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# MOAB HAPPENINGS

FEBRUARY 2011

Volume 22 Number 11

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# MOAB HAPPENINGS

## MOAB HAPPENINGS®

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

Articles and photos of area tourist attractions or local historic sites are welcome and may be used at the editor's discretion.

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# QUILTING HAPPENINGS

## 2011 QUILTING IN THE RED ROCKS QUILT SHOW



Three Sheeps to the Wind by Sandra Davey

Once again, the halls of the Grand Center will be filled with beautiful, colorful and exciting quilts. The sixth biennial Quilting in the Red Rocks Quilt Show, sponsored by the Delicate Stitchers Quilt Guild, will be held at the Grand Center, 182 N. 500 West, the weekend of February 26 and 27. The hours are Saturday, February 26, 9 a.m. to 5 p.m., and Sunday, February 27, 10 a.m. to 4 p.m. Admission is free.

Quilt guild members, and others in the community, have been busy with their creations in anticipation of this very popular event. Antique, traditional and art quilts, quilted home décor and wearable art will be on display, along with many quilted raffle items made and donated by guild members.

On Saturday, Heather Lofstrom, of Hi Fashion Fabrics in Grand Junction, CO, will teach an all-day class on a new technique for Attic Windows. The class fee is \$55, which includes a book. On Sunday, Kari Harvey, also of Hi Fashion Fabrics, will teach an all-day class on Embellishing an Art Quilt. The class fee is \$70, which includes the fabrics necessary for the class. Registration forms can be picked up at It's Sew Moab, 40 W. Center. Crystal Day, owner of It's Sew Moab quilting shop, will be in the Merchants Mall, along with other vendors from Utah and Colorado. They will offer fabrics, patterns, threads and books and notions, as well as quilt appraisals (for a fee). Moab quilter, and guild member, Sandra Starley, is now one of less than 100 accredited quilt appraisers in the nation; and one of only two in Utah. Door prizes will be given hourly. Come and enjoy the old and new in quilting!

The Delicate Stitchers Quilt Guild was founded in 1998 by a group of women who realized there were a great many quilters in Moab and the surrounding area. They also recognized the need for an organized group that would foster this fiber art form. Monthly meetings are held the second Tuesday of each month at 7 p.m. at the Grand Center, 182 N 500 West, in Moab. There is a lesson given at each meeting and members bring their projects, completed or in progress, for "Show and Tell". The Guild participates in many charitable causes and is currently working with the Grand County RSVP program to make quilts for children and families going through personal crises. Dues are \$15 per year. All quilters, and those interested in quilting, are welcome! Be sure to mention that you read about the quilt show in Moab Happenings!



Full of Hot Air by Laura Senter



Out Standing in Her Field by Lou Gostlin



Liquid Turquoise by Sandra Davey

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# MOAB AREA EVENTS CALENDAR

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182 N. 500 West, Moab, Utah

All Square Dancers & Visitors Welcome

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



Presidents' Day - February 21

## Seekhaven's Annual Puttin' On The Ritz"

Saturday, March 5<sup>th</sup>, 2011

Red Cliffs Lodge

A Special Evening for a Special Cause!

Social Hour at 5:30 pm

Dinner at 7:00 pm

Silent Auction

\$40.00 per person

in advance

\$45 at the door.

Call 259-2229 for information



Volunteer for your favorite special event

## February 2011

- 2 **GROUNDHOG DAY**
- 2 **Book Club at the Library.** *Wild Swans* by Jung Chang is February's book selection. All are welcome - 6:00 p.m. in the Library's Board Room. Copies of the book are provided by the Utah Humanities Council and are available for check-out at the Library.
- 3 **Galileo & His Telescope: 402 Years of Astronomy.** The Moab Arts and Recreation Center is offering a class this month. Participants will build a working replica of the telescope used by Galileo to discover the moons of Jupiter, then take it home with them. Registration is required by February 3. Cost is \$75.00 (scholarships available) which includes the telescope and instruction on telescope design, telescope use, and astronomic ideas from ancient times to modern times. Taught by Moab resident Alex Ludwig, founder of Red Rock Astronomers, a local astronomy club. The class meets three times: Thursday, February 10; Tuesday, February 15; and Thursday, February 17. Call the MARC at 259-6272 by February 3 to register or put your name on the waiting list for a second class. All ages are welcome. See page 5B.
- 3 **CHINESE NEW YEAR** see Sky Happenings article on page 5B
- 4, 5 **Vipassana-the Musical.** Star Hall 7:00 pm. An original locally written and produced play conceived by OKOKOK Productions and presented by Moab Community Theater. The story takes place at a 10-day Vipassana silent meditation course. Funny, sad, provocative and unpredictable, this high-energy musical follows the playful and soul-baring story of one woman's journey on the path toward self-discovery. The play features 14 original musical numbers. For more info visit [realitycanbeagas.com](http://realitycanbeagas.com) or call 435-719-4076. See ad on page 12A and article on page 1B.
- 6 **Free Sunday Brunch sponsored by WabiSabi,** with generous support from the community, local sponsors and volunteers. At the Youth Garden Project from 10am to 1pm. Everyone is invited. See column on this page.
- 9 **Second Wednesday Book Club at the Library.** *Animal, Vegetable, Miracle* by Barbara Kingsolver is February's book selection. All are welcome - 6:00 p.m. in the Library's Board Room.
- 10 **Moab Garden Club.** Our next meeting will be February 10th at 7pm. The meeting will be at a members home and you should bring your seed catalogs . We will look at ordering in bulk to save shipping costs or if you are planning on ordering something that has a lot of seeds you might be able to swap some of those seeds with someone who is ordering something else you could use. It should be fun to hear what varieties people have had success with or personal favorites. Please bring any seeds you want to share - including old seed packages that have seeds you cannot use in them. Our club is a social club that is open to the public . We all want to learn more about gardening here in Moab through our members and our speakers. Come join us! For more info contact Patty at 435-210-1731
- 11, 12, 13 **Vipassana-the Musical.** Star Hall 7:00 pm. An original locally written and produced play conceived by OKOKOK Productions and presented by Moab Community Theater. The story takes place at a 10-day Vipassana silent meditation course. Funny, sad, provocative and unpredictable, this high-energy musical follows the playful and soul-baring story of one woman's journey on the path toward self-discovery. The play features 14 original musical numbers. For more info visit [realitycanbeagas.com](http://realitycanbeagas.com) or call 435-719-4076. See ad on page 12A and article on page 1B.
- 12-13 **Open House Ski Hut.** All ages and abilities are welcome! Tag-A-Long Expeditions will host an open house at our Tomasaki ski hut from 10am-4pm Saturday and Sunday. Visitors can drive up to Geyser Pass for a day ski and stop along the way to relax in the warm hut. Refreshments and snacks will be provided on both days. Please RSVP for more information. Call 435-259-8946 or email [tagalong@tagalong.com](mailto:tagalong@tagalong.com)
- 13 **Free Sunday Brunch sponsored by WabiSabi,** with generous support from the community, local sponsors and volunteers. At the Youth Garden Project from 10am to 1pm. Everyone is invited. See column to the right.
- 14 **VALENTINE'S DAY**



For more info on events see [www.moabhappenings.com](http://www.moabhappenings.com)

## Visit the Grand Center!

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## WabiSabi Offering Free Sunday Brunches for fourth winter in Moab

### Hands Up Brunch thru February 13<sup>th</sup> from 10am to 1pm at the Youth Garden Project

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

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

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

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

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

**DEADLINE for MARCH Events Calendar: FEBRUARY 18, 2011**

**Listings in the Moab Happenings Events Calendar are FREE!!**

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

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

**e-mail: [info@moabhappenings.com](mailto:info@moabhappenings.com)**

# MORE MOAB AREA EVENTS

- 17 **Thursday Night Movie Night at the Library.** *Eat, Pray, Love* will be shown at 7:00 p.m. This event is FREE. Popcorn for this event is donated by the Moab Chevron. For more info visit the Grand County Public Library at 257 E. Center St. or call 435-259-1111.
- 18 **Open MIC sponsored by Moab Poets and Writers** at Back of Beyond Books. Social Hour 6:30pm with readings beginning at 7:00pm. Bring your poems or short prose pieces to share or just come to enjoy the company and listen. Everyone is welcome. Refreshments served.
- 18, 19 **Vipassana-the Musical.** Star Hall 7:00 pm. An original locally written and produced play conceived by OKOKOK Productions and presented by Moab Community Theater. The story takes place at a 10-day Vipassana silent meditation course. Funny, sad, provocative and unpredictable, this high-energy musical follows the playful and soul-baring story of one woman's journey on the path toward self-discovery. The play features 14 original musical numbers. For more info visit [realitycanbeagas.com](http://realitycanbeagas.com) or call 435-719-4076. See ad on page 12A and article on page 1B.
- 19 **2011 Paper Drives** - The paper drives to collect items the recycling center can't take (such as phone books, magazines, etc) will continue in 2011 on the 3rd Saturday of every month, from 9am-1pm in front of the Moab Post Office.
- 21 **PRESIDENTS' DAY**
- 25 **Edge of the Cedars New Exhibit Opening and Evening Program:** "Southern Paiute, A Portrait" photo exhibit by photographer, Michael Plylar and writer, Logan Hebner. Logan will present an evening program. Come and view the new exhibit and learn about the Southern Paiute elders, the evolution of the exhibit and production - 6:00 PM
- 26 **WabiSabi Fashion Bizarre.** See ad on page 2A and article on page 14A.
- 25-26 **Abajo Winter Festival** A weekend of fun-filled winter events for the whole family with competitive and recreational winter events that all can enjoy: snowshoeing, crosscountry skiing, snowboarding, sledding, races, ice fishing, snow/ice sculpting, night ski and shoeing, winter survival workshops, snowmobiling. Hosted by the Monticello Chamber of Commerce (435-587-2992) and the City of Monticello (435-5873727). [www.monticelloutahchamber.com](http://www.monticelloutahchamber.com)
- 26 **Blue Mountain Triathlon** from an Alpine start to a Montezuma Canyon finish... Cross-country skiing—4 miles on groomed trail, Mountain biking—10 miles paved and 8 miles dirt road, Running—5 miles on dirt road in conjunction with the Abajo Winter Festival. See [www.bluemountaintriathlon.com](http://www.bluemountaintriathlon.com) or call 435-587-3727

**26-27 Quilting in the Red Rocks Quilt Show**  
 Presented by Delicate Stitchers Quilt Guild Saturday from 9 a.m. – 5 p.m., and Sunday from 10 a.m. – 4 p.m., at the Grand Center, 182 N. 500 W. FREE ADMISSION. Dazzling traditional, art and antique quilts will be on display, along with wearable art and quilted home décor. A Merchants Mall will offer the latest in fabrics, patterns, books, kits and much more. For a fee, a certified quilt appraiser will appraise your new or antique quilts. There will be hourly door prizes and a charity raffle boutique. Two classes will be offered, one on Saturday (Attic Windows, New Technique) and another on Sunday (Making an Embellished Art Quilt). For more information, contact [delicatestitchersquiltguild@yahoo.com](mailto:delicatestitchersquiltguild@yahoo.com), or call Marian Eason at 435-259-6447. See article on page 3A and ad on 15A.

## MARCH 2011

- 5 **Puttin' on the Ritz.** Seekhaven's Annual Event at Red Cliffs Lodge - A Special Evening for a Special Cause! Social Hour at 5:30 pm, Dinner at 7:00 pm, Silent Auction, \$40.00 per person in advance, \$45 at the door. Call 259-2229 for information.
- 12-15 **Skinny Tire Festival** See article on page 1B and ad on page 3B.
- 17 **Edge of the Cedars Evening Program: "What's In the Bag?"** Artist/writer/researcher, Janet Lever-Wood presented part of this intriguing program at the 2010 URARA conference. Janet will share her research and insights into a specific, iconographic image found among petroglyphs and pictographs of the Four Corners. - 6:30 PM
- 19 **36th Annual Canyonlands Half Marathon and Five Mile Run** course winds alongside the Colorado River through a deep redrock canyon for the first 11 miles, then takes runners to a green, shady finish at Swanny City Park in downtown Moab.
- 26 **Edge of the Cedars Field Trip to Nancy Patterson Site.** Join us for special journey to a special place. The Nancy Patterson site is located on private land and permission is necessary to visit the site. We will leave the museum about 9:30 AM and carpool to Montezuma Canyon. Be sure to wear field clothing/footwear, bring camera, water, lunch. Please call the museum and register for this trip. - 9:30 AM until early afternoon.

## 2010-2011 Moab Events

- March 5 ..... Puttin' on the Ritz
- March 12-15..... Skinny Tire Festival
- March 19..... Canyonlands Half Marathon
- April 16-24 ..... Easter Jeep Safari
- April 29-May 1 ..... April Action Car Show
- April 28-May 1 ..... Moab Spring Quarter Horse Show
- May 7..... Gran Fondo
- May 12-15 ..... Moab Photography Symposium
- May 28-29..... Moab Arts Festival
- June 2-5 ..... Canyonlands PRCA Rodeo
- September 1-12..... Moab Music Festival
- September 16-18 .... Moab Century Tour
- September 21-25 .... M.O.A.B. Skydiving Event
- September 22-25 .... Moab Fall Quarter Horse Show
- October 5-9 ..... Outerbike
- October 7-15 ..... PleinAir Moab
- October 8-9..... 24 Hours of Moab
- October 16..... The Other Half
- October 27-30 ..... Moab Ho-Down Bike Fest
- October 29..... Pumpkin Chuckin' Festival
- November 4-6..... Moab Folk Festival



Learn about Fair Trade chocolate at Moonflower Market on page 11A in Healthy Happenings. (Just a Valentine's Day hint.)

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# STUNTS, STARS AND LEGENDS

## A Tribute to John Wayne

By John Hagner (artist of the stars)

Of the hundreds of portrait drawings and paintings, have done of Personalities of the Entertainment World, John Wayne is the one I have done the most (56 different poses to date).

Books and magazine articles have been written about the Duke, but few if any have captured his likeness art form.

Wayne was no stranger to Moab and Monument Valley. Since 1939, he starred in one of the best action packed westerns ever ... *Stagecoach*. It was his big break and made him the star that he remained throughout his career.

John Wayne had completed more films than any other star. Although he played a variety of roles during his illustrious career, he was always the same rugged, two-fisted, iron-willed hero, on the side of the 'Angels', whether as a cowboy, military man or athlete.

A fine athlete, Duke did stunt work in John Ford's submarine saga, *Men Without Women*, in 1929. He was an, honorary member of the Stuntmen's Association as well as an inductee (posthumously) in the Hollywood Stuntmen's Hall of Fame, as an honorary stuntman.

Legendary stuntman, Chuck Roberson doubled for Wayne for 30 years.

As Hall of Fame Founder, I have received hundreds of memorabilia pieces over the years of its existence, including several items of the Duke's, including one of his cowboy hats, which he wore in several films, including *The Comancheros*, *Rio Logo* and *The War Wagon*. Also included in the collection is his scarf, boots, vest, shirt and trousers as well as one of his western pistols, and his red jumpsuit from "Hellfighters." All of these pieces are on display at the Museum of Moab (on loan from the Hollywood Stuntmen's Hall of Fame). Addition items of memorabilia there are the original "Indiana Jones" hat, shirt and whip from the movie, *Raiders of the Lost Ark*, and Gene Kelly's dancing shoes from *Singin' In the Rain*, as well as Arnold Swartzenegger's face mold that his stunt double Peter Kent donated to the Hall of Fame.

A word from John Wayne: "I'm here because I want to be here, make no mistake. I've survived in a rough business not by luck, don't kid yourself, fella, but by out-guessing the other guy as well as out-drawing him! Yeah, I'm a little bitter, but less than I've a right to be, since people I expected a hell of a lot more from than you have let me down. Don't misunderstand me, I'm, not asking for any favors. But, if you don't mind, I'll just hang around a little longer, keep the buzzards at bay til I'm ready. And when I'm ready, it won't be a two-bit chiseler like you that gets the last word!"

That's a quote from Wayne's last movie, "The Shootist", in which he played a legendary gunfighter, John Bernard Books.

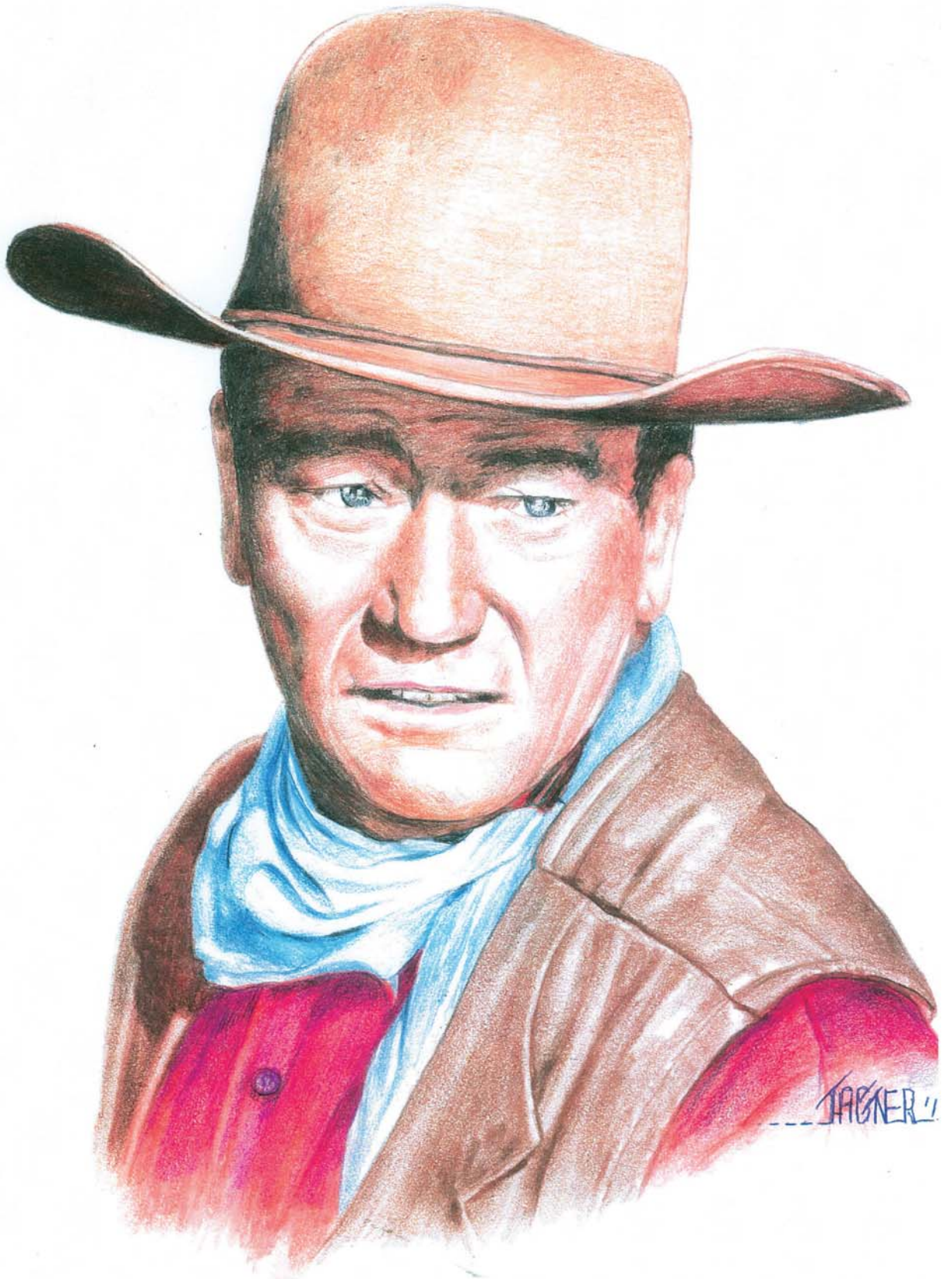
"I'm alive! Not dead!" It is one of those electrifying moments when life and art intersect, when the literal miracle of the real John Wayne's survival merges with that of the character he played.

FOLKS: All of my life I've felt privileged to have had good friends around me, privileged to have been able to do the kind of work I know and love the best, and to have been born, in a country whose immense beauty and grandeur are matched only by the greatness of her people.

For a number of years I have tried to express a deep and profound love for these things; to be able to say what I feel in my heart. I know most of you feel the same as I do about our country. Now and then we gripe about some of her imperfections, but sometimes that's good. Especially if it gets us working together to make things better. It seems to me we often take too much for granted, and have a tendency to forget "The Good Things About America".

My hope and prayer is that everyone know and love our country for what she really is and what she stands for. May we nurture her strengths and strengthen her weaknesses so that she will always be a "Land Of the Free, and Home of the Brave".

Sincerely, JOHN WAYNE



For additional information about the Hollywood Stuntmen's Hall of Fame, contact me at [johnhagner@hotmail.com](mailto:johnhagner@hotmail.com), or 435 260-2160. Mailing address: 81 W. Kane Creek Blvd., Moab, Utah 24532. Website: [www.stuntmen.org](http://www.stuntmen.org).

## Chuck Roberson

by John Hagner (Artist of the Stars)

Stunt double for John Wayne for 30 years or more, "Bad Chuck," as he was known in the film industry, was considered tops as a horseman. He came from Texas but his dad headed west and settled in Roswell, NM. He quit school at age 13 and worked at being a cowboy full time. He could drive a four-up team.

In 1940 he had moved, worked a while in oil fields.

Soon afterwards Chuck moved his new family and headed for Culver City, California (his wife Lorraine and a daughter).

World War II broke out and he enlisted in the Army. He was gone for three and a half years. Just prior to that, he worked as a policeman at MGM. While there was a strike at Warner Bros. Studios, a veteran stuntman Fred Kennedy was talking to Chuck about horses. Fred encouraged him to try his hand in films. At that time studios were making a lot of westerns. Fred sent Chuck over to Republic Studios where he'd heard they were looking for big stuntmen. He was hired right away doubling for actor John Carroll in *Wyoming* starring "Wild Bill" Elliott. At that time another legendary stuntman Ben Johnson was doubling for Elliott.

Chuck worked as a bit player on John Wayne's *Fighting Kentuckian*, where he had the opportunity to double for Wayne. That's where it really began.

Chuck wrote his autobiography, *The Fall Guy* in 1980. He is an honored inductee in the Hollywood Stuntmen's Hall of Fame and was foot printed for posterity in 1975 in Palmdale, California where more than 30 other famous personalities of the stunt world and film industry came to be so honored, including Burt Reynolds, Lee Majors (Six Million Dollar Man), Dale Robertson, Yvonne DeCarlo and many stunt personalities including Yakima Canutt, Richard Talmadge, David Sharpe, Ronnie Rondell, Hal Needham, Helen Thurston, Polly Burson and more. Chuck was also inducted in 1980. He came to Moab as well as Monument Valley with Wayne for *The Comancheros* and other westerns. He doubled for Wayne in *Rio Grande* at Monument Valley.

For more information about the Hollywood Stuntmen's Hall of Fame contact John Hagner (Founder) at 435-260-2160 or at [johnhagner@hotmail.com](mailto:johnhagner@hotmail.com). Hall of Fame's website is [www.stuntmen.org](http://www.stuntmen.org). Go to Facebook and look up Falling For Stars - then Artist of the Stars - then Stunt, Stars and Legends.



# RESTAURANT GUIDE



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GELATO

STEAKS • BURGERS • BBQ • SALADS • SEAFOOD

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

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

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

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



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

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

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

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

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

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

Beer (3.2% alcohol content) for take-out can be purchased at food stores and convenience stores for off-premise consumption only. On-premise beer (you can drink it here) is available

at various licensed locations, including taverns, golf courses, bowling alleys, and restaurants that have the required beer license.

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



**Sports Bar & Grill**

Affordable Drinks & Food!  
Fully Stocked Bar  
Serving Beer, Liquor and Wine  
Largest Liquor Selection in Moab!  
Weekly Bar Specials

Nightly Entertainment

**COLDEST BEER IN TOWN!**  
The Locals Bar

1 Block West of Main on Center Street  
259-6666 • www.theriomoab.com

OPEN EVERYDAY at 3PM  
Must be 21 years or older

Look for us on Facebook



• Taste It •  
• Love It •  
• Crave It •

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

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

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




Espresso  
Coffee  
Gelato

Smoothies  
Cold Drinks  
Chocolate

**Coffee Roasters**

Offering Fresh Coffee Roasted In-House and Locally Made Gelato

open 7 days a week 8:00am - 5:00pm  
90 N. Main St., Moab, UT  
259-2728



**Singha**

Authentic Thai Cuisine

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

Now Serving Beer, Wine & Saki

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



**The Branding Iron**  
STEAKHOUSE, BBQ & GRILL

DINNER AT 5PM  
7 DAYS A WEEK

Featuring:  
Prime Rib  
BBQ Baby Backs  
Broiled Steaks

FULL SERVICE LIQUOR LICENSE

2971 So. Hwy 191 • 259-6275  
3 miles south of Moab • NOW OPEN!

**JAILHOUSE CAFE**

101 NORTH MAIN STREET  
Moab's Breakfast Place

CLOSED FOR THE SEASON

Now Serving Espresso!  
Open 7 am to 12 Noon

"Good Enough for a Last Meal"

Your Home Town



**Pizza Hut**

265 South Main, Moab  
Open Daily • 259-6345

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

# RESTAURANT GUIDE



# RESTAURANT

**Celebrating 29 Years!**  
Spicing your Life since 1981



OPEN DAILY AT 11 AM • SERVING LUNCH AND DINNER  
DAILY SPECIALS • VEGETARIAN FRIENDLY  
574 NORTH MAIN • MOAB, UTAH • 435-259-6319  
State Liquor Licensee

## Bar M Chuckwagon

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

## Branding Iron Bar & Grill

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

## Buck's Grill House & Vista Lounge

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

## Burger King

606 South Main 259-2700

## Cassano's Italian Restaurant

11 East 100 North 259-6018  
Come in and join us for home made sauces and hand tossed pizzas and paninis. Moab's new traditional Italian restaurant is located in the old Poplar Place. Patio seating available so you can dine alfresco and bask in splendid red rock views. Great choice for take out and catering. State Liquor License

## China Cafe

812 South Main 259-7933

## City Market

425 S. Main 259-5181

## Cowboy Grill at Red Cliffs Resort

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

## Denny's

989 North Highway 191 259-8839

## Desert Bistro

1266 N Hwy 191 at Moab Springs Ranch 259-0756  
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. Beautiful patio for outdoor dining.

## Eddie McStiff's Restaurant & Brew Pub

57 South Main Street 259-BEER  
Lunch • Dinner  
Opens at 3:00  
12 beers on tap. Brick Oven Organic Pizza. Southwestern, Pasta, Great Salads! Natural/Choice Aged Steaks, Burgers. Kids Menu. Hassle free cocktails, wine & beer. Pool Tables. Patio Dining. Discount for Seniors 62 and older. FREE WIRELESS INTERNET! Delivery to Main Street Hotels. Live Music on Selected Nights.

## EklectiCafe

352 North Main Street 259-6896  
Breakfast • Lunch  
Open 7 days a week 7:00 a.m. - 1:30 p.m.  
Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! Winner "BEST DESERT OASIS" Salt Lake Mag. August 2002!

## Fiesta Mexicana

202 South Main Street 259-4366  
Sun - Thur 11am - 9pm, Fri & Sat 11am - 10pm  
Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Large groups are welcome. Children's menu. Patio Seating. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.25. Full bar.

## Frankie D's Bar & Grill

44 West 200 North 259-2654

## Hogi - Yogi

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

## Jailhouse Cafe

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

## Jeffrey's Steakhouse

218 North 100 West 435-259-3588  
Open Fridays & Saturdays at 5:00pm  
Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American Kobe Beef. Tucked away upstairs is the Ghost Bar. State Liquor License. Party and event reservations available throughout the week. www.jeffreysteakhouse.com

## La Hacienda

574 North Main 259-6319  
Lunch • Dinner - Open daily 11:00 a.m.  
CELEBRATING 30 YEARS! Superior Mexican specialties with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor Licensee.

## Leger's Sandwiches

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

## Love Muffin Café

139 North Main 259-6833  
Breakfast and Lunch  
Open every day from 7 a.m. - 2 p.m.  
Fresh baked muffins and cupcakes every morning! Check out the vegan and gluten free selection. Breakfast burritos, Whole Wheat Waffles and more... Proud to use local and organic ingredients along with eco-friendly containers.

## McDonald's

640 South Main 259-8800

## Mi Ranchito y Mexicano

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

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

Authentic Mexican Food

## Fiesta Mexicana

Tony and His Staff Welcome You

Patio Seating Childrens Menu Available  
Large Parties Welcome Nice Atmosphere

Lunch Specials - All \$6.25

All Served with Rice & Beans  
Monday: Burritos ~ Beef or Chicken  
Tuesday: Enchiladas ~ Beef or Chicken  
Wednesday: Chimichanga ~ Beef or Chicken  
Thursday: Chile Relleno  
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  
Winter Hours Sun-Thur 11-9 Fri & Sat 11-10  
202 So. Main St. Moab, Utah 259-4366

## EklectiCafe

ORGANIC COFFEE

Carnivores,  
Herbivores,  
Omnivores!

Vegetarian  
Friendly

Breakfast • Lunch

"Best Desert Oasis" Salt Lake City Magazine

HOURS  
7 Days A Week 7:00am-1:30pm  
352 North Main, Moab • 435-259-6896

## PARADOX PIZZA

MOAB UTAH

EAST COAST STYLE, STRAIGHT FROM MOAB  
WE DELIVER

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

## Desert Bistro

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

Re-opening early March.

1266 N Hwy 191 • 259-0756  
STATE LIQUOR LICENSEE

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

## RED ROCK BAKERY

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

For more information about these restaurants pick up a "Moab





# GUIDE

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

**Milt's Stop & Eat**  
400 East and Millcreek Drive 259-7424  
Lunch • Dinner  
Open Daily 11am - 8pm  
A true Moab icon since 1954. Featuring 100% ground chuck burgers, classic diner sandwiches, all beef hot dogs, flavored shakes and malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. See ya' all at Milt's. Daily Specials Website is www.miltstopandeat.com

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

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

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

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

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

**Pantele's Desert Deli**  
98 East Center 259-0200

**Paradox Pizza**  
702 South Main St 259-9999  
Lunch • Dinner  
At Paradox Pizza, everything is made in house, from our pizza dough to the New York Cheesecake. Join us for a slice and a beer after your day in the desert, or have dinner delivered to you. Voted Best Moab Pizza by Salt Lake City Weekly. Dine in, take-out or delivery. Family friendly. Order online at www.paradoxpizza.com.

**Pasta Jay's**  
4 South Main 259-2900

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

**Red Rock Bakery & Net Cafe**  
74 S. Main Street 259-5941  
Breakfast • Lunch  
Open 7am-4pm Mon-Sat and 7am-3pm Sunday. Serving freshly baked bagels, muffins, scones and cinnamon rolls. Fresh Moab Coffee (FMC). Best Sandwich in Moab. Moab's original high speed Internet Access. OPEN EVERY DAY.

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

**Sabuku Sushi**  
90 East Center 259-4455

**Singha: Authentic Thai Cuisine**  
92 East Center 259-0039  
Lunch • Dinner  
Lunch: Mon-Sat 11a.m. - 3 p.m.  
Dinner: Mon-Sat 5 p.m. - 9:00 p.m.  
For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Singha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

**Slickrock Cafe**  
5 North Main 259-8004  
Lunch • Dinner  
Steaks, New & Improved Lunch & Dinner Menu, Atrium Seating, Appetizers, Gourmet Burgers, Sandwiches, Salads and Freshly Grilled Entrees. Ice cold beer. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License.

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

**Sorrel River Grill**  
17 Miles Northeast on Scenic Hwy 128 259-4642  
Fine dining in a beautiful setting.

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

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

**Szechuan Restaurant**  
125 North Main 259-8984

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

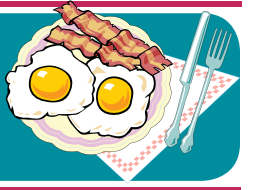
**Wake and Bake Cafe**  
59 S. Main #6, McStiff's Plaza 259-2420

**Wendy's**  
260 North Main 259-2595

**Zax**  
96 South Main Street 259-6555  
Breakfast • Lunch • Dinner • Family Dining  
We have it all, from our all new sunrise breakfast, served Sat/Sun 7am to 11:30 am, to our hand cut steaks. We offer an extensive menu that includes the best burgers in Moab, deli sandwiches, pastas, salads, seafood and our all U can eat pizza buffet and salad bar. Dine inside or out on our all-weather patio and covered porch. For those 21 and over, visit Zax Dining Club. Watch your favorite sporting event on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Featuring a full liquor license. Open 7 days a week. Locally owned and operated.




# RESTAURANT GUIDE



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



Open 7:00 - 2:00 Daily  
139 n. main street  
435.259.6833 [lovemuffinCafe.com](http://lovemuffinCafe.com)



540 South Main • Moab, Utah • (435) 259-4848  
Next to BigHorn Lodge. Open 7 days a week, featuring steaks, prime rib, hamburgers, and a full breakfast menu. Prompt coffee shop service.

State Liquor Licensee  
**MOAB'S FINEST FAMILY DINING**  
COMPLETE CATERING SERVICES AVAILABLE.



**February Special**  
Buy 2 dinner combos and get 2 drinks free.

Look for our lunch & dinner specials.

Call ahead for quick lunch or dinner pick-up.  
You can also fax in your orders. 259-5533 Fax

We also do catering.	• Breakfast all day • Lunch • Dinner	Free Delivery anywhere in town
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812 South Main St., Suite B  
259-0550  
Mon to Fri 9 am to 9pm  
Sat & Sun 10 am to 9pm

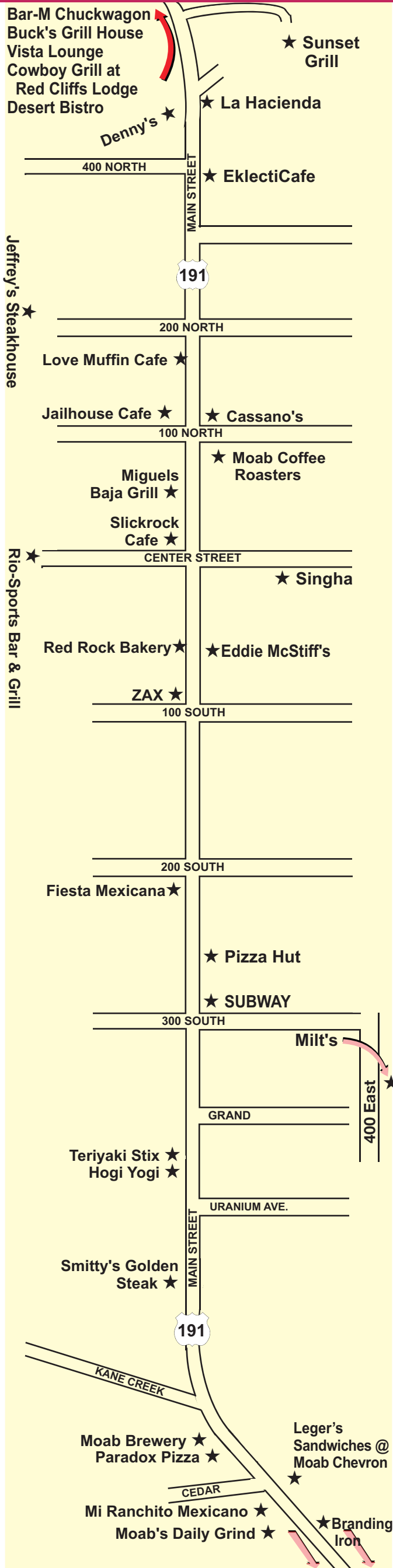


Located inside Walker's Convenience Store

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

Expires March 15, 2011

Coupon valid at your Moab Subway  
299 South Main • 259-SUBS




"Dining with a Million Dollar View"

Steaks • Pastas  
Prime Rib  
Fresh Seafood



Patio • Catering  
Family Dining

**259-7146**

Open Nightly at 5:00 pm - Closed Sundays



Moab's New Italian Restaurant in the old Poplar Place

Great Choice for Take Out and Catering

**Traditional Italian Food**

Bruschetta	Lasagna
Crab Stuffed Mushrooms	Chicken Penne Gorgonzola
Antipasto	Chicken Parmesan

Patio Seating - Red Rock Views

**Cassanos**  
Italian Restaurant  
11 East 100 North  
259-6018

State Liquor License

Established 1954



LOCATED AT 400 EAST AND MILLCREEK DRIVE ON THE WAY TO THE SLICKROCK TRAIL.

FEATURING FRESH GROUND CHUCK HAMBURGERS, ALL NATURAL BUFFALO BURGERS, CLASSIC DINER SANDWICHES, REFRESHING SHAKES AND MALTS

OPEN DAILY 11 AM - 8 PM

WWW.MILTSTOPANDEAT.COM  
STOP AND EAT OR CALL FOR PICK-UP:  
435-259-7424

www.moabsandwiches.com



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

LOCATED INSIDE THE MOAB CHEVRON  
817 South Main Street

OPEN 24 HOURS



**Chevron**  
FOOD COURT & DELI



# RESTAURANT GUIDE

# HEALTHY HAPPENINGS

## Fair-Trade Chocolate Makes Valentine's Sweeter for Everyone

The average American eats 10-12 pounds of chocolate per year. Valentine's Day is one of the most chocolate oriented holidays of the year! You probably know that high quality dark chocolate is packed with antioxidants and other beneficial flavonoids. Do you know where the chocolate you are consuming comes from or how it was produced?

40% of the world's chocolate comes from West Africa, the Ivory Coast where thousands of children are forced to labor in production of this cocoa. The US Department of State estimates that more than 109,000 children in Ivory Coast's cocoa industry work under "the worst forms of child labor," and that some 10,000 are victims of human trafficking or enslavement.

Many of the world's major cocoa companies have made voluntary commitments to certify their cocoa "child-labor free", but to date most of their profits still come from child-labor cocoa. It is possible to purchase chocolate products from companies who are paying cocoa producers a fair price. It is even possible to purchase chocolate products owned by the cocoa farmers themselves! This requires a bit of research and label reading or shopping at Moonflower Market where we have done the research for you.

Buying 'Fair-Trade Certified' chocolate insures that farmers were paid a fair minimum

price and that no forced or child labor were used. Also called ethical cocoa sourcing, this practice means that these companies are transparent in their cocoa sourcing and can even direct you to the actual farms where their cocoa was produced. A few companies are owned or partially owned by cocoa farmers. In some situations cocoa processing occurs at the same site where the cocoa was grown.



will be placing many of our chocolate products on sale the month of February!

One show-cased chocolate producer at Moonflower is Divine Chocolates. Divine Chocolate is 45% farmer owned by a cooperative farm in Ghana. Divine's slogan 'heavenly chocolate with a heart' truly categorizes the delicious chocolate that fairly supports all producers from the sales person to the farmer. For more information on Divine Chocolates go to <http://www.divinechocolate.com/about>. Divine as well as other fair trade chocolates including Alter Eco, Fearless, and Vivani are all on sale the entire month of February at Moonflower Market.

At Moonflower Market, we endeavor to sell chocolate products from companies that guarantee ethical cocoa sourcing. This Valentine's Day, we encourage you to buy some sweets for your sweetheart that support a fair living wage for the individuals who had a share in bringing

**Practical Wisdom\*Healing Touch**

- Therapeutic Counseling
- Cranio-Sacral • Reiki
- Past Life Regression

Life transitions, conflict, stress? Or a simple desire to relax and take care of yourself? This is what you want!

**Kira Schneider 435-260-1767**  
50 East Center Street at the Healing Arts Center, Studio 1

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

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

**ZUMBA fitness**

Sandi Snead  
435.686.2545

**Weekly Classes**  
Wednesdays 6pm & Fridays 5:30pm at the MARC  
Saturdays 10:30am at the South Town Gym

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

**Sore No More™ is the solution!**

www.sorenomore.com  
800-842-6622 ext 127  
FREE SAMPLES  
Visit our guest book on our website for consumer comments.

Ata Calfee, L.M.T.  
(435) 260-2874

Treat Your Valentine with a Gift Certificate

**bodywork** and therapeutic massage  
www.ombodywork.net Healing Arts Center

Get Your Fair Trade Chocolate Here

Featuring:  
Natural Foods • Supplements  
Organic Produce • Prepared Food  
7 Days a Week – 9am to 6:30pm  
39 E. 100 N. Moab (across from the Post Office)  
259-5712

**bliss** hair, skin & body works

facials  
manicures  
pedicures  
waxing  
acrylic nails  
hair dressing  
& more

1105 So. Hwy 191 Ste. 4A  
Moab, Utah 84532  
(435) 259-BLIS (2547)

**Grand County Hospice**

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

*We're here for you when you need us most.*

**Grand County HOSPICE** 719 West 400 North Moab, UT • 435 259-7191  
A division of Allen Memorial Hospital

**Healing Arts Center Massage**

Lisa Albert, LMT, NCTMB 260-9506  
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# ASTROLOGY HAPPENINGS

## Your Monthly Horoscope - February 2011

By Rob Wells

Jan. 21 - Feb. 18



**Aquarius:** You take matters into your own hands this week to make sure things get done. Especially concerning matters at a distance. This could culminate in a situation that screams 'all or nothing at all' on the 10th. This could put you and others in a holding pattern, particularly on the 17th. On the 21st, your back up and running but be careful with all you do during this last week as changes made in haste may not be to your advantage.

Feb. 19 - Mar. 20



**Pisces:** You're moving behind the scenes during these first three weeks of February. It's where you excel. Get things done during the first week. A friend puts an 'all or nothing at all' ultimatum in your lap on the 10th. Be very careful from that day to the 21st, as there is a danger of deception, either by you or others. Take a slow wait and see stance to finish the month where matters require you to decide.

Mar. 21 - Apr. 20



**Aries:** You and your partner share good times with your friends during the first week of the month. And there are plans for a joint project that could prove interesting. Disagreements regarding this project reach an 'all or nothing at all' point on the 10th. This is followed by a week of confusion and deception all the way to the 21st, so tread lightly and say little. Plans are back on the table after the 25th but avoid over optimism.

Apr. 21 - May 21



**Taurus:** You could find yourself very busy with an important project at work that is very dear to you. It's up to you to make it a success when suddenly someone may try to block your efforts on the 10th. They may try to limit your wiggle room. Say nothing. Do nothing. Wait them out.

There could be deceptions that come to light between the 10th and the 21st. After the dust settles on the 25th, you're back on track for the rest of the month.

May 22 - June 21



**Gemini:** You're involved with a pet project with your church and your children during the first week and things will be going well until the 10th when a financial block could put everything on hold. Questions are asked and motives are in doubt from the 10th to the 21st. Look hard at these

before deciding what to do. From the 25th the changes you make will see your efforts back in play to the end and sure success.

June 22 - July 22



**Cancer:** Balancing the joint checking account may prove daunting this month. Changes must be made to correct matters. You or your partner are at an 'all or nothing at all' point by the 10th. This impasse is met with confusion on the 17th and then deception on the 21st as matters decline to a point of confrontation. Once the matter is corrected you return to a balanced state on the 25th and continue the month is fine style.

July 23 - Aug. 24



**Leo:** You and your partner are off in your own little world this first week of February. It's really fast paced and fun. A creative endeavor meets with an impasse on the 10th that has you stumped. This degrades over time on the 17th when you suddenly can't even remember why.

Then on the 21st through the fog and confusion what is being denied is revealed to get you back on track and happy again. It's a test, but by the 25th it's over.

Aug. 24 - Sept. 22



**Virgo:** You are a ball of fire at the office this first week of February. Nothing short of 'parting the seas,' you say. You have plans and they are going to be implemented. Things go well until someone decides you're rocking the boat and hands you an ultimatum. Ouch.

It could rob the wind from your sails. Do nothing. It could get worse as there are ulterior motives that reveal themselves by the 21st as deceptions come to light. By the 25th you're back up a running to finish the month in grand style.

Sep. 23 - Oct. 23



**Libra:** Your love life is off the scale this first week of February. It's like the heavens have been saving it up for you. Your date book will be full and fun. But there is trouble afoot in the romance department. On the 10th someone may demand an 'all

or nothing at all' situation from you that puts your heart on hold. This is sad and fills you with confusion on the 17th. This follows to the 21st when deceptions come to light and decisions are made for the future. You finish the month back on track and happy.

Oct. 24 - Nov. 22



**Scorpio:** From the outside no one would ever know all the changes you're making in the inside of your abode this first week of February. You've been planning this for months and NOW is the time. Even with good planning you reach an interesting impasse with your plans on the 10th. It's a real stumper. You'll have to sit and let it cook until the 21st when the veil of confusion is lifted and you get back on track by the 25th. The finished product has you smiling by the end of the month.

Nov. 23 - Dec. 21



**Sagittarius:** Errands and communications will dominate your first week of February. It's not a race so slow down. Prepare for a money snafu on the 10th that could hold you hostage for a while. The reasons even have you confused on the 17th but you see through the fog on the 21st, and get it worked out by the 25th. The last few days of the month are mellow and fun for you. Enjoy.

Dec. 22 - Jan. 20



**Capricorn:** Cash, and its use, is your focus this first week of February. You actively apply yourself to wisely spending it on things that matter and improve your living situation. Funny how you get one thing done and something else takes over. On the 10th you may realize it's time for some personal changes, but what? You grapple with the problem but to no avail until the 21st when matters become clear and you end your self-deceptions. You're back in the saddle by the 25th and happy again during the last week of the month.



*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."*

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WabiSabi



# HIKING HAPPENINGS

## The Windows – From The Front And The Back

by Marcy Hafner

You could search the whole world over and not find another place that even remotely resembles the astounding rock structures that exist inside the 119 square miles of Arches National Park. Endowed with the largest concentration of natural sandstone arches on this planet, it also has a stunning display of colossal sandstone fins, massive balanced rocks and soaring pinnacles.

Arches, along with all our other national parks, is a showcase of America's best treasures – a precious bounty of spectacular scenery and unique habitat that should never be taken for granted. Yellowstone, with its amazing display of geysers and hot springs, was designated as our first national park in 1872. Forty-four years later Congress created the national park service, which now oversees 58 national parks; Utah ranks the highest in numbers with five – Arches, Bryce, Canyonlands, Capitol Reef and Zion.

Some of the earliest settlers in Moab made regular excursions into "The Arches" and the word started to spread about this arch-filled wonderland. But Klondike Bluffs was still an unknown until December 24, 1922, when Alexander Ringerhoffer, a miner prospecting for gold, just happened to wander in on Tower Arch and the other splendid formations that surround it. Anxious to publicize his discovery, he mailed a letter to the Rio Grande Western Railroad and this correspondence generated a lot of interest. The railroad executives hoping to seize upon the opportunity to attract more passengers to southeast Utah sent F.A. Wadleigh, the Passenger Traffic Manager, and George Beam, the railroad photographer, on an excursion to that area. They wanted to see if Ringerhoffer's boasts rang true and instantly they realized he was not exaggerating. The enthusiasm generated by that guided tour triggered the subsequent campaign to establish "Arches" as a national monument or park.

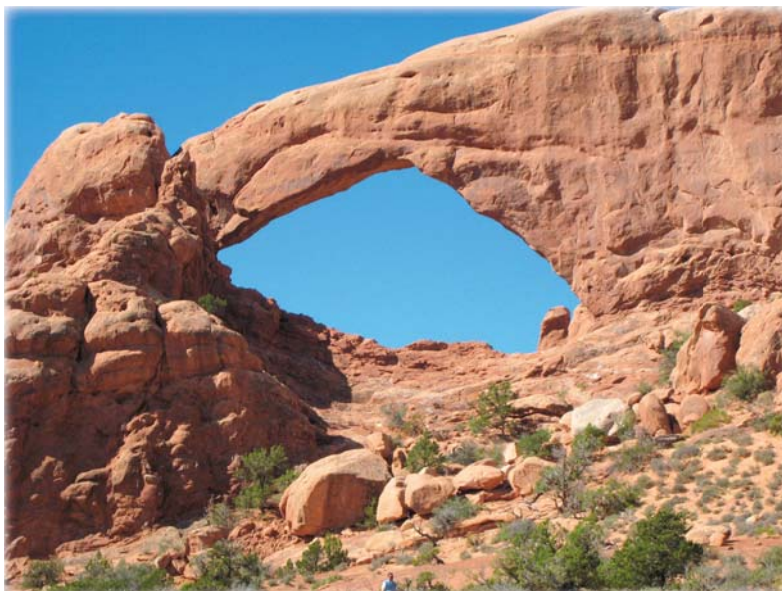
On April 12, 1929, this possibility turned into a reality when President Herbert Hoover signed the order to reserve 4,520 acres as Arches National Monument. Ironically, Klondike Bluffs was not included until Lyndon Johnson issued an executive order increasing the size of the monument to 82,953 acres, one of his last acts in office. In 1971, Congress reduced the size of Arches by 9,574 acres, but upgraded it to a national park. The final transformation took place in October 1998, when President Bill Clinton signed legislation adding 3,140 acres of Lost Spring Canyon, which increased the park's final girth to 76,519 acres.

It's a five mile drive north from the center of town on Highway 191 to the Arches National Park entrance station, where an individual seven day pass for motorcycles, bicycles and walk-ins costs \$5.00 and a seven day vehicle pass, which covers all occupants, costs \$10.00. An annual local pass for Arches, Canyonlands, Hovenweep and Natural Bridges can be purchased for \$25.00. Year-round camping is available in the Devils Garden Campground and the nightly fee is \$20.00.

The salmon-colored Entrada Sandstone is the major building block of arch formation in this little corner of the universe - a process that began when vertical cracks were formed the in uplifting anticlines. Then water seeped in and washed away the loose debris. Eroding the cement that held the sandstone together, this process over time left behind freestanding fins. The expanding pressure from ice broke off bits and pieces of rock until many of the fins collapsed. But some of them, with the right balance and hardness, survived as arches. The magical number for an opening to be officially listed as an arch is three feet. Arches National Park contains more than 2,000 recognized arches, and since 1929 forty-two of them have collapsed.

One of the best and easiest places to view a collection of arches is The Windows section; turn right at the sign 9.2 miles beyond the entrance station and drive 2.5 miles to the parking area where the graveled trail to The Windows and Turret Arch begins. Consider taking this hike early or late in the day when crowds have somewhat diminished and a parking spot more likely to be available. If you want to avoid the crowds entirely, take this hike in the winter! Snow, however, does happen and it can be cold - so come prepared!

Being able to sit inside the massive mouth of an arch is a mesmerizing experience, and the short, gentle climb to the North Window, which is 51 feet high and 93 feet wide, makes experiencing this event a delightful accomplishment. Once I am hunkered down on this windy day, I am ready for a good long gaze at some fantastic scenery, and looking beyond the parking area I am intrigued with the Parade Of Elephants: a rock formation that imaginatively suggests a herd of elephants who are holding each other's tails. Gazing directly north, I can see Elephant Butte - at an elevation of



5,653 feet this landmark is the highest point in the park. Further along on the western horizon, my vision flows over the entire jagged-tooth edge of Behind The Rocks and the Moab Rim.

Walking over the weathered bottom of this arch, I seek out a slanted, wind-blown perch for that breathless peek on the other side - a wide-open portrait of topsy turvy sandstone structures and mesas that stretch for miles and miles to the La Sal Mountains, which show off a sharp snow-white silhouette against a crisp lazuli blue sky.

A bit disheveled from the stiff breeze, I leave the North Window and return to the pathway to take the short spur trail to Turret Arch. This arch is quite a bit taller than it is wide – 64 feet by 39 feet, which presents me with the impression of a very large keyhole resting against a jutting tower. Two smaller openings also penetrate its surface, which add an interesting aspect to this formidable arch. Entering into the jaws of Turret Arch is a more ambitious endeavor than the North Window, but well worth the effort for the striking profile of Balanced Rock that can be seen from there.

Back at the base of South Window, I'm not about to pass up the opportunity to walk the primitive loop trail around the backside of The Windows for an entirely different outlook of "The Spectacles." By stretching my imagination I really can see the illusion of a large rounded slab of rock that looks like a nose for The Spectacles to rest on. Piles of rocks called cairns guide me along this route through a small wash for a constantly changing perspective of The Spectacles; then the climb up a small hill transports me around the corner to the other side and on to the parking area where the trail ends.

We are very fortunate that our ancestors had the foresight to understand the need to create a national park system. It's difficult to picture how empty our country would feel without public access to them. Yosemite, Glacier, the Grand Canyon, etc. are part of our American heritage, and we are so lucky to have Arches National Park as a next-door neighbor to Moab, just a short drive from town.

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# NON-PROFIT HAPPENINGS

## The Best in Recycled Fashion “Takes-Off” from the Runway in Moab

Observe everyday items as they are transformed into unidentified fashion outfits (UFO’S). Each year artists create outrageous theme based-fashion lines out of materials found at WabiSabi’s thrift stores and other recycled materials. The theme for the 2011 show is “Intergalactic”.

This will mark the ninth embodiment of Moab’s annual Fashion Show. The event has grown in scope and popularity each year, and the locals-favorite show has in the past sold out well in advance. This year’s event is Saturday, February 26, at the Old Spanish Trail Arena, south of Moab, UT. General admission begins at 7:30 p.m. with the launch of engineered high fashion at 8:00.

This year’s “Intergalactic,” Fashion Show will feature the inhabitants of faraway planets. The audience will blast off to the remote reaches of the cosmos where they will encounter distant galaxies and many intriguing creatures. Ten Moab designers – using materials from WabiSabi’s thrift stores – will showcase their extraterrestrial-inspired, domestic commodities as models journey down the runway.

In the past, these intricately detailed costumes have sold for as much as \$700 in the post-show auction. Outfits from previous years have included gladiators costumed in a kaleidoscope armor made from aluminum cans, dresses glittering with patterns made from smashed mirrors, and a “fur coat” made entirely from kids’ stuffed animals.

“Creative designers can take a theme like Intergalactic, add their own twist, and end up with something like panties made from the pop tops of aluminum cans or warrior gods in leather clad from pieces of purses,” states Laurie Collins, the event’s Creative Director.

In addition to haute couture, the evening will include music, dancing, food, beverages, a live costume auction, some of Moab’s finest – and wildest – entertainers, and much more. Aerial Arts of Utah will orbit the stage suspended by long silks and soaring on a trapeze.

“Productions for this year’s show began before the

previous show was even over,” says Jeff Cohen, Executive Director of WabiSabi. “We are always thinking of how we can top the previous year.”

WabiSabi’s fashion show has seen an exponential increase in popularity over the years, and the 2011 show promises to be the biggest yet, eclipsing last year’s record attendance of 600. In 2009, Salt Lake City Weekly named the event Utah’s “Best Recycled Fashion Show,”

saying, “The event promises a chance to savor the most cutting edge fashions of the recycled aesthetic along with one hell of a party.”

This year, Frankie D’s will be hosting the after party. A free shuttle will be departing every twenty minutes between 6pm and 8pm to the Spanish Trail Arena. At the end of the show shuttles will return you to your vehicle. The after party at Frankie D’s will include music and dancing.

Tickets are \$15 general admission and \$25 for reserved seating. Tables seating eight – alongside the runway – are available for \$600. There will be a VIP pre-show, replete with appetizers and wine, at 6:30 p.m. for those sitting at the tables. Tickets go on sale January 5th at the WabiSabi Thriftique and online at [www.wabisabimoab.org/fashionshow](http://www.wabisabimoab.org/fashionshow). The price of admission includes a chance to bid on one-of-a-kind fashions straight off the runway.

As well as being astronomically entertaining, the fashion show also supports the Moab community. Proceeds from the event will be distributed among WabiSabi’s 12 nonprofit partners, including: BEACON After School Program, Moab Teen Center, Community Rebuilds, Humane Society, KZMU Community Radio, Moab Free Health Clinic, Moab Valley Multicultural

Center, Native American Club, Recycling Center, Retired Senior Volunteer Program, Seekhaven and Youth Garden Project.

For more information on the event, call WabiSabi at 435-259-9114 or visit the WabiSabi Thriftique at the corner of 400 East and Locust Lane in Moab.

This is a 21-and-over only event, and a valid ID is necessary for admission.

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

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**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

# SUSTAINABLE HAPPENINGS

## Ten Inch Carrots

by Joan Gough

I came to Moab and stayed because I loved the country with its endless possibilities for exploration, and the people who shared my love of the country. As I settled in to the community in the late seventies, I realized that Moabites have another passion, less obvious, but just as pervasive as exploring, and that is gardening.

February is planning time for the gardener. Seed catalogs, which are like Patagonia catalogs to the extreme sports junky or Victoria's Secret to the fashion mavin, are arriving in mail boxes all over town. For mouth watering photos Park Seed Co. is great, but for detailed information, I go to Johnny's Selected Seeds either the catalog or at Johnnyseeds.com.

The next step toward a successful garden is to talk to local people who have been at it for a few years. In Moab we can attend classes offered by the Youth Garden Project and Utah State Extension Service. Many counties have an extension agent, and you may have other resources such as college classes or workshops sponsored by nurseries. One of the most valuable aspects of classes or workshops is the other gardeners you meet. I am always hoping against hope that someone has found a new and better weapon in the organic arsenal against squash bugs (they can reduce a full grown zucchini to a limp pile of leaves and stems in 48 hours), but as one friend says, "Why do you think they call them SQUASH bugs?"

When the season is in full bloom, watch for garden tours. Aside from making me feel totally inadequate, they are another great source of ideas and contacts.

Some vegetables do well planted as seeds directly into the soil and others I buy as plants from the nursery. Peas, beans, squash, cucumbers, corn, lettuce, chard and all root crops actually do best when they can grow from seeds in place. They are slower getting going but will soon catch up and surpass the potted plants. I like to buy onions sets which are small dried onions and

drop them into 1-1 1/2 inch deep holes made with the handle of the trowel. I get the sets and seed potatoes from the local farm store. They also have seeds in bulk.

Tomatoes, eggplant, peppers, chilies, and whatever looks irresistible, I buy from the nursery in April or May.

But, back to February. Now is also the time to decide where to put your garden and what kind of beds to use. I till a dedicated area with rows or raised beds, fenced off from the urban deer herd. My garden is in the front yard because the southern exposure is in the front of my lot. I also chose it because there are no large trees which not only shade plants but also rob them of nutrients and water.

Around the corner another Moabite has tilled up the parking strip for several years now where he plants tomatoes, peppers, eggplant and summer squash. The master gardeners whose lots I've checked out while pretending to shop at their yard sale or chat over the fence, have vegetables and especially herbs planted wherever the best conditions occur. The lettuce may be on the north side of the house where it gets some shade, while rosemary and other herbs are growing among the flowers close to the back door. There are various micro climates all over your yard. Think small and think close to the ground to discover them.

On the high desert, irrigation is a must. In the heart of many western towns like Moab, there are still irrigation ditches and water masters. Those who have water rights pull water every 5 days from the common ditch. I have tried sprayers on risers, drip systems, and ditches. For most of us, drip heads plugged into black flexible pipe, is the most conservative of water, cheapest and most flexible system. Even in the middle of the season I can pull out a head, plug the hole and make two new ones down the line. I get into the "engineering" of it.

In July, when the squash bugs have won the battle for zucchini, I may feel like giving up on gardening. But in February, when I'm still digging 10 inch long carrots and creamy white parsnips from under the snow, and the rhythm of the season is in my bones, I am getting ready to garden in Moab.



Seed catalogs arrive in January to help with planning and inspiration. These reliable companies also have web pages: Park Seed Co, Territorial Seed Company, Gardens Alive, Johnny's Selected Seeds.



Carrots and parsnips of February.



Digging the perfect carrot from under the mulch and snow.

### Moab Sources

#### Live plants

Canyon Nursery  
Wildland Scapes  
The Garden Center  
City Market  
Alco

#### Seeds

Farm and City General Store  
Moonflower Market  
Walker Drug  
City Market  
Alco

#### Supplies

Rim Supply  
Turner Lumber  
Walker's True Value  
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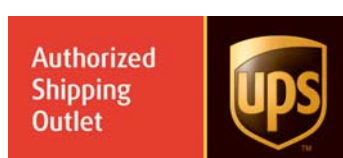
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Frequency	Departs	Arrives	Flight
Daily	8:03a	9:20a	5036
Monday-Friday	12:08p	1:25p	5038

## DENVER TO MOAB

Frequency	Departs	Arrives	Flight
Monday-Friday	10:35a	11:58a	5037
Saturday	4:00p	5:23p	5035
Sunday-Friday	7:25p	8:48p	5035

Schedule is effective December 1, 2009 and subject to change

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

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





SHOPPING  
DINING

# MOAB HAPPENINGS

ENTERTAINMENT  
NIGHT LIFE

Volume 22 Number 11

Section B

February 2011

## Moab Goes Skinny March 12-15, 2011!!

For over thirty years Moab has been synonymous with mountain biking. For the past ten years, Moab has been going through a transformation from attracting solid, fat mountain bike tires that grip against the famous Moab slickrock to thin, skinny road cycling tires that whiz down slick pavement on little traveled roads. In such a relatively short period of time, you're just as likely, if not more, to see road bikes on cars in the hotel parking lots. Now tourists are bringing road bikes and enjoying a whole new cycling world.

So what has tipped the cycling world in Moab towards the road? After thirty years of Moab being owned by mountain bikers, with riders coming from all over the world to experience the incredible red-rock terrain, how could it become known for riding bikes on the pavement? Perhaps it's not the terrain or the pavement. Perhaps it's the entire area, the entire experience of Moab.

Television commentator and industry icon Bob Roll had the transformation from fat to skinny tires in Moab.



"I used to come to Moab all of the time to mountain bike," he shares, "then one day while driving to the trailhead I thought, 'man, these are some nice roads' and I realized what fantastic road riding Moab has to offer." Since then, Roll has explored road cycling all over the Moab region and has concluded that people may "come for the mountain biking, but return for the road riding".

With that kind of transformation from a world-class cyclist who once raced alongside Lance Armstrong, Moab was sure to be on the road cycling map in no time. The creation of the Moab Skinny Tire Festival gave roadies an ideal gathering to celebrate their passions for cycling

in one of the most inspirational places on earth. It didn't take long for their participant numbers to explode, forcing event organizers to cap the events at 1,000 cyclists to ensure the Festival retained an intimacy for each individual rider within this amazing red-rock wonderland.

Soon celebrity guests and cycling industry icons started making appearances and even rode alongside participants of the Festival, but that wasn't what seemed to attract cyclists from across the nation and grow the event to what it is today. Participants say It's the intangible nature of Moab, this terrain that truly inspires awe. It's the grandeur of the landscape, which rolls on forever before your eyes and is surprisingly unique around every corner.

Four days of fully supported routes through the famous Canyonlands region, along the Colorado River corridor and through world famous Arches National Park take riders not only to special places on earth, but also to a special



place inside of themselves. The Moab Skinny Tire Festival donates 100% of proceeds to cancer survivorship programs, affording each rider the sense of personal satisfaction of actually 'doing something' in the fight against cancer. And 'doing something', they have done!

In roughly ten years, the events have raised over two million dollars for various national and regional support programs. And with a local pledge for the new Moab Regional Hospital for construction of the Moab Cancer Treatment & Resource Center, the Events are bringing it back to their own backyards. So what does this mean to the average road cyclists? It means routes that are so stunning that retired professional racer Marty Jemison, who has cycled all over the world, has now included in his locations for his new company Jemison Cycling Tours. It means landscape so spectacular that has become world-renowned for its stunning scenery. It means diversity of routes from easy, rolling hills along the river to out-of-category climbs into the aspen trees.

But mostly it means something unique for each rider. It means something special; that magical, elusive element that hides between words like 'spiritual' and 'inspirational'. It means that every single participant is moved by their experiences, whether its from the land, from their accomplishments on their bikes or from their new connections with amazing individuals, they've been touched.

What more can a cyclist look for in a Festival? To have it all, be sure to register at [SkinnyTireEvents.com](http://SkinnyTireEvents.com) and expect to be amazed.



## Playful and Provocative "Vipassana ~ The Musical" Opening At Star Hall



Kaki Hunter

Kaki Hunter is no stranger to success. Her background includes a career as a successful film actress, a published author and a recognized guru in sustainable building. Two years ago, despite all of her success, Kaki found herself miserable and at what she describes as, "An extremely low point in life emotionally, spiritually and physically." After hearing about friends' experiences with

Vipassana, a 2500 year old silent meditation technique designed to eradicate human suffering, Kaki decided to enroll in a ten day retreat.

After the initial orientation, in which Kaki agreed to abstain from all communication, including talking, eye-contact, writing, music, and reading, she entered into "noble silence" and began the practice of nearly sixteen hours of sitting meditation each day. Kaki enjoyed the silence, and became almost immediately aware of the degree in which talking, both between people and within our own minds, dominates our existence. It was pleasurable to abstain from the ubiquitous chatter, but what proved difficult and physically excruciating was the actual act of sitting. On day two, her retreat experience was given mission and purpose with the unlikely visit of an unexpected guest. This visit

shaped the remainder of her retreat, and planted the seed that would become *Vipassana ~ The Musical*.

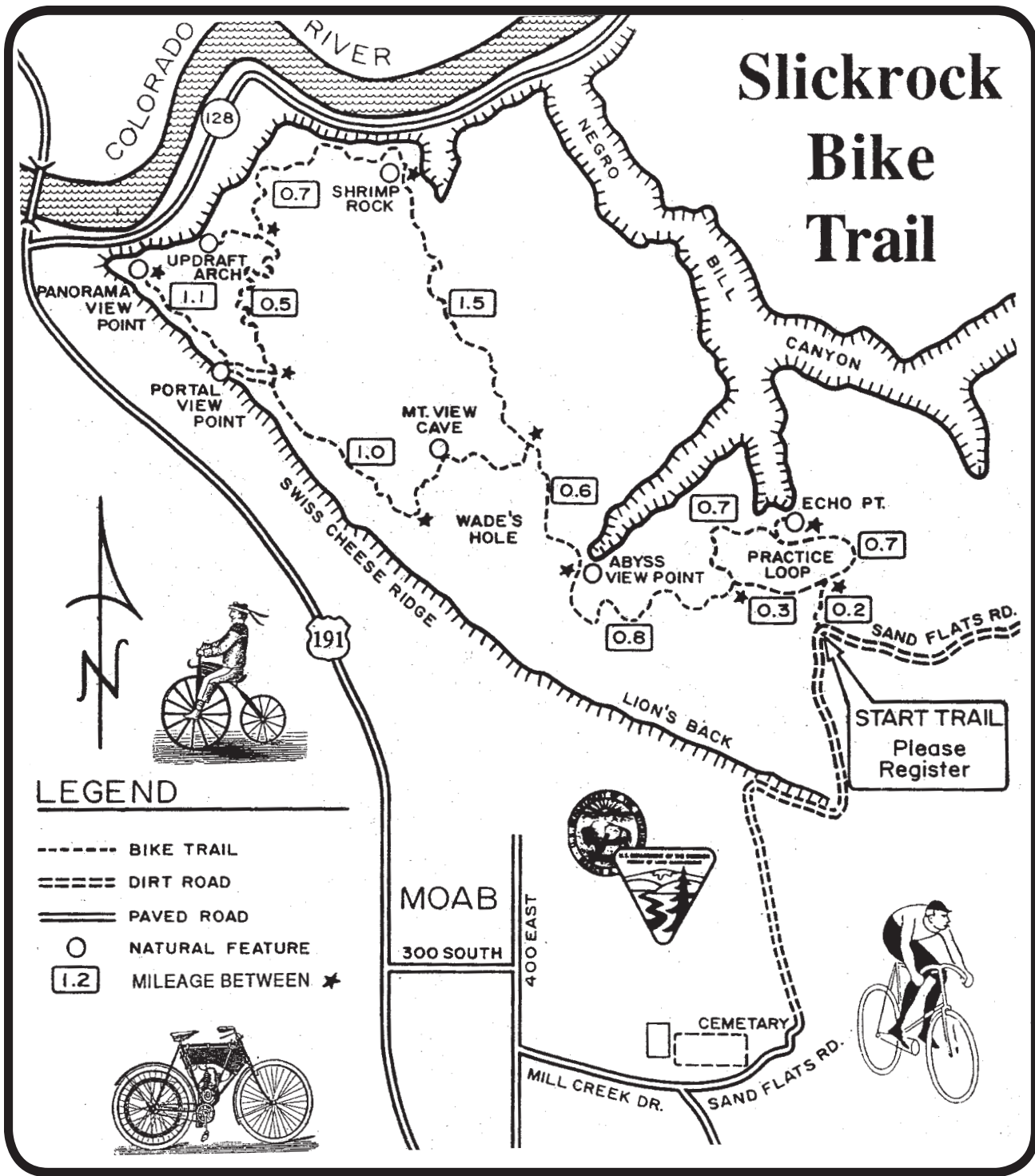
*Vipassana ~ The Musical* is a playful, provocative, unpredictable and introspective look at the process of self discovery. From cynical shenanigans and righteous rebellion, it winds its way through the process of spiritual break-down to final epiphany. While Kaki's journey is the foundation of the piece, her story is interwoven with the individual trials, tribulations, and triumphs of the other students at this "boot camp" of meditation. All told through dialogue, song, dance and musical performance, Kaki wrote the lyrics to thirteen songs and together with her partner, Doni Kiffmeyer, crafted the melodies in a



variety of musical styles including Rock, R & B, Soul, African/Latin drumming, Country and Musical Theater. Highly technical and with elaborate special effects, the play is supported by a large cast and crew. Prepare to be enlightened and entertained.

Staged at the historic and beautifully restored Star Hall in Moab, the musical opens Feb. 4th, 2011 and runs through Feb. 19 each Friday and Saturday night at 7 p.m. (with a special matinee performance Sunday afternoon at 2 p.m. Feb. 13.) Tickets are \$10 and are available online at [www.realitycanbeagas.com](http://www.realitycanbeagas.com), in Moab at Arches Book Company or at the door the night of the performance. For more information visit the website or call 435-259-4811.

# MOUNTAIN BIKING



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

## Mountain Biking Mecca

• **SKINNY TIRE FESTIVAL March 12-15, 2011** - Three rides of the Skinny Tire Festival highlight Moab's different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient 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 this grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit [www.SkinnyTireEvents.com](http://www.SkinnyTireEvents.com).

• **2<sup>ND</sup> ANNUAL GRAN FONDO MOAB May 7, 2011** - The Gran Fondo Moab will be emulating an old Italian tradition. We will be riding the most spectacular mountain pass in the Manti-La Sals, widely known as the Loop Road. We will start and finish in the beautiful red rocks of Moab and will climb over 5000 feet in 64 miles. This event will not be run as a sanctioned race, as a majority of the riders will be participating for the enjoyment of riding a signed route through beautiful scenery with their friends and teammates. That said, as any serious cyclist knows, there is also satisfaction with not only completing an epic ride but with comparing your times with other riders afterward.

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

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

• **24 HOURS OF MOAB October 2011** - An endurance team race which is growing in popularity with each year. The four-man teams ride a rugged course approximately 12 miles south of Moab called the Behind the Rocks area. Produced by Granny Gear Productions. A world-class event that draws teams from all over the world. There is a field limit of 450 teams plus solos and the race books up faster every year, so get your team entered early. Don't miss this incredible race!

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

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# TRAIL HAPPENINGS

## Winter Trail Running Routes Near Moab

by Fred Wilkinson

Running is a great way to enjoy Moab's trails. Winter presents challenges to other activities, which makes trail running an attractive option. In cold weather, even a slow jog allows you to keep warmer and travel further than hiking. Moab has several fun running events coming up in the next few months, so it might be a good time to highlight a few winter trail running options.

The three trails described below make good choices for winter runs. The trailheads are easily accessible in a car or on foot right out of Moab. These trails see a fair bit of winter traffic so in addition to pleasant off-season encounters with friends and neighbors, this means a well packed and easily followed trail. Outside of a few spots, these trails are mainly rocky or sandy so even if snow is spotty or melting, trail conditions should be good.

The Pipedream is Moab's newest trail, and has generated a lot of excitement. One of its advantages is super easy access from several of Moab's neighborhoods. As of this writing, the whole trail is not complete, so I will highlight the open section beginning from the Hidden Valley trailhead. Drive several miles south of town on Highway 191, turn right onto Angel Rock Road, then right on Rimrock

Road (following the signs) to the trailhead parking area. The trail is signed and located just to the right of the kiosk. The trail follows rolling terrain along the base of the Moab Rim. It is surprising how removed from the highway and town you feel. If the snow is gone, be sure to admire some of the amazing rockwork used for trail construction. You can continue all the way to Moab, but turning around in half an hour will provide most runners with a pleasant out and back run. It's definitely best to enjoy this trail in the morning during winter months. The trail is firmer and

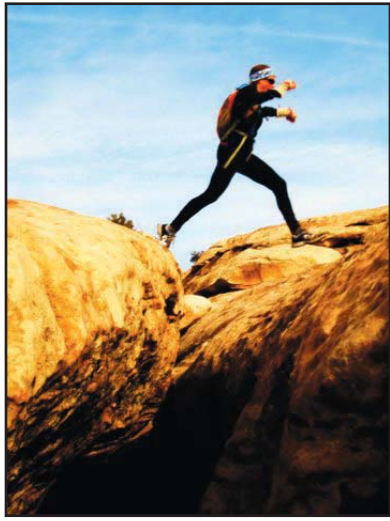


Photo by Chris Martinez

the sun disappears behind the rim about noon.

The Bar M Loop is a great winter option north of town. This is a flat loop and therefore easier and steadier running than most other snow covered options. In winter the feeling of solitude on the east side of the loop is incredible. The trailhead is located 9 miles north of Moab along hwy 191. It's an 8 mile loop, but there are options to shorten the distance. 'You Are Here' style maps with the cut-off options are posted along this route. Either direction is OK. Going clockwise features views into Arches National Park and Courthouse Wash in 'front' of you more often.

The Amasa Back trail is usually a sunny place which is especially appreciated in the winter. The trailhead is a mile past the end of the pavement on Kane Creek Road. Two parking lots are located along the dirt road before the trailhead. This is an out and back route, so distance is variable. The trail descends some rocky terrain down to the creek, then begins climbing up the mesa. This is a double track, multi use trail, shared with OHV's. Vehicle traffic is definitely at a minimum in the winter. The trail tops out on the mesa in about two miles. This is a good destination and turnaround point for most winter runs. Continuing onward there are intersections with the Jackson, Rockstacker and Pothole Arch trails before the viewpoint at the end of the Amasa Back trail. Jackson trail is best avoided during winter months with or without snow. If Rockstacker or Pothole Arch trails are dry, they are great options for the experienced runner. Adding them to Amasa Back will mean an extra 3-6 miles.

Moab hosts a number of great running events throughout the year. The Red Hot 50K and Canyonlands Half Marathon are usually filled to capacity by now, but it's a

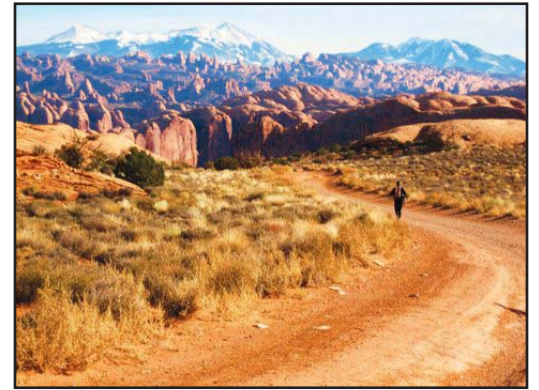


Photo by Chris Martinez

great time to start training for other events. The Amasa 6.5mi and 9.5mi run is coming up in April. The Other Half in October and Winter Sun 10K in December may seem a long way off, but they fill fast and early. Check out [www.grassrootsevents.net](http://www.grassrootsevents.net) and [www.moabhalfmarathon.org](http://www.moabhalfmarathon.org) for more information on these events.

Author Fred Wilkinson is an avid trail runner and mountain biker. Fred has helped to build and maintain many of the trails around Moab and is an active member of the Trail Mix Committee. Fred also makes great Pizzas! He is co owner of Paradox Pizza.



Photo by Chris Martinez

**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/](http://www.grandcountyutah.net/trailmix/). You may also reach us at [moabtrailmixinfo@gmail.com](mailto:moabtrailmixinfo@gmail.com).





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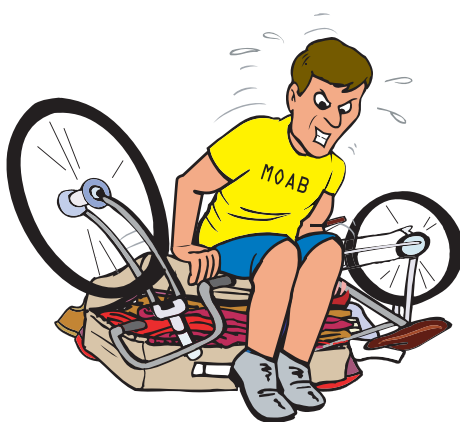
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## MOAB SKINNY TIRE FESTIVAL

March 12-15, 2011



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[facebook.com/MoabSkinnyTireEvents](https://www.facebook.com/MoabSkinnyTireEvents)

**SkinnyTireEvents.com**

# NATURE HAPPENINGS

## Canyon Country Owls

by Damian Fagan

They have been described as wise, omens of death, voices of the underworld. But in reality, they are just birds, feathered wildlife, members of the above-ground avian community. Well, most of them anyways.

I am referring to the group of birds of prey known as owls. Active at night (at least most of them), hunters by sound and sight, hooters in the dark, these nocturnal creatures are more “heard than seen.” They are the nighttime equivalent of hawks and eagles, and are predators equipped with excellent night vision and acute hearing.

### One If By Day

Most owls have nocturnal activity clocks. Roosting during the day, these birds become active during the nighttime. Some, like the burrowing and short-eared owls, may be active during the day or the “crepuscular period” around dawn or dusk. Of the two, the burrowing owl is far more common; a sighting of a short-eared owl in southeastern Utah is a rare occurrence.

Birds of open country, burrowing owls live in existing or abandoned prairie dog towns. The owls use abandoned burrows for their nest sites, although the birds may dig a hole themselves, if needed. In their habitat, the burrowing owls take a variety of prey from grasshoppers, beetles, small lizards, rodents, and snakes to small birds. These owls hunt by either running down prey or using short flights punctuated by a pounce.

### Two If By Night

The majority of Canyon Country owls are active at night. Although hikers may flush an owl from its daytime roost, most owls are “observed” at night by sound, not sight.

The call of the great horned owl, an ascending and descending who’s awake? me too, is one of the classic sounds of the desert. The deep, base-like notes carry well in the canyons. Gender of the great horned may be established

owls, just to start the list. Pliny the Elder called these birds “eagle owls” for their large size and ability to take pretty much any prey they want.

After a meal, regurgitated pellets comprised of indigestible material offers a unique insight into an owl’s diet. When dissected, these pellets contain the bones, fur, feathers or exoskeletons of the prey. Sometimes determining the prey’s identity is worthy of its own C.S.I. mini-series.

Another ear tufted owl is the long-eared owl. Smaller than the great horned, this medium-sized owl has an orangish facial disk and heavily streaked undersides. In winter, the birds may roost communally, a unique attribute in the owl kingdom.

### Hooters

Not all Canyon Country owls produce hoots like the great horned or long-eared owls. Barn owls hiss and sound like escaping steam. Flammulated, northern saw-whets and northern pygmy owls produce hollow whistles; the cadence of the notes helps to identify the species. The spotted owl has a barking quality to its call, and the western screech owl doesn’t screech, but rather makes a call of accelerating whistles punctuated by a descending trill.

So even though a daytime glimpse of a perched or flushed owl is a thrilling sight, the best way to understand these owls is to listen for their nocturnal calls. This may entail some stumbling around in the dark (carry a flashlight!), but, I think, gives a greater appreciation for the owls ability to successfully hunt under the cover of darkness.



Long Eared Owl



Great Horned Owl



Owl Petroglyph



Burrowing Owl



Pygmy Owl

when two owls are hooting back and forth - males have the lower pitch.

Named for their large ear tufts, great horneds are the “flying tigers” of the Southwest. Everything that comes within their radar screen may become prey – mice, rabbits, squirrels, bats, snakes, skunks, frogs, birds, even other



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

# SKY HAPPENINGS

## The Sky for February 2011

By Faylene Roth

### FEBRUARY SUNRISE AND SUNSET TIMES

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

DATE	SUNRISE	SUNSET
1	7:24am	5:40pm
2	7:23am	5:41pm
3	7:22am	5:42pm
4	7:21am	5:44pm
5	7:20am	5:45pm
6	7:19am	5:46pm
7	7:18am	5:47pm
8	7:17am	5:48pm
9	7:16am	5:49pm
10	7:15am	5:50pm
11	7:14am	5:52pm
12	7:13am	5:53pm
13	7:12am	5:54pm
14	7:10am	5:55pm
15	7:09am	5:56pm
16	7:08am	5:57pm
17	7:07am	5:58pm
18	7:05am	5:59pm
19	7:04am	6:00pm
20	7:03am	6:01pm
21	7:02am	6:03pm
22	7:00am	6:04pm
23	6:59am	6:05pm
24	6:58am	6:06pm
25	6:56am	6:07pm
26	6:55am	6:08pm
27	6:53am	6:09pm
28	6:52am	6:10pm

The Milky Way runs parallel to the north-south meridian between 10pm and 11pm throughout February. The view north looks towards the galaxy's center. The view south looks towards the outer edge of our galaxy.

### MAJOR CONSTELLATIONS OF FEBRUARY

#### Overhead

- Auriga
- Canis Minor
- Gemini
- Taurus

#### Northward

- Cassiopeia
- Cepheus
- Ursa Major
- Ursa Minor

#### Eastward

- Cancer
- Leo

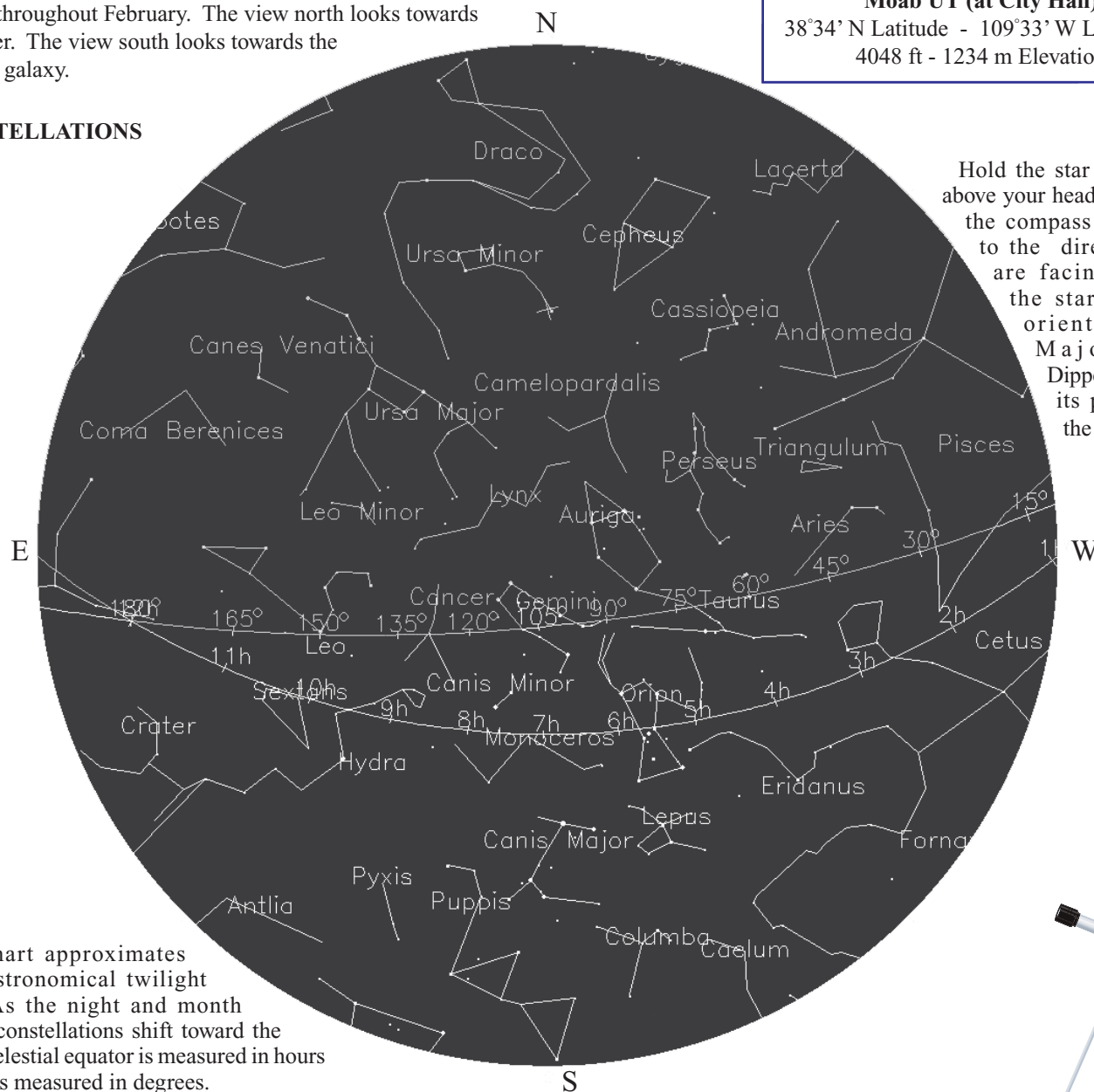
#### Southward

- Canis Major
- Cetus
- Orion

#### Westward

- Andromeda
- Aries
- Pegasus
- Perseus

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.



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

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



### DAYLENGTH

The period of daylight lengthens by 62 minutes in February. Civil twilight continues to provide adequate light for outdoor activities an additional 30 minutes. Color and detail fade from the landscape during the next half hour of nautical twilight while planets and stars begin to appear. The final phase of astronomical twilight is recognized by dark skies overhead and a darkening of the skies above the western horizon. The reverse progression occurs in the eastern sky with sunrise. Actual time of sunrise and sunset depends upon the landscape.

### MOON HAPPENINGS

February 2 – New Moon occurs at 7:31pm  
February 11 – First Quarter Moon sets after midnight  
February 18 – Full Moon occurs at 1:36am  
February 24 – Last Quarter Moon rises after midnight  
(The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

### CHINESE NEW YEARS

The second new moon following the winter solstice determines the date for Chinese New Years. While the new moon occurs on February 2 in Mountain Time Zone, the time zone in China is fifteen hours ahead which pushes the date for this year's Chinese New Year to February 3.

### METEOR ACTIVITY

Fireballs frequently occur along the ecliptic during February. These mega-meteors can be as bright as Jupiter and Venus. Best viewing is after 3:00am.

### ASTERISMS

The Hyades and the Pleiades feature prominently in the winter sky. Locate the Hyades by identifying the five stars that form the V of the bull's head in Taurus. Look 10 degrees (width of your fist at arm's length) northwest of the Hyades to locate the 6 visible stars of the Pleiades. Although they are easily recognized star patterns, they are not constellations. They are known as asterisms. Asterisms may be a sub-part of a constellation or derived from neighboring constellations. Common asterisms include the Great Square of Pegasus, the Big W of Cassiopeia, the Northern Cross in Cygnus, and the Summer Triangle of Aquila, Cygnus, and Lyra. Most asterisms are composed of stars that appear in the same region of the sky but are not near one another in distance. The Pleiades and the Hyades are unusual because they are star clusters, groups of stars that move together and have a common origin in time and space. The Hyades, 151 light years from Earth, contain several hundred stars. At 625 million years old, these stars are only one-eighth the age of our five billion year old sun. (Aldebaran, the brightest star in Taurus, is not part of the Hyades star cluster.) The Pleiades is 440 light years away with more than 1,000 stars that formed only 100 million years ago.

### BUILD A TELESCOPE

Don't miss this opportunity to build your own Galileo telescope and learn how to use it. The Moab Arts and Recreation Center is offering a class this month called **Galileo & His Telescope: 402 Years of Astronomy**. Participants will build a working replica of the telescope used by Galileo to discover the moons of Jupiter, then take it home with them. Registration is required by February 3. Cost is \$75.00 (scholarships available) which includes the telescope and instruction on telescope design, telescope use, and astronomic ideas from ancient times to modern times. The class is taught by Moab resident Alex Ludwig, founder of Red Rock Astronomers, a local astronomy club. The class meets three times: Thursday, February 10; Tuesday, February 15; and Thursday, February 17. Call the MARC at 259-6272 by February 3 to register or put your name on the waiting list for a second class. All ages are welcome.

### VISIBLE PLANETS

**Jupiter** - The bright yellow orb of Jupiter dominates the evening sky. Look for it above the western horizon during the fading light of nautical twilight. Jupiter hovers just below, then moves above, the celestial equator during February. Find it below the long faint arm of Pisces. At the beginning of February it sets by 9:30pm. Each evening it appears lower in the sky and sets before 8:30pm by month's end. On February 7 Jupiter is less than 7 degrees southwest of the waxing crescent moon. (Magnitude -2.2)

**Saturn** - Look for Saturn on the eastern horizon in Virgo about one hour after Jupiter sets. By the end of the month it rises soon after 9:00pm. Saturn remains in the sky throughout the night and is low on the western horizon in morning twilight. On February 21 Saturn appears eight degrees north of a waning full moon. The two form an equilateral triangle with Spica (Virgo) which is to the right of Saturn. (Magnitude +0.5)

**Venus** - On February 28 Venus and a waning crescent moon rise within a few degrees of one another. They appear less than 1.5 degrees apart the following morning. Venus dims slightly over the next few months as it retreats from earth in its orbit around the far side of the sun. The interior planets, Venus and Mercury, pass through phases like the moon. Venus is currently 60 percent illuminated. (Magnitude -4.2)

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

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

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

**You can pick up Moab Happenings in Salt Lake City!**  
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Salt Lake City Visitor Center  
AAA  
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**Sign up for Fall Classes Now.**



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# SHOPPING GUIDE



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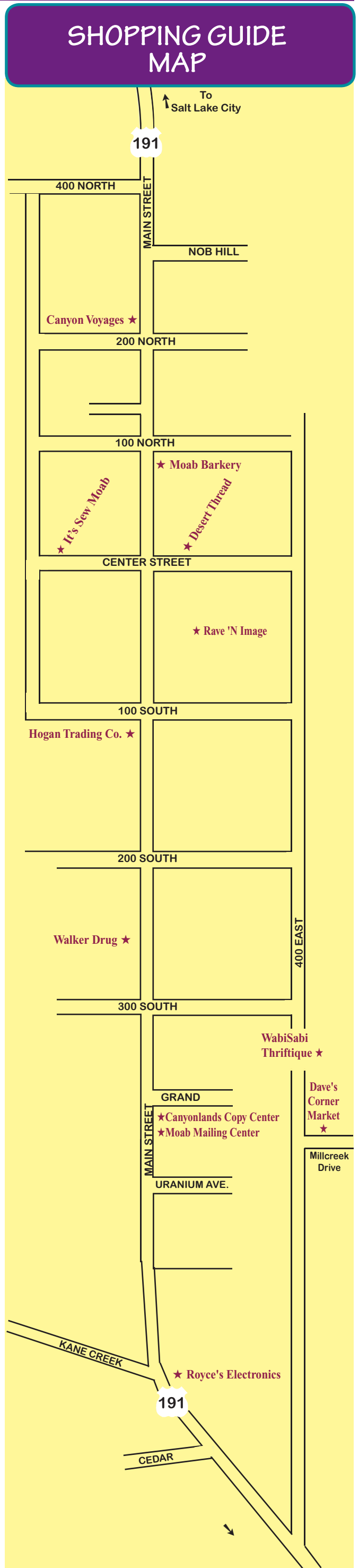
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*We shape the places where we live in crucial ways every day. Each time we purchase goods or services from a particular shop or office, we are making choices about our community. For every dollar*

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

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# MOAB AREA LODGING GUIDE



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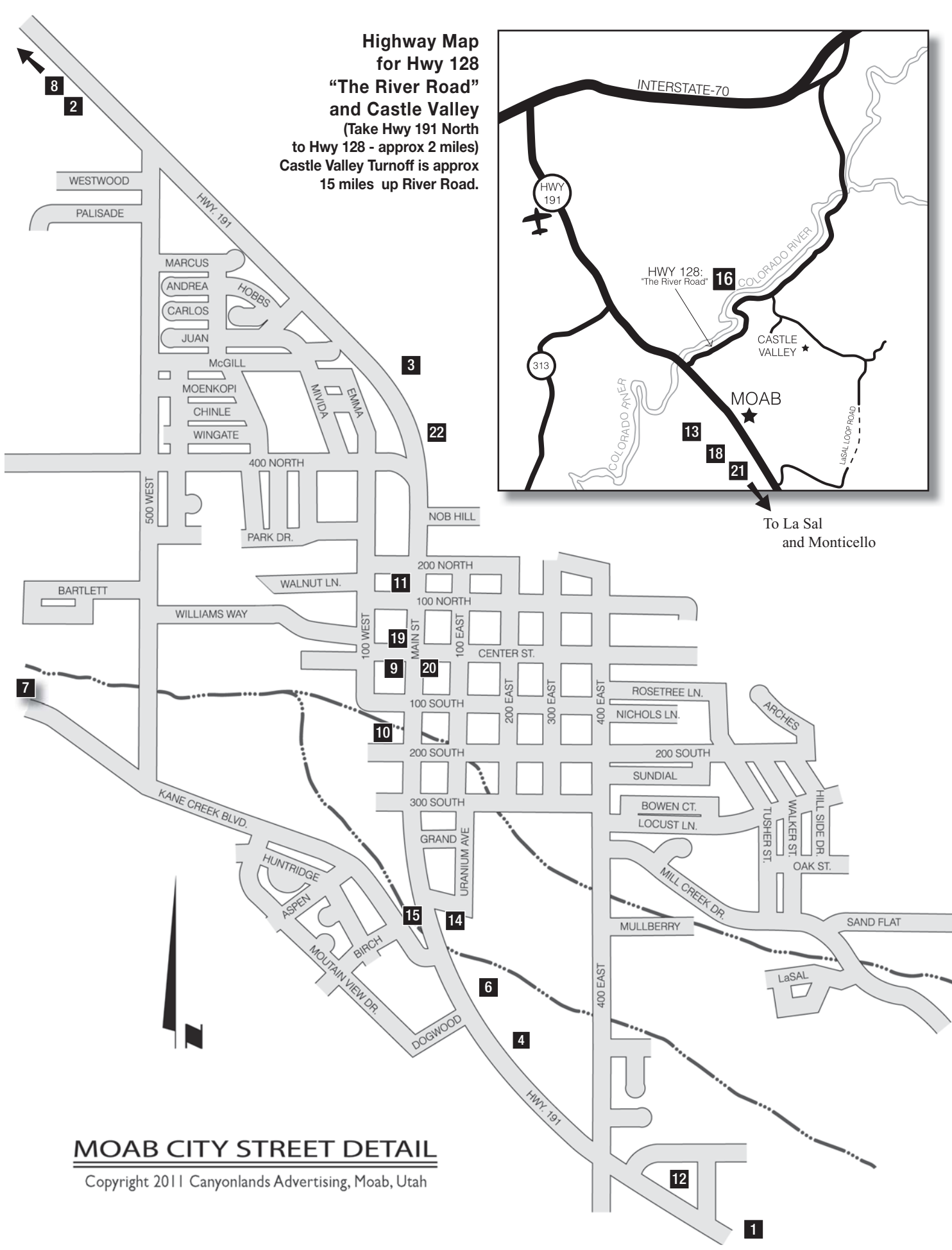
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**11**



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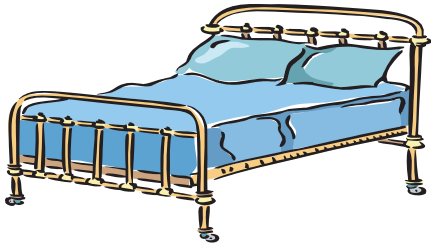
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**12**



# MOAB AREA LODGING GUIDE



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# HISTORIC HAPPENINGS

## The Show Must Go On!

by Vicki Barker

The first quarter of the year is rarely the best for hoofing it in southern Utah, with the onset of snowmelt in February creating deep and sometimes slippery mud that makes the going slow. In April, creeks and rivers begin swelling with the runoff and late in the month threaten to flood their banks when seasonal rains add their deluge.

It was that type of weather that dogged a group of pioneers sent from northern Utah in February 1876 to colonize the Sunset Crossing area across the southern border into Arizona. Much to most of their delight -- according to one member's personal journal -- the attempt at settlement failed because of poor harvest potential and a river that went dry. By April, most of the families eagerly returned to homes in upstate Utah, at one point stalling three days before crossing the raging Colorado River.

Unbeknownst to Moab and other towns in southern Utah, the colonists' failure was a fortunate twist of fate for theater-goers, since the journal writer, Aaron Johnson Jr. of Springville, later formed a traveling drama troupe that traveled the state and into Canada, entertaining culture-starved audiences over a period of 40 years.

In 1882, Aaron Johnson and his brothers had built a theater at Springville that attracted first-class acting companies and justified \$1,000 worth of stage sets painted by Henry C. Tryan of Chicago, Aaron's daughter Claudia (Johnson) Whitney wrote in a historical account of the family. She wrote that J.M. Westwood (a family with descendants now living in Moab) was one of the "more noted" of the stable of actors, along with Aaron and Mose Johnson, C.W. Houtz, Lydia N. Johnson, Luella Matson, Eliza Johnson, and Lulu and Lily Boyer.

"The local troupe, members of S.S. Hamil's elocution class, became almost as good as professionals, being great favorites at home and through the southern part of the state," she wrote. "After completing the course in elocution, which was taught by Mr. Hamil, my father began his career as an elocutionist and actor."

What started cozily in 1890 in Utah Valley as the "Johnson Brothers Dramatic Company" evolved into the Home Dramatic Company and regularly took to the road in three-seated spring wagons pulled by two white horses and laden with sets, equipment, costume trunks, and performers. Posters and flyers all over town preceded the troupe's arrival, and in larger towns such as Price, the company would pack the house for two nights of plays.

In Moab's Star Hall, a structure now listed on the National Register of Historic Places, the actors from Springville and Mapleton performed "East Lynne" in the impressive new "amusement hall" built in 1906. Other plays the company offered included "Uncle Tom's Cabin," "Above the Clouds," "Out of His Sphere," and "Two Orphans."



Troupe organizer and actor Aaron Johnson Jr. in stage costume. photo reprinted from "Life Sketch of Aaron Johnson" Books I and II, courtesy of A. J. Johnson Publication Committee



Aaron Johnson, Jr. photo reprinted from "Life Sketch of Aaron Johnson" Books I and II, courtesy of A. J. Johnson Publication Committee

"The people liked this kind of entertainment and most of the townspeople would attend, which was made profitable for the time spent to accomplish (the production)," Claudia Whitney wrote. She had some acting training and went along for one troupe tour in 1891. "My father was advance agent and he would leave ahead of us with a one-horse buggy, arriving at the next town where he would put up posters and distribute bills and programs at the

stores and other shops so the play would be well advertised."

In the mid-'20s, Johnson moved his family to Altonah in the Uintah Basin area and over a six-year period became well-acquainted and popular with members of the Ute and Ouray Indian reservations, including Ute Chief George Goose and Chief Moroni, who turned down his request to be made a "chief" as well. In consolation, Chief Goose later selected the dramatist to lead the annual Ute Pageant and to stage the traditional Bear Dance and Sun Dance to standing-room-only houses to benefit the tribes.

The procession both days were colorfully depicted in Johnson's memoirs and labeled "the most impressive parades I ever beheld -- 80 miles from a railroad!"

"There were 100 Utes, and 50 squaws in the gaudy parade; all mounted, mostly on pinto ponies. Then came the (LDS) bishopric, and most of the folks of the town, marching with heads erect, while the Indians beat their drums and the Altonah Brass Band never did so well. My duty," Johnson clarified, "was to ride at the head of this mighty procession, seated in our single buggy (with) my riding companion, the aged Chief Eagle Tail. E. Tail was said to be more than 100 years old -- not 'young.'"

Johnson continued: "The band opened with 'Charge of the Light Brigade.' We charged, and in five minutes, the mounted squaws and Indians were riding 'round and around the School House Square, and up and down the streets. Their jingling bells, and trinkets, mingled with war whoops, and the beating of the Indian drums, gave my horse the

martial spirit, and endeavored to keep the lead, which she did."

"The next day," he wrote, "the Utes were there, only more of them. The squaw, Elisabeth Jane Douglas, seemed to be a queen of the parade, and appeared in full costume. A beautiful painted six-foot wand was in her hand. Her head covered with a costly feathered headdress; silver beads, costly brooches, beaded leggings, moccasins and fringes! Many squaws surrounded this queen, clad in rich harmonious colors, their long straight black hair hanging in neat braids, or about their shoulders, loose."

Johnson rode a horse as parade marshal the second day and tried to maintain a moderate clip. "Then came the sight!" he wrote. "They rode thru (sic) town on a swift gallop, circled the School House singing, yelling, and laughing. More than 200 merry Ute Indians! I carried Old Glory on my horse and kept it waving, while the Indians and squaws sang and chanted as they rode."

He described a double column of some 40 "first Americans" marching behind a Red Cross float carrying a man costumed as Uncle Sam. Next came 30 "Ute cowboys" and then 30 white cowboys; civilians on horses; a teacher and students -- "200 children in line, with banners and flags flying" -- followed by a long line of vehicles filled with Ute families and more Utes on foot bringing up the rear of the parade.

Within hours, the celebration was interrupted with an announcement onstage. It was a telegram from Europe, announcing the advance of America's Army into France, signaling a pivotal point in World War II. This was no act, but it certainly was drama. The assembly wildly cheered



Late photo of Johnson family actress Claudia (Johnson) Whitney. Photo courtesy of Whitney Family collection.



The Home Dramatic Company performed at historic Star Hall. Photo courtesy of the Museum of Moab

and the packed building burst with patriotic fervor, Johnson wrote.

"Chief Goose whispered to me: 'Tell Uncle Sam we like his government, and want to be loyal to Uncle Sam, and we are sure Uncle Sam wants to be loyal to us.'"

*Editor's Note: The author is a descendant of Aaron Johnson Jr., on her mother's side; and a member of the Grand County Historical Preservation Commission.*

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Poster announcing fall performance in Moab by the Home Dramatic Co. photo reprinted from The Canyon Legacy, courtesy of the Museum of Moab



Aaron and Louisa M. Johnson's son Bryan in role of Biblical Ishmael, child of Hagar (Louisa). photo reprinted from "Life Sketch of Aaron Johnson" Books I and II, courtesy of A.J. Johnson Publication Committee

# PET HAPPENINGS

## PLAY

by Sue Sternberg

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

The last two articles published in the Pet Happenings have been about risky behavior when dogs interact. These observations come from author and dog behaviorist Sue Sternberg, who has spent the last few years filming and observing dog interactions. There are also some other



Healthy Chase



Risky Chase

types of behavior that stand on their own and need further explanation. Targeting and unhealthy chase play are both something we do not always catch as owners, but is the hardest to manage when conflict arises. Understanding what to look for can help you manage your dog, but more importantly help you identify potential problems.

### Targeting Behavior

Targeting behavior is a particular high-risk behavior that I see so frequently I feel it merits its own section. The following are behavioral components that define Targeting:

One dog keys in on one other dog, making continuous and obsessive engagement

Engagement of Targeting dog is almost always, aligned (head, eyes and spine) with tail up high and ears forward

Targeted dog cannot and will not be able to cut-off, stop or interrupt the Targeting dog

I have friends and colleagues who report that they recognize targeting behaviors from their agility classes—usually they notice because it is their own dog being targeted. If you have a dog that is targeting another—remove your dog from the situation. I don't believe it is fair to try to manage the situation, as most management systems are not 100% and in a class or group dog play situation, the risk far outweighs the benefits of staying in that particular grouping. If you have a dog that is being targeted at a dog park, leave immediately and only enter the dog park when the dog targeting your own has left.

### Chasing Play

Chasing play is defined as interactions between two or more dogs where one dog is running in front of another, and the other(s) are trailing behind, following the lead dog. This type of play is quite energetic and aerobic, and quite common. It is safest in a secure area in which there are only two dogs engaged. Chasing can be especially risky in a group dog situation, like a dog park. Too often, one dog starts out inviting another to chase him, and as they increase speed, they begin collecting other dogs in the chase, and this can quickly turn into a mob mentality, and dogs in a mob will behave in ways each dog would not necessarily behave as individuals. Some play areas are simply not large enough for dogs to generate enough speed to make it dangerous, but large areas invite speed. Speed creates inevitable distance between owner and dog, and a heightened state of arousal. This can create a high risk situation.

Very often I see a group of dogs of mixed sizes and a smaller dog incites chase and quickly finds himself in a terrifying situation where a pack of larger dogs are bearing down on him. A small dog who invites chase games should only be allowed to engage with other dogs his size, or only with one familiar dog in a secure area with no unfamiliar dogs.

#### Least Risky Behaviors During Chasing Play:

- Ears back on the 'chaser'
- No physical contact when the dogs catch up to each other
- Interruptions
- Tail level or high on dog being chased
- Accepted or Swapped Roles

#### Most Risky Behaviors During Chasing Play:

- Ears forward, base of tail high on the "chaser"
- Mouth open on the 'chaser'
- Tail tucked on the dog being chased
- Hard physical contact when dogs catch up to each other
- More than one dog chasing another

#### Conclusion to Play

There is a current trend in the dog world to encourage dogs to engage with other dogs. More and more towns are erecting public dog parks, more and more puppy classes are encouraging free play amongst the puppies. More and more owners are encouraging their dogs to go up to and greet other dogs.

At the same time there are less and less natural areas that allow off-leash dog activity. For many urban owners, a public dog park is the only available off-leash exercise area for their dog. I think it's harder to be a pet dog these days; less time in an owner's schedule, less access to the natural world, more crowded conditions, more encounters on the streets, trails and parks with other dogs. And if you're a great dog otherwise, but not comfortable meeting and greeting unfamiliar dogs, you're options for exercise are quite limited.

I believe a dog can be a good canine citizen, and a great dog, but simply not suitable for off-leash dog activities. A dog play group such as day care or a dog park can offer

aerobic exercise and energy outlets, but dog sports offer benefits PLUS relationship building, bonding, skills acquisition, better communication between owner and dog.

Dogs need to play. They just don't need to play with other dogs. As humans, we should play, and I think need to play with our dogs to keep the relationship strong and healthy. When playtime is relegated to dog-dog play, humans take a secondary role. A true leader is not one for whom physical domination or intimidation is the method. A true leader is simply the one who communicates most clearly, and who is the most fun one to be with. These skills are best gained by playing with our dogs. Human with dog.

If you are interested in more information from Sue Sternberg please check out [www.suesternberg.com](http://www.suesternberg.com) and [www.greatdogproductions.com](http://www.greatdogproductions.com). We also carry her books in store at the Moab BARKery.

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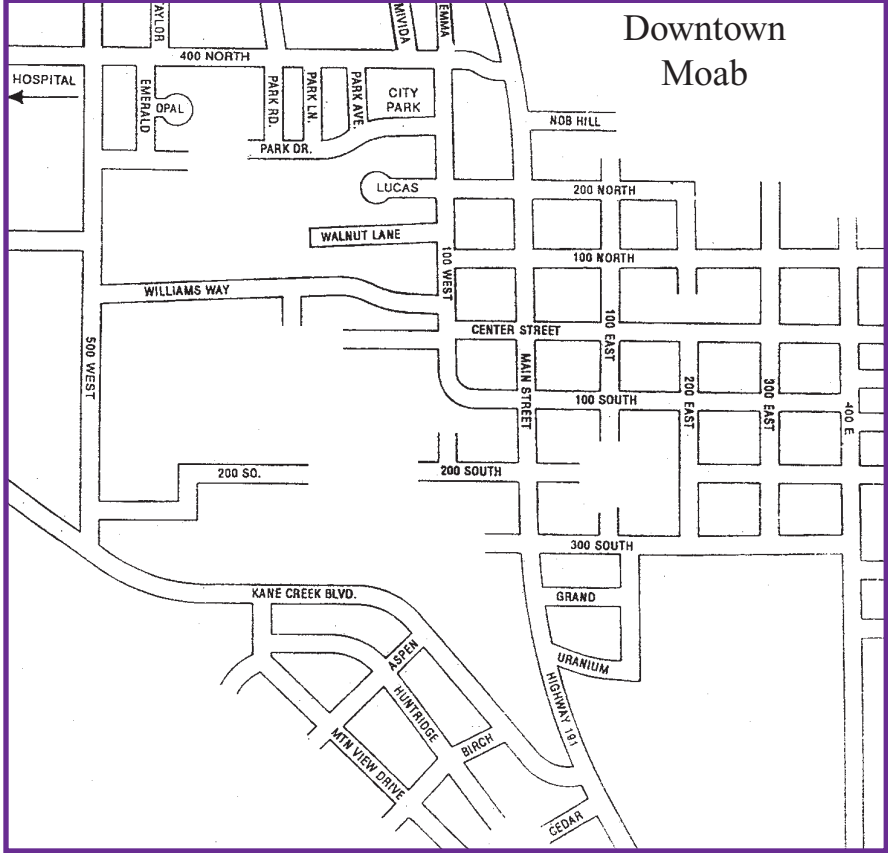
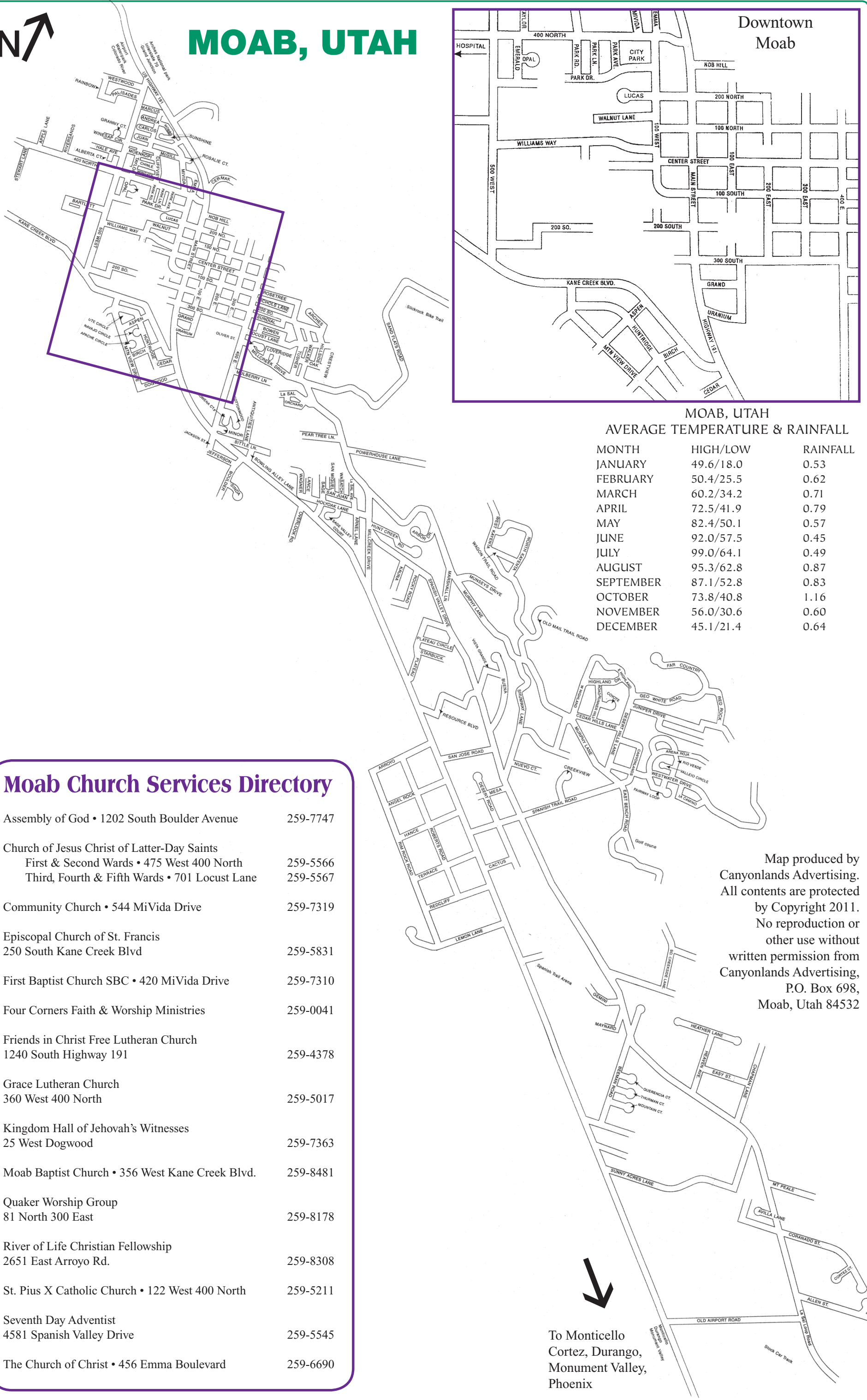
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APRIL	72.5/41.9	0.79
MAY	82.4/50.1	0.57
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