household or a regular playmate) IF the dog is to have a future aggression incident with another dog, he likely bites

the other dog's neck or throat—practice does seem to make perfect. I suspect that bite orientation has a genetic basis to it and may be rather immovable (like cattle dogs to hocks, and other herding breeds with distinct orientation to biting or gripping livestock) but I would pay particular attention to a dog that orients in his play style to a vital part of the other dog's body, and interrupt and supervise carefully to make sure I always could call my dog off.

Grab-biting with Head-shaking: The grab-bite and head-shake are the critical portions of the wolf hunting sequence, and once again, if play is merely practicing skills for real life, than dogs who regularly grab skin/fur and then head-shake another dog is practicing and honing skills I don't want a dog to develop. I would interrupt and prevent these behaviors.

Full-Mouth Biting: This is when the dog fills his mouth with the other dog's skin or fur—there is no 'air' showing in the back of the dog's mouth, because his mouth is full of the other dog. This is a very proficient bite and again, not what we want our pet dogs to practice. Whether the dog is breaking skin or not is not the point—it's best to think of averting possible future, serious events. The healthiest play has gentle, inhibited, or air-contact.



Healthy Chase



Risky Chase

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If you are interested in more information from Sue Sternberg please check out www.suesternberg.com and www.greatdogproductions.com. We also carry her books in store at the Moab BARKery, and the HSMV has sponsored seminars continuing in January.

Humane Society of Moab Valley 435-259-4862

Jan 15th Seminar on Unwanted Dog Behaviors presented by Sue Sternberg. This will be a great opportunity to ask questions and learn more techniques to help your pet be a better canine citizen. 3pm - 5pm

Jan 8th & 22nd - Dog Adoption Days in front of City Market from 11am - 1pm

Jan 15th Cat Adoption Days at the Moab Barkery from 11am - 1pm

Jan 18-29 Low-Cost Spay and Neuter Clinic.
CALL TODAY FOR YOUR APPOINTMENT:
Dog & Cat Clinic 259-2733 or Moab Vet Clinic 259-8710. (Please be sure to thank your vet for making this possible.)

If you can't afford this and your animal needs to be fixed, call the Humane Society at 259-4862 for more financial assistance. (There is a year-round low-income spay and neuter program available.) Thanks for keeping the Moab pet population under control.

Sponsored by the Humane Society of Moab Valley.
Remember... "You are the Heart and Hands of The Humane Society."

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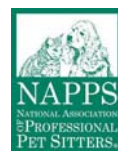
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00	Native Spirit	KZMU OVERNIGHT		Art of the Song	KZMU OVERNIGHT		Desert Diva	7:00	
8:00		DEMOCRACY NOW						8:00	
9:00	Jah Morning Reggae	MOAB Morning Blend					Blue Plate Special (blues/rock)	Shine Time (Children)	9:00
10:00		Moab Mamas (everything)	Amarillo Highway	Tilted Park (Americana Classic Rock)	OddBins	Trailer Park Companion		10:00	
11:00							The Trading Post (call-in Buy/Sell)	Noon	
Noon	Grass is Greener (Bluegrass)	It's My Party/ The Skye's the Limit (rock-blues-unreleased)	radio mmm... (Classic Indie)	Horizon Line	Random Toonage	1-2-3 (funky world soul)	Ain't Live Grand? (live recordings)	1:00	
1:00							Fire on the Mountain	2:00	
2:00	Plateau Pastime/ Canyon Wren Express	Radio Mundial Radio MOONDial	Planet Picante (latin)	A Little Bit of This and a Lil' Bit o' Dat	Red Rock 'n Blues	Free Speech Friday Public Access		Belagaana Review (fruit and nuts)	3:00
3:00	WORLD MUSIC						MOAB Drive Time	Tween Time (pre-teen fun)	4:00
4:00	West of Broadway/ Concert in the Park	Ritmo Latino	SoundThing/ Uncle Meat Mystery Show	Gaelic Circle/ Drive Time				5:00	
5:00	DEMOCRACY NOW					Big River / Ranch Exit (twang)		6:00	
6:00	Kokopelli Coffeehouse	Big Swing Face (big band jazz)	Moab City Council/ Atomic Lounge	Thin Edge (jazz)	Rock Garden (rock)	The Rainbow Room /Funky Soul Jam	Main Street Cruise!	7:00	
7:00		MOAB AFTER HOURS						Radio Free Moab (college rock)	8:00
8:00	KZMU Overnight	The Sound Lair (Experimental Dance)	Conscious Party	Suburban Urge	Pandora's Box	Altered State	KZMU Overnight		9:00
9:00		KZMU OVERNIGHT						the eleventh hour	10:00
10:00						Seti TranceMissions	11:00		
11:00							12:00		

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