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MOAB HAPPENINGS

Volume 25 Number 9

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MOAB HAPPENINGS

MOAB HAPPENINGS®

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Ice Castles: Photographing the Moab Winter Landscape

by Tom Till

Winter in Moab has always seemed a sleepy and magical time. Most visitors, including photographers, are gone. Snow is possible, but not guaranteed, and those of us who live here can finally be first in line to shoot it if it comes.

Moab photographers remember every great winter storm: the incredible dump of '73, the nuclear winter of 1978-79, and the 16 inches that came three winters ago, to name a few.

The great winter subjects are the ones with fairly easy road access and great winter light. Perhaps chief among them is Dead Horse Point. The higher elevation helps guarantee snow and the winter light is perfect here at dawn. Digital cameras do an excellent job of exposing snow, but check your histogram to be sure your camera is not underexposing the scene due to the bright snow.

Since you will have many great snow-flocked winter foreground subjects, use aperture priority and a depth of field app from your phone to focus correctly.

As temperatures drop the ice floes of the Colorado River become a fantastic subject. Shoot from Highway 128 in the afternoon when the river is in shade and reflecting Denver Bronco orange on the scene. Make sure your shutter speed is high enough to stop the motion of the river-carried ice.



Many canyons around the Moab area harbor seeps leaking from rock walls that can become ice sculptures in winter. Negro Bill Canyon is one place to find these, along with several canyons along the Potash Road, and a Faux Falls near Ken's Lake. Take care around these sites, as slippery ice and falling ice daggers can be dangerous. Every year injuries and deaths occur after snowstorms, many coming when visitors

accidentally slide down snow-covered slickrock. Wearing Yaktrax walkers is one way to help keep a grip on terra firma.

Another benefit of snowfall is the fog that sometimes appears after a high pressure ridge follows storms that leave snow left on the ground. The Island in the Sky is the hub of action when this happens as fog may create an inland sea lapping at the solid walls of Wingate sandstone and shrouding the bases of pinnacles and buttes.

Finally, don't forget the La Sal Mountains. Many great iced trees and landscapes can be shot from the Geyser Pass winter recreation area.

Though snow around Moab can last for weeks, most of the time it wants to melt fast. Be first on the scene to capture the spanking fresh look I highly prize. Red rocks and white snow are an unmatched combination--each heightening the beauty of the other.

TRAIL HAPPENINGS

Winter's Sounds of Silence

Article By Sara Melnicoff
Photos by Ginny Carlson

Like a favorite special treat tucked away in the fridge or hidden away in a cabinet, I await the start of winter with keen anticipation and joy. I love spring, summer and autumn—they are full of charm—but late autumn and winter have that something extra that just does it for me: peace and exquisite quiet.

My partner David and I spend many blissful hours enjoying the muted solitude of the region's well-loved trails as the tourist season takes a short break and Moab becomes a small town again. We walk in areas that are so pretty and so quiet that the silence creates a sound. In the fullness of that sound, we find we're able to reconnect to ourselves, each other, and the earth once again. We soak in the silence and the beauty, like a rock soaks up the sun's heat. We shake off all the busyness of other times of the



year and try to match our lives to the rhythm of winter's restorative pace. We can almost feel the slumbering earth beneath our feet as we walk along.



We love to visit places we avoid when it's too hot or hectic. We feel so fortunate to live in a place where the variety is endless: Dragon Fly Canyon and

Corona Arch, Sand Flats, Ken's Lake, Fisher Towers, the La Sals, and the Kane Creek area's diverse trails like the Rim Trail and Moonflower Canyon, the Jackson Trail and Hunter Canyon. Many times we just walk along the Kane Creek Road, marveling at the towering rocks above us. There is a special quality to a cold and sunny hike, watching blue skies mirrored in the Colorado River. Being really cold and seeing your breath getting so warm as you walk that you have to strip off a layer or two. Hearing the air fill with the strong whoosh, whoosh of a raven's wing in flight.

Then, when we're lucky, the snow comes. We enjoy being outside when flakes start to fall, making beautiful patterns on the plants and rocks around us. Fields of snow stand out below the golden glow of the rocks in the late afternoon sunlight. As snow transforms the landscape with its soft, white blanket, it makes our normally thin air thick, so that the silence is even more complete. Snow-coated branches touch the water just enough to form little ice balls. What a visual treat! And the ice itself is magical and artistic, making wavy patterns on the creek's frozen surface. Glub, glub, glub the water sings out

quiet streets are peaceful, and the warm glow from cozy homes makes everything feel right. Yes, winter is the perfect time to slow down and experience the peaceful, extreme beauty of our desert home.



Sara Melnicoff is founder of Moab Solutions and Friends of the Parkway and is an active member of Trail Mix. She is passionate about protecting the earth, treading lightly, recycling, and is involved in numerous restoration and cleanup projects. Through the Partners Program, she also encourages Moab's homeless to help with various "green" projects.

River. And you make that dare to yourself, "Can I make it across without cracking the ice and getting really cold feet?" It is awe-inspiring to stand at the nearly frozen Powerdam waterfall and look downstream at the snowy and icy bridges below. Another advantage to winter hiking is the ability to take multiple walks in one day. Unlike in summer's brutal heat, winter allows for a late-morning walk and a warmer afternoon walk.

There are other special wintertime treats, like finding the places where water seeps out of rocks and makes icicles, or visiting a canyon in the early dark of the season to watch the stars light up the night sky, or taking a hike on the concrete paths in town. The



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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MOAB AREA EVENTS CALENDAR



Fitness Center

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

Open Swim

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Visit website for fees & schedules
www.moabcity.org/mrac

Moab Golf Course

Scenic 18 Holes



Open to the public all year long, seven days a week!

Call for tee times
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Holiday Gift Fair at The Grand Center

Friday, December 6, 4pm-8pm
Saturday, December 7, 9am-3pm

Variety of gifts from craft vendors and great food vendors

Holiday Photos by Moab Photo Coalition

Old Spanish Trail Arena



Have your event at the Arena!
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Call for Holiday Dance Schedule

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All Square Dancers & Visitors Welcome

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

DECEMBER

2-4 Holiday Wreath Making- make your own natural wreath for the holiday season using locally sourced evergreens. All supplies provided. For ages 10 and up. Moab Arts & Recreation Center, 6-8 pm, 111 E. 100 North. For more info call 435-259-6272.

6 Community Tree lighting - This is the annual tree lighting for the Community. Public welcome, Swanney City Park, 5pm Friday Dec. 6th, there will be music, Santa and hot cocoa and cookies for the kids. For more info visit www.moabchamber.com or call 435-259-7814.

6-7 MARC Holiday Art and Craft Fair- Friday, 4-8pm and Saturday, 10am-5pm at the MARC 111 E 100 North. Selling ALL handcrafted goods. No mass produced, pyramid scheme thingies, yard sale cast offs, manufactured, imported or sales that require a 'representative'. MADE BY YOUR NEIGHBORS. With over 50 local & regional artisans, bakers & crafters displaying photography, paintings, ceramics, textiles, sculpture, jewelry, glass work, woodwork, metalwork, candles, soaps, salves, baked goods & more. Santa will swing by from the North Pole for pictures on Saturday!! Find us on Facebook, call(435)259-6272 or email marcinfo@moabcity.org for further information.

6-7 Holiday Gift Fair at the Grand Center- Friday, 4-8pm and Saturday 9am-3pm. A variety of gifts from craft vendors along with great food vendors. Santa from 11am-3pm. Get your holiday photo by Moab Photo Coalition. For more info call Jody at 435-259-1302. The Gift Fair is a fundraiser for RSVP Volunteer Program and the Grand Center.

6 Holiday Benefit Concert- 7:30 pm at Star Hall. Celebrate the Season with music by Dr. John & Shaunna Sanders and Friends. Ticket sales benefit the Moab Free Health Clinic. \$10 Adults, \$5 for seniors and students, free for children 5 years & under, \$25 for a family. Buy tickets at the Moab Free Health Clinic or at the event.

7 Winter Sun 10K road race is a fun filled small town run that takes place in early December when the air in Moab is crisp and the skies are blue and sunny. Hence the name. The run starts at the Moab Golf Course, wanders through the neighborhoods of Moab and finishes at the Grand County High School Track. The mostly flat or downhill course is sure to produce fast times for many a runner. In addition to receiving a colorful long sleeve tech shirt and plenty of delicious food treats, runners are eligible for prizes donated by numerous local merchants. For more info www.moabhalfmarathon.com or 435-259-4525.

7 Annual Electric Light Parade - Annual Christmas Parade. This year's theme is "Christmas Vacation". Everyone is welcome. Browse the shops while you wait for the parade. Parade begins at dark and will travel from Swanney City Park, down Main Street to City Market. For more info visit moabchamber.com or call 435-259-7814.

7 The Messiah Sing-a-Long- 2pm-5pm at the First Baptist Church, 720 Grand Ave, Grand Junction. Please arrive by 1:45 to get seating with your vocal group. Come & sing (no auditions, no rehearsals) or come & listen! For more info call Bernadette 970-434-9661.

14 Christmas Bird Count - you do not need to be an expert birder to participate in the 114th Annual Christmas Bird Count. If you would like more info contact Marcy Hafner at 435-259-6197. See article on page 1B.

17 4th Annual D-I-Y Gingerbread House Construction Party! We provide all the tools, candy, icing and most importantly, you walk away from the mess & we clean up. Gingerbread houses are the architectural wonder of the baking world! Some have Tootsie Roll mailboxes, shredded-wheat roofs, and gumdrop bells. These are just a few examples of the possibilities for building materials for you & your fellow architect. Plan on getting sticky & having lots of FUN! Call to reserve your spot! 5:30-6:30pm \$20 or \$18 for MARC members. \$30 or \$27 for 3 kids or more. Scholarships Available! For more info: www.moabmarc.com or 435-259-6272.

21 Dead Horse Point Christmas Bird Count - if you are intrigued by the idea of identifying and counting birds you are welcome to participate regardless of experience level. To participate please contact Crystal Carpenter at crystalcarpenter@utah.gov or 435-259-2614. See article on page 1B.

19 FREE FILM! Grand County Public Library and the Utah Film Circuit: present KON-TIKI (2012). Follow Norwegian explorer Thor Heyerdahl and his crew of 5 as they set off to cross the Pacific Ocean in a Balsa wood raft on an epic adventure (subtitled). 7 pm @ Star Hall 159 E. Center St. Call the library for more info @ 435-259-1111.

25 CHRISTMAS DAY

31 NEW YEAR'S EVE



Edge of the Cedars State Park Museum

660 West, 400 North, in Blanding, Utah.
For more information please call the Edge of the Cedars State Park Museum at (435) 678-2238

Day Visits: \$5 per person or \$20 a carload
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Tour Buses \$3 per person
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Friday, December 6th 4-8pm
Saturday, December 7th 10am-5pm

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More information | 435.259.MARC | moabmarc.com



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Friday, December 6, 5:00PM
City Tree Lighting at Swanney City Park with Santa, Valley Voices & GCHS Choir & Band, Hot Cocoa & Cookies provided by ZIONS BANK

Grand Center Gift Fair 4PM-8PM
MARC Craft Fair 4PM-8PM

Saturday December 7, 6:00PM
Electric Light Parade
Begins at dark on Main Street
The Cocoa Shack provided by Moab Regional Medical Center

Grand Center Gift Fair 9AM -3PM
MARC Craft Fair: 10AM-5PM

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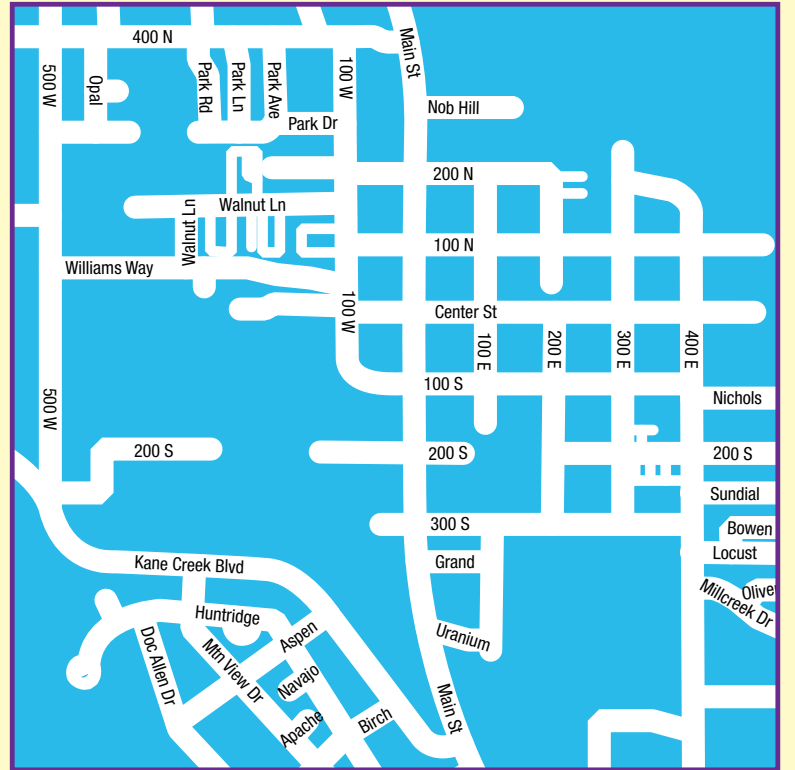


Happy Holidays & a Prosperous New Year

DEADLINE for JANUARY Events Calendar: DECEMBER 20, 2013

Listings in the Moab Happenings Events Calendar are FREE!!
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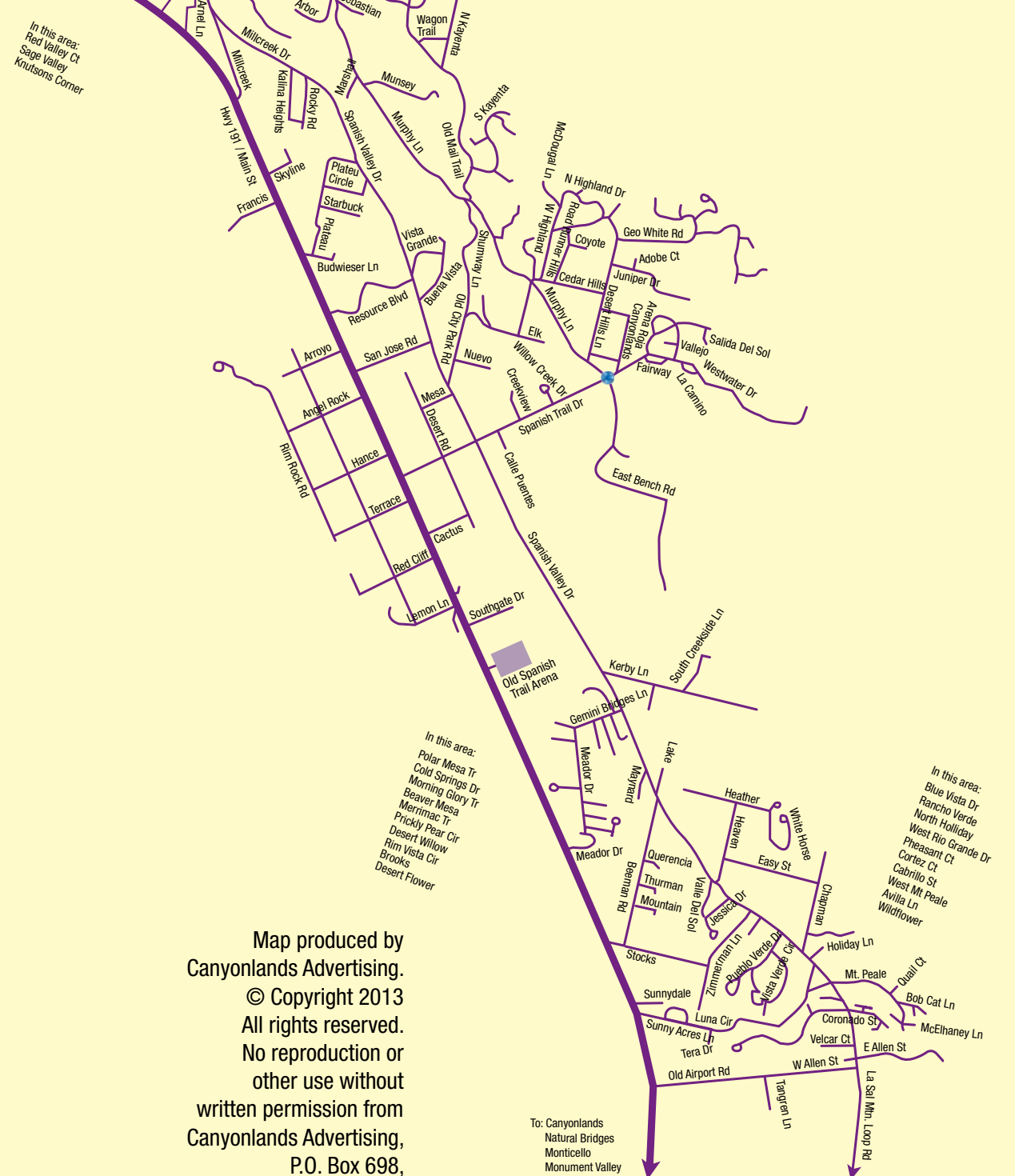
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2014 MOAB EVENTS

- January 17-19 . . . Bluff Balloon Festival
- January 25-26 . . . 3rd Annual Moab Roller Derby
- February 2 2014 SuperBowl
- February 8 Chocolate Lovers
- February 8 Moab Music Festival Robert Burns Tribute
- February 14 Puttin' on the Ritz
- February 15 Moab's Red Hot 55K/33K
- March 8-11 Skinny Tire Festival
- March 10 Banff Mountain Film Festival
- March 14-15 Canyonlands Half Marathon
- April 12-20 Easter Jeep Safari
- April 25-27 April Action Car Show
- May 5 Cinco de Mayo
- May 24-25 Moab Arts Festival
- May 29-31 Canyonlands PRCA Rodeo
- June 7 Thelma & Louise 1/2 Marathon
- Aug 28-Sept 8 . . . Moab Music Festival
- September 19-23 . . Moab Int'l Film Festival
- September 20 . . . Moab Century Tour
- September 21-28 . . Moab Pride Festival
- September 24-28 . . Red Rockin' ATV-UTV Trails Ride
- October 3-11 PleinAir Moab
- October 9-11 Rock, Gem & Mineral Show
- October 19 The Other Half
- November 7-9 Moab Folk Festival
- November 2 Moab Trail Marathon
- November 3 Dia de Los Muertos
- November 5 Christmas Tree Lighting
- November 5-8 Moab Senior Games
- December 5-6 Grand Center X-mas Gift Fair
- December 5-6 MARC Holiday Gift Fair
- December 6 Winter Sun Run 10K
- December 6 Electric Light Parade



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NON PROFIT HAPPENINGS

Wabi Sabi Eighth Annual Christmas Day Dinner

With generous help from the Peace Tree, the Moonflower Market, Red Cliffs Lodge, and many other sponsors including the United Way, WabiSabi will offer a community Christmas dinner on Tuesday, December 25, from 2:00 pm to 5:00 p.m. at the Grand Center. The dinner is offered to the community free of charge; however, monetary donations are gratefully accepted. Everyone is invited to attend.

This is the eighth year WabiSabi is offering a free or by-donation Christmas dinner through its Winter Meals program.

WabiSabi is excited to announce that the meal will be prepared by Kay Davis of Moonflower Market and Kara Stoner. Though Red Cliffs Lodge is unable to continue their longstanding tradition of cooking, they have generously offered to cover this year's food budget. The Grand Center contributes their facilities for serving and dining, while Karen Whipple has offered the use of the kitchen at the Peace Tree Juice Café.

"Peace Tree has always been glad to donate cheesecakes to WabiSabi's Thanksgiving, but it's an amazing feeling to be able to step up and provide the kitchen this year," says Whipple. "We see it as a great opportunity to give back to a community that gives to us all year long."



The Christmas meal represents a unique union between various businesses, organizations, and individuals in the Moab area who believe in a common cause: "We're doing this simply because feeding our community is important" says Davis. A broad cross-section of the community attends the WabiSabi Winter Meals each year, from schoolteachers and business owners to the unemployed and homeless. Last year 500 meals were served on Christmas day, including delivery to those that are homebound. And while all appreciate the free meal, the goal of the program pertains

more to building the bonds of community than helping people through lean economic times.

The event would not be possible without the dedication of over 100 volunteers who help to cook, serve, clean, decorate and coordinate for the event. "We live in such a generous and supportive community, and

it's great to harness that good energy and share it with everyone," says Holly Dinsmore, WabiSabi's Warehouse Manager and organizer of the WabiSabi Winter Meals. "This is a tough time for everyone, and whatever we can do to help people out, we want to do it. We don't want to see anyone spend the holidays alone."

"Out of all of the programs we run here at WabiSabi, our Winter Meals are distinctive because of the level of



community participation across all lines. It's not often that you get to interact with so many different members of the community while also eating a delicious meal." adds Mandy Turner, Program Director.

As always, generous community involvement is vital to the success of the event. WabiSabi is unable to accept food donations from individuals as everything served must be prepared in a commercial kitchen. However, financial contributions to the event are welcome and may be mailed to WabiSabi, 1030 S. Bowling Alley Lane, Moab, UT 84532. Gift certificates to local grocery stores for last minute food costs are also appreciated.

"It's amazing to see how many people jump in and help out with these meals," says Dinsmore. "We are so fortunate to live in a community where everyone wants to get involved and help one another out. It's truly an expression of the holiday spirit."

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



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	(435) 259-6396	Moab Country Club (Rob Jones).....	(435) 259-6488
Alcoholics Anonymous	sites.google.com/site/moabgroup	Moab Duplicate Bridge Club (Gail Darcey)	(435) 259-1733
For Emergencies (24/7).....	888-333-9649	Moab Friends For Wheelin' (Jeff Stevens)	(435) 259-6119
Alpha Rho Sorority (Bobbie Long).....	(435) 259-6758	Moab Garden Club (Tricia Scott).....	(435) 249-4959
American Legion Post (Ronald Irvin).....	(435) 719-4095	Moab Half Marathon (Ranna Bieschke).....	(435) 259-4525
Arches Adult Education (Trish Hedin)	(435) 260-8746	Moab Horse Show Association (Tosha Audenried).....	(435) 260-9252
Arches New Hope Pregnancy Center (Debbie Nelson).....	(435) 259-LIFE (5433)	Moab International Film Festival (Nathan Wynn)	(435) 261-2393
BEACON (Stephanie Dahlstrom)	(435) 260-1143	Moab Masonic Lodge #30 (TJ Robertson).....	(435) 210-4653
Bikers Against Child Abuse (B.A.C.A.)	(435) 210-4421	Moab Music Festival (Laura Brown)	(435) 259-7003
Boy Scouts of America (Kent Dalton)	(435) 259-6521	Moab Poets & Writers (Marcia Hafner)	(435) 259-6197
Canyonlands Field Institute (Karla Vander Zanden)	(435) 259-7750	Moab Rock Club (Jerry Hansen).....	(435) 259-3393
Canyonlands Rodeo Club (Kirk Pearson).....	(435) 260-2222	Moab Quarter Horse Assoc. (Kathy Wilson).....	(435) 259-8240
Canyon Winds Concert Band (Ronald Irvin)	(435) 719-4095	Moab Rotary April Action Car Show	(435) 260-1948
Colorado Outward Bound School – Moab basecamp (Chris Benson)	(435) 259-5355	Moab Roller Derby (Jessica O'Leary).....	575-635-3898
Community Rebuilds (Emily Niehaus).....	(435) 260-0501	Moab Solutions (Sara Melnicoff).....	www.moab-solutions.org ...
Daughters of Utah Pioneers (Helen Tranter).....	(435) 259-5229	Moab Sportsmen's Club (Frank Darcey).....	(435) 259-2222
(or Clara Shafer Dalton).....	(435) 259-7793	Moab Taiko (Michele Blackburn)	(435) 259-0816
Delicate Stitchers Quilt Guild (Shauna Dickerson)	(435) 259-0906	Moab Teen Center-Club Red	(435) 259-9991
Elks Lodge #2021 (Dan Stott)	(435) 259-7334	Moab Trails Alliance (Kimberly Schappert)	(435) 260-8197
Fallen Arches Square Dancers (Bob & Flora Erickson).....	(435) 259-2724	Moab Valley Multicultural Center (Rhiana Medina)	(435) 259-5444
Friends of Arches and Canyonlands Parks (Joette Langianese).....	(435) 259-0108	Mutual UFO Network (Elaine Douglass).....	(435) 259-5967
Friends of Canyonlands Health Care (Tom Edwards)	(435) 260-1504	Order of the Eastern Star (Fran Townsend).....	(435) 259-6469
Friends of Indian Creek (Sam Lightner, Jr.).....	(435) 259-6639	Parent Teacher Association (Tiffany Saunders).....	(435) 259-5830
Friends of the Grand County Library (Adrea Lund)	(435) 259-1111	PleinAir Moab (Sandi Snead).....	(435) 686-2545
Grand County Public Library	(435) 259-5421	Plateau Restoration/Conservation Adventures (Tamsin McCormick)	(435) 259-7733
Girl Scouts of The U.S.A. (Michelle Hill)	(435) 259-5884	Red Rock 4-Wheelers (Ron Brewer).....	(435) 259-7625
Grand Area Mentoring (Dan McNeil)	(435) 260-9645	Retired Senior Volunteer Program RSVP (Jody Ellis)	(435) 259-1302
Grand County Democratic Party (Bob Greenberg).....	(435) 259-7013	Rotary Club (Kyle Bailey).....	(435) 259-6879
Grand County 4-H (Kira Rindlisbacher)	(435) 259-7558	The Salvation Army, Moab Service Extension, (Lenore Beeson).....	(435) 260-2135
Grand County Extension (Michael Johnson).....	(435) 259-7558	(or Sara Melnicoff).....	(435) 259-0910
Grand County Food Bank	(435) 259-6456	Seekhaven Crisis Center (Michael Gardiner).....	(435) 259-2229
Grand County Hospice	(435) 259-7191	Senior Center (Verleen Striblen).....	(435) 259-6623
Grand County Prevent Child Abuse (Debbie Thurman)	(435) 260-1039	Sierra Club (Marc Thomas).....	(435) 259-3603
Humane Society of Moab Valley	Animal Services 259-4862	Southeastern Utah Back Country Horsemen (Dick Walter).....	(435) 640-5532
Ladies Golf Club (Chris Corwin).....	(435) 210-0599	Southern Utah Wilderness Alliance (Liz Thomas).....	(435) 259-5440
League of Women Voters (Cynthia Smith).....	(435) 259-5306	Toastmasters International	(435) 259-5767
Lion's Club (Tom Warren).....	(435) 259-7834	Trail Mix Committee (Sandy Freethey).....	(435) 259-0253
Moab Aglow Lighthouse Fellowship (Murine Gray).....	(435) 259-5514	Utah Friends of Paleontology – Gastonia Chapter (Joel Nowak).....	(435) 587-9968
Moab Arts Council (Theresa King)	(435) 259-2742	Utah Conservation Corps (Rachel Senft - southern office / Moab)	(435) 259-0029
Moab Arts Festival (Gayle Wehyer).....	(435) 259-2742	Valley Voices (Marian Eason).....	(435) 259-6447
Moab Arts & Recreation Center (Laurie Collins).....	(435) 259-6272	Veterans of Foreign Wars (Fred Avery)	(435) 260-1277
Moab Bird Club (Nick Eason).....	(435) 259-6447	Young Life Moab	(435) 260-0285
Moab Chamber of Commerce (Jodie Hugentobler)	(435) 259-7814	WabiSabi (Mel Gilles)www.wabisabimoab.org	(435) 259-3313
Moab City Recreation (John Geiger)	(435) 259-2255	Youth Garden Project (Delite Primus).....	259-BEAN (2326)
Moab Community Dance Band (Miriam Graham)	(435) 259-8311		
Moab Community Theater (Kaki Hunter).....	(435) 259-8378		

VISITING ROTARIANS: Join us for Lunch every Monday 12 noon at Frankie D's Bar and Grill

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

RESTAURANT GUIDE

GOT BEER? WE HAVE COLD BEER TO GO

FULL STRENGTH AVAILABLE!
PACKAGING AGENCY
Open Daily at 11:30 am

22 OZ BOTTLES &
16 OZ 4-PACKS
Available to go

7% ABV 5.5% ABV 8-8.59% ABV

686 S Main St • www.themoabbrewery.com

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

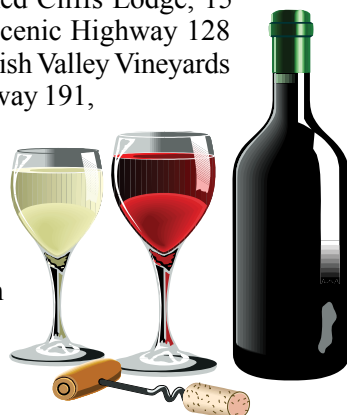
Recent changes to Utah Liquor Laws have made it less confusing and easier to get an alcoholic drink. You can now go to **some** restaurants and without ordering food, you can order a drink.

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

Moab Brewery, Moab's only on-site microbrewery, offers a variety of locally brewed beers in their bar. They are a new packaging agency where they can sell full strength beer to go. Moab Brewery beer is available at other restaurants in town. Many flavors are on sale at retail stores in Moab as well in the Salt Lake City area. Three upscale lounges are in Moab. Blue Bar, located at The Blu Pig is Moab's newest adult libation headquarters (see ad on p.11A). Vista Lounge located inside Buck's Grill House (see ad on p.8A) and The Ghost Bar, upstairs at Jeffrey's Steakhouse (see ad on p.8A). All three locations have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.



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



The **Utah State Liquor Store** is the only location where you can purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at **55 West 200 South** and is open from Monday through Saturday (11:00 am to 9:00 pm - 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. Moab Brewery now has a package agency open every day at 11:30 am where you can purchase their new higher volume beer selection.

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."

CELEBRATING 33 YEARS!
SPICING YOUR LIFE SINCE 1981

LA HACIENDA
Restaurant

MON - SAT 11AM TO 9PM

TAKE OUT AVAILABLE

FAMILY RECIPES VEGETARIAN FRIENDLY

574 NORTH MAIN, MOAB
435-259-6319

Singha
Authentic Thai Cuisine

Lunch: Monday - Saturday 11-3
Dinner: Monday - Saturday 5-9:30
Closed Sunday

Closed December 15 until mid January

Now Serving Beer, Wine & Saki

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

BROKEN OAR
RESTAURANT

Winter hours open for private functions and catering. Also available for building rental contact Randy for pricing and more info

randyapadaca@yahoo.com
www.adrift.net/brokenoar.html

53 WEST 400 NORTH (435) 259-3127

MAKE IT GREAT™

Pizza Hut

Try our online ordering at pizzahut.com

265 South Main, Moab
Open Daily • 259-6345

Dine-In, Carryout & Delivery
Sun-Thurs 11am - 10pm
Fri & Sat 11am - 11pm
Open Every Day

Legers Sandwiches

CHAMPS Chicken
Breaded Fresh Daily

BAKED GOODS
TACO BAR

Daily Soup Specials Chicken Pot Pie
Bread Sticks Awesome Daily Specials

Open Everyday including Holidays
Made to order • Call in Orders
5 a.m - 8 p.m.
259-2212

LOCATED INSIDE THE MOAB CHEVRON
817 South Main Street

Chevron
FOOD COURT & DELI

OPEN 24 HOURS

Twisted Sisters

WINTER HOURS
PLEASE CALL
1-435-355-0088

SPECIAL THANKS TO OUR LOCALS FOR A SUCCESSFUL 1ST YEAR!!
Please continue to show your support this winter.
We are OPEN for you!!

www.twistedsisstascafe.com
11 E. 100 N. Main Street

Susie's Branding Iron
Open 11am - 10pm

Backdoor Bar - Now Open
Live Music - Every Sat. Night

Prime Rib - Wed., Fri. & Sat.
Ribs - Tues. & Thurs.

COME TASTE THE WEST
2971 South Highway 191
* 3 Miles South of Moab • 259-6275 *

RESTAURANT GUIDE



Jeffrey's
STEAKHOUSE
 CASUALLY UPSCALE
 CLASSIC STEAKHOUSE FARE

218 NORTH 100 WEST
 435-259-3588
 JUST SLIGHTLY OFF MAIN

WE ARE PROUD TO SERVE
 LOCAL ORGANIC PRODUCE
 WHEN AVAILABLE

OPEN 5:00PM
 CALL FOR RESERVATIONS

WWW.JEFFREYSSTEAKHOUSE.COM
 STATE LIQUOR LICENSEE

EklectiCafe
 ORGANIC COFFEE
 ERLECTICA

Carnivores,
 Herbivores,
 Omnivores!
 Vegetarian
 Friendly

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

Buck's Grill House
 Steaks & Game
 Vegetarian & Southwest Cuisine
 Open daily 5:00pm to close

Vista Lounge
 "Feed Your Spirit"

Craft Beers • Fine Spirits & Live Music
 For a schedule of live music, go to www.bucksgrillhouse.com
 1393 N. Highway 191 • 435-259-5201

Authentic Mexican Food
FIESTA MEXICANA

Our Fiesta Plates are Back
 Large Parties Welcome Childrens Menu Available

Lunch Specials - All \$6.25
 All Served with Rice & Beans
 Monday: Burritos ~ Beef or Chicken
 Tuesday: Enchiladas ~ Beef or Chicken
 Wednesday: Chimichanga ~ Beef or Chicken
 Thursday: Enchiladas Suiza ~ Beef or Chicken
 Friday: Taco Enchilada ~ Beef or Chicken

"Fiesta Margarita" Best Margaritas -Made from Scratch with Fresh Squeezed Limes and 100% Blue Agave Tequila
 Best Mexican Food in Town
 Sun-Thurs 11-9 Fri & Sat 11-10
 Special deals for your Christmas Parties - Book Early
 202 So. Main St. Moab, Utah 259-4366
FiestaMexicanaRestaurants.com

Bar M Chuckwagon
 7000 North Highway 191 259-BAR-M(2276)
 Live Western Show & Cowboy supper. Gunfights, games, saloon, giftshop. 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.

The Blu Pig & Blu Bar
 811 S. Main 435-259-3333
 Lunch • Dinner • Take Out
 Open Daily 11:30-close

Moab's only BBQ and Blues destination. Ribs to write home about. Casual, laid back establishment that you'll want to come back to again and again. Smoking your favorites all day, every day. Covered patio, dining and internet bar are just some of the extras offered for your enjoyment and convenience. Large Screen HD TV's. Take out available. Ice cold beer. State liquor license. Moab's newest Blu Bar specializing in whisky, over 50 beers. Live Music Thursday thru Saturday.

Brewed Awakenings
 1146B South Hwy 191 435-260-8045

Broken Oar
 53 West 400 North 259-3127
 Open for private functions & catering
 The Broken Oar restaurant is the perfect Moab dining destination. Our wide variety of homemade food provides a great escape from the usual mass-produced chain food. Tap into something cold with one of our many draft beers, including a great selection of local brews, or if it's wine that fits the mood you won't be disappointed. Our unique Pub & Grill decor is best described as cozy mountain cabin meets ski lodge. Relax by our stone fireplace in the cooler months. Or while its warm enjoy the atmosphere of our enormous outdoor deck. If you are looking for a great spot to relax after enjoying the variety of Moab's activities, The Broken Oar is your place. The Broken Oar has a casually romantic atmosphere, and is greatly enhanced by the excellent staff.

Buck's Grill House & Vista Lounge
 1393 North Highway 191 259-5201
 Dinner
 Open Daily at 5:00 pm till close.
 Don't think you can find casual elegance in the desert? Think again. Buck's Grill House offers fine dining in a relaxed, yet elegant atmosphere with some of the best food in the West. For a special evening out, this is the place to share an exceptional meal with your favorite friends. You'll never be disappointed at Buck's. Serving full dinner menu. Early bird BBQ 5-6pm. Vista Lounge is a sophisticated adult environment offering cocktails along with dining. Check website for live music schedule. www.bucksgrillhouse.com.

Burger King 606 South Main 259-2700

China Cafe 812 South Main 259-7933

City Market 425 South Main 259-5181

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

Crystal's Cakes & Cones
 26 West Center St. 259-9393

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

Desert Bistro
 36 South 100 West 259-0756
 Dinner
Closed for the season. Re-Opening early March.
 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. Covered and open outdoor patio dining. Full liquor license. Reservation highly recommended.

Eddie Mcstiff's
 59 South Main Street 259-2337
 Open Lunch • Dinner
 Established in 1991, Eddie Mcstiff's is a long time local favorite with a variety of comfortable indoor and outdoor family friendly environments. Eddie's boasts Moab's largest selection of microbrews and high point bottled beers. Come and enjoy our newly remodeled bar and lounge. We strive to use the best organic ingredients and the freshest local produce when available. We are known for our tasty house ground burgers and fresh salads, and steaks, but we also offer several delicious vegan, vegetarian and gluten free options.

EklectiCafe
 352 North Main Street 259-6896
 Breakfast • Lunch
 7:30 a.m. - 1:30 p.m. 7 days a week
Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! "Wakame" recently featured in Sunset Magazine, April 2012. Open Christmas Eve & New Year's Eve until noon.

Fiesta Mexicana
 202 South Main Street 259-4366
 Sun - Thurs 11-9
 Fri & Sat 11-10
 Experience the close-up magic of Rick Boretti
 Thursdays and Fridays 7-9pm
Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio with 4 TV's! Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.25 Full bar. FiestaMexicanaRestaurants.com **Fiesta Margarita Night, Wednesdays (except Christmas) and Sundays in December.**

Frankie D's Bar & Grill
 44 West 200 North 259-2654
 Lunch • Dinner • Sunday Brunch
 Open Daily 11am
 Late night kitchen open until 1 am
 Friendly service, covered outdoor patio, steaks, burgers, BBQ. Daily Specials. Over 21 can enjoy a full range of beers, wines and alcohol beverages. Take out orders welcome. Live Weekend Entertainment, 5 flat screen TV's. www.moabfrankieds.com

Jailhouse Cafe
 101 North Main Street 259-3900
CLOSED FOR THE SEASON
 Moab's Breakfast Place located in Grand County's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

Jeffrey's Steakhouse
 218 North 100 West 435-259-3588
 Open at 5:00pm Call for reservations
 Our mission at Jeffrey's is to provide our guests with the absolute highest quality in all that we serve. Our steaks are all Wagyu style, the American Kobe beef. We are committed to utilize the resource of our local farmers. Gluten free, vegan, and vegetarian options nightly. Tucked away upstairs is the Ghost Bar. State Liquor License. Party and event reservations available throughout the week. www.jeffreyssteakhouse.com. **Open New Year's Eve.**

La Hacienda
 574 North Main 259-6319
 Lunch • Dinner
 Mon-Sat 11:00 am - 9:00 pm
CELEBRATING 33 YEARS! Superior Mexican specialities with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. Take out available. **Open Christmas Eve and New Year's Eve.**

Leger's Sandwiches
 817 So Main (inside the Moab Chevron) 259-2212
 Deli Open 5 a.m. - 8 p.m.
 Feed your car and your belly 24 hours a day. Featuring Leger sandwiches, a favorite since 1977 and much more. Now offering Udi's gluten free sandwich bread. Call in orders welcome. Store & Fuel open 24 hrs. Deli & call in orders open 5am-8pm. **Open everyday including holidays.**

Love Muffin Café 139 North Main 259-6833

McDonald's 640 South Main 259-8800

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

Miguel's Baja Grill
 51 North Main 259-6546
 Dinner
Closed for the Season, back Valentine's Day
 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. Gluten free & Vegetarian options available. Proud to cook with zero trans fat.

Milt's Stop & Eat
 400 East and Millcreek Drive 259-7424
 Lunch • Dinner
 Open Tues-Sun 11am-8pm - Closed Mondays
 Moab's oldest restaurant, since 1954. Milt's is pleased to serve local grass-fed, hormone-free beef burgers. We also serve classic diner sandwiches, buffalo burgers, hand cut fries, and delicious salads. Enjoy our homemade ice cream, shakes and old fashioned malts using milk from the McClish family dairy in Moab. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. Daily Specials. See ya'll at Milt's! www.milststopandeat.com. **Closed for winter break from Dec 22 - Jan 30**



For more information about these restaurants pick up a "Moab



Moab Brewery
 686 South Main 259-6333
 Lunch & Dinner
 Open 11:30 AM DAILY. **Closed Dec 31 - Jan 16**
 Whatever the season, whether you're hungry or thirsty, come in and enjoy the comfortable atmosphere. Food & Beer to go. Moab's only onsite brewery. Offers sandwiches, steaks, salads, burgers, daily specials. Kid's Menu, house made gelato & root beer. State Liquor Licensee. **Closed Christmas Eve & Christmas Day.**

Moab Coffee Roasters
 90 N. Main St. 259-2725
 Open everyday 7am - 8pm
 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. Gelato made with all fresh ingredients, yummy scones, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference! **Open everyday including holidays.**

Moab Diner & Ice Cream Shoppe
 189 South Main 435-259-4006
 Breakfast • Lunch • Dinner
 Mon-Thurs: 6:00 am - 9:00 pm
 Fri-Sun: 6:00 am - 10:00 pm
 Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners. Our Ice Cream Shoppe features Blue Bunny ice cream. **Open Christmas Eve, New Year's Eve & New Year's Day.**

Moab Grill
 540 South Main 435-259-4848
 Breakfast • Lunch • Dinner
 Winter hours open 7am - Closed Tuesdays
 Enjoy our home style cooking ranging from our 'Cowboy Benedict' in the morning to steaks and seafood for dinner. Our homemade soups, pies, cobblers, espresso and our crazy juicy burgers are good any time of day. Family Fun Seafood Night. Saturday and Sunday - Slow Roasted Prime Rib. Small private meeting room. Internet service, and catch up on the news on 2 flat screens. Full wine and beer menu. Vegetarian and gluten free dishes. Counter Dining. **Offering Steak and Crab Special for New Year's Eve.**

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
 Daily 4pm-9pm
 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. **Closed Dec. 24 & 25**

Pasta Jay's 4 South Main 259-2900

Pizza Hut
 265 South Main 259-6345
 Dine-In, Carryout & Delivery Sun-Thurs 11am - 10pm
 Fri & Sat 11am - 11pm
 Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up, Dine-in and All Day Delivery. **OPEN EVERY DAY.** Try our online ordering at pizzahut.com. **Open Christmas Eve until 6pm for dining, 7pm for delivery. Regular hours for New Year's Eve & New Year's Day.**

Portal Grill at Moab Regional Hospital
 450 West Williams Way

Quesadilla Mobilla 83 S. Main 260-0289

Red Rock Bakery & Net Cafe
 74 S. Main Street 259-5941
 Breakfast • Lunch
 Open Daily at 7am
 Serving fresh Moab coffee, milk & espresso, lighter & healthier breakfast & lunch. Great lunches for the trails. Free wifi. Featuring artwork from Greg MacDonald. **Open New Year's Eve & New Year's Day.**

Rio Sports Bar & Grill
 1 block west of Main on Center 259-6666

Sabuku Sushi 90 East Center 259-4455

Singha: Authentic Thai Cuisine
 92 East Center 259-0039
 Lunch • Dinner
 Lunch: Mon - Sat 11-3 Dinner: Mon - Sat 5-9:30
 Closed Sunday
Closed December 15 until mid 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, lemongrass, mint and chillies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

Slickrock Cafe
 5 North Main 259-8004
 Lunch - Dinner
 Open Thurs-Mon at 11:30.
 Our legendary restaurant will provides a fun experience in a casual atmospher. Experience fantastic, friendly service. Enjoy Steaks, Seafood, Appetizers, Gourmet Burgers, Wraps, Sandwiches, Awesome Salads and Freshly Grilled Entrees. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License. Now serving Hand tossed Pizza, Italian pasta dishes. Cassano's has merged with Slickrock. **Closed Christmas and New Year's**

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

Subway Sandwich Shop
 299 South Main 259-SUBS
 Breakfast & Lunch
 Open 7 a.m. everyday
NOW SERVING BREAKFAST ALL DAY! 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 7/11 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. **Open New Year's Eve & New Year's Day.**

Susie's Branding Iron
 2971 South Highway 191 259-6275
 (3 miles south of Moab)
 Lunch • Dinner
 Open 11am - 10pm
 Live Music - Every Saturday night
 Welcome to my ranch cookhouse. Come in, take off your hat, and sit a spell. Relax and enjoy a home cooked, hearty cowboy meal. Our signature Prime Rib is served every Wednesday, Friday and Saturday night after 5pm. Ribs served Tues. & Thurs. nights. To go orders are welcome. **Backdoor Bar - Now Open.**

Sweet Cravings Bakery & Bistro
 550 North Main 435-259-8983
 Breakfast • Lunch
 Mon. - Sat. 8am - 3pm
 A yummy, fun little restaurant, offering baked goods (cinnamon rolls, breads, cookies, pies, etc) with incredible breakfast burritos and build your own panini's for lunch. Stop for breakfast and grab lunch to go along with a treat for later! Now delivering. Daily Comfort Food Specials. **Catering for your holiday celebrations. Taking orders for holiday pies, cakes and sweets for pick up before Christmas Eve.**

Szechuan Restaurant 125 North Main 259-8984

Twisted Sistas' Café
 11 E. 100 N. Main Street 435-355-0088
 Lunch • Dinner
 Call For Winter Hours
TWISTED SISTAS' CAFE WILL MAKE YOUR TASTE BUDS DANCE!! Featuring fresh Tapas, Small Plate Entrees, Soups, Salads, Wraps, Sandwiches & Burgers! We also offer a selection of homemade desserts. **BEST ROOF TOP PATIO IN TOWN!** Enjoy fabulous cocktails @ our Trail Bar! www.twistedsistascafe.com

Village Market 702 South Main 259-3111

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

Wendy's 260 North Main 259-2595

Wicked Brew Drive Thru
 132 North Main
 Open at 7 am Daily
 Wicked Brew is committed to providing you unbeatably fresh and full flavored coffees and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from only environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest and most enjoyable coffee experience in Moab.

Zax
 96 South Main Street 259-6555
 Lunch • Dinner • Family Dining • Catering
 We have it all! We offer an extensive menu that includes the best burgers in Moab, sandwiches, pastas, salads, seafood and our famous All-You-Can-Eat pizza buffet and salad bar. Dine inside or out on our all-weather covered patio. 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. Also think of Zax for your catering needs. **Open Christmas Eve, New Year's Eve and New Year's Day serving the regular menu.**

Sweet Cravings
 Bakery + Bistro

 Breakfast/Lunch
 Sandwiches & Salads
 Endless Homemade Pastries
 Boxed Lunches • Catering
 Now Delivering
 Daily Comfort Food Specials
 Open Mon. - Sat. 8am - 3pm
 435-259-8983 • www.cravemoab.com
 550 N. Main Street, Moab, UT 84532

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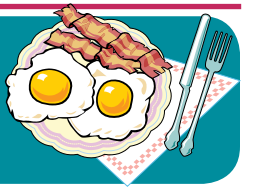
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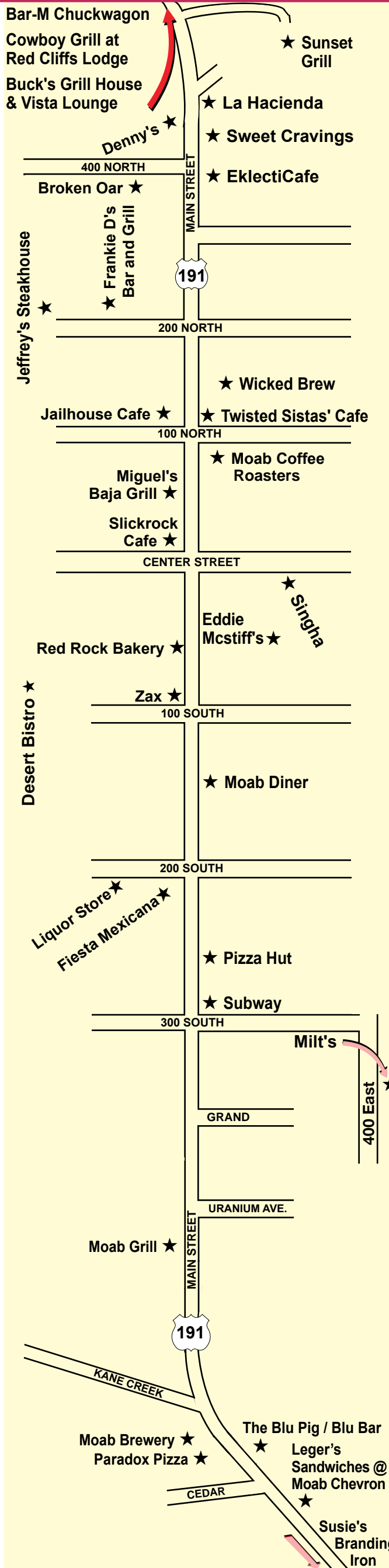
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Holiday Dining Guide

After a quick round of phone calls to a variety of restaurants in Moab, I've come to the conclusion that restaurant schedules vary greatly as to who is open and when. But the good news is that there are more restaurants continuing to remain open for a longer time each season and some who are adapting their menu selections and taking the plunge into staying open for business all year round.

So here's a brief listing of some holiday dining choices....However, don't hesitate to pick up the phone and call ahead to check on hours. See restaurant guide on pages 7, 8, 9, 10 and 11 in section A of this issue for more details about location and type of cuisine.

Here are a few choices to consider if you're looking to dine out on:



CHRISTMAS EVE

Burger King, China Café, City Market, Denny's, Eddie McStiff's, Eklecticafe, Fiesta Mexicana, Frankie D's, La Hacienda, Leger's Sandwiches, McDonald's, Moab Diner, Moab Coffee Roasters, Pantele's Deli, Pasta Jay's, Pancake Haus, Pancake Haus, Pizza Hut, Red Rock Bakery, Rio Sports Bar and Grill, Sorrel River Grill*, Susie's Branding Iron, Szechuan Restaurant, Village Market, Wendy's, Zax



CHRISTMAS DAY

Burger King, Denny's, Leger's Sandwiches, Moab Coffee Roasters, Pancake Haus, Rio Sports Bar & Grill, Szechuan Restaurant, Village Market



NEW YEAR'S EVE

Burger King, China Cafe, City Market, Denny's, Eddie McStiff's, Eklecticafe, Fiesta Mexicana, Frankie D's, Jeffrey's Steakhouse*, Leger's Sandwiches, La Hacienda, Moab Coffee Roasters, McDonald's, Moab Diner, Moab Grill, Pantele's Deli, Pancake Haus, Paradox Pizza, Pasta Jay's, Pizza Hut, Red Rock Bakery, Rio Sports Bar & Grill, Sorrel River Grill*, Sunset Grill, Susie's Branding Iron, Szechuan Restaurant, Village Market, Wendy's, Zax



NEW YEAR'S DAY

Burger King, China Cafe, City Market, Denny's, Eddie McStiff's, Fiesta Mexicana, Frankie D's, Leger's Sandwiches, McDonald's, Moab Coffee Roasters, Moab Diner, Moab Grill, Pancake Haus, Paradox Pizza, Pasta Jay's, Pizza Hut, Red Rock Bakery, Rio Sports Bar & Grill, *Sorrel River Grill, Sabaku Sushi, Sunset Grill, Szechuan Restaurant, Village Market, Wendy's, Zax

* *Reservations Recommended*

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HEALTHY HAPPENINGS

'Tis the Season for YOU!

The holidays are upon us. This time of year tends to bring with it lots of socializing and gatherings with friends, family and co-workers. And, of course, lots and lots of delicious holiday treats! With all the excitement comes a certain amount of stress. Even if you enjoy and manage the holidays well the mere fact of having your time stretched thin and being out and about with so much hustle and bustle can lead to tension and stress. With tension and stress comes lower immunity. It's easy to get sick or feel overwhelmed. And, keeping our moods in check can be quite a challenge!

Massage can help the average person tackle daily life with greater vitality and ease especially during the holidays. Massage works on many levels. Medical research has proven that it helps fight off disease and depression. It can boost immunity, relieve pain, improve sleep quality, increase alertness and improve athletic performance. Spa services are more than a luxury. They are a kind of preventive care that relieves and helps control our tensions and our edgy moments. In a word, they can re-charge us!

Spa treatments will not only help you to step out of your crazy go, go, go mind and into a place of relaxation, but it will also help with eliminating toxins, and help to loosen those knots in your shoulders. Spa Moab works with licensed, certified massage and skin therapists, who are trained to provide a variety of therapeutic massage and facial treatments that are customized to address the

individual needs of each and every guest. The best present you can give your family and friends this year is YOU as relaxed, loving and attentive as possible.

Gift Certificates can also be the solution to your gift giving stress. Give the gift of a massage, a facial or pedicure this year. Spa Moab offers a variety of massage services to fit everyone's needs. Including Deep Tissue, Swedish, Hot Stone Massage, Prenatal and Foot treatments. Spa Moab's specialized facials include Anti-Aging, Sun Damaged, Sensitive and Acne skin.

So grab your calendar and start a new tradition this year. Give yourself the gift of self care this Holiday Season. Set up a time to come in, relax and re-charge yourself.

Visit us in person at 79 North Main Street or on-line at www.spamoab.com for a complete list of services and monthly specials.

DECEMBER SPECIALS

The Solstice Re-Charge

The Winter Solstice is an excellent time for rest and reflection. This powerful treatment begins with a foot bath while writing down your intentions or resolutions for the coming year, followed by a full body and scalp massage to stimulate mental function and release tension.

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The Biggest Loser informational meeting will be held at South Town Gym on Thursday January 2, 2014 at 7:00 PM. From the past year's experience we know this to be an informational and highly motivational approach to weight loss and overall good health. We have a lot of surprises going into this year's challenge so please come out and enjoy the program with family and friends.

Last year South Town Gym hosted 65 participants for the 12 week program which included daily prescribed



exercise routines in our facility and weekly educational experiences about nutrition and overall health. Session this year will include classes from experts in nutrition, wellness and healthy lifestyles. The program will also include last year's favorite activities such as; sand hill climb, Canyonlands 5 mile run, weekly "last chance workouts," and excursions and adventures to local outdoor attractions.

The major focus of the program is to encourage participants to establish a healthy lifestyle through exercise and proper food choices and foster camaraderie while encouraging weight loss. Last year as a group we lost a total of over 1200 pounds in a 12 week period. Participants challenged and encouraged each other to work hard, exercise regularly and eat sensibly. The monetary rewards of the program while substantial were not the most beneficial aspects of The Biggest Loser program at South Town Gym. All programs will be overseen by our licensed Athletic Trainer and programs will be led by experienced exercise personnel.

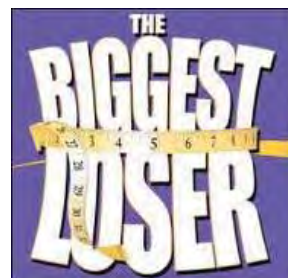
Last year participants expressed a high level of satisfaction with the program and many went on to better exercise habits and a healthier life routine. We look forward to working with another group of Moab citizens striving to reach personal wellness goals and a healthier lifestyle. We are confident that this program will help them attain that goal. The gym encourages all those who participated last year to join us and extend the experience and also invite anyone interested in better health and wellness to participate with us.

South Town Gym is now in its 4th year serving the San Juan and Grand County community's needs for fitness training with a professional and friendly environment. As we approach our 4th season we are mindful of the many friends and associations we have made over the past year. Many people have discovered the benefits of a lifestyle which includes fitness programs which are available at the South Town Gym. Our programs have encouraged and motivated many of you to opt for a healthier and more fulfilling lifestyle.



We would love for the community to come in and tour our facilities, meet the staff, and familiarize yourself with our programs. We are located at 1070 S. Highway 191 Moab, UT 84532. Office hours are Mon-Fri 8-5:30. We are on the web at: www.moabgym.com.

You can contact us at mstg@frontier.com or 435-259-5775.



HEALTHY HAPPENINGS

Flu Season Advice from Moonflower Community Coop

Winter is coming! As the days start shortening it is time that we start to prepare ourselves for cold and flu season. As the colder temperatures drive us inside, our immune systems can also suffer as our bodies tries to cope with the changing climate. That's why this is a great time of the year to make extra sure that you are eating healthy and taking good care of your body. And Moonflower is here to help!

A few weeks ago Moonflower's own Emily and Travis had their first Moonflower Health Hour on KZMU (the next shows will be on Monday Nov. 11th and Dec. 2nd at 5pm) to talk about what the immune system is, how it works, and how to stay healthy this winter. It was a great show, but if you missed it, fear not! Below are many of the things that they mentioned that can help you make sure that this year's cold and flu season doesn't get the best of you!

What is the immune system?

The immune system is the most complex system that the human body has. From a western perspective it has 3 levels: physical barriers, the innate immune system, and the adaptive immune system.

Physical barriers are body parts like your skin, which keep bacteria and viruses from entering you body. White blood cells and other non-specific defenses against invaders are your body's innate immune system. Most multi-celled organisms have an innate immune system. By contrast the adaptive immune system exists only in jawed vertebrates, including humans, and is composed of lymphocytes, antibodies, and other responses that are specifically tailored to the bacteria or virus that your body is fighting.

The traditional and holistic view of the immune system views sickness as a disequilibrium in the body, caused by an imbalance of 'hot' and 'cold.' The changing seasons cause an elemental shift in the body, which can dampen the immune system. Recovering from an illness is about balancing the elements, and elemental manifestations, within the body.

What keeps an immune system strong?

The key to staying healthy for most of us is simple; a combination of exercising, getting enough sleep, and eating right.

Though any kind of exercise is beneficial, low-impact, low intensity activities like yoga and soft martial arts, are particularly beneficial for the immune system. Muscles are the pumps that move lymph fluid -a crucial component of the human immune system- through the body, so the long, slow muscle contractions of these exercises are ideal for boosting the immune system.



Sleep is when much of your body's internal maintenance takes place. Many studies have shown a lack of sleep depresses the body's natural ability to fight off infections. Healthy, fitful sleep is also important in brain function and dealing with stress.

When the cold weather comes around it's easy to give into your body's cravings for comfort foods. Resist those urges! Rather than giving in and eating buttery mashed potatoes and sausages, transform the craving into nutritious, digestible foods that are both building and nourishing. Food like curries, kitchari, and bone broth soups will sooth those cravings and give your immune system the fuel it needs to stay in tiptop shape.

Supplements are also a great way to make sure you are getting all the vitamins and minerals that you need. Good vitamins and supplements are key because many of the foods that we eat and the soils they are grown in do not contain all the nutrients that our bodies need.

Clearing waste from your body is also crucial to maintaining health, so be sure to stay hydrated and eat plenty of fiber.

What do you do once you're

sick? Though much of what keeps the immune system healthy is also what helps it once you are sick, there are also a number of things that you can do to help your body recover from sickness.

Rest and hydration are probably the two most important things. You need to make sure your immune system has all the energy it needs, so avoid strenuous exercise when sick. As your body fights the infection it needs a way to get rid of the all that junk. Drinking plenty of water, tea, and juice helps ensure your body can evacuate waste as it needs.

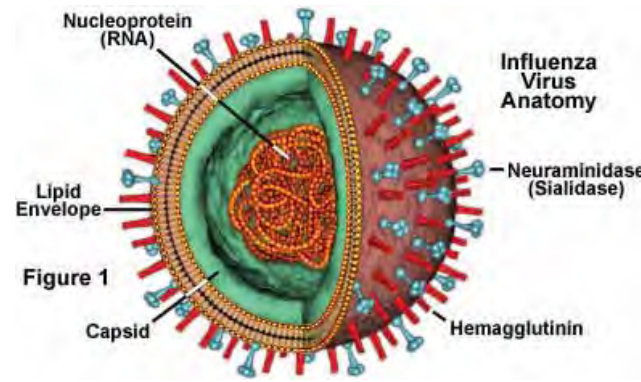
Making sure that your body has all the nutrients it needs when you are sick is key. In most cases supplements are the best way of ensuring this. Along with well-known immune boosters like Vitamin C and Zinc, there are a huge number of herbs (like adaptogens) and supplements for specific ailments that support lymphatic action. Garlic, especially raw, is also a fantastic immune booster that has a whole host of benefits. Keeping the good bacteria in your body healthy is also important to maintaining a healthy immune system, so be sure to eat and drink plenty of probiotics like yogurt, beet kvass, and kombucha.

Products, food, and supplements that do all these things and so much more can be found at Moonflower. When you come in, ask any of our helpful staff and they will be happy to help you find whatever you need, or make recommendations if you don't know exactly what you are looking for.

Everyone gets sick

Even if you do everything right you will get sick from time to time. It is a healthy part of being human, and it is in getting sick that the most advanced part of your immune system, the adaptive immune system, learns to identify harmful bacteria and viruses and create specialized defenses against them.

That said, most people can be doing far more then they are to stay healthy. This cold and flu season try changing your normal routine. Start exercising more. Start meditating or doing yoga. Start eating better. Start taking supplements. Even little steps can make a big difference.



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ASTROLOGY HAPPENINGS

Your Horoscope for December 2013

By Robert Wells

December is a pretty low-key month considering. Our first aspect occurs on the 3rd and produces conditions to free our minds to create those conditions we all seek. For three days the energies flow. Then on the 6th Mercury and Neptune tangle in a negative fashion and deceptions and lies are everywhere. One must carefully consider everything one sees and hears until the 10th. Mercury, the planet of the mind and communication touches Uranus in a positive way and insightful and creative energies flow anew. On the 12th Jupiter and Saturn combine and this lays a path for the next twelve days of commerce and financial progress coupled with a sense of well-being and satisfaction. It is the only major aspect until the night of the 24th. Normally, I don't include lunar aspects because they change too rapidly but this is the night of the Full Moon and it shines with the light of the Sun and Neptune to create what could well be the best Christmas Eve that has been, or will be for sometime. On the 25th Mars and Uranus urge us to make changes that release us from anything that could be holding us back from our full potential. On 26th we are inspired again artistically as the rays of Mercury combine in a positive way with dreamy Neptune. Trouble could arise on the 28th and 29th with muddled thinking and a lack of focus or purpose. Trying harder will only make a bad situation worse. Tensions grow and egos rage on the 30th and 31st. Restraint and common sense are called for as we celebrate the end of the past year. Merry Christmas and a Happy New Year.

New Moon: 2nd, Full Moon: 25th
Holidays: Christmas Day, 25th

Nov. 23 - Dec. 21 Sagittarius: Happy Birthday 'Sag'. This is your month to shine. Mercury gives you an interesting look at the world from behind the scenes on the 3rd to the 5th. From the 6th to the 10th be mindful that what you hear and see may not be all it supposed to be. You shine mentally with creative genius on the 10th. A new pet project could be the result. You could find yourself tasked to revamp a project that has become bogged down at work. You seem to have the tools and skills to set it right over the next twelve days just in time for the Christmas holiday. On the 25th you could spend sometime looking at the things that bring you the greatest joy and what it will take to increase it. A lively soul comes to visit you on the 26th. Don't ask too much of yourself on the 28th or 29th as you may be suffering from holiday burnout. The cold light of day shines on your checkbook on the 30th and you may have to institute some budgetary measures you may feel are restrictive but needed for a little while. Even so, you feel the pinch.

Dec. 22 - Jan. 20 Capricorn: This is your down time for the year as you recharge your batteries. As your mind is drifting you could catch glimpses of some images that could turn into real things on the 3rd to the 5th. Guard against untruths that come your way on the 6th to the 9th. You bright ideas get a further boost on the 10th. Your spouse or partners have tasked you for a project that has you hopping from the 12th to the 24th. Nothing you can't handle. On the 25th you take some time to look at how you divide your time between your career and home life and you question if it is as balanced as you would like. You could get a very nice compliment on the 26th. On the 28th and 29th you could seek solitude in your home to just mellow out from the holidays. Someone at the office is putting real pressure on you on the 30th and 31st. You must not let it get out of control and ruin your peace of mind.

Jan. 21 - Feb. 18 Aquarius: This is the time of year you make two lists. One for Santa and one for the universe as you chart a course for the coming year. The energies of the 3rd to the 5th promote making that second list. Pay little attention to rumors, gossip and lies around the 6th. You are asked to clean up a problem at work starting on the 12th that could take you up to Christmas Eve to resolve. You can handle it, no problem. On the 25th you find that letting others know how you feel is very important to you as you may feel you don't do it often enough. A late coming bonus could find you on the 26th. You may not be up to par on the 28th or 29th and may need to seek solitude and rest. Don't be bullied by anyone of the 30th or 31st.

Feb. 19 - Mar. 20 Pisces: You focus on your career this month. You have some inspired thoughts in that direction on the 3rd to the 5th. On the 6th however, sidestepping a water cooler gossip session would be a wise thing to do. A bright

idea on the 10th could get you more money. You could find yourself directing the church nativity play this year from the 12th to the 24th. Don't forget the camera. On the 25th you turn proactive about your financial status and start thinking of ways to increase it. You offer someone words of encouragement on the 26th. The 28th and 29th you may not be up to par. Take the bench if you feel even slightly out of it. A friend could take a superior air that could offend you on the 30th and 31st. The trick here is letting them know without making matters worse.

Mar. 21 - Apr. 20 Aries: You are all about the holiday season this year. The energies on the 3rd to the 5th have you hanging the outside lights and getting the other goodies ready to go. There are rumors at the office that have people nervous. Don't promote them further by passing them along. You could get a glimpse of the future suddenly out of the blue on the 10th. You could be taking control of the end of the year inventory between the 12th and the 24th. You handle it with ease. Your relationships require your attention on the 25th. Balance your needs with your partners. Have a quiet chat with someone on the 26th, it will work wonders for the both of you. You could be out-of-sorts on the 28th and 29th. The office may prove to be too much on those days. You have your ego bruised on the 30th or 31st, but getting even is not a good plan.

Apr. 21 - May 21 Taurus: As always this time of year you are concerned about staying within the holiday budget. You get help from both your spouse and the kids in the 3rd to the 5th in this regard. A friend may not be completely truthful with you about money on the 6th. You could score a quiet windfall on the side on the 10th. The To-Do list is long and starting the 12th you have twelve days to complete it in time for Christmas. No problem. On the 25th take some time to review your health needs. A balanced diet and lifestyle go a long way to promote happiness. A friend could offer you some good advice on the 26th. You may not feel up to your old self on the 28th or 29th. Perhaps you should slow down a bit and rest. An authority figure could over step their bounds on the 30th and 31st and make you unhappy just to see your reaction. Calm in the face of the storm is required.

May 22 - June 21 Gemini: 'Tis the season you focus on your relationships and your partners. You think of ways you can best help them attain their wishes on the 3rd to the 5th. On the 6th you should steer clear of vicious talk and rumor where you work. This continues to the 9th. A friend helps to clear the way for you on the 10th. An assignment at work fills your days from the 12th to the 24th. It nothing you can't handle, just consuming. On the 25th those things that bring you joy are what you focus on. Are you giving enough to them to make yourself happy? Consider your children, your friends, and those things that are creative in your life. A quiet meeting with the boss on the 26th lifts your spirits. Your mind slips out of gear on the 28th and 29th, probably due to fatigue, so it may require you to step back and just take a breather. The 30th and 31st demands you look closely at your finances as you may have over spent for the holidays and it requires a new budget plan.

June 22 - July 22 Cancer: The service you render to others takes center stage this month. On the 3rd you get a burst of inspiration along these lines. On the 6th you come face-to-face with a blatant deception that requires you to handle it with dispatch. A bolt from out of the blue gives you a window to the future regarding your career on the 10th. From the 12th to the 24th you focus on your shopping and getting ready for the Christmas holiday. On the 25th you take the time to balance home and career issues. Offering words of encouragement to someone who is down helps them and you on the 26th. After all the hoopla you could find yourself needing some down time and rest on the 28th and 29th. Consider your partners feelings and wishes on the 30th and 31st, even if you feel they are not what you would like.

July 23 - Aug. 24 Leo: December is always a romantic time for you. You could get positive feedback from a lover or your children in this regard on the 3rd to the 5th. Avoid fooling yourself about how much cash you have for the holiday season and set a budget then stick to it on the 10th. From the 12th to the 24th you spend your time getting ready for the big day. There's a lot to do, so dig in. You take the 25th and make a plan to share your thoughts and feelings with those who matter in your

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."



life on a more open basis. A kind word to someone in the work place really makes his or her day on the 26th. Let others entertain you on the 28th and 29th. If you have a health problem on the 30th or 31st, waste no time and see a doctor.

Aug. 24 - Sept. 22 Virgo: You cherish your home and being there this month. You let every one know how much you care for them on the 3rd. You could face something of a deception from those who work against you on the 6th. Be forewarned. You could receive a financial boost on the 10th that goes a long way toward the holiday season's budget. You are the Get Things Done person from the 12th to the 24th. Let the games begin. You again play the accountant on the 25th and probably catch some loving kidding for it. Kind words quietly exchanged with your partner's lifts your spirits on the 26th. Seek relaxing entertainment on the 28th and 29th. See a movie. Don't be the bully on the 30th and 31st with the people you love. Plan something they will like, too.

Sep. 23 - Oct. 23 Libra: You're the busy person this month. You're probably planning a big holiday. You get a window on how to achieve all you want to do on the 3rd. Sidestep the water cooler gossip session on the 6th. Rumors and lies abound. Surprise your spouse with something funny on the 10th. A career project has you hopping from the 12th to the 24th and it could get you some extra cash if you play it right. On the 25th take stock of the meaningful relationships in your life and how much they mean to you. Don't forget to tell them about your feelings, as well. A surprise visitor to your home enlivens the atmosphere on the 26th. Seek a quiet time in front of the fire on the 28th and 29th. Making demands at home will not get you what you want. Try using diplomacy on the 30th and 31st.

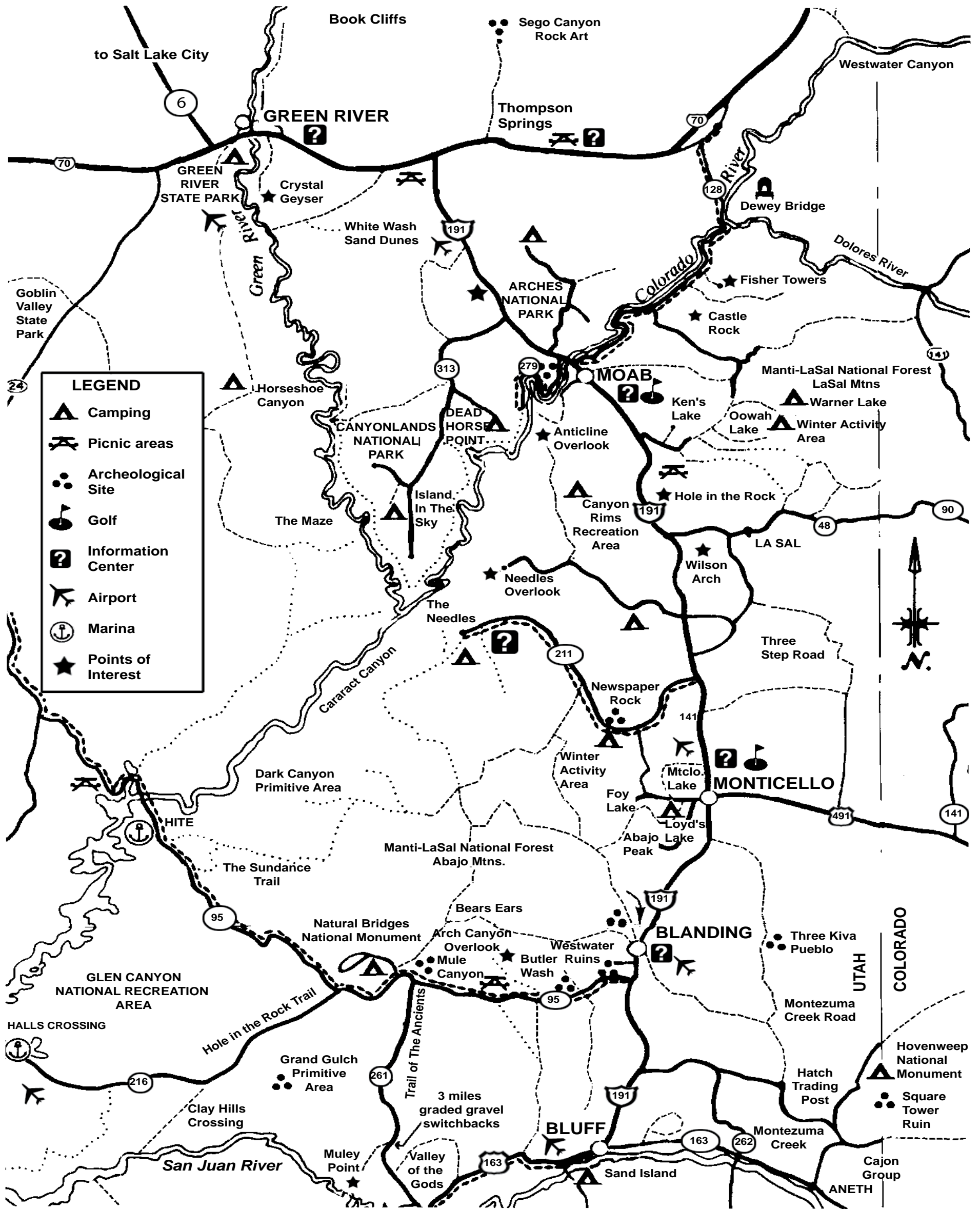
Oct. 24 - Nov. 22 Scorpio: You focus this month on those things that have value to you. Your cash, your home, and those persons that make the big difference. The Universe turns your head and lights them up for you to look at on the 3rd. On the 6th a lover or a child may not be completely honest with you. Find out what the problem is and help them to correct it. You could have an idea for the Suggestion Box at work on the 10th. You may get involved with the church nativity play this year. Starting the 12th and running to Christmas Eve you are consumed with some activity of that nature. On the 25th you reflect on how you assist those in your life and how you give others value and meaning. You get words from a valued source on the 26th. Take some time for yourself on the 28th and 29th and seek a quiet placed. Meeting fire with fire on the 30th and 31st could not work out well. There will be a better time to handle those with egos bigger than an elephant.

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Volume 25 Number 7

Section B

December 2013

Moab's CBC (Christmas Bird Count)

Saturday, December 14 will be a day for the birds in Moab. Literally.

This day represents Moab's annual participation in one of the longest running citizen science projects in the nation – the Christmas Bird Count, better known as the CBC. Sponsored by the National Audubon Society, this count will be the 114th consecutive count.

When the CBC started on December 25, 1900, 27 birders took part in the event. At that point in time, the idea of bird conservation was just in its fledgling state. Significant declines in waterfowl and colonial nesting birds, like herons and egrets, due to habitat loss and overhunting were starting to get noticed. Some birds had already gone extinct.



By the start of the 20th century, gone were the massive flocks of passenger pigeons that once crossed North America. Gone were the Great Auks and Labrador Ducks, the Dodos and nearly 30% of Hawaii's native bird populations. Although the last Passenger Pigeon died in 1914 in the Cincinnati Zoo, by then the flocks of millions of birds were just a memory.

President Theodore Roosevelt started the National Wildlife Refuge system in 1903 in response to these declines. Along with a greater interest and understanding



of birds, birdwatching has now become one of the top recreational pursuits in the United States.

How popular? In 2013, there will be over 2,300 official Christmas Bird Counts throughout 15 countries. Most counts are in the U.S. and Canada, but there are CBCs hosted in Costa Rica, Guam, Ecuador and even Antarctica,

although the Antarctic one often gets cancelled due to weather.

A count day is selected and groups of birders are assigned to cover preselected portions of a 15-mile wide count circle. Some folks stay in and watch their bird feeders instead of going afield. But for the rest, the woods and canyons and brush piles and neighborhoods are scanned and scoped for birds. Last year, over 50 birders took part in the Moab CBC and they recorded 69 species.

So what does the CBC indicate? The count provides a regional or national snapshot of winter bird populations. Researchers who look at the data have discovered some interesting declines and increases for species over the years. Also there are trends indicating that more birds are spending their winters farther north than in previous

years, perhaps due to global climatic change.

So how does one go about participating in the Moab CBC? First off, you don't need to be an expert birder to join because the organizers mix and match teams of novices with experienced birders. On count day grab your binoculars and bird books and don't forget to dress for the weather. Then go out and have fun counting birds.

A post-count roundup will take place on December 15 at The Nature Conservancy office on Kane Creek Boulevard. Besides



By Damian Fagan



the potluck breakfast, teams report their findings. This review turns up "count week" species, those that were missed on Count Day, but observed the 3 days prior to the count. The rest of count week is spent looking for species missed on count day. To participate, contact organizer Marcy Hafner at marcymoab@yahoo.com or 259-6197 and enjoy the birding!



Christmas Bird Count at Dead Horse Point State Park

by Crystal Carpenter

A flash of blue catches our eyes to the left, a familiar glint. Then it begins, more blue flashes and the sound of a bird call much like old friends gathering at the table and having a good laugh. The brilliant blue flock has just arrived in the pinyon next to the count group. Pinyon Jays are social birds that tour around in flocks of twenty or more. Each one of these birds will cache thousands of pinyon seeds around Dead Horse Point State Park each year. The truly amazing thing is, that they can remember where they have stashed 95 percent of the seeds they cache. This mutualistic relationship benefits both bird and tree, as the 5 percent of pinyon seeds left sown in the soil, ensure a new generation of pinyon pines. The Pinyon Jay is one of several species of bird counted last year during Dead Horse Point State Park's Christmas Bird Count.

Each year, during the later part of December into the beginning of January, National Audubon Society sponsors a Christmas Bird Count. Audubon and birding groups around the United States set a date for participation within the open timeframe, usually a two-week period. The groups then invite their local citizens

to assist in the physical bird count. Regardless of the weather, the count will go on. Birders and non-birders alike join in the search for all bird life found within the group's circle within a 24-hour period. The Christmas Bird Count (CBC) and the Great Backyard Bird Count (GBBC) are two examples of National Audubon Society based citizen science endeavors. Programs such as these allow scientists to gather an extensive amount of information in a short period of time, and connect participants with the deeper

meanings found within the natural world. This data helps scientists follow a variety of bird species through their annual migrations and track population sizes, to compare with past historic data. For the participants, the projects present the opportunity to get out into nature, to assist your local community, to help out scientists across the nation and to meet new people with similar interests. The majority of these citizen science projects are free to participants and an excellent way to rub elbows with naturalists in your area.

On Saturday December 21st at 8 a.m., Dead Horse Point State Park will be hosting its 4th annual Christmas Bird Count. Local birders will lead each group along the various routes and confirm identification of all species. Anyone intrigued by the idea of identifying and counting birds is welcome to attend regardless of experience level. To participate, please contact Crystal Carpenter at crystalcarpenter@utah.gov or (435) 259-2614. The event is free to all involved. Participants are encouraged to bring binoculars, snacks, water and dress for the weather conditions. For more information, please call (435) 259-2614.





EDUCATIONAL HAPPENINGS

The “Aggie Music Project” Makes a Stop at USU Moab

If you need a chance to get out and breathe the crisp January air, a spirited jazz performance may be the event for you. In order to accommodate a large crowd we have reserved Star Hall for the evening of January 23, 2014. The event will begin at 7pm. The show is free and open to the public, but donations to the USU-Moab scholarship fund will be happily accepted! Bringing the Aggie Music Project to the Moab community is a small gesture on the part of USU to say “Thank You!” to the Moab community.

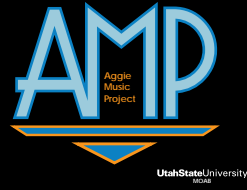
The Aggie Music Project performed in Moab in March of 2013 and gave a highly energetic, standing room only concert at the Moab Arts and Recreation Center. The performance highlighted members of the USU Jazz Ensemble, and also featured advanced students from the Caine Jazz Combo. Due to overwhelming demand, we have invited AMP back to town! They will arrive on January 23, 2014 and will spend the afternoon engaged in outreach efforts with students in the public schools. For more information about the Aggie Music Project or the January 23 performance please contact: Jan Radcliff, USU Moab, 435-259-7432.

Utah State University has been offering courses in Moab for 45 years, with a strong focus on delivering high quality degree programs. Over the past several years, that vision has begun to broaden. At the main campus in Logan, the presence of a university means not only world class academic programs, but high levels of funded research, numerous outreach programs, and a robust performing arts series.

In an effort to more fully share all aspects of the university experience, the USU-Moab team is engaging in numerous efforts to extend the university’s influence beyond the usual degree programs. Three years ago, USU-Moab began to hire full-time faculty, some with significant research appointments. In addition to teaching, faculty are actively involved in writing grants, gathering data, and producing high quality scholarship that is grounded in local issues and interests. USU-Moab faculty and staff also routinely engage with community groups and individuals in various outreach efforts—from serving on local non-profit boards, to delivering community lectures, to inviting public school students and community members to engage in a variety of learning experiences.

Our latest effort, involves the development of an annual performing arts event. USU Moab is very pleased to bring the Aggie Music Project (AMP) to town. AMP is a group consisting of USU jazz faculty dedicated to performing and teaching jazz, blues, rock, funk, R&B, and other contemporary music styles. Current members of the AMP are guitarist Corey Christiansen, trombonist Todd Fallis, saxophonist Jon Gudmundson, pianist Michael Huff, trumpeter Max Matzen, percussionist Jason Nicholson, bassist Jim Schaub, and saxophonist Greg Wheeler.

USU-Moab’s student body, faculty, and staff will host



the event. Please come and enjoy a wonderful evening with us and take advantage of one of the many benefits of having a local university established in the Moab community. With a good turnout, we hope to make this an annual event! The dedicated work of numerous individuals and groups in the local area has resulted in unprecedented growth at USU-Moab. We are proud to live and work in such an extraordinary community!

Four Corners School and Canyon Country Youth Corps

The Canyon Country Youth Corps, a program of the non-profit Four Corners School of Outdoor Education in Monticello, UT, has produced a six minute documentary video highlighting the efforts behind ERWP’s fall training of 80 young adults from three regional youth conservation corps. The training took place August 12-24, 2013, in preparation for a three-month season of a multi-year project eradicating the woody invasive Russian Olive from the Escalante River and its tributaries.

The 80 corps members, ages 18-25, are recruited both locally and nationally and employed for the fall through

include sections of the upper Escalante River and Alvey Wash in Grand Staircase Escalante National Monument, areas along the river in Glen Canyon National Recreation Area around the confluence of Harris Wash, and sections of private land along Upper Valley Creek in Escalante.



The Escalante River Watershed Partnership and this multi-year project have been recognized by the Secretary of the Interior as one of 50 projects highlighted to serve as a model for the America’s Great Outdoors River Initiative.

The video features further information about the watershed, the project, and includes testimonials from Corps members. It can be viewed at <http://youtu.be/avAJRcCXAp4>

Photos are also available at: <http://www.flickr.com/photos/fourcornersschool/sets/72157635229894686/>

Four Corners School and Canyon Country Youth Corps are on:

The web: FourCornersSchool.org
 Facebook: [Facebook.com/FourCornersSchool](https://www.facebook.com/FourCornersSchool)
 YouTube: [Youtube.com/FourCornersSchool](https://www.youtube.com/FourCornersSchool)
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Canyon Country Youth Corps (CCYC) in Monticello, UT; Coconino Rural Environment Corps (CREC) in Flagstaff, AZ; and Utah Conservation Corps (UCC) in Logan, UT.

Corps members received formal instruction in chainsaw use, riparian ecology, the archaeological and anthropological resources at Grand Staircase Escalante National Monument, Leave No Trace, horse packing, first aid, herbicide use, and more. Staff from the corps collaborated with employees of the Bureau of Land Management (BLM), National Park Service (NPS), and Grand Staircase Escalante Partners (GSEP), to coordinate this effort.

The Corps have been deployed in four and eight-person crews throughout the watershed, focused on areas of dense Russian olive infestation. Over the course of the season, they will contribute well over 24,000 hours of labor to the effort to control Russian olive on 500 acres of public and private land in the watershed. Project locations

Bighorn Gallery Features Moab Charter School Art

Students from the Moab Charter School will feature their art work at the Bighorn Gallery at Dead Horse Point State Park, November 3, 2013 through February 28, 2014.

Art teacher Catherine Moore had her kindergarten through sixth grade students create original postcard themed artwork of scenes from the Canyonlands area. Second and third graders researched and did art designs based off of tracks and scat. The second grade class used this product as a field guide to take on a field trip to Dead Horse Point State Park. Dead Horse Point is located nine miles north of Moab on US 191, and 23 miles south on SR 313. The visitor center is open daily from 9 a.m. to 5 p.m. Park admission is \$10. For more information please contact the park at (435)259-2614.



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Tower Theater

La Quinta

HIKING HAPPENINGS

Day Canyon – Quiet Contemplations

by Marcy Hafner

The desert is full of surprises and a spring-fed stream coursing through a canyon is always a marvel to experience. This geological phenomenon starts with a seep of water that travels underground for miles on a journey that may take years to complete. Sandstone in canyon country, as a general rule, is fairly porous, and this allows water to drip downward. Moving laterally along the path of least resistance the flow continues above an impervious layer of rock until it reaches a canyon wall. Then finally seeing the light of day it trickles out to form a spring. Day Canyon is one of these unique curiosities – a serene and secretive riparian paradise that is entirely on public land.



heavens open up and torrential rains pour down in a raging gusher of water. Then everything not anchored down moves, including cumbersome logs that are rapidly swept along until momentum is lost. Then they pile up like pick-up sticks high above the streambed – a strong warning to stay out during a flash flood!

In about half a mile the sand turns to rock, and I'm veering to the right to follow



To get to this fascinating chasm, I head north out of town on Highway 191 for four miles, turn left on to Highway 279 (Potash Rd.) and drive 11.5 miles. Then just past mile marker four, I park in a pull off directly across the road from the mouth of the canyon.

Stepping over the railroad tracks I proceed around the wire-mesh gate and broken down fence before dropping down to an exuberant tangle of willow, greasewood, saltbush and tamarisk. To make any progress through this constantly changing growth, I simply follow the most obvious route back and forth across the stream. The lower the stream flow, the easier the path finding goes. Fortunately a sandy bottom negates a muddy walk.



The ruby-crowned kinglet and Bewick's wren like this dense haven, but I eagerly leave the deep shadows for the open cheeriness of sunlight where the prickly pear and stately, water-loving cottonwoods grow.

The further I stroll, the bigger these rough-barked, heavy-limbed trees get until I reach those that have been around for awhile - the hefty old timers. Surrounded by small pastures of lush green grass, they provide an appealing environment for a downy woodpecker, a vocal song sparrow and a congregation of juncos.

When the intermittent stream gurgles softly to the surface, it creates a collection of pools. This tranquil scene, however, gives no hint as to what happens when the

an old uranium exploration road that wanders a short distance above the canyon floor. Passing through rabbitbrush that's now gone to seed and the ever-present junipers, I am pleasantly surprised at this late date in the fall season to see the lovely lavender asters still in bloom – a special treat to cherish before winter sets in. Their delicate appearance belies a stubborn tenacity. All other wildflowers have long since gone, but despite the freezing nights of early November they still hang on.

Now as the dense growth disappears and the path becomes much smoother the entire presence of the powerful Wingate Sandstone walls appear in full spectacular view. I've never witnessed any climbing activity in Day Canyon, but the website "mountainproject.com" lists 21 climbing routes with imaginative names such as: Pillar Of Bubdom, Working Class Hero, Superball Tower, Brush Painted Datsun, Stick To The Mission, Black Widow and Kiss Of The Spider Woman.

Eventually I stroll through an abandoned barbed wire gate, and after approximately 1.5 miles the road drops down again to the canyon floor, where I can hear the soothing trickle of water dripping down the walls of a short box canyon. The main canyon shoots off to the left, and I scramble up a short hill to take a peek at the route ahead that eventually leads to remnants of petrified wood.

Day Canyon runs approximately five miles before emptying out at the Colorado River. By arranging a shuttle it is possible to hike its entire length by entering the upper end via an old eroded cattle trail that steeply descends to the head of the canyon. This access is about a mile from the

Long Canyon Road and is a hike I'd like to do sometime; but for now that's a story for another day.

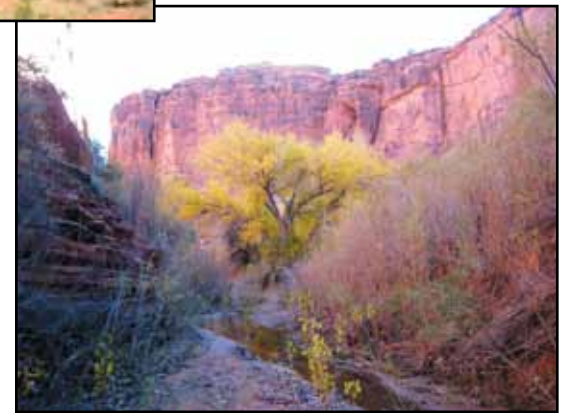
Instead, on this extraordinary Indian summer day so conducive to a lollygagging frame of mind, this is as far as I wish to go. Rather than pushing on I'm content to just ramble so I can savor my fallish mood reflected in the pale fluttering leaves of the willow - the brilliant colors of the oaks - the heart-shaped cottonwood leaves so gently floating to the ground.



Stopping at a small pond I am captivated by the buoyancy of water striders as they cast their shadows across the pool. With their amazing ability to "walk" on water they are sometimes called pond skaters or Jesus bugs. The key for this amazing talent is the water repellent hair on their legs that holds bubbles of air.

Underneath the enchanting spell of two cottonwoods, I settle down for a long contemplative break. Looking over at Bootleg and Raptor Towers, I drowsily get comfortable. With the grandeur and stature of vertical walls surrounding me, I linger long enough to get my fill of this precious gift of radiating warmth orchestrated by the echoing calls of a raven.

Reluctantly heading back I continue to treasure the solitude I always find in this deep inspiring gorge of undisturbed explorations and quiet pleasures - a perfect location to tune into the undistracted rhythms of nature – a place of refuge, solace and contemplation. During this particular walk I saw only four people, and the comment passed on to me was, "It's pretty cool back here."



New Year's Day Hike at Dead Horse Point State Park

The first day of 2014 is a great time to commit to a healthier, more active you. Why not start the year out right with a hike? If you are like me, your best hiking partner is your dog. Join park staff on a 2.5 mile easy rated hike to Bighorn Overlook providing many opportunities for scenic photos. This hike will be a dog-friendly hike. Meet park staff at the visitor center at 11:00 a.m. Remember to dress warm, bring plenty of water for you and your pet, a snack if needed, and start your new year out right.

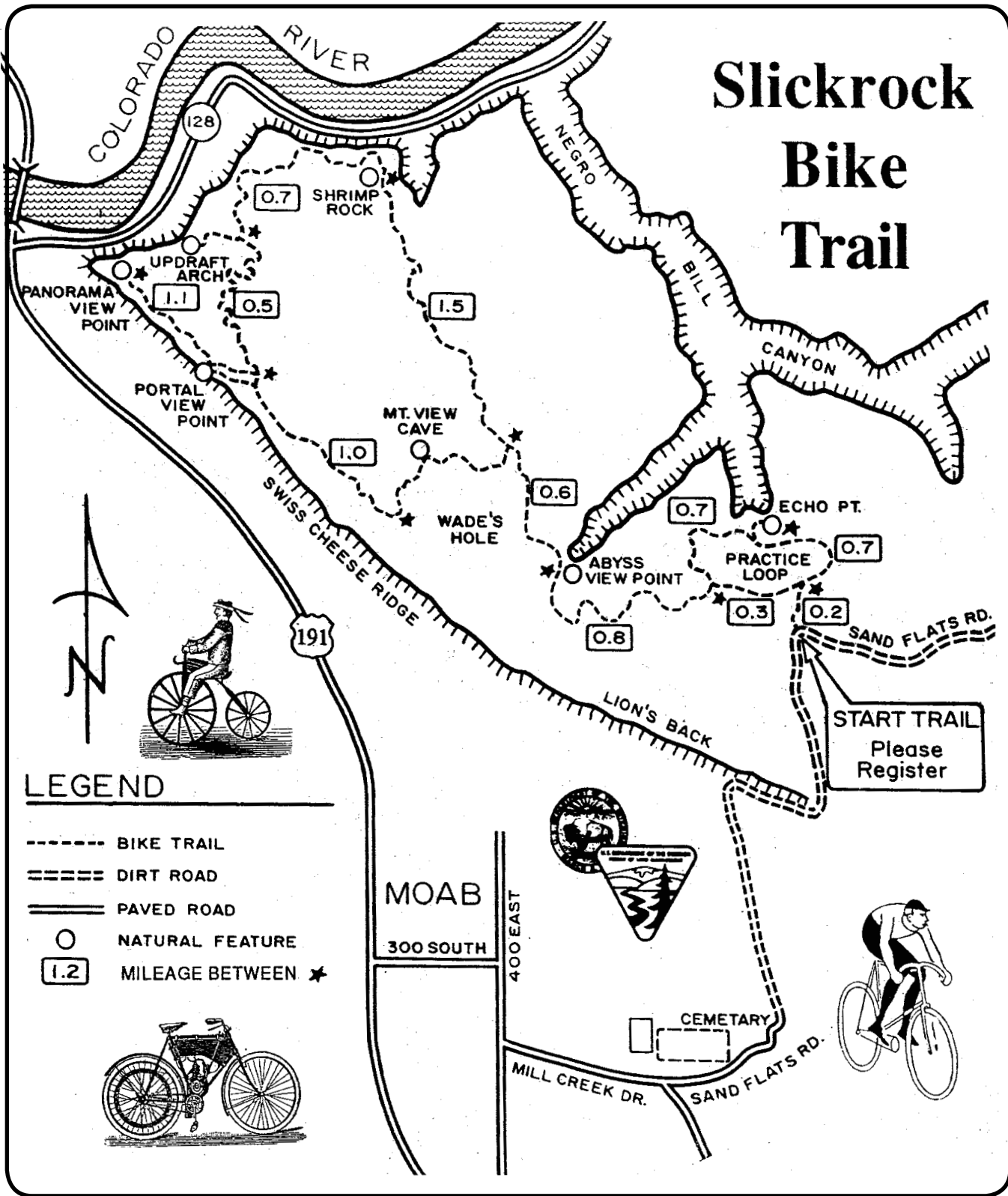
Attention participants: Please remember that all dogs must be kept on a 6-foot or less leash and under the owners control at all time. When considering bringing a dog along, please bring dogs that are known to be fine around strangers and unfamiliar dogs.



Ranger Carpenter and Pete



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.

• **POISON SPIDER BICYCLES SPRING THAW, February 28 - March 2, 2014** A fun, long weekend with demo bikes, women's ride, shuttles, frame giveaway and guided group rides on the Bar-M and the Mag 7 Trails. Food and parties included for \$40. Preregister for free t-shirt! For more info visit poisonspiderbicycles.com or call 435-259-7882.

• **SKINNY TIRE FESTIVAL March 8-11, 2014** 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 Puebloan petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through the grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit www.SkinnyTireEvents.com.

• **5th ANNUAL GRAN FONDO MOAB, May 3, 2014.** 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.

• **MOONSHADOWS IN MOAB May 10, 2014.** Enjoy this fully supported 44 or 60 mile ride by the light of the (almost) full moon. As you gain 2700 feet in climbing elevation the moon has risen and illuminates the desert sagebrush casting a silvery glow throughout the vastness of Canyonlands National Park. Arrive at Dead Horse Point State Park for a light dinner at the outdoor Moonshadows Café overlooking the Colorado River. Drink in the ambiance at the most unique AID/food station you may ever visit. Enjoy a thrilling return to the Start/Finish area then enjoy post-event revelry at Frankie D's Saloon.

• **MOAB CENTURY TOUR September 20, 2014.** 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 1-5, 2014.** Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.ouerbike.com.

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL October 23-26, 2014.** Presented by ChilePepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabhodown.com for more information.

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WINTER RECREATION HAPPENINGS

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.



For more information contact the Manti-La Sal National Forest Moab Ranger District 435-259-7155

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 at 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 Utah Avalanche Center (U.S.F.S) - Moab exists to help you make the right decisions. The Utah Avalanche Center - Moab 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 Utah Avalanche Center - Moab educates the community through the advisories, classes, radio announcements on the weekends on KZMU, the website and at the Geyser Pass Trailhead information board. The center director is Eric Trenbeath.

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.

FOR CURRENT ADVISORIES
259-SNOW (7669)
888-999-4019
www.utahavalanchecenter.org
 or on facebook.com at
 the UtahAvalancheCenterMoab site

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.

	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			

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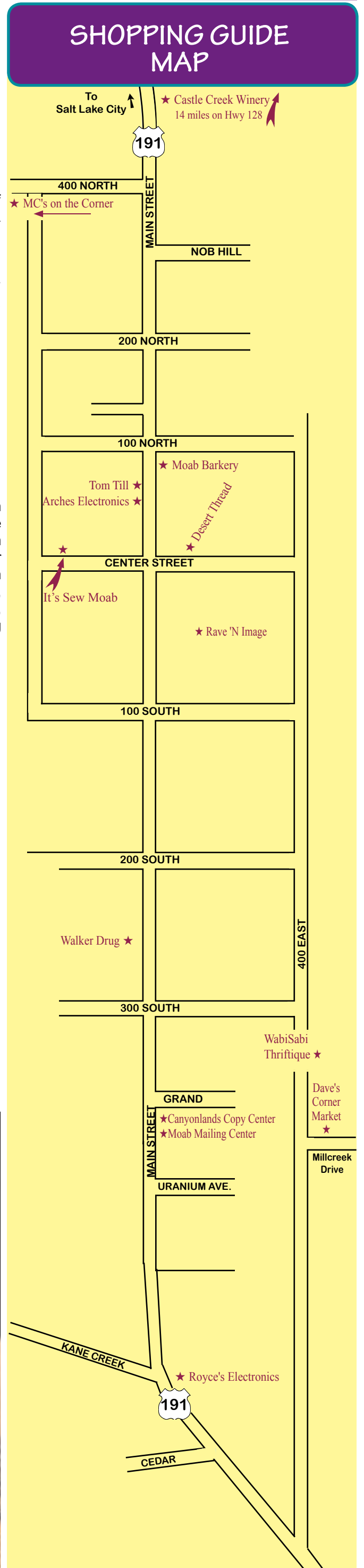
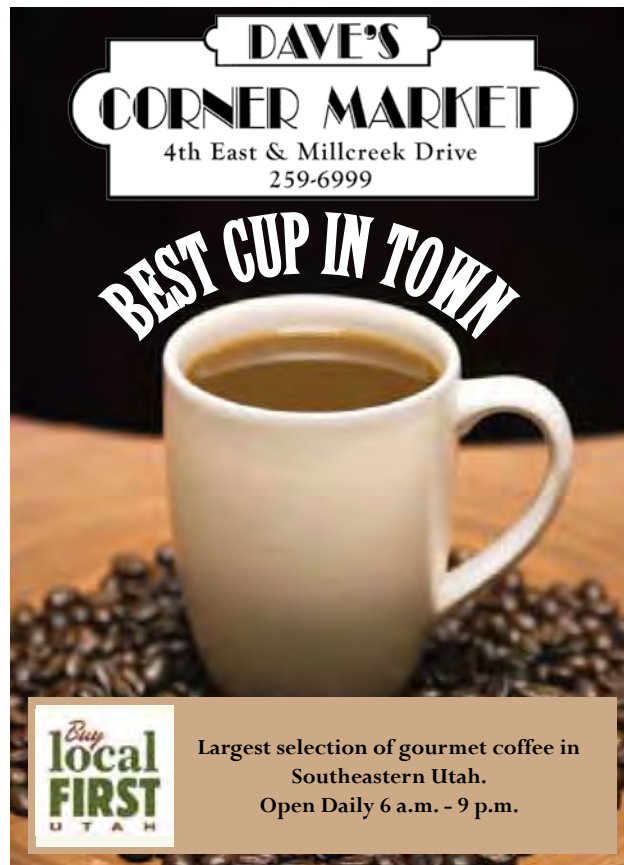
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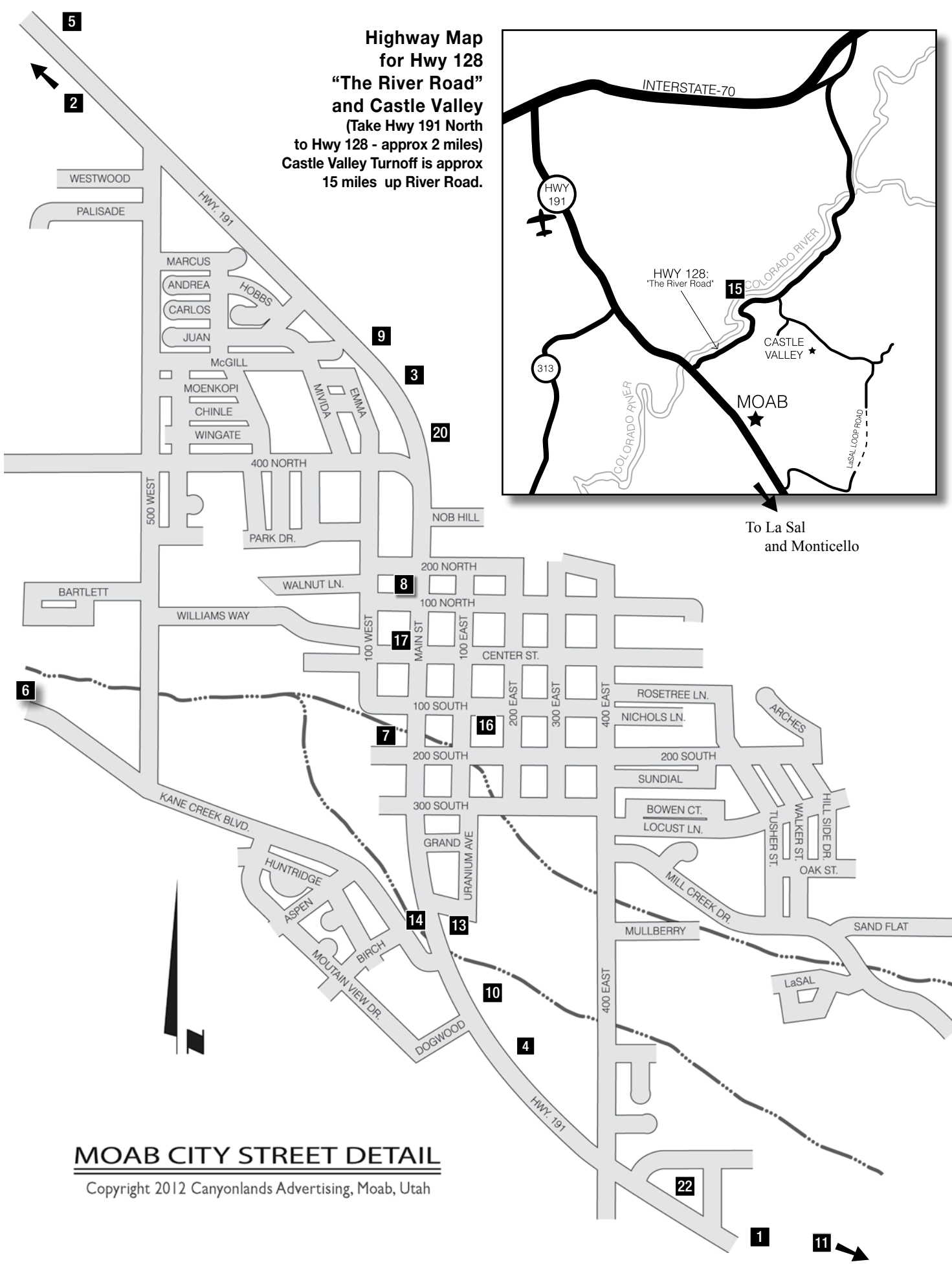
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1	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
2	Holiday Inn Express	435-259-1150	www.HIExpress.com/moabut
3	Hampton Inn	435-259-3030	www.hampton.com
4	La Quinta	435-259-8700	www.lq.com www.lq.com/moab
5	Moab Springs Ranch	435-259-7891	www.moabspringsranch.com
6	Adobe Abode Bed and Breakfast	435-259-7716	www.adobeabodemoab.com
7	Gonzo Inn	435-259-2515	www.gonzoinn.com
8	Bowen Motel	435-259-7132	www.bowenmotel.com
9	Inca Inn	435-259-7261	www.incainn.com
10	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
11	EZpeleta's	435-259-2353	www.ezpeletas.com
12	This Space Could be Yours!	435-259-8431	www.moabhappenings.com
13	Red Stone Inn	435-259-3500	www.moabredstone.com
14	Big Horn Lodge	435-259-6171	www.moabbighorn.com
15	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
16	Moab Rustic Inn	435-259-6177	www.moabrusticinn.com
17	Accommodations Unlimited	435-259-6575	www.moabcondorentals.com
20	Days Inn	435-259-4468	www.daysinn.com
21	This Space Could be Yours!	435-259-8431	www.moabhappenings.com
22	Sleep Inn	435-259-4655	www.moabsleepinn.com

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Moab Worship Services Directory

Assembly of God • 1202 South Boulder Avenue.....259-7747	Grace Lutheran Church 360 West 400 North259-5017
Bahá'í Faith(435) 650-5778 or (575) 649-8381	Jewish Interfaith Beit Moabi www.beitmoabi.org.....260-0241
Canyonlands Fellowship 111 East 100 North.....260-2434	Kingdom Hall of Jehovah's Witnesses 25 West Dogwood.....259-7363
Church of Jesus Christ of Latter-Day Saints First & Second Wards • 475 West 400 North.....259-5566	Moab Baptist Church • 356 West Kane Creek Blvd.259-8481
Third, Fourth & Fifth Wards • 701 Locust Lane.....259-5567	Quaker Worship Group • 81 North 300 East.....259-8178
Community Church • 544 MiVida Drive.....259-7319	River of Life Christian Fellowship 2651 East Arroyo Rd.....259-8308
Episcopal Church of St. Francis 250 South Kane Creek Blvd259-5831	St. Pius X Catholic Church • 122 West 400 North.....259-5211
First Baptist Church SBC • 420 MiVida Drive.....259-7310	Seventh Day Adventist 4581 Spanish Valley Drive.....259-5545
Four Corners Faith & Worship Ministries259-0041	The Church of Christ • 456 Emma Boulevard.....259-6690
Friends in Christ Free Lutheran Church 1240 South Highway 191.....259-4378	

SKY HAPPENINGS

SUNRISE AND SUNSET TIMES FOR DECEMBER

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

Date	Sunrise	Sunset
1	7:17am	4:57pm
2	7:18am	4:57pm
3	7:19am	4:57pm
4	7:20am	4:57pm
5	7:21am	4:57pm
6	7:22am	4:57pm
7	7:23am	4:57pm
8	7:24am	4:57pm
9	7:24am	4:57pm
10	7:25am	4:57pm
11	7:26am	4:57pm
12	7:27am	4:57pm
13	7:27am	4:58pm
14	7:28am	4:58pm
15	7:29am	4:58pm
16	7:29am	4:59pm
17	7:30am	4:59pm
18	7:31am	4:59pm
19	7:31am	5:00pm
20	7:32am	5:00pm
21	7:32am	5:01pm
22	7:33am	5:01pm
23	7:33am	5:02pm
24	7:34am	5:02pm
25	7:34am	5:03pm
26	7:34am	5:04pm
27	7:35am	5:04pm
28	7:35am	5:05pm
29	7:35am	5:06pm
30	7:36am	5:06pm
31	7:36am	5:07pm

The Sky for December 2013

By Faylene Roth

Imagine the flattened plane of our spiral-shaped Milky Way Galaxy. Position a dot to represent our solar system on one of the spiral arms about two-thirds the distance from the center. In winter our view of the Milky Way from Earth is through the middle of the plane of the galaxy but directed outward towards its edges. Trace its path across the sky—through Cygnus, Cepheus, Cassiopeia, Auriga, and farther on between Orion and Gemini and the two bright “dog” stars in Canis Major and Canis Minor. Then imagine the edge of our galaxy commingling with the dust, gases, and atoms of the Universe beyond.

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

MAJOR CONSTELLATIONS OF DECEMBER

Overhead

- Andromeda
- Aries
- Auriga
- Perseus
- Pegasus
- Pisces

Northward

- Cassiopeia
- Cepheus
- Ursa Major
- Ursa Minor

Eastward

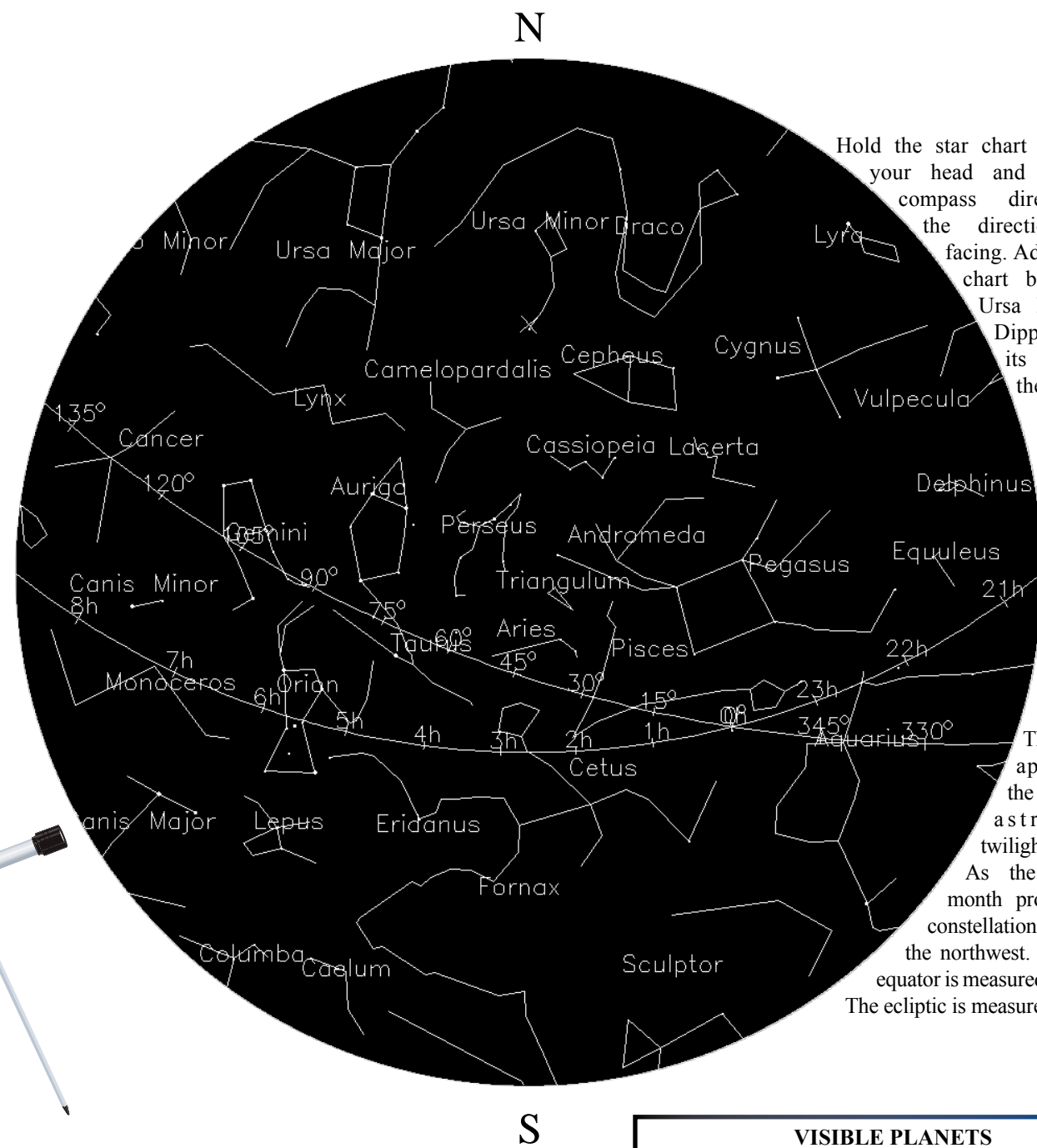
- Canis Minor
- Gemini
- Orion
- Taurus

Southward

- Aquarius
- Capricornus
- Cetus

Westward

- Cygnus
- Lyra



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.

DAYLENGTH

At the winter solstice the sun's position on the ecliptic (apparent pathway across the sky) reaches its southernmost point for the year and the shortest day (9 hours 28 minutes) of the year occurs. The sun does not actually move southward. It is our perspective from the northern hemisphere that causes it to appear farther south. Remember that the earth is tilted in relation to the plane of the solar system by about 23.5 degrees. During our winter months, the earth is tilted away from the sun which means that the sun must rise over the hump of the equator before we see it. After appearing stationary for several days, the sun begins to rise higher in our sky—extending the period of visible daylight between sunrise and sunset.

WINTER SOLSTICE

On December 21 at 10:11am MST the sun hovers directly overhead at 23.5° S latitude in parts of Namibia, Botswana, South Africa, Mozambique, Madagascar, Australia, Chile, Argentina, Paraguay, and Brazil—a line known as the Tropic of Capricorn on world maps. As these countries prepare for their summer season, the northern hemisphere fortifies for winter weather. The U.S. and Canada identifies the winter solstice as the beginning of the winter season. However, many European countries place the beginning of the winter season in early November and consider the solstice to be the mid-point of the season. Meteorologists designate December, January, and February as the winter season since the coldest average temperatures in the northern hemisphere occur during these months.

MOON HAPPENINGS

- December 2** – New Moon occurs at 5:22pm.
- December 9** – First Quarter Moon sets after midnight.
- December 16** – Full Moon rises at 4:51pm and occurs at 2:28am on December 17
- December 25** – Last Quarter Moon soon after midnight. (The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

METEOR EVENTS

The best meteor event of the year—with over 60 meteors per hour—remains a good watch even with a waxing full moon high in the sky. The Geminid Meteor Shower occurs December 7-17 with best viewing on the night of December 13/14. The radiant for this shower—Gemini—rises about 11:00pm, but meteor activity will increase as the radiant rises higher in the sky.

COMET WATCH

If Comet Ison has survived its pass by of the sun, then it may be bright enough that no instructions are necessary to find it. It should be visible at the beginning of December in the earliest stages of morning twilight (5:30am-6:30am). Red-tinted Arcturus (Boötes), red-hued Mars, blueish Spica (Virgo), and golden Saturn will adorn the eastern sky above Ison. Over the course of the month the comet moves northward. Trace its path from Saturn through Corona Borealis and on towards Polaris (North Star). By month's end Ison brushes the lower bottom corner of the Little Dipper.

Other comets to watch this month are Comet Lovejoy and Comet Neviski. They may not reach naked-eye visibility, but could be visible with binoculars. Check the following websites for updates: universetoday.com and earthsky.org/space.

Note: Hold your hand at arm's length to measure apparent distances in the sky. The width of the little finger approximates 1.5°. Middle, ring, and little finger touching represent about 5°. The width of a fist is about 10°. The fist with the thumb extended at a right angle equals 15°. The hand stretched from thumb to little finger approximates 20-25°. The diameter of both the full moon and the sun spans only 0.5°. 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/realdatasightings/index.html> and click on Sighting Opportunities.

VISIBLE PLANETS

Jupiter— Jupiter outshines the Winter Circle of bright stars in the evening sky. The Circle includes the Gemini twins, Pollux and Castor. Clockwise, look for Capella (Auriga), Aldebaran (Taurus), Rigel (Orion), Sirius (Canis Major), and Procyon (Canis Minor). Betelgeuse (Orion) sits at the center of the Circle and Jupiter is located between Procyon and Pollux. Jupiter rises early evening and remains visible through the night. (Magnitude -2.4)

Mars— Look for Mars after midnight as it rises ESE in Virgo. Its red orb contrasts with blue-tinged Spica (Virgo) to its lower left. Mars remains visible through morning twilight about 45° above Saturn. (Magnitude +1.2 increasing to +0.9)

Mercury— Look for Mercury during the first two weeks of December while scanning the early morning sky for Comet Ison. Mercury (in Libra) appears very low on the horizon about 15° below Saturn and above Ison on December 1. During the next few days, Ison passes about 15° east of Mercury. (Magnitude -0.5)

Saturn— Morning twilight reveals four planets along the ecliptic: Mercury, Saturn, Mars, and Jupiter. On December 1, Saturn crests the eastern horizon (in Libra) as twilight begins to brighten the eastern sky. It then rises earlier each day, about 20° below Spica (Virgo). (Magnitude +1.2)

Venus— As Jupiter rises in the early evening, Venus sets in the western sky in Sagittarius. It is approaching its transit across the face of the sun in early January 2014. On December 6 Venus reaches its maximum brightness even though only 26% of its face is illuminated by the nearby sun. By the end of December it will be absorbed in the sun's glare until it returns to view in late January. (Magnitude -4.9)

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

PET HAPPENINGS

Home for the Holidays?

According to Petfinder there were over 8 million pets that entered into shelters across the nation in 2005, and approximately 5 million of those pets were adopted or returned to the owners (although returns account for about 2% of adoptions). We know what happened to the other 3 million, they were euthanized. That sounds horrible, and is often the main motivating factor for people to continue adopting pets from local shelters. The cold hard facts are tough, but we have come a long way since the height of euthanasia in the 1970's. The average intake and kill rate for the US during the 70's were over 17 million each year. That is when things started to change. So what has made the difference these last 30 years, and how can we get the numbers even lower?

What has made the difference in going from 17 million to 3 million euthanized each year? The answer is simple, awareness. There have been multiple campaigns through the Humane Society, ASPCA, and local shelters to adopt from shelters and spay and neuter your pets. There is also the effort made to reduce and even eliminate puppy mills in many states as well as stronger laws against back yard mass breeding and stronger leash laws to prevent loose animals turning into homeless animals. Once you make people aware, attach some famous names to the effort and play the commercials for decades on end you can drastically change how people find pets, maintain them and ensure they do not breed. The other factor that has had a large effect on the amount of pets euthanized each year is that more homes than ever now have pets. In 2005 there were roughly 7.1 million homes that have either a cat or a dog, this 20% increase from 30 years ago. And there are more homes with both cats and dogs, about an 8% increase. Even more so there are more homes with multiple cats or dogs too! It's no wonder that pets are big business.

There are still some very unique problems facing our current shelters today. One of the biggest problems is long term adoptees. Dogs are staying in shelters longer and longer, and many of the shelters were built to house many dogs for a short term so the facilities are not adequate for long term residents. Many of these dogs that are staying in these shelters are not getting the adequate attention they need. Dogs are social creatures even in their wild form of wolves. All the amazing breeds we have created have one thread in common, human devotion. They need us, and rely on us for just about everything so keeping them housed with little to no attention other than feeding and medical care has a huge impact on their mental health.

Many shelters are no longer full of thousands of adoptable dogs, but rather have a smaller surplus of dogs that are not being adopted because of behavioral problems. They have been unsuccessful pets that have been surrendered so they need training. Housing them until the next family comes

along is not enough. These dogs that need special care often benefit the most from fostering with a family. It gives them the opportunity to live in a home, and learn real life skills that will help them become a better adjusted part of a new family. Our local Humane Society is comprised entirely of foster families that take the dogs in from all over Grand County

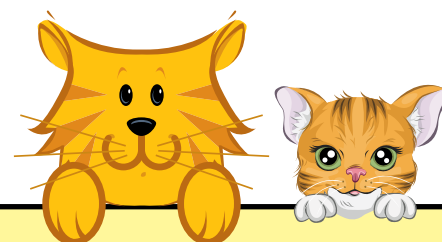
and help them get the real life skills they will need to get adopted. This type of intake structure is often the hardest to maintain for shelters as well, as placing each dog with a foster family until they are adopted requires many volunteer homes that are willing to take on a dog they may only have for a short time. The benefits for dogs in foster homes are tremendous and far outweigh the difficulties that shelters face in finding good homes and volunteers that are willing to help homeless dogs. People in a sense have come a long way with awareness of homeless pets, in particular homeless dogs and there is a big change in the way we keep and house them. New shelters are being built with long term care in mind, and the way animals are being housed long term is getting better.

So how can we get that number of euthanized dogs down from 3 million annually? Well the answer lies with you, really you! According to Tufts University there are only 1.13 animal shelters per 100,000 people in the US. That means that any support you provide towards your local animal care has a huge impact.

In the giving spirit you can donate money, time, expertise and it will make a big difference. What you can do at home is even more important. First, spay and neuter your pets. The cost of surgery is less than raising 1 offspring for a year!! And the average litter size is 6 puppies or kittens. Second, when you do decide to get a pet, take the decision seriously pets should be part of your family for life. Do your research



and get expert help when it comes to picking a pet! Don't be tempted by sad eyes, they all need homes. Make sure you are a good match for each other so you can avoid returning the animal. Third, plan ahead for your pets. Have an emergency plan for your pets, and include care needs in your estate planning. Have crates, leashes and records ready to go in case of evacuation. Have directions about where your pets should go in case you pass before them. By planning ahead you can help reduce the amount of stress that comes with big changes and set your pet up to be well cared for in any type of bad situation and prevent them from ending up in the shelter. Last remember, giving is the best but remember giving a pet for the holidays can be a terrible idea. Just like the college you pick, or the car you choose, pets should be a well thought out decision. Save the surprises for something else. Happy Holidays to all of those pet lovers, and all the successful adoptees and some extra holiday love for those pets that are still looking for a home!



Humane Society of Moab Valley

435-259-4862 • www.moabpets.org

December 2013 Events

December 7- Cat Adoption Day at the Moab BARKery from 11am - 1pm

December 14 - Dog Adoption Day at City Market from 10am -12pm

December 21 - Cat Adoption Day at the Moab BARKery from 11am - 1pm

December 28 - Dog Adoption Day at City Market from 10am -12pm

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

The Bark Park - Off-leash Dog Park



Location: 100 E 300 S

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00	Native Spirit / Native News	KZMU OVERNIGHT		Art of the Song	KZMU OVERNIGHT		Desert Diva / Native News	7:00
8:00		Native News 7:55am						
9:00	DEMOCRACY NOW							
10:00	Jah Morning Reggae	Moab Mamas (everything)	MOAB MORNING BLEND		Apocalypse Cabbage/ Mixed Tape	Blue Plate Special (blues/rock)	Shine Time (Children)	10:00
11:00			Amarillo Highway	Tilted Park (Americana Classic Rock)			Trailer Park Companion / Wayward Wind	11:00
Noon	Grass is Greener (Bluegrass)	The Skye's the Limit (rock-blues- unreleased)	radio mmm... (Classic Indie)	Horizon Line	Random Toonage	The Trading Post (call-in Buy/Sell)	Ain't Live Grand? (live recordings)	Noon
1:00								
2:00	Red Rock/ Potluck (Classical)	Radio Mundial Radio MOONdial	Planet Picante	Bait and Switch	Roots, Music Express	1-2-3 (funky world soul)	Belagaana Review (fruit and nuts)	2:00
3:00		Alternative Radio	WORLD MUSIC	Moab Drive Time				Moab Drive Time
4:00	West of Broadway/ Concert in the Park	This Week in Moab (Interviews / Calendar)			Pirates & Poets	Moab Drive Time	Moab Drive Time	
5:00			DEMOCRACY NOW					
6:00	Kokopelli Coffeehouse	Big Swing Face (big band jazz) The Watering Hole (blues)	Moab City Council Detroit Rebellion	Thin Edge (jazz)	Rock Garden (rock)	The Rainbow Room/ Funky Soul Jam	Main Street Cruise!	6:00
7:00								
8:00	Entre Las Piedras (Between the Rocks)	Digital	MOAB AFTER HOURS			Beat Monkey	Ill Beats Radio	8:00
9:00			Conscious Party	Liberty Jam	Pandora's Box			9:00
10:00	KZMU OVERNIGHT							10:00
11:00	KZMU OVERNIGHT							11:00
12:00	KZMU OVERNIGHT							12:00

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