

MOAB ADVENTURE CENTER

225 S. MAIN St. | MOAB, UT | 84352
 CALL TODAY FOR INFO. & RESERVATIONS
www.moabadventurecenter.com

RAFTING TRIPS
 HUMMER SAFARIS
 OFF-ROAD DRIVING
 HORSEBACK RIDING
 ROCK CLIMBING
 SCENIC FLIGHTS
 GUIDED HIKES
 MOUNTAIN BIKING
 NATIONAL PARK TOURS
 OUTDOOR GEAR



PRESENT THIS AD AT THE TIME OF RESERVATION AND RECEIVE A

FREE PHOTO ALBUM

Call today at: 435-259-7019.

OFFER VALID FOR 1 FREE COLLECTORS UTAH PHOTO ALBUM MADE FROM REAL LICENSE PLATE MATERIALS. (HOLDS 60 4X6" PRINTS). OFFER MAY NOT BE COMBINED WITH OTHER OFFERS. LIMIT ONE PER PARTY. AD MUST BE PRESENTED AT THE TIME OF BOOKING.

MOAB HAPPENINGS

MARCH 2011

Volume 22 Number 12

FREE COPY

Table Of Contents	
Astrology	12A
Events Calendar	4-5A
Health: Body, Mind, Spirit	13B
Hiking Happenings	13A
Lodging Guide	8-9B
Mileage Chart	12B
Moab City Map	14A
Mountain Biking	2B
Nature Happenings	6B
Pet Happenings	11B
Restaurant Guide	7-11A
Shopping Guide	10-11B
Sky Happenings	4B
Sustainable Happenings	15A
Trail Mix	3B

Skinny Tire Festival
 March 12-15

Canyonlands Half Marathon
 March 19

PSRST STD
 U.S. POSTAGE PAID
 PERMIT #39
 MOAB, UTAH

MOAB HAPPENINGS
 P.O. BOX 698
 MOAB, UTAH 84532

www.moabhappenings.com

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.

2011 Copyright. No part of this publication may be reproduced without the written authorization of the publisher.

Advertising rates available upon request.

Publisher Theresa King
 Editor Steve Budelier
 Production, Graphic Design Steve Budelier,
 Cliff Crutchfield, Megan Schafer & Theresa King
 Special Projects Rex Holman
 Circulation Jeff Barron, Adrianna Murphy
 Sales Aaron Davies, Theresa King, Gayle Weyher
 Accounting Lisa DeRees
 Contributing Writers Damian Fagan, Rob Wells,
 Marcy Hafner, Faylene Roth & Vicki Barker
 Photography Cliff Crutchfield, Steve Budelier
 Webmaster Steve Budelier
 Cover "Last Light" by Page Holland

Canyonlands Advertising
 P.O. Box 698 • Moab, Utah 84532
 (435) 259 - 8431 • FAX (435) 259-2418
 e-mail: info@moabhappenings.com
 www.moabhappenings.com

SPOT SATELLITE MESSENGER



Alert 9-1-1 -Dispatch emergency responders to your location.

Check in -Let contacts know where you are and that you are okay.

Help -Request help from friends and family at your exact location.

Track -Send and save your location and allow contacts to track your progress using Google Maps®.

\$149



LIVE TO TELL ABOUT IT™

GARMIN GPS UNITS



GPS Units with Highway & Offroad Maps



POINT and SHOOT / SLR CAMERAS

FREE camera bag with purchase of camera



Full Line of Accessories

CAMCORDERS



\$129 and up

ACTION and HELMET CAM

\$179 and up



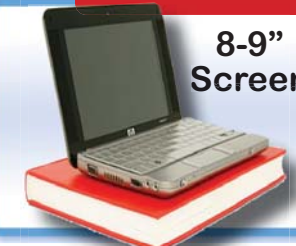
iPOD
 iPod Touch & accessories



BINOCULARS
 Nikon & Steiner® Binoculars



MINI NOTEBOOKS



8-9" Screen

From \$269

Arches Electronics • 57 North Main, Moab • (435) 259-0333
 Sony • Panasonic • Canon • Nikon • Olympus • Toshiba • JVC



HIGH QUALITY COLOR COPIES!

LOW, EVERYDAY PRICES! FAX Services • Internet Access

375 S. Main (corner of Grand & Main) Moab, Utah 84532

435-259-8431 • Fax 435-259-2418

OPEN MONDAY - FRIDAY 8AM TO 6PM • SATURDAY 9AM TO 5PM

The Banff Centre presents 2010 / 2011

BANFF MOUNTAIN FILM FESTIVAL WORLD TOUR

Presented locally by: **PETZL**

Monday, March 14 at 7pm
 Grand County High School Auditorium
 (608 S. 400 E.)

\$8 in advance / \$10 at the door
 Ticket Outlets: Back of Beyond Bookstore, Canyon Voyages Adventure Co., Pagan Mountaineering, Poison Spider Bicycles

The World's Best Mountain Films
 www.banffmountainfestival.ca

The Banff Centre
 inspiring creativity

Presenting Partners: NATIONAL GEOGRAPHIC, THE NORTH FACE

Major Partners: deuter, OR, PRIMALOFT, TOMS, PRO BAR

Supporting Partners: MSR, FERNIE, PETZL, WORLD EXPEDITIONS, MOUNTAIN

Located at Canyonlands Airport

NEW UNITS
 from fuel efficient
COMPACT CARS
 to
4-WHEEL SUV'S
 &
PICK-UP TRUCKS.

Pick up and drop off customers in town with no additional fee.

435-259-8505

Ask about locals discount

www.enterprise.com

Local Sponsors:



A Benefit For:



Protect America's Climbing

HEALTH CARE HAPPENINGS

Celebrating a New Horizon in Moab's Healthcare

On March 26th, 2011, Moab Regional Hospital will host the Seventh Annual Community Health Fair at the Grand Center in Moab. The health fair offers members of the community an opportunity to meet healthcare professionals in a relaxed, fun atmosphere and take away information regarding services available locally. Individual departments from the hospital provide the backbone of the fair through booths and other displays.

The opportunity to have a low-cost blood test is available with blood draws made at the hospital for the two weeks preceding the event, from March 8th through March 24th. Those who take advantage of this offer can retrieve their results at the health fair event. Please be advised that test results will only be given to the individual who took the screen test. This year the pre-fair cash price is \$50.00. Men may add a PSA test for an additional \$15.00. The MRH laboratory provides a report of blood test results, which can then be taken to the person's physician for follow up. Hospital professionals are available at several booths to discuss diet changes, take blood pressure, and provide information



MOAB REGIONAL HOSPITAL

about prevention of injuries and illness. A favorite of adults and children alike is the MRH booth on infection control, offering information and activities about how to keep the germs at bay.

The diversity of the Moab health care community is apparent at the Health Fair. Naturopathic remedies, massage

therapy, and information on whole foods are provided by several of our local practitioners, as is information of qi gong classes, acupuncture, reflexology and a host of other health and wellness options. Many alternative medicine practitioners offer services in Moab and will be available to answer questions and help you understand naturopathic medicine and healing body therapies.

By attending the fair, one can obtain information about health services—both private and government programs—that are available in our community. Care of the elderly, Active Re-entry, home health care and respiratory services are all readily available in our area and representatives of these interests will be at the fair this year.

In order to add a measure of fun to the activities, many booths will have free items relating to their services, and vendors serving the hospital provide a wide variety of prizes for drawings that are held throughout the fair. Come early, stay long and have fun at this year's Community Health Fair.





RED CLIFFS LODGE
Moab's Adventure Headquarters




110 RIVER-FRONT CABINS & SUITES
PRIVATE PATIOS & KITCHENETTES




HORSEBACK RIDING, RAFTING, HIKING, BIKING, MUSEUM
EXERCISE ROOM, POOL & HOT TUB, TENNIS COURTS

• CATERING, CONVENTIONS, WEDDINGS & REUNIONS •



Wine tasting, tours & sales

Castle Creek WINERY

COWBOY GRILL
MOAB, UT
RESTAURANT & CATERING

PRESENT THIS COUPON AT CHECK IN FOR

\$50

RESORT CREDIT
WITH A TWO NIGHTS STAY







www.redcliffslodge.com • Mile 14 on Hwy. 128, Moab, Utah 84532 • 435-259-2002 • 866-812-2002

“Moab's Best Deal”

535 South Main
Moab, Utah 84532

435-259-3500
800-772-1972



- ★ 52 Rooms
- ★ Pet Rooms
- ★ Kitchenettes
- ★ Picnic & BBQ Patio
- ★ DSL Room Hookup
- ★ Close to Downtown
- ★ Cable TV & HBO
- ★ Hot Tub

Pet Friendly! Bike Friendly!

www.moabredstone.com

“Southwest Lodge at a Motel Price”

550 South Main
Moab, UT 84532
800-325-6171
435-259-6171




Close to Downtown!

- Heated pool
- Pet rooms
- Voice mail & DSL
- Log furniture/58 Rooms

- Coffee makers with coffee
- Refrigerators, microwaves
- Oversize TV with HBO
- On site Restaurant

www.moabbighorn.com

MOAB AREA EVENTS CALENDAR

Old Spanish Trail Arena

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

Sound System • Conference Room
Concession Area • Air Conditioned

Call 435-259-6226

Seekhaven's Annual Puttin' On The Ritz"

Saturday, March 5th, 2011

Red Cliffs Lodge

A Special Evening for a Special Cause!

Social Hour at 5:30 pm

Dinner at 7:00 pm

Silent Auction

\$40.00 per person

in advance

\$45 at the door.

Call 259-2229 for information



Fallen Arches Square Dance Club

Thursday Nights 7:30 - 9:30 p.m.

The Grand Center

182 N. 500 West, Moab, Utah

All Square Dancers &
Visitors Welcome

Please call to verify dance and
for lesson information:

Bob or Flora 435-259-2724

Tom or Sandy 435-719-4169



Ancient Astronomy
of Hidden Valley
Presented by Rory Taylor

FREE SLIDE SHOW

March 15, 2011

7pm at the MARC

Free downloads of the slide show
available if you bring a flash
drive, disc, or other device.

Volunteer for your
favorite special event

MARCH 2011

- 4 **Desert Trails, Paintings inspired by the Colorado Plateau** - Opening Reception for Page Holland at 6:30 pm. Artist featured at exhibit in March & April at Dead Horse Point State Park. See cover art and article on page 7B.
- 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.
- 5 **OPEN HOUSE - Dark Canyon Cabins** - Dark Canyon Lake 10 am - 4 pm. Use southeast trail head—3.5 mile ski from trail head to cabin. All ages and abilities welcome. RSVP and for more information: 435-220-0556 or 435-259-8389
- 10 **Moab Garden Club** will meet on Thursday at 7 pm at a members home. We will be looking at photos and discussing the growing habits of gourds. Gourds come in many shapes, colors and sizes. Many of them can be dried and hollowed out for bird feeders, bowls and ornamental purposes. If you have any gourds that have been dried, photos of gourds, or seeds of gourds, please bring them along to our discussion. We also encourage everyone to bring any seeds or plants they wish to share. 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 call Tricia at 259-6342
- 12-15 **Skinny Tire Festival** The four rides of the Skinny tire Festival highlight Moab's different road cycling opportunities. This event raises funds for cancer survivorship and research programs including the Moab Cancer Treatment and Resource Center. See article on page 11A ad on pg 5B.
- 12 **ART SHOW at Moonflower Market** from 6-9pm "Impressions of Perception" - A show of black and white and color photography by Charles Mercier and Nathan Wynn. Charles Mercier is a wanderer, a searcher and an artistic, creative spirit who also has a passion for the written word. He loves to travel extensively using Moab as a home base, splitting his time between here and France. Nathan Wynn is a computer consultant with a serious passion for photography. Nate discovered photography in the 80's and since then has focused mostly on nature and wildlife.
- 14 **Banff Mountain Film Festival World Tour** - The year's best films on Mountain sport and culture. Shown Monday at 7:00 pm, Grand County High School Auditorium. Tickets are \$10 in advance and \$12 at the door. Benefit for Access Fund. See article on page 6B and ad on page 2A.
- 15 **Ancient Astronomy of Hidden Valley** - Slide show by Rory Tyler who has been studying the ancient Indian astronomy, or "archeoastronomy", at Moab's Hidden Valley since 2007. This program presents his observations from March 2007 to December 2010. At the MARC (Moab Arts and Recreation Center) 7:00 pm. FREE downloads of the slide show will be available if you bring your flash drive.
- 17 **Donkey Basketball, Grand County Middle School Gym, 7:30 pm** - Fundraiser for Grand County Education Foundation. Witness the spills and thrills as players try to shoot baskets while riding a donkey! Family of 4 \$25. Tickets available in advance or at door.
- 17 **ST. PATRICK'S DAY**
- 17 **Himalaya Alert: Film Presentation at Star Hall 7:00 pm.** Benefit for The Friends of the LaSal Avalanche Center. Special Screening at 7 pm, Star Hall. Tickets \$10 at the door. See article on page 6B.
- 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 in Blanding at Edge of the Cedars State Park/Museum, 660 West 400 North. Phone 435-678-2238 for more info.
- 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. Note: Highway 128 will be closed from 8 am - 1 pm day of race. See article on page 1B

Visit the Grand Center!

182 N. 500 W. 435-259-6623

Lunch: Mon., Tues., Wed. & Fri.
Under 60 \$6.00/ over 60 \$2.50
suggested donation.

Exercise, Crafts, Health Day, Cards,
Wii, Classes, Crafts, Movie Day
www.grandcountyutah.net

Moab Golf Course Scenic 18 Holes



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

Call for tee times
435-259-6488

WEEKEND TOURS

Get to know where we love to go...

April 15th–Oct 16th

(CFI will be closed late July 2011)

Arches NP Sunset Tour

Friday & Saturday Evenings

4:00pm to 8:00pm

Tour time changes with the seasons.

Moab's Ancient Past

Friday, Saturday & Sunday Mornings

8:30am to 1:00pm

Both are van tours with short hikes led by CFI Naturalist Guides.

\$40-45/person. Minimum 2 people needed to run tour.



Call CFI to register:

435-259-7750

www.CFI Moab.org

CFI is an outdoor education nonprofit organization.

DONKEY BASKETBALL

March 17, 2011

7:30pm Middle School Gym



Witness spills
and thrills as
players try to
shoot baskets
while riding a
donkey!

Fundraiser for Grand
County Education
Foundation

MOAB ART WALK 2011

April 9

May 14

June 11

September 10

October 8

November 12

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

DEADLINE for APRIL Events Calendar: MARCH 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

MORE MOAB AREA EVENTS

MARCH continued

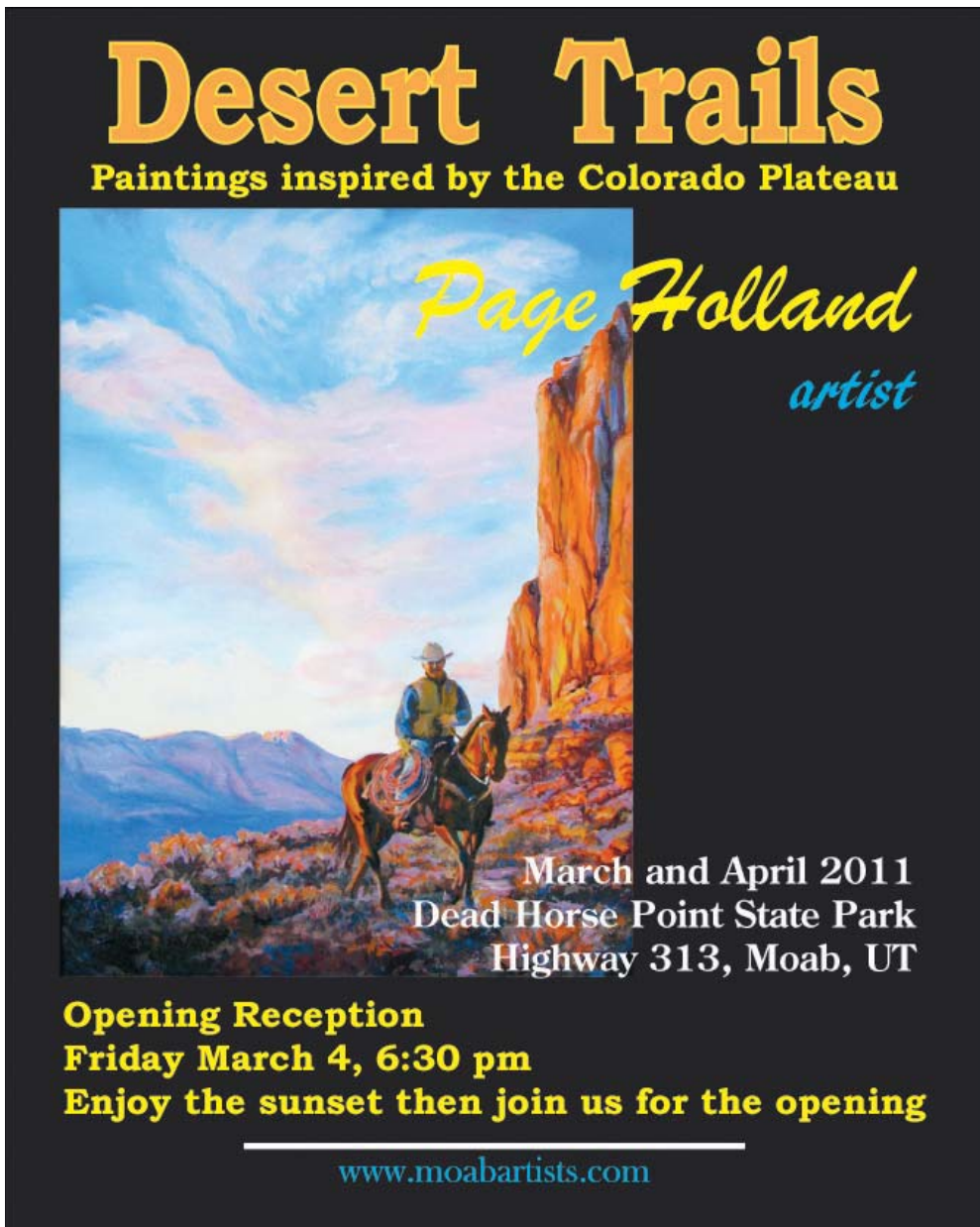
- 19 **Moab Contra Dance** presented by the Moab Community Dance Band
Caller-led contras, circles, and squares! Live Traditional Music!
7:30 pm for pre-dance instruction. Dance begins at 8:00 pm at the Moab Arts & Recreation Center (MARC) No partner or experience necessary. \$5 donation benefits local non-profits.
- 26 **7th Annual Community Health Fair, Grand Center**
see article on page 3A
- 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 435-678-2238 and register for this trip. - 9:30 AM until early afternoon.
- 26 **Adventure Xstream Adventure Race Moab, UT.** Mountain bike, trek, kayak, rappel over a 50 mile course! www.GravityPlay.com
- 27 **GLOBE AT NIGHT STAR COUNT** - Join Red Rock Astronomers at Old City Park at 8:30pm for stargazing, telescope viewing, and to participate in the International Globe At Night Star Count. See Sky Happenings on page 4B for additional information.

APRIL 2011

- 1 **April Fools Day**
- 2-3 **Dog Agility Trials at Old Spanish Arena** - see article on page 14B
- 7 **Edge of the Cedars: "Back Room Perishables"** with Dr. Laurie Webster, an expert on pre-Columbian textiles and perishable materials and one of our favorite presenters! She will discuss several of the perishable artifacts from the Edge of the Cedars collection. The program will include a power-point presentation, discussion, and opportunity to view some of the artifacts housed in the repository. For more info contact Edge of the Cedars State Park/Museum, 660 West 400 North, Blanding. Phone 435-678-2238 for more info.
- 9-10 **Dog Agility Trials at Old Spanish Arena**- see article on page 14B
- 14 **Edge of the Cedars: "The Cliff Dwellings Speak"** with Beth and Bill Sagstetter Writer/photographer team, Beth and Bill Sagstetter, will share the Southwest journeys that has resulted in their new publication, "The Cliff Dwellings Speak."
- 16 **Moab Contra Dance** presented by the Moab Community Dance. Band Caller-led contras, circles, and squares! Live Traditional Music! 7:30 pm for pre-dance instruction. Dance begins at 8:00 pm at the Moab Arts & Recreation Center (MARC) No partner or experience necessary. \$5 donation benefits local non-profits.
- 16-24 - **Easter Jeep Safari**
- 28-May 1 - **April Action Car Show**

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



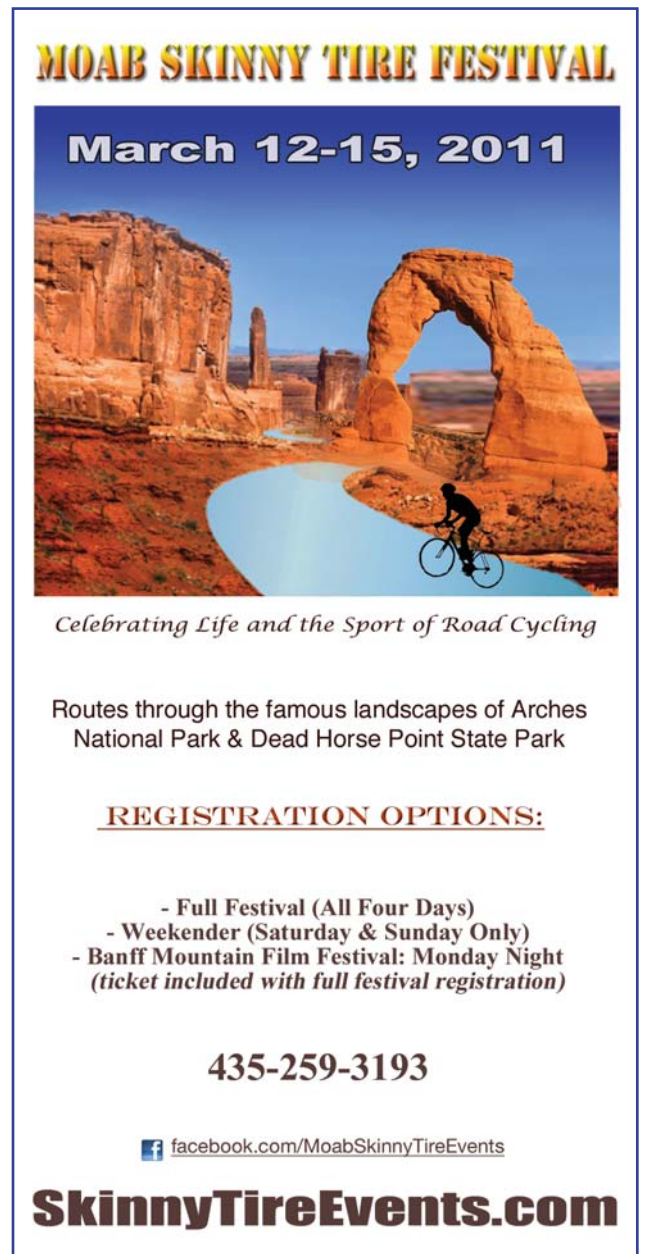
Desert Trails
Paintings inspired by the Colorado Plateau

Page Holland
artist

March and April 2011
Dead Horse Point State Park
Highway 313, Moab, UT

Opening Reception
Friday March 4, 6:30 pm
Enjoy the sunset then join us for the opening

www.moabartists.com

MOAB SKINNY TIRE FESTIVAL
March 12-15, 2011

Celebrating Life and the Sport of Road Cycling

Routes through the famous landscapes of Arches National Park & Dead Horse Point State Park

REGISTRATION OPTIONS:

- Full Festival (All Four Days)
- Weekender (Saturday & Sunday Only)
- Banff Mountain Film Festival: Monday Night (ticket included with full festival registration)

435-259-3193

facebook.com/MoabSkinnyTireEvents

SkinnyTireEvents.com

NATURE HAPPENINGS

Early Spring Wildflowers

by Damian Fagan

Early Spring Wildflowers by Damian Fagan

The procession of spring flowers may start early in Canyon Country. Some years, the first flowers arise in mid-January poking their floral heads above the sandy desert floor. Other years, snow and ice slow the progression of budding blooms and the first flowers do not erupt until February or March.

Most often the first flower to arise is one of the Carrot family members: the Parry's lomatium (*Lomatium parryi*). Easily overlooked, the dense cluster of tiny yellow flowers are borne in an umbrella-like pattern known as an "umbel." This arrangement provides for the family name, Umbelliferae.

In a break from tradition, the Parry's lomatium sends up these flowering heads long before the leaves appear. Arising on reddish stems, the leafless stalks range from a couple of inches high to nearly 2 feet tall. Last year's dried leaves

leaves resemble those of the herb parsley, hence the reference in the common name.

Like the lomatiums, these spring-parsleys also have winged fruit. Some species have papery wings on the seeds; others bear corky wavy edges.

Two other plant families that are well represented with early spring wildflowers are the Mustard family (*Brassicaceae*) and the Pea Family (*Fabaceae*). Flowers in the Mustard family generally have four petals and 6 stamens. Both the petals and stamens are arranged in a cross pattern, and this arrangement derives another name for the family the Cruciferae.

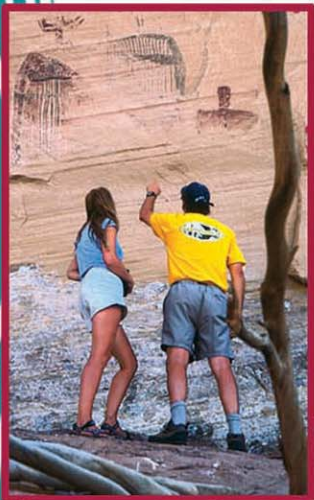
One of my favorite "crucifs" is spectacle-pod (*Dithyrea wislizenii*). Two rounded seedpods are fused



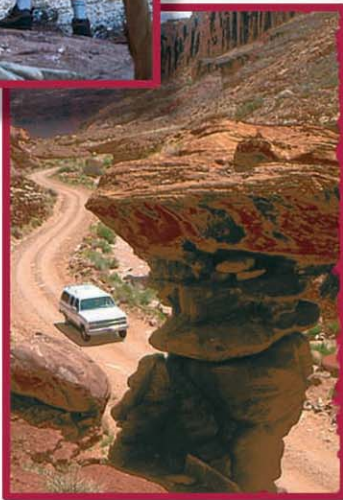
 RAFT



KAYAK 



HIKE 



 EXPLORE



211 N. Main St.
259-6007

www.canyonvoyages.com



may still be present when the plant's bloom.

Named in honor of Charles Christopher Parry (1823-1890), he was the first official botanist of the U.S. Department of

together along a common midline and resemble a pair of spectacles. The species name honors Friedrich Adolph Wislizenus (1810-1889), a German immigrant who joined a



Agriculture. He joined several survey parties to the American West where he collected a number of species new to science.

Another lomatium that blooms early in the year is the Canyonlands biscuitroot (*Lomatium latilobum*). Found growing in sandy sites in close proximity to the Entrada Sandstone, these plants only grow in several sites in the Four Corners area. The biscuitroots grow in large clumps and the highly dissected leaves are somewhat similar to those of a domesticated relative, the carrot.

Named for its restricted range in the Canyonlands region, this Carrot family member also sends up clusters of tiny yellow flowers arranged in an umbel. Native Americans harvested the plant's taproots and pulverized the roots into flour; hence, the common name. *Lomatium* means "fringed" and refers to the wavy edges on the seeds.

Other members of the Carrot family that start blooming in early spring include members of the *Cymopterus* genus. There is the Fendler spring-parsley and the basin white-cup spring parsley that have yellow and whitish flowers, respectively. The highly divided

trading caravan to Mexico in 1846 where he collected specimens of the local flora and fauna.

The Pea family is well represented by early spring flowers. The pinkish-purple blooms of rimrock milkvetch, crescent milkvetch, Preuss' milkvetch, woolly locoweed, and painted milkvetch. All have interesting seedpods, but those of the painted milkvetch are inflated and have reddish mottling that resembles painted pottery.

Although these flowers may not be the showiest desert wildflowers compared to the cacti and globemallows that bloom later in spring, their presence marks the seasonal transition and heralds the return of spring. Long may they bloom!



RESTAURANT GUIDE



Moab's ONLY ONSITE Microbrewery & Restaurant

State Liquor Licensee
Orders To Go
Beer To Go
PATIO SEATING
KIDS MENU
GELATO

STEAKS • BURGERS • BBQ • SALADS • SEAFOOD

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



Buy One 6" Sandwich, Chips & Two Regular Drinks...and get 2nd 6" Sandwich FREE with this coupon!

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!

Offer good with coupon at Moab Location Only - across from City Market

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

Teriyaki Stix™
Japanese Grill



Singha

Authentic Thai Cuisine

Lunch: Monday - Saturday 11:00 - 3:00 p.m.
Dinner: Monday - Saturday 5:00 - 9:30 p.m.
Closed Sunday
Beginning March 20 Open Sundays

Now Serving Beer, Wine & Saki

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

JAILHOUSE CAFE

101 NORTH MAIN STREET

Moab's Breakfast Place

Open 7 am to 12 Noon

"Good Enough for a Last Meal"

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."



The Rio Sports Bar & Grill

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

Nightly Entertainment

COLDEST BEER IN TOWN!
The Locals Bar

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

OPEN EVERYDAY at 3PM
Must be 21 years or older

Look for us on Facebook



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



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!

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



JEFFREY'S STEAKHOUSE

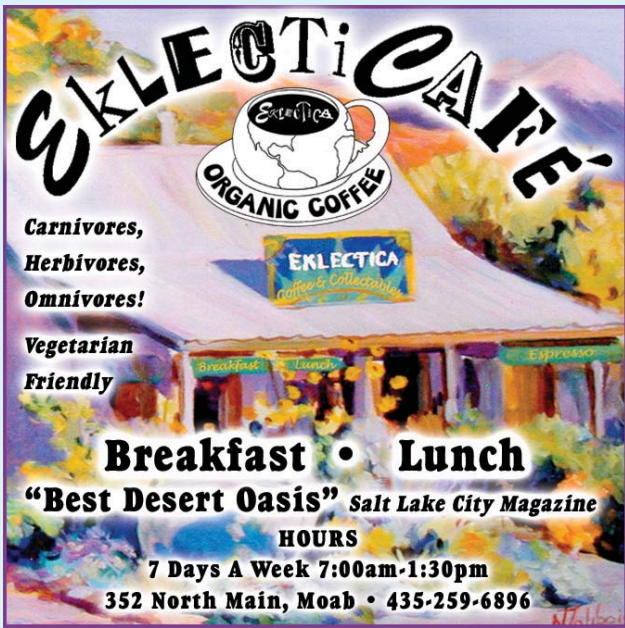
CASUALLY UPSCALE
CLASSIC STEAKHOUSE FARE

218 NORTH 100 WEST
259-3588
JUST SLIGHTLY OFF MAIN

OPEN NIGHTLY AT 5:00PM
CALL FOR RESERVATIONS

WWW.JEFFREYSSTEAKHOUSE.COM

State Liquor Licensee



EklectiCafe

Carnivores,
Herbivores,
Omnivores!
Vegetarian
Friendly

ORGANIC COFFEE

EklectiCafe
Coffee & Collisions

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

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



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

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
7 days a week 3pm - close
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 South 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
Breakfast • Lunch • Dinner
MOAB'S ONLY 24 HOUR RESTAURANT. Family dining at affordable prices. Over 100 menu items including Seniors menu, daily Special and Fit Fare for the health conscious. Ask about "Kids eat Free". Take out menu available. Reservations for large parties and buses welcome. Great food and Great Service by Great People. EVERYTIME!

Desert Bistro
1266 N Hwy 191 at Moab Springs Ranch 259-0756
Dinner
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
Moab's Breakfast Place located in Grand County's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

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

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

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

New owner. Changing daily specials. 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. We will cater your employee holiday party.

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

For more information about these restaurants pick up a "Moab



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

Peace Tree Juice Cafe & Bistro
20 South Main 259-0101
Breakfast • Lunch • Dinner
Open Every Day 7am-9am
Welcome to the brand new Peace Tree. Still dedicated to using the freshest local ingredients, while adding a new and exciting breakfast and dinner menu featuring vegan and gluten free items. Our new dinner menu includes seared Ahi Tuna Steak, Artichoke Fondu and a Beet and Goat Cheese salad. Catering and to go orders are available.

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.**

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. - 9:30 p.m.
Beginning March 20 Open Sundays
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
Open everyday 11 am - close
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 Restaurant
17 Miles Northeast on Scenic Hwy 128 259-4642
Dinner (by reservation only)
Upscale restaurant with the unique ambiance of dining alongside the Colorado River. Chefs use fresh, locally grown organic produce to create a varied menu which features aged beef, free-range chicken, game, and the finest seafood flown in daily from around the world. Full liquor license and extensive wine list. Casual dress. Reservations required.

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.

Village Market
702 South Main 259-3111

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

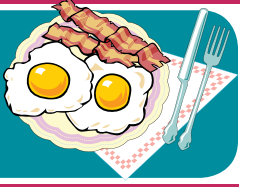
Wendy's
260 North Main 259-2595

Wicked Brew Drive Thru
132 North Main 259-0021
Open at 6 am Daily
Wicked Brew is committed to providing you unbeatably fresh and full flavored coffees and teas. We feature Triple Certified Organic & Fair Trade beans meticulously selected from only environmentally responsible growers around the world. Our baristas are the friendliest in town giving you the quickest and most enjoyable coffee experience in Moab.

Zax
96 South Main Street 259-6555
Breakfast • Lunch • Dinner • Family Dining
We have it all, from our all new sunrise breakfast, 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




NEW! BLUEBERRY SLAM®
WITH BETTER-FOR-YOU CHOICES



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

989 North Hwy 191
OPEN 24 HOURS

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



Try our new **Daily Specials** each day.

New Owner

We also do catering.

- Breakfast all day
- Lunch
- Dinner

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

812 South Main St., Suite B
259-0550
Mon to Fri 9 am to 9pm
Sat & Sun 10 am to 9pm



eat fresh.™

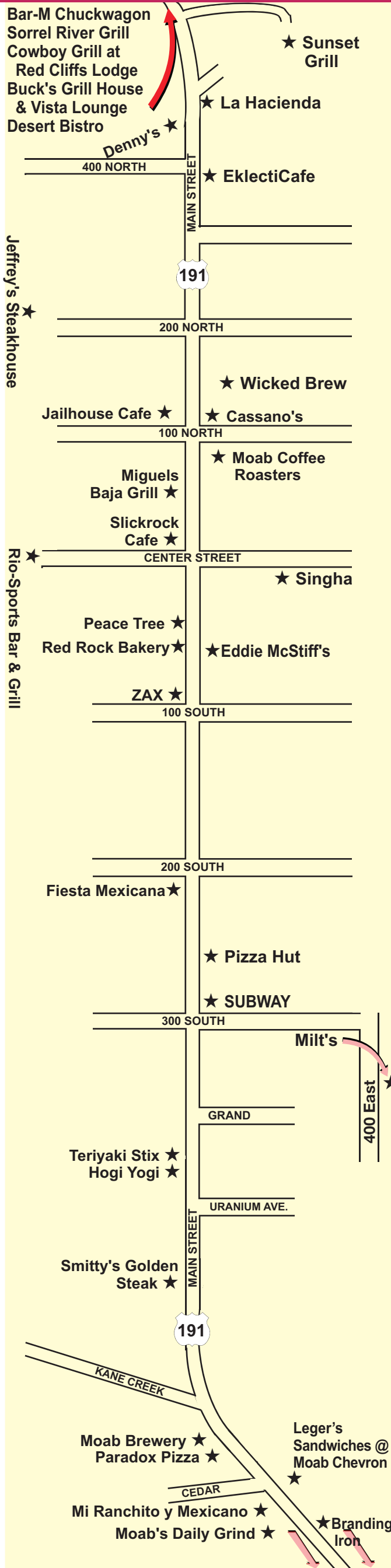
Located inside Walker's Convenience Store

COUPON • COUPON

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

Expires April 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

3pm to close
7 days a week

Traditional Italian Food

- Bruschetta
- Crab Stuffed Mushrooms
- Antipasto
- Lasagna
- Chicken Penne Gorgonzola
- Chicken Parmesan

Patio Seating - Red Rock Views

Cassano's
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

RESTAURANT GUIDE



The River Grill Restaurant

Enjoy a Romantic Fine Dining Experience at the River Grill Restaurant at Sorrel River Ranch Resort.

A beautiful setting overlooking the Colorado River matched with delectable menu offerings. Locals always receive 10% discount.

Call 259-4642 ext.320 for reservations today!
Scenic Highway 128, Mile 17
www.sorrelriver.com

SORREL RIVER RANCH
Resort & Spa

Moab Goes Skinny (Skinny Tire Festival) 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 and expected to be amazed.


Celebrating 30 Years!
Spicing your Life since 1981



LA HACIENDA RESTAURANT
Mexican Amer.

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

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



Smitty's GOLDEN STEAK

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.

Wicked Brew

DRIVE-THRU

A tasty experience of Organic Fair-trade coffees & espresso, 100% fruit smoothies & Italian sodas



Your day starts Right here!
In the heart of town
132 N Main - Caffeinating daily @ 6am

exciting new breakfast + dinner menu

peace tree
juice cafe and bistro
www.peacetreecafe.com

full state liquor license

fresh baked bagels, pastries, desserts



7am - 9pm every day
20 south main street
moab, utah

for to-go orders + catering, call 435-259-0101

friend us on facebook!

Desert Bistro



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

1266 N Hwy 191 • 259-0756
STATE LIQUOR LICENSEE



COWBOY GRILL

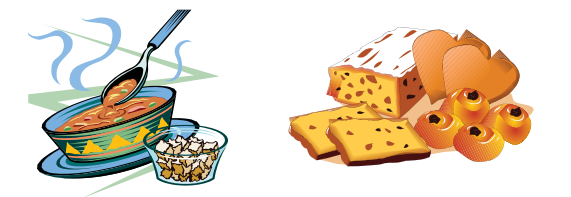
MOAB, UT



- BUFFET BREAKFAST
- BUFFET BBQ LUNCH
- FULL MENU PATIO DINNER

RIVERFRONT PATIO DINING

16 Miles east of Moab on Hwy 128
435-259-2002 • 866-812-2002



ASTROLOGY HAPPENINGS

Your Monthly Horoscope - March 2011

By Rob Wells

Feb. 19 - Mar. 20



Pisces: Happy Birthday Fishes! You shine this month. This first week there could be a new romance on the job, an urge to clean out the closets, and other dark places, and a reality check by weeks end. Your quick wit lightens the mood during the second week; however don't fall into biting sarcasm on the 13th. You're dealing with keeping a mental balance in the third week, serious versus non-serious. You get to be surprising or be surprised on the 21st. The last week is a roller coaster ride between imagined and real circumstances. You'll do fine. This is what you do best.

Mar. 21 - Apr. 20



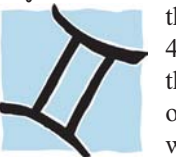
Aries: Happenings this first week regarding your career are best kept quiet. They are all good, but the less said, the better. You may get a brilliant idea during the second week. Keep it quiet, as well. Sitting still is not your nature and by week three it's time to speak. Do so on the 15th and 16th, with care, and let things roll around for a couple of days. A surprise comes your way on the 21st. you'll love it. Keep a steady hand on your rudder during the last week, as the seas could be wind blown.

Apr. 21 - May 21



Taurus: In the company of friends you bask in their light. The first week of March is just too fun. You may feel a bit tired by weeks end so get some rest. You could stumble onto a great idea during the second week but may be unable to act on it until later. It's life as usual during the third week with a personal reality check coming on the 18th. A new and usual friend lights up the last week of the month starting on the 21st, and you could want to spend time with them out of public view for a while.

May 22 - June 21



Gemini: Your career is a surprise a minute these days. Balance your checkbook on the 4th to avoid problems on the 6th. Quick thinking on the 9th gets you the brass ring on the 10th. Don't be harsh with your words on the 13th. Pick-up something of true value on the 15th and assess how well you are doing on the 18th. Remember to give Thanks for your good fortune. On the 21st you could make a new and unusual friend that will stand by you in the future. Spring is in the air the last week of the month and you should get out and enjoy your self. All the stars support it.

June 22 - July 22



Cancer: Don't give your heart away on the 1st. It won't last. Do a clean-up project on the 4th and assess your personal progress on the 6th. A lofty idea comes out of the blue on the 9th. Save it for later next week. Don't let someone boss you around on the 13th. Buy something nice for your home on the 15th. Put that new idea into play on the 16th. Do something fun on the 18th to avoid the 'blahs.' On the 21st a big surprise in your career comes from left field. Come the 28th you'll have to deal with it's plus' and minus' in your life.



Leo: You discover a little treasure in your office on the 1st that leads you on a treasure hunt on the 4th for more. Don't go crazy or someone could put the slam on you on the 6th. Polish up your best jokes for the 9th and win a prize on the 10th. Communications get real on the 13th and holding your tongue would be very wise. Buy a gift for your partner on the 15th and present it on the 16th. They will go nutz. Don't let bad news spoil your happy mind set on the 18th. You could get tapped for a church project on the 21st. You will be so complimented by it. It sets the tone for the last week of the month and it promises that hard work will be amply rewarded.

Aug. 24 - Sept. 22



Virgo: Your partnerships are the center of your attention. Clear out old disagreements on the 4th, and lay them to rest on the 6th. Quick thinking on the 9th benefits the both of you financially on the 9th and 10th. Don't get in a snit on the 13th, you'll loose. Buy yourself a little something for your desk on the 15th or 16th. Ask yourself how well you're doing with your life on the 18th. More surprises come on the 21st regarding joint assets and you'll love it. Hold up your end of any plans during the last week of the month. You'll be glad you did.



Libra: Your office will feel like your second home this month. Maybe you should clean out old files on the 4th. Don't work late on the 6th if you can help it. Your partner reminds you that they are part of your life too on the 9th and 10th. Reassure them they are to avoid a showdown on the 13th. Buy something nice for yourself on the 15th or 16th. Have a talk with yourself in the bathroom mirror on the 18th. Get clear.

Give your partner a surprise on the 21st and watch them light up. It sets the happy tone for the rest of the month.

Oct. 24 - Nov. 22



Scorpio: Romance is everywhere this month. Sometimes you must let someone go to make room for someone new on the 4th. Do it gently on the 6th. A new lover gives you a bright idea to use on the job on the 9th and it pays off nicely the very the next day. Don't get cocky on the 13th or you'll pay for it. Buy a secret thing for yourself on the 15th or 16th. A health issue must be dealt with on the 18th. You could get an employment boost on the 21st that is too kicking and you are just too happy by it during the last week of the month.

Nov. 23 - Dec. 21



Sagittarius: Your home is central to your happiness this month. Clean out a closet on the 4th. Don't let romance wear you thin on the 6th. A romantic impulse needs to be put on hold on the 9th or 10th. Don't your lover goad you into a fight on the 13th. Be your own best friend on the 15th and 16th and treat yourself as such. It's time for a lover reality check on the 18th. Be gentle. That same lover returns to give you a great and wonderful surprise on the 21st and the two of you cruise through the last week of March in style.

Dec. 22 - Jan. 20



Capricorn: Errands and phone calls keep you hopping this month. Clear out old emails and files on the 4th. Take a day off on the 6th. Quick thinking at home saves the day on the 9th and 10th. Pizza is a sure winner. Avoid a spat on the 13th. New pictures for your office are a good investment on the 15th and 16th. Assess your career progress on the 18th. Express your individuality at home on the 21st and let it set the tone for the remainder of March. You can have some real fun with it.

Jan. 21 - Feb. 18



Aquarius: Money and personal values are you focus this month. Remove a skeleton from your past on the 4th. Don't let anyone bring down your good frame of mind on the 6th. You have wonderful news to share on the 9th and 10th. Don't participate in rumors or gossip on the 13th. Invest in your future on the 15th or 16th. Talk to someone in authority for advice on the 18th. The 21st brings great news that really brightens you life. It makes all the difference for the rest of the month.

Too much stuff to carry home?

There's an easier way.

MOAB MAILING CENTER

IN OUR NEW LOCATION
375 SOUTH MAIN
On the corner of Main and Grand in front of City Market
Open Monday - Friday 8 a.m. to 6 p.m.
Saturday 9 a.m. to 5 p.m.
435-259-8432

MOAB TOUR Company

435-259-4080
543 North Main St.
Hummer & ATV Tours
Dirt Bike, Jeep & ATV Rentals
www.moabtourcompany.us

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."

Star Shine GIFTS

Gifts for your cosmic lifestyle

- Brilliant crystals & stones
- Unique jewelry
- Enlightening books
- Meditation music
- Divination decks
- Luminous home accents

Tarot Readings by donation
Open 7 Days

37 East Center
(across from Visitor Center)
435-259-7778

HIKING HAPPENINGS

Hidden Valley – An Ancient Hangout

Story and photos by Marcy Hafner

The extensive display of rock art etched on the Navajo Sandstone walls in Hidden Valley is a strong clue that a lot of activity occurred here a long, long time ago. Evidence of habitation and heavy foot traffic would also suggest that this valley was used as a social and ritual center - a popular gathering place, a local hangout for the prehistoric Basketmaker people.

Some historians believe that 25,000 years ago, during the last Pleistocene Ice Age, a human migration took place over The Bering Land Bridge – a passage between Alaska and Siberia that existed during that time. It is well established that a major migration did occur 12,000 to 15,000 years ago when humanity spread rapidly throughout North, Central and South America.

The first evidence of a prehistoric people in southeast Utah can be traced back to around 6,000 B. C. Constantly on the move, these bands of hunter/gatherers were known as the Desert Archaic (sometimes referred to as Barrier Canyon). These nomads left little behind of their legacy except for the rock images they pecked and painted on the sandstone canyon walls.

The Basketmakers replaced or evolved from the Archaic around 0 A.D. During their domain, which only lasted 800 to 900 years, they were prolific artists and the majority of rock art that still exists in Hidden Valley is associated with these people. Unlike their predecessors, the Basketmakers became a semi-agrarian society. Over an extended period of time their culture gradually transformed into the era of the modified Basketmakers, and they settled down to build their pithouses over shallow excavations in the ground.

As farmers, they lived in small clans tending their fields of squash and corn - the granaries for the storage of their corn still exist today. Agriculture, however, did not meet all their dietary needs and the hunter/gatherer tradition continued, with the more efficient bow and arrow slowly replacing the atlatl.

Over time they perfected the craft of weaving willow rods, yucca fibers and human hair into functional baskets. When they mastered the technique of tightly weaving the fibers to make their containers waterproof, their lives changed dramatically. Now they could drop hot stones into the water until it boiled. Just imagine a menu that now included the nourishing meals of soup and stew!!

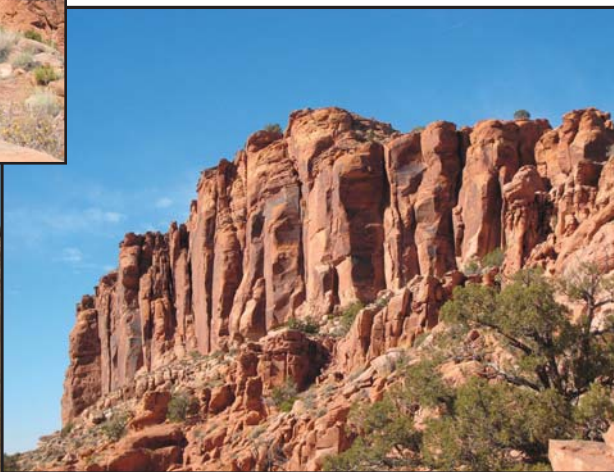
To get to the Hidden Valley Trailhead, from Center and Main Street drive south on Highway 191 three and a half miles. At the stucco dental office building turn right on to Angel Rock Road and drive several blocks until it dead ends. Then turn right on to Rimrock Road and continue the short distance to the trailhead.

From the parking area it is puzzling as to where Hidden Valley must be sequestered; broken rocky cliffs keep it hidden from view. A daunting series of switchbacks – a definite bike carry route - snake their way 680 vertical feet up the steep rubbly trail to the 1.3 mile length of the valley, which is bordered on the southwest by massive Wingate Sandstone cliffs.

After my successful navigation through the jumping jack, big-rock obstacle course to the top, I plop down for a “grateful that my body is still intact” break! Relaxing on my high-ended platform, I savor the bird’s-eye view and pick out so much that is familiar – Spanish Trail Arena, Highway 191, White’s Ranch, Spanish Valley Drive, the Moab Golf Course and the OK RV Park. Beyond the greenness of Spanish Valley, my searching gaze lingers on the entire range of the La Sal Mountains – a haunting white-mantled profile on the southeast horizon.

Finally getting up, I move along behind the rim on a short uphill section into a forest of pygmy-sized junipers where the trail passes the boundary of Behind The Rocks Wilderness Study Area. On the gentle decline, the entire brushy, grassy bottom of Hidden Valley stretches ahead with a wide level dirt path that is so easy on the feet, the knees and the lungs!

Now I intently listen for the “chuk-chuk-chuk” alarm call of the chukar, an upland game bird that was introduced to the intermountain west from the Middle East. These chicken-



sized ground dwellers, which are the national bird of Pakistan, thrive on

rocky hillsides with a good supply of grassy vegetation, and Hidden Valley obviously appeals to them.

When disturbed, these skittish birds prefer to run uphill, but when their cover is completely blown, they take off in a frenzied short distance whirl of wings. I seldom get a close-up look at these flighty birds, but sometimes, on a lucky day they’ll hold tight long enough for an in depth observation of their distinctive markings - the bright red bill and legs and the white throat that is decorated with a black necklace. On an extremely lucky day I’ll even experience that rare opportunity to watch the parents with their young, who are able to leave the nest shortly after hatching. The most bizarre episode occurred as I was driving down Rimrock Road – feeling like a sheep dog, I herded the adults and youngsters in front of me until it finally dawns on this confused and frazzled flock to get off the road!!

At an obvious hump in the trail, which quickly drops down to join the Moab Rim Jeep Trail, the horizon suddenly opens up to an expansive view of Poison Spider Mesa, Island In The Sky and a huge series of fins and cliffs that rise above the Colorado River. At the top

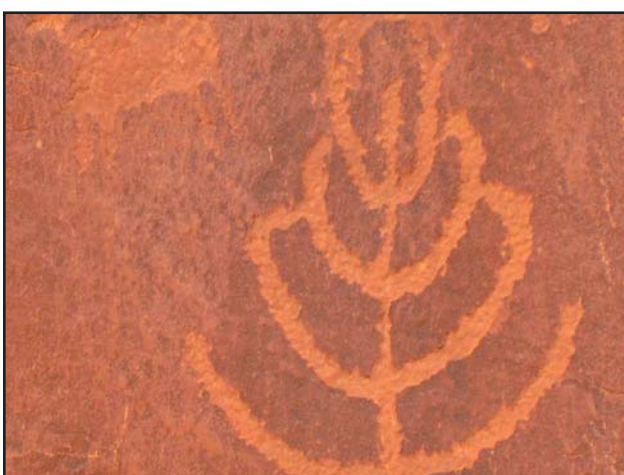


of this mini-pass, I take a right to follow a distinctive footpath, which leads to a south facing Navajo Sandstone wall with a huge gallery of fascinating petroglyphs that have been on display for over a thousand years.

These imaginative panels overflow with the creative figures of deer, animal tracks, odd shaped human figures (some with big ears,) long lines of hand holders, tribal head dresses, hand and foot impressions, necklaces, symmetrical lines and dots, big cat-like depictions – as well as plenty of bighorn sheep, which were undoubtedly a major food source in their lives.

In the summer, shade on the Hidden Valley Trail departs in a hurry very early in the morning and it heats up fast. Ironically, in the winter the rim blocks the rays of the low hanging sun for most of the day. Consequently when it snows, it becomes a treacherous slide-on-ice walk, which I avoid.

This close-to-town four mile round trip exploration is ideal in the spring and fall when you can comfortably enjoy its prehistoric past. During your outing, you can linger for a contemplation of the significance and meaning of all this rock art that has survived for centuries within its protective walls. I always wonder what the objective could possibly have been for all these glyphs - Creative story telling? Cultural and spiritual expression? A depiction of their daily activities? A recording of visions? Or just an artistic outlet? The answers are buried with the ancient artists.



THE NEW SEASON IS HERE
Click, Call or Come In to Our New
Location and Arrange Your
River Trip With Us.

435-259-7238
805 North Main St.
www.moab-rafting.com
email: info@ moab-rafting.com

FULL SERVICE FITNESS CENTER

PRIVATE DANCE TANNING
WOMEN'S STUDIO BEDS
SECTION

•22 Cardio Machines • Free Weights
Weight Machines • Aerobics • Spinning



*Fitness Director is a former trainer
for Arizona Diamondbacks*

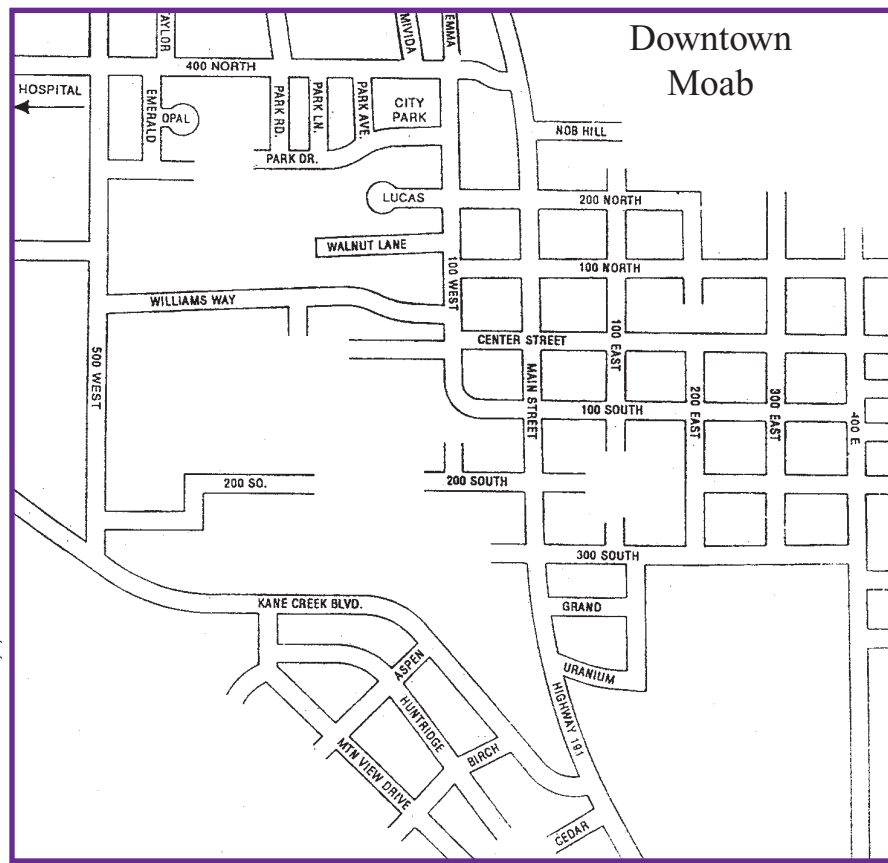
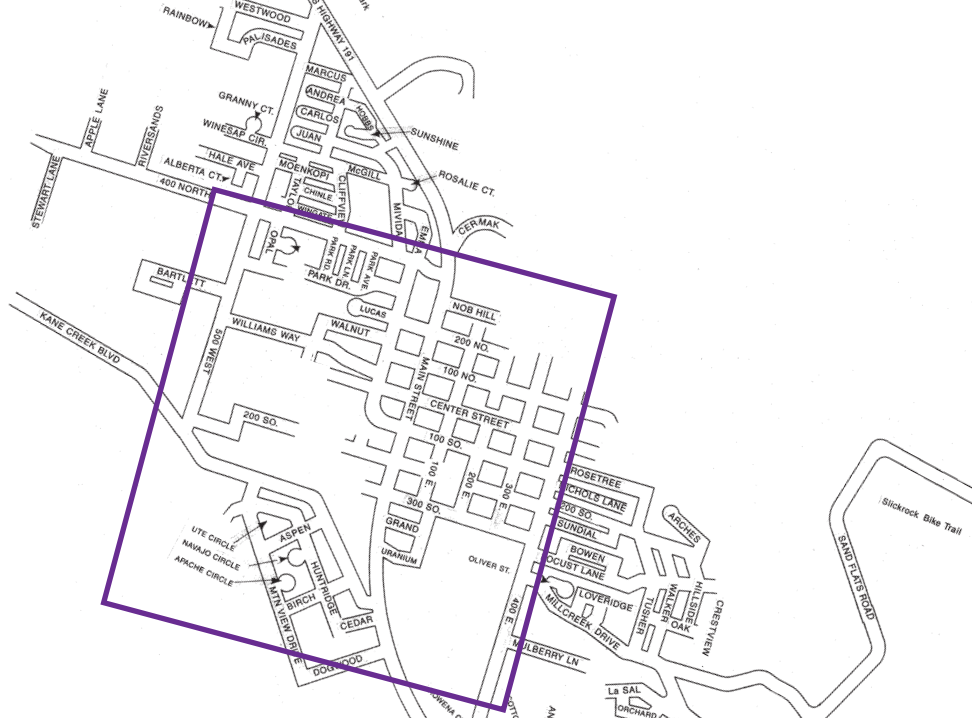
Membership includes daily, weekly, monthly,
quarterly and yearly. Family rates available. Certified
Personal Trainer included with membership.

5am - 1am
7 days a week
www.moabgym.com

1070 S. Hwy. 191
435.259.5775
info@moabgym.com



MOAB, UTAH

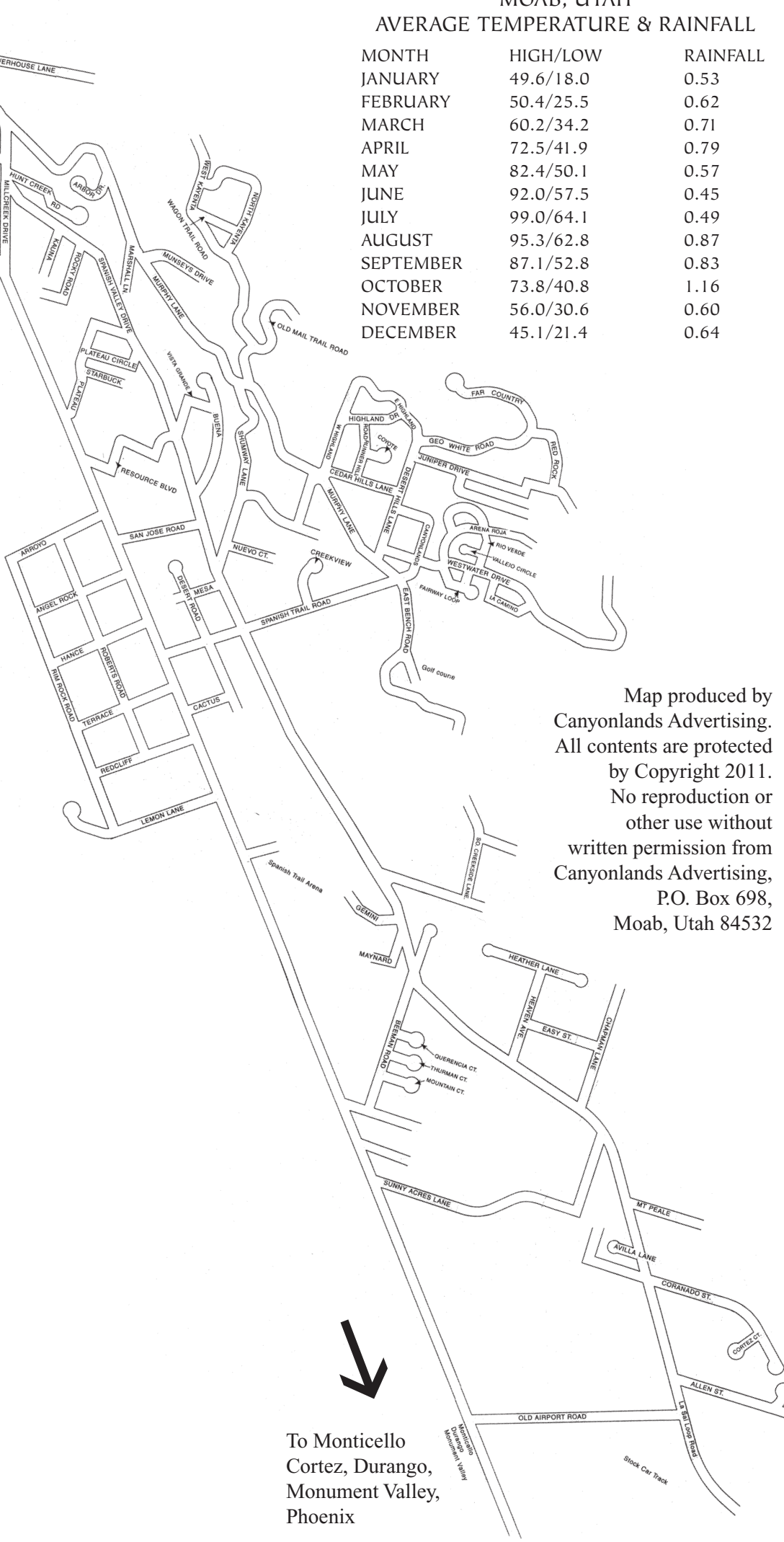


MOAB, UTAH
AVERAGE TEMPERATURE & RAINFALL

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

Moab Church Services Directory

- Assembly of God • 1202 South Boulder Avenue 259-7747
- Church of Jesus Christ of Latter-Day Saints
First & Second Wards • 475 West 400 North 259-5566
Third, Fourth & Fifth Wards • 701 Locust Lane 259-5567
- Community Church • 544 MiVida Drive 259-7319
- Episcopal Church of St. Francis
250 South Kane Creek Blvd 259-5831
- First Baptist Church SBC • 420 MiVida Drive 259-7310
- Four Corners Faith & Worship Ministries 259-0041
- Friends in Christ Free Lutheran Church
1240 South Highway 191 259-4378
- Grace Lutheran Church
360 West 400 North 259-5017
- Kingdom Hall of Jehovah's Witnesses
25 West Dogwood 259-7363
- Moab Baptist Church • 356 West Kane Creek Blvd. 259-8481
- Quaker Worship Group
81 North 300 East 259-8178
- River of Life Christian Fellowship
2651 East Arroyo Rd. 259-8308
- St. Pius X Catholic Church • 122 West 400 North 259-5211
- Seventh Day Adventist
4581 Spanish Valley Drive 259-5545
- The Church of Christ • 456 Emma Boulevard 259-6690



Map produced by Canyonlands Advertising. All contents are protected by Copyright 2011. No reproduction or other use without written permission from Canyonlands Advertising, P.O. Box 698, Moab, Utah 84532

To Monticello
Cortez, Durango,
Monument Valley,
Phoenix

SUSTAINABLE HAPPENINGS

Out on the Line

by Joan Gough

It is 1954. My mother and I are hanging out clothes on the backyard line. I pick a shirt out of the basket, shake it out and hand it up for her to pin to the line. I know she likes to keep the shirts together, the socks, sheets. I sense her satisfaction in doing this simple job well. Huge cumulus clouds drift overhead and a warm breeze stirs the drying sheets. This iconic memory with it's sense of satisfaction is part of every load of laundry I hang out to dry.

Of course, there are also a number of more practical reasons to eliminate the middle machine and go directly to wind and solar power.

One of those practical reasons is actually convenience. As one friend says, "I don't have to manage the clothes, just throw them up and come back later." They aren't sitting in the dryer getting wrinkled, they are getting disinfected naturally by UV rays and scented with actual fresh air, not packaged "fresh scent." My friend's timetable of "later" could be as little as 45 minutes in Moab, but leaving them out over night is seldom a problem either.

For most of us, there is nothing more practical than saving money. Dryers cost more to operate than any other appliance in the home except perhaps the refrigerator. By eliminating the use of their dryer, a family of four can save as much as \$25 a month, according to LaundryList.org.

To completely eliminate your dryer, you can use an indoor rack. The best one I've used is coated metal, cost \$12, folds to two inches thick, and is amazingly efficient. There are also wooden racks and retractable lines which you can get from most department or hardware stores. When I mentioned the indoor rack to friends, several pointed out that drying clothes inside humidifies the house.



Photo by T. Pilcher

Due to a process called sublimation clothes dry in Moab, and most of the Mountain West, just fine even in the winter. When ice sublimates, it goes directly from a solid (ice) to a gas (water vapor) without turning to liquid in between. When I can no longer hear the Levi's clinking together, I know they are ready to be brought in.

Once you have installed a sturdy outdoor clothes line, you will discover all sorts of other uses for it. My neighbor's line has served as a grape arbor for some 30 years. As he says, "About half of the line in October will be laden with concord grapes and the other half with drying clothes."

In the summer my line is often festooned with drying tarps, life vests, even an inflatable kayak or raft drip drying after getting hosed off. That old fashioned idea of beating rugs works when you throw the rug over the line and hit it with a broom or baseball bat (more stress relief with the bat). Many of us have down comforters, which can benefit from a good airing on the line. The UV rays kill mites and bacteria and the air fluffs the down.

You will find there are many choices today for outdoor lines. On Amazon alone there are eight models of lines to choose from. One of the most ingenious lines I've seen was designed by a local woman. She attached plastic covered lines to her fence with ring bolts. Opposite them on her house, which is eight feet away, she screwed in another set of bolts and attached the line with a clip. When she is not drying clothes, she just clips both ends to the wall, and it is out of the way.

Other possible lines are on retractors--from single lines that you might put up in the bathroom to five-line rods suitable for the yard or garage. Another friend is very happy with her five-line retractable

system which runs from her house to a T-post in the yard when pulled out and attached. It is completely out of the way when not in use.

I use wooden clothes pins with metal springs and quarter inch nylon rope from the lumber yard. I suggest the nylon rope because it is durable, yet doesn't get dirty like the twisted wire stands can. The plastic pins, while colorful, don't hold up as well as the wooden ones. A clothes pin bag that you either wear or hang over the line saves your back.

Finally, you need a laundry basket. These, too, you can find in less back straining versions. A time saving idea is to use plastic hangers to hang your shirts and pants on. From the line they go directly into your closet.

If you want to dry your clothes outside and your homeowners association restricts it, you might look to LaundryList.org for help. Project Laundry List was formed a few years ago to encourage line drying in the Boston area, but quickly became a national phenomenon helping people deal with codes and covenants against clotheslines.

For me, like most of the people I've talked to who are avid line dryers, it isn't only about money or being green--it is also about spending a few moments outside feeling the sun on my skin, the breeze in my hair, and enjoying the memory of Mom's presence at my elbow.



Photo by Joan Gough



Photo by T. Pilcher

Some Local Moab Clothes Line Sources:

Racks and prebuilt lines:
Walker True Value can order in

Line, posts, , cement, etc.:
Turner Lumber & Walker True Value

Clothes pins, clothes pin bags, laundry baskets:
Alco, Walker Drug, Dollar General, Family Dollar



Shuttle

Salt Lake City Shuttle

Reservations Online at
www.moabluxurycoach.com

City	Pickup	Southbound	Northbound
SLC	Airport	2:00 pm	2:00 pm
SLC	Visitors Center	2:15 pm	1:30 pm
Provo	Provo Visitors Center	3:15 pm	12:30 pm
Price	Express Market	4:45 pm	11:00 am
Green River	Knights Inn	5:45 pm	10:30 am
Moab	Any Address	6:45 pm	9:30 am
Monticello	Any Address	7:45 pm	8:30 am
Blanding	Any Address	8 pm	7:30 am
Bluff	Any Address	8:30 pm	7:00 am
		End	Start

MOAB COACH
LUXURY

By Reservation Only
(435) 940-4212

SEIZE THE DAY!



MOAB

flygreatlakes.com reservations 800.554.5111

moabhappenings.com... always available!

KZMU - Moab Community Radio 90.1 & 106.7 FM

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00	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	10:00			
11:00		Trailer Park Companion/Running on Sandstone.	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	The Trading Post (call-in Buy/Sell)	Ain't Live Grand? (live recordings)	Noon	
1:00		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	1-2-3 (funky world soul)	Belagaana Review (fruit and nuts)	2:00	
3:00		3:00							
4:00	West of Broadway/ Concert in the Park	Ritmo Latino	WORLD MUSIC		MOAB Drive Time	Fire on the Mountain	Tween Time (pre-teen fun)	4:00	
5:00		5:00							
6:00	Kokopelli Coffeehouse	This Week in Moab (Interviews / Calendar)	SoundThing/ Uncle Meat's Mystery Show	Gaelic Circle/ Drive Time	Free Speech Friday Public Access	Big River / Ranch Exit (twang)	Main Street Cruise!	6:00	
7:00		7:00							
8:00	KZMU Overnight	Big Swing Face (big band jazz)	Moab City Council/ Atomic Lounge	Thin Edge (jazz)	Rock Garden (rock)	The Rainbow Room /Funky Soul Jam	Radio Free Moab (rock 'n roll & punk)	8:00	
9:00		9:00							
10:00	Seti TranceMissions	The Sound Lair (Experimental Dance)	MOAB AFTER HOURS		Pandora's Box	Altered State	KZMU Overnight	10:00	
11:00		11:00							
12:00	the eleventh hour	KZMU OVERNIGHT			KZMU Overnight	12:00			

KEY:

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



SHOPPING
DINING

MOAB HAPPENINGS

ENTERTAINMENT
NIGHT LIFE

Volume 22 Number 12

Section B

March 2011

Canyonlands Half Marathon March 19, 2011



Packet Pickup Expo Location:

Center Street Gym, 217 East Center St
Friday 1-9 PM Saturday 7-7:30 AM

Five Mile Run shuttles will load at
HMK Elementary School at 7:30 AM.

Half Marathon shuttles will load at the south
side of Swanny City Park at 7:30 AM.

Runners and spectators are encouraged to
walk to Swanny City Park from their hotels,
as parking is limited.



On Saturday, March 19, nearly 5000 runners will line up at the start lines of the 36th Annual Canyonlands Half Marathon and Five Mile Run. Among the racers will be returning champions, first-time half-marathoners, families, locals and far-flung visitors. Approximately 100 participants will be running the race for at least the tenth year; 10 will be coming from outside the United States, and another 22 will be older than 70. Forty-seven states will be represented with Utah contributing the greatest number of runners—close to 3000.

To support this vast and diverse crowd, over 400 volunteers will hand out race bags, staff the start lines, distribute water and Gatorade at aid stations, course marshal, and help at the finish line. "This event gets great feedback every year due to all the fantastic volunteers who make it run smoothly," said Race Director Ranna Bieschke.

In fact, the event has become so popular that a lottery is used to determine which of the thousands of applicants will gain entry. Lucky runners will descend on Moab on Friday, March 18th to pick up their bib numbers, race shirts and "goody bags" at the Packet Pickup Expo at the Center Street Gym the day before the race. "We are looking forward to our third year at Center Street Gym," said Expo Coordinator Hillary Mead. "Its central location in town makes the Expo accessible for runners walking

from their hotels."

For those who missed out in the lottery, alternative entries were available this year through charity donation to the newly opened Moab Regional Hospital, the Huntsman Cancer Institute's Hometown Heroes and the Leukemia & Lymphoma Society's Team In Training. Nearly \$100,000 is expected to be raised for these organizations, which provide state-of-the-art medical care in Moab and funding for cancer research, patient care and education. Other beneficiaries include Canyonlands Community Recycling Center, the Humane Society of Moab Valley and Seekhaven Family Crisis and Resource Center. "Supporting local and charitable organizations is an important objective," says Bieschke, adding, "It's great to see so many local organizations and individuals come together to put on an event that brings real benefits to our community."

Another of Moab Half Marathon's objectives is to cultivate as green an event as possible. Plastic water bottles were abandoned in 2007 in favor of large water coolers from which runners and spectators could refills cups or personal water bottles. In 2009, the organization introduced durable, reusable and fashionable bags for the runner sweat bags. They also contracted with a local sponsor, the Moab Adventure Center, to provide shuttle vehicles to the start of the races, thereby reducing the number of buses needed to travel to Moab from Grand

Junction. This year marks the second year of involvement of the "Green Team," who sorts all trash and encourages runners to recycle and compost when possible. "We are very excited that the Canyonlands Community Recycle Center board has agreed to sign on again as our Green Team," said Bieschke.

Race start times are 9:30 am for the Five Mile Run and 10:00 am for the Half Marathon. Spectators are encouraged to come out and cheer for their favorite athletes along 500 West, 400 North and the Finish Area Expo at Swanny City Park. While there, they can enjoy live music and visit the varied food and retail vendors around the park.

The Moab Half Marathon thanks all participants and community members for their support of this year's event. See you at the finish line!

NOTE: ROAD CLOSURE

Highway 128 will closed

Saturday, March 19, from 8 AM—1 PM.

500 West and 400 North along the race course
will be restricted or closed to traffic between
9 AM and 1 PM on Saturday, March 19.

EDDIE RESTAURANT, BREW PUB & BAR
McSTIFF'S

Moab's Mojito Spot

Moab's Largest Selection of Utah Beer!
Now Serving High Points!

WE DELIVER! to Main St. businesses & hotels

OUR MENU HAS SOMETHING FOR EVERYONE!

OPEN EVERY DAY Serving Dinner at 3 pm

We will be serving our lunch menu at the Wake and Bake Cafe.

Eddie McStiff's will open back up for lunch as soon as Moab warms up!

Center & Main, in McStiffs Plaza

FULL-SERVICE BAR

No food orders necessary, no "private club" memberships required!

435-259-BEER (2337)
www.EddieMcStiffs.com

WiFi

BREAKFAST — LUNCH — ICE CREAM — ESPRESSO

WAKE & BAKE
Cafe

Open from 7:30am until 9:30pm

Locally Roasted Coffee
Espresso • Tea
Smoothies • Fresh Juices

Moab Creamery

ICE CREAM ALL DAY!

Too many flavors to list...

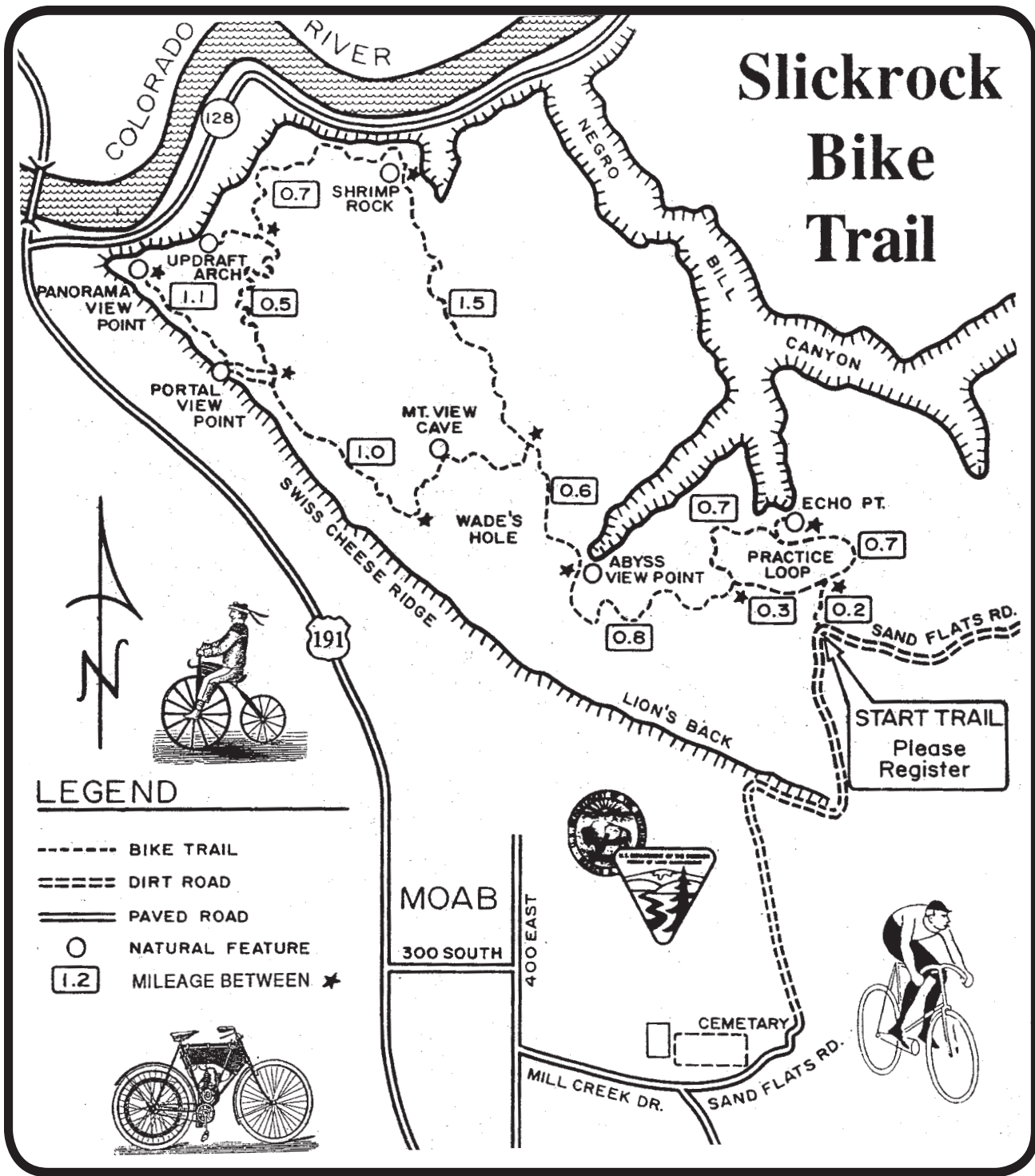
NOW SERVING locally made ice cream and gelato from GELATO JUNCTION

435-259-2420 Call in orders welcome

57 S. Main in McStiff's Plaza

www.WakeandBakecafe.com

MOUNTAIN BIKING



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.

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

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

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

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

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

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.

GearUp@

POISON SPIDER
BICYCLES
MOAB, UTAH

World Famous mountain bike rentals, sales and service.

We offer **SHUTTLES** from the shop with Porcupine Shuttles.

Call for times: **435-260-0896**

497 N. Main
259.7882

catch us on the web
www.poisonspiderbicycles.com

RIM CYCLERY

"The Hub of Cycling in Moab"

Moab's oldest (and still the best) bike and outdoor gear store, for all your canyon country adventures.

Come in and see us for the latest gear, Great full suspension rental bikes, Fast, professional service and expert advice backed by years of experience.

RIM CYCLERY
"The Hub of Cycling in Moab"
94 West 100 North, Moab, Utah 84532
(Just off Main Street) • 259-5333
1-888-304-8219 www.rimcylery.com

97.1

MOAB **KCYA**
CANYON 97.1 FM

Canyon Country Adventure
Sports Updates Daily
7am - 9 am

MBC 6 TV

TRAIL HAPPENINGS

What's In A Trail Name?

by Geoff and Sandy Freethey

Trail names are interesting and may be descriptive, historic, or just plain fun. The Grand County Trail Mix Committee develops and maintains a variety of trails in its position of advising the County Council on non-motorized trail issues. One of its more interesting and sometimes controversial tasks is naming proposed bicycle and hiking trails.

In the past the BLM and Forest Service generally used names that are descriptive and geographic such as Slickrock, Tower Arch,

Mill Creek, Hidden Valley, Spring Canyon, North Fork, Flat Pass, the Portal and Moab Rim, along with countless Cottonwood Canyons. Four wheelers often use trail names that warn against disasters and frequently mention jeep parts such as: Metal Masher, Widow Maker, Wipe-Out Hill, Steel Bender, Axle Hill, Rocker Knocker, Chicken Corners, and Cliff Hanger.

Mountain bikers lean toward more colorful names that relate to a trail's adrenaline producing ability, or toward names that create easily remembered acronyms. For instance, Hazzard County, Rockstacker, Killer-B, Minesweeper and Deadman's Ridge might imply one could expect some difficulties on the trail. The new Lazy-EZ trail has an asterisk defining the trail as not very lazy and only relatively easy. The same applies to Baby Steps which is definitely not for newly minted mountain bikers.

Acronyms are popular because they roll off the tongue rapidly and they enlist a degree of mystery to those visitors unfamiliar with the area. M&M, UPS, LPS, WE, UFO and EKG trails make visitors wonder how these somewhat familiar initials became trail names. M&M is not named because it "melts in the mouth-not in the hand", but simply stands for Monitor and Merrimac buttes. UPS does not assist in delivering parcels, but stands for Upper Porcupine Singletrack; which helps decode LPS as Lower Porcupine Singletrack. The Whole Enchilada Trail is known in some circles as the WE. The UFO trail passes near a rock formation that reminds one of a flying saucer from "War of the Worlds" and the EKG trail not only gets your heart racing but

even mimics the zigs and zags of an EKG printout from your doctor.

The first four trails in Moab Brands mountain biking focus area used cattle brands (Bar-M, Circle-O, Rockin'-A, and Bar-B) as trail names to spell "MOAB". Subsequent names have retained a western flavor -- Deadman's Ridge, North 40, Lazy EZ, Long Branch (saloon), and Rusty Spur.

Movies have inspired a few recent trail names. Mag-7 aka The Magnificent 7 Trail System includes seven trails stretching from Highway 313 to the Potash Road (SR-279). Mag-7 features magnificent views of Bull Canyon, Gemini Bridges, Gold Bar Rim, and Poison Spider Mesa. "Star Wars" inspired trail names, Jedi Slickrock and the proposed Wookiee's Way, are in the Tusher Mountain Bike focus area, just east of the Bartlett Slickrock.

Historic names are found everywhere on trails. Richardson Amphitheater is named for Dr. Sylvester Richardson also known as the "professor" of Professor Valley fame who was a teacher and postmaster. Amasa trail is named for Amasa Larson, a cattleman in the 1880s. The Jewel Tibbetts Arch and trail are named for the wife of Bill Tibbetts. Their story was recently published in the, Last of the Robbers Roost Outlaws book by McCourt. Negro Bill Canyon is named for William Granstaff, a prospector and cowboy. The Fisher Towers are named after brothers, Gull and Avill Fisher, who were early settlers and cattlemen.

The Sovereign trail system was mostly developed on state Sovereign managed lands. The trails were built by Ride with Respect who (along with its program director, Cliff Koontz) recently won national recognition for Outstanding Trail Sharing at the American Trails National Symposium. Names to interesting points along the Sovereign trail are a tribute to the folks who made these trails a reality through years of planning and hard work -- Parriot's Potholes, Cozzen's Construction, Schwarck Switchback, Terry's Tunnel, Richard's Ridge, Howe's Hairpin, and Ann's Arroyo.

The Klondike Bluffs takes its name from the 1896 Klondike Gold Rush in the Yukon Territory. The name reflects the golden glow on the bluffs during late afternoons, hence "Klondike". Proposed trail additions to this focus area may be named Skagway and Grubstake which will continue the Klondike historical thread. Mega Steps, is seemingly related to dinosaur track ways found in the vicinity.

About the authors: Geoff Freethey, a retired hydrologist, is the hiking representative to the Trail Mix Committee. He is responsible for many of the trail signs, and "you are here" maps on the trails. Sandy Freethey is the Chair of Trail Mix, and actively organizes everyone. Both enjoy hiking, rafting, traveling and searching for rock art.



CHILE PEPPER BIKE SHOP
 BIKE RENTALS
 REPAIRS * SALES
 DAY TOURS
 ESPRESSO BAR

DEALER FOR
 GIANT * MARIN * NORCO
 TRANSITION * COMMENCAL
 ELECTRA * TOWNIE

Daily Bike Shuttles Available
 at Chile Pepper

COYOTE SHUTTLE

Contact Coyote Shuttle
 for departure times
 (435) 259-8656
 www.coyoteshuttle.com
 info@coyoteshuttle.com

(888) 677-4688
 702 S. Main St. - Moab, Utah 84532
 (435) 259-HOTT www.chilebikes.com
 E-mail us at info@chilebikes.com

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

MOAB IMMEDIATE CARE & X-RAY

WE CAN HELP!

267 North Main ~ across from Wendy's ~ 435-259-5276
 Open Noon - 8 pm Seven Days a Week

STUNTS, STARS AND LEGENDS

DEAN SMITH

By John Hagner (artist of the stars)

Born in Breckenridge, Texas in 1932, Dean Smith, when he was two years old was raised by his paternal grand parents after his mother died. He spent Saturdays at the matinees watching cowboy stars Gene Autry, Roy Rogers, "Wild Bill" Elliott and Monte Hale, which led him eventually in the movies. He was an accomplished athlete when he attended Graham High School and became All American in the 100 yard dash. He went to the University of Texas and went out for football and track. He went to the Olympics in 1952 in Helsinki, Finland and won gold in the 400 meter relay. He also played for the Los Angeles Rams.

Dean was introduced to James Garner who helped him get into the movie business. During his long and successful career, he has doubled for such stars as Dale Robertson, Robert Redford and the like. He did stunts in 10 films for John Wayne. His first for Duke was "The Alamo" in 1959. It was his favorite.

He did the more dangerous stunts for Dale Robertson often and appeared in some of the classic westerns like "Cheyenne Autumn" (some scenes were filmed in and around Moab), "Rio Lobo", "Rio Bravo", "Ulzana's Raid", starring Burt Lancaster, "The Undeclared" (John Wayne and Rock Hudson), "Rio Conchos", "Big Jake", and starred as Kit Carson in "Seven Alone".

Dean Smith doubled for Stuart Whitman in "Comancheros". He has a coffee mug for each of the 10 films he worked in for John Wayne, including "Rio Bravo", "The Alamo", "How the West Was Won", "McLintock!", "In Harms Way", "El Dorado", "True Grit", "Big Jake" and "Rio Lobo". In "McLintock!" he doubled for Maureen O'Hara in a stair fall. Loren Janes doubled for Yvonne deCarlo and Chuck Roberson doubled for Duke

The Hollywood Stuntmen's Hall of Fame has loaned several items of memorabilia to the Dan O'Laurie Museum, including the hat, shirt, neckerchief, vest and trousers that John Wayne wore in "Comancheros" and a few other films (these were given to John Hagner (Founder and CEO) of the Hall of Fame. Also in the exhibit are the dancing shoes that Gene Kelly wore in "Singin' In the Rain", starring Gene Kelly and Debbie Reynolds. In addition, there is the whip, hat and torn shirt that Harrison Ford wore in "Raiders of the Lost Ark". While visiting Moab, why not stop by the museum and see the wonderful artifacts that are available.

The Hollywood Stuntmen's Hall of Fame is presently looking for a home to once again open its doors to the visiting public. Anyone interested in learning more about the Hall of Fame, contact its Founder, John Hagner at 435 260-2160, or email johnhagner@hotmail.com. The

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



Drawing of Dean Smith by John Hagner, artist of the stars

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 (Hallie 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 - www.moab-solutions.org - (Sara Melnicoff).....	259-0910
League of Women Voters (Cynthia Smith)	259-5306	Society for Creative Anachronisms - (Travis Schenck).....	(907) 617-6342
Lion's Club (Tom Warren).....	259-7834	Southeastern Utah Back Country Horsemen (Helen Sue Whitney).....	259-7239
Moab Aglow Lighthouse Fellowship (Murine Gray).....	259-5514	Southern Utah Wilderness Alliance (Liz Thomas).....	259-5440
Moab Arts Council (Bruce Hucko)	259-4176	Toastmasters International (Al Boyd)	259-5767
Moab Arts Festival (Theresa King)	259-2742	Trail Mix Committee (Sandy Freethy)	259-0253
Moab Arts & Recreation Center	259-6272	Valley Voices (Marian Eason).....	259-6447
Moab Bird Club (Nick Eason).....	259-6447	Veterans of Foreign Wars (Matt Keogh)	260-9822
Moab Chamber of Commerce (Kammy Wells)	259-7814	WabiSabi (Jeff Cohen).....	www.wabisabimoab.org - 259-3313
Moab City Recreation (John Geiger)	259-2255	Word Watchers (Nancy Kurtz).....	259-0734
Moab Community Theater (Kaki Hunter).....	259-8378	Youth Garden Project (Jen Sadoff)	259-BEAN (2326)
Moab Country Club (Rob Jones).....	259-6488		

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

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

WORLD ADVENTURE FILM HAPPENINGS

The 34th Annual Banff Mountain Film Festival World Tour in Moab

Bringing together some of the world's finest mountain films, the 34th annual Banff Mountain Film Festival World Tour is returning to Moab this Monday, March 14th. The films included in the tour cover topics ranging from exploration and adventure to culture, environment, and mountain sports.

After the Banff Mountain Film Festival, held in November in the Canadian town of the same name, the World Tour picks up and spreads out across the globe, stopping in 30 countries for over 550 screenings. Each screening highlights a selection of the Festival films of particular interest to the local audience, as chosen by local organizers.

Eight films will be shown this year. The films cover topics such as climbing, kayaking, mountain biking, wilderness fly-fishing, environment and adventure travel. In addition to the individual sports the films in their totality offer a global travel log.

For the eighth year running, the headlamp and climbing-gear manufacturer Petzl is helping to bring the renowned festival, to Moab.

"These films are a celebration of the outdoor lifestyle and living life to fullest. It's a perfect fit for a brand like ours" says John Evans, Petzl's Marketing Director who had the idea to bring the Festival to Moab back in 2003. "We really owe the success of the event to local organizer David



from the film *The Swiss Machine*

Erley and all the Moab sponsors. Without them, it wouldn't happen."

Many of the stops on the Banff world tour raise money for local outdoor programs, community causes and non-profits. This year, the Moab stop will raise funds for the Access Fund Land Conservation Campaign, a multi-million dollar revolving grant fund that helps local climbing organizations across the United States to acquire land and help preserve it for climbing use.

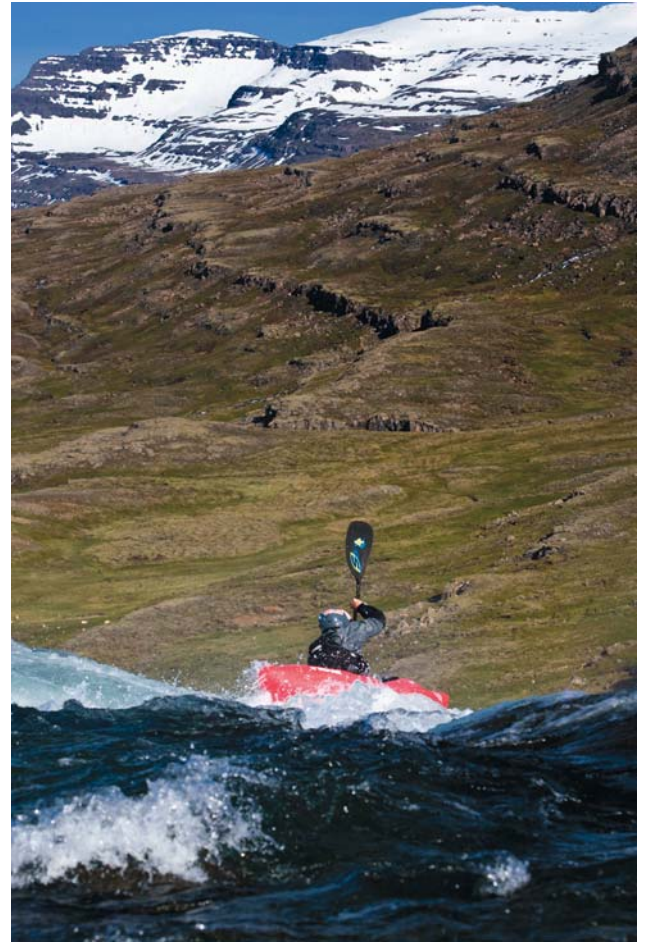
Also benefiting the Access Fund (accessfund.org), the Petzl All Access DVD will be available at this year's Moab festival – the disk featured 10 short climbing movies from the industry's top filmmakers, including Sender Films, Big Up Productions, Hot Aches Productions, Mike Call, Chuck Fryberger, and more. One hundred percent of the proceeds from All Access sales will go to the Access Fund.

This year in Moab, the films will be screened in the Grand County High School Auditorium (608 S. 400 E) at 7:00pm.

Tickets to event are \$10 in advance and \$12 at the door and can be purchased at Back of Beyond Bookstore, Canyon Voyages Adventure Co., Pagan Mountaineering, and Poison Spider Bicycles. For more information, see the accompanying ad or call (435) 259-4859.

For more on the Banff Mountain Film Festival, visit: www.banffcentre.ca/mountainfestival

For more on Petzl, visit: www.petzl.com



from the film *Dream Result*



from the film *The Longest Way*



from the film *Fly or Die*



from the film *Kranked Kids - Just Down the Road*



from the film *Eastern Rises*

Himalaya Alert: Special Film Presentation by Producer

Polar explorer, adventurer, writer, radio correspondent, and filmmaker, Bernice Notenboom, will personally present a film filled with adventure, drama, and high altitude climate change at Star Hall on Thursday, March 17 at Star Hall.

A former resident and frequent visitor to Moab, Notenboom's objective is for her adventure stories to help children and young adults realize the important role that melting glaciers play in the problem of rising global temperatures.

Himalaya Alert records her recent expedition to the top of Mount Everest. Through conversations with scientists and local mountain people, Notenboom paints an extensive portrait of glaciers such as the Imja Glacier that is retreating by over 230 feet a year.

The greater Himalayan region has the largest concentration of snow and ice outside the two poles. Warming in the area has been around double the global average — the implications are dramatic.

If the Himalayas lose their snow and ice, much of the water supply to Asia's 10 largest rivers will dry up, threatening the food security of almost 1.5 billion people.

After working briefly for Tag-A-Long Adventures in the early 1990s Notenboom founded and operated Moki Treks, a travel company that raised awareness of indigenous cultures in the Southwest by employing Native Americans as guides.

Rejecting official advice Bernice walked 200 miles across Pakistan to the Afghan border to interview, with a radio crew, Pashtun villagers just before American forces invaded in 2001.

Bernice has written for National Geographic, the Washington Post, and many others. She produced over 25 radio documentaries for NPR. She wrote a book about her travels that is a best seller in her native country, the Netherlands, and is being translated into other European languages.

In 2007 Bernice skied to the North, the South, and the Cold (Siberian) poles, making her the first person to have skied to all the poles in one year. She traversed the Greenland Ice-cap in early 2008.

In the spring of 2012 Bernice, who is now 48, will lead an all women's expedition across Greenland to the North Pole.

SPECIAL SCREENING: MARCH 17,
7 P.M. STAR HALL
TICKETS \$10 AT THE DOOR

All Proceeds Will Go To
THE FRIENDS OF
THE LA SAL AVALANCHE CENTER

ART GALLERY HAPPENINGS

Off The Wall Gallery -Classes & Workshops

by Collette Webster

Is there anywhere on earth better than Moab in the spring? I first moved here in October about 12 years ago after living at 8,300' for 20 some years. The winter by comparison was mild, but then came spring, months ahead of what I was used to. Mosquitos aside, the bugs here are amazing! Copper colored dragon flies, beetles of jurassic size with neon colors and geometric patterns that look more man-made than natural. I began carving them on the rims of my bowls and painting them on tile. Moab is an artists dream, both for the scenery and for the community of other talented and highly energized creative types. If you're not an artist when you come here, the surroundings are bound to inspire your own



etch-a-schetch by Chrissy Kinslow

creativity. With that in mind, why not take a class or attend a workshop? We have several beginning this month.

Chrissy Kinslow has recently moved back to Moab after a couple of years of continuing education in Durango and Boulder and she is ready to share her skills. She will be teaching 2 classes, Drawing 101, Monday evenings from 6-8:30. Chrissy will allow "drop-ins" for this class, and block printing, Tuesday evenings from 6-8:30.

J.C. Borders is a local artist that specializes in landscapes using pastels. This is a great class for learning about color because you can easily blend colors and layer over mistakes, making it more forgiving than other types of painting. J.C. will begin



Millcreek by J. C. Borders

teaching an 8 week class in pastels on Wednesday mornings beginning March 9th from 8:30-11 A.M.

Kory Fluckiger, an award winning watercolor artist, and author of "Watercolor for the First Time" will be teaching a 3 day watercolor workshop March 17, 18, and 19 from 8-11 a.m., and demonstrating at the gallery on Friday the 19th, from 1-6 p.m..

A reception for the artist and students, and an exhibit of their work will be held on Saturday, March 18th, from 6-9 p.m. with food and music.

We have much more going on this spring with visiting artists, local artists, classes and "themed shows". For complete information about the cost, supplies, and other details, check out our web-site, offthewallartmoab.com. You can also follow us on face book.



Bending Light by Kory Fluckiger

Paintings by Page Holland Featured at Dead Horse Point State Park

The Bighorn Gallery at Dead Horse Point State Park will exhibit Page Holland's paintings from March 2nd through May 1st, 2011. The exhibit, entitled 'Desert Trails' includes paintings depicting the detailed landscapes and warm scenes of western life. A reception is planned for Friday, March 4th between 6:30 p.m. and 7:30 p.m. For more information about the artist, visit <http://www.moabartists.com/page-originals.htm>.

Page Holland, born in Moab, Utah, was raised in the area. She has been painting since she was a young girl, remaining essentially self-taught. Her fascination with horses and the majestic scenery of the Colorado Plateau spans half a century and more. Drawing inspiration from her pioneer ancestors, Page and her family continue to raise horses, which have remained an important part of their lives. "Even if I am painting a simple landscape," Page says, "It's likely by horseback that I was able to acquire the inspiration and reference shots. It's because of horses that I've been able to experience some of the most amazing places in the desert and the La Sal Mountains."

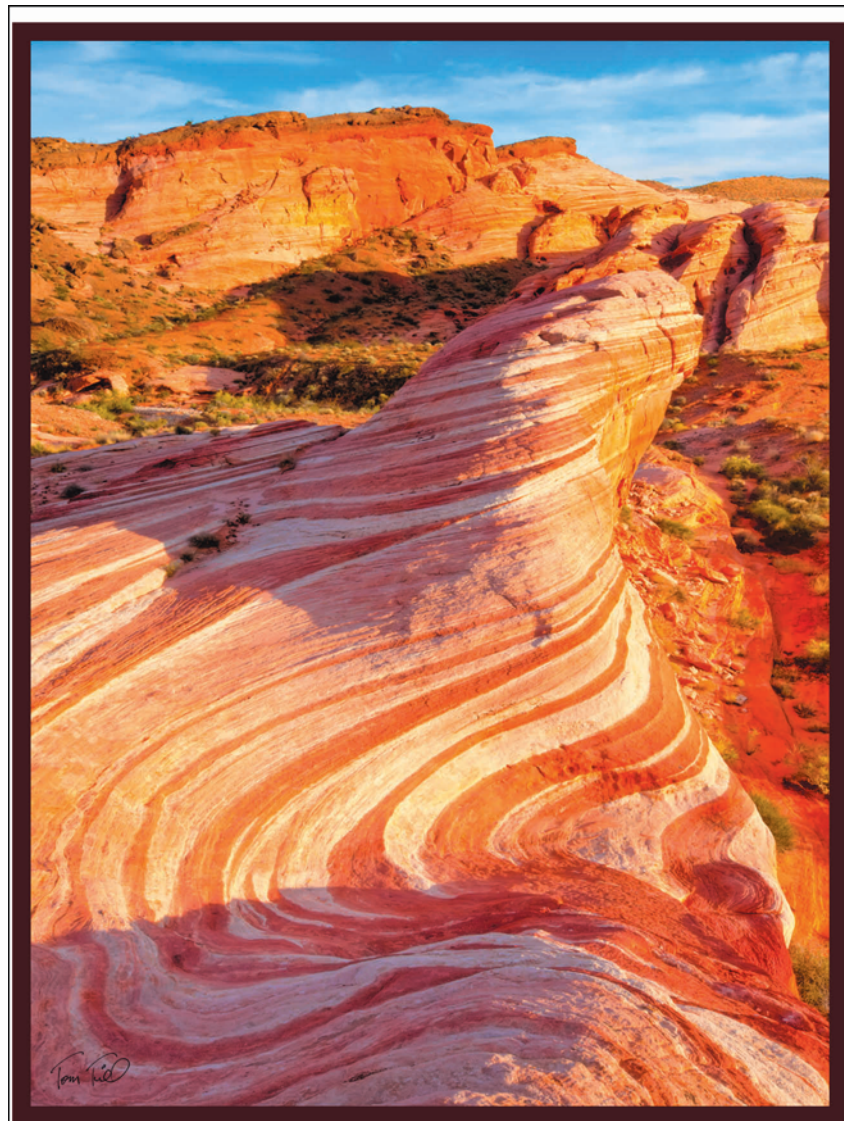
Page's work already graces many homes across the

southwest and she recently completed a painting for a western book cover. This painting is part of the exhibit and copies of the book will be for sale. Her work has been featured in articles in the Los Angeles Times, the Chicago Tribune and Salt Lake City Television News. Page has also lent her artistic talents to museum displays, theatre sets, graphic design, and film projects. She is currently a member of the Oil Painters of America and is represented by The Western Image in Moab.

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313. The visitor center is open daily from 9 a.m. to 5 p.m. and 8 a.m. to 6 p.m. from March 15 to mid-October. Park admission is \$10. For more information, contact the Dead Horse Point State Park at 435-259-2614 and be sure to mention you read about it in Moab Happenings.



Rimrocked, no way down by Page Holland



New
This Season ~
Canvas
Gallery Wraps
All Sizes With
NEW Images.



Come View
Hundreds of
Tom's images
on our 50" HD
Screen in Blu-Ray.

61 North Main, MOAB,UT • WWW.TOMTILL.COM • 435-259-9808

Hogan Trading Co.

Utah's
largest
and
finest
Southwest Gallery

435-259-8118
100 South Main
Moab, Utah 84532
www.hogantrading.com

MOAB AREA LODGING GUIDE



3

488 N. Main Moab, UT

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

1-800-HAMPTON (435) 259-3030
 fax (435) 259-3035 www.hampton.com



1515 N. Highway 191 • Moab, UT 84532
 Phone: 435-259-1150 • Fax: 435-259-1160
 HolidayInnXMoab@yahoo.com
 www.HIExpress.com/moabut

79 Beautiful Rooms with Pillow Top Mattresses
 Free High-Speed & Wireless Internet Access
 Indoor Heated Pool & Hot Tub
 Express Start Breakfast • Guest Laundry
 Safety Deposit Boxes Available
 Free Bike Storage • Room for Bus & Truck/Trailer Parking

2



The Lazy Lizard
 International
 (not just for youth)
 Hostel
 per person
\$9
 CHEAP
 (dorm style)

1 Log Cabins: \$28 and up
 Private Rooms: \$23 and up

HOT TUB • TV - VCR - MOVIES
 SHOWERS (\$3.00 for non-guest)
 Coin-op Laundry

1213 S. Hwy 191 - One mile South of Town
 Behind A-1 Storage • 435-259-6057
 www.lazylizardhostel.com
 email: reservations@lazylizardhostel.com

We also feature

GROUP LODGING HOUSES

Houses for Large Groups

School and Church Groups
 Family Reunions
 Sports Teams
 Clubs



Contact *The Lazy Lizard*
 for more info and reservations.

HOT BREAKFAST



Reservations:
435.259.8700
 1.800.753.3757

LAQUINTA

INNS & SUITES
 815 South Main Street • www.LQ.COM

4

Present or mention this ad to receive a **25% discount!**
 Expires 3/31/11. Not valid during special events and some weekends.
 Not valid with any other offer.

AAA Approved
 Pets Welcome • Free WIFI • Guest Laundry
 Fitness Center • Business Center
 Best Deluxe Continental Breakfast



MOAB VALLEY INN
 AND CONFERENCE CENTER

Come Stay With Us
 1.800.831.6622

- 126 Rooms to Choose From
- Over 5000 Square Feet of Conference Rooms
- Only Indoor Outdoor Pool in Moab
- Continental Breakfast
- Wireless Internet
- Fitness Center


6

MOAB VALLEY INN
 711 South Main Moab, UT 84532
 www.moabvalleyinn.com

Adobe Abode
 Bed & Breakfast

Adobe Abode is your home away from home.
 Your innkeeper Keith will show you hospitality,
 relaxation & comfort that you only get at
Adobe Abode

7



778 W. Kane Creek Blvd
 Phone 435-259-7716 Cell 435-260-2932
 email: info@adobeabodemoab.com
 www.adobeabodemoab.com



Aarchway Inn

AarchwayInn.com
 Kids Playground / Fire Pit
 Gas Grills / Volleyball Court

Where Luxury Meets Adventure

Custom Adventure Packages
 Double & Triple Queen Rooms

8

435.259.2599 800.341.9359
 1551 N. Highway 191, Moab UT 84532



Best Western
 Canyonlands Inn

16 South Main Street
 Moab, Utah 84532

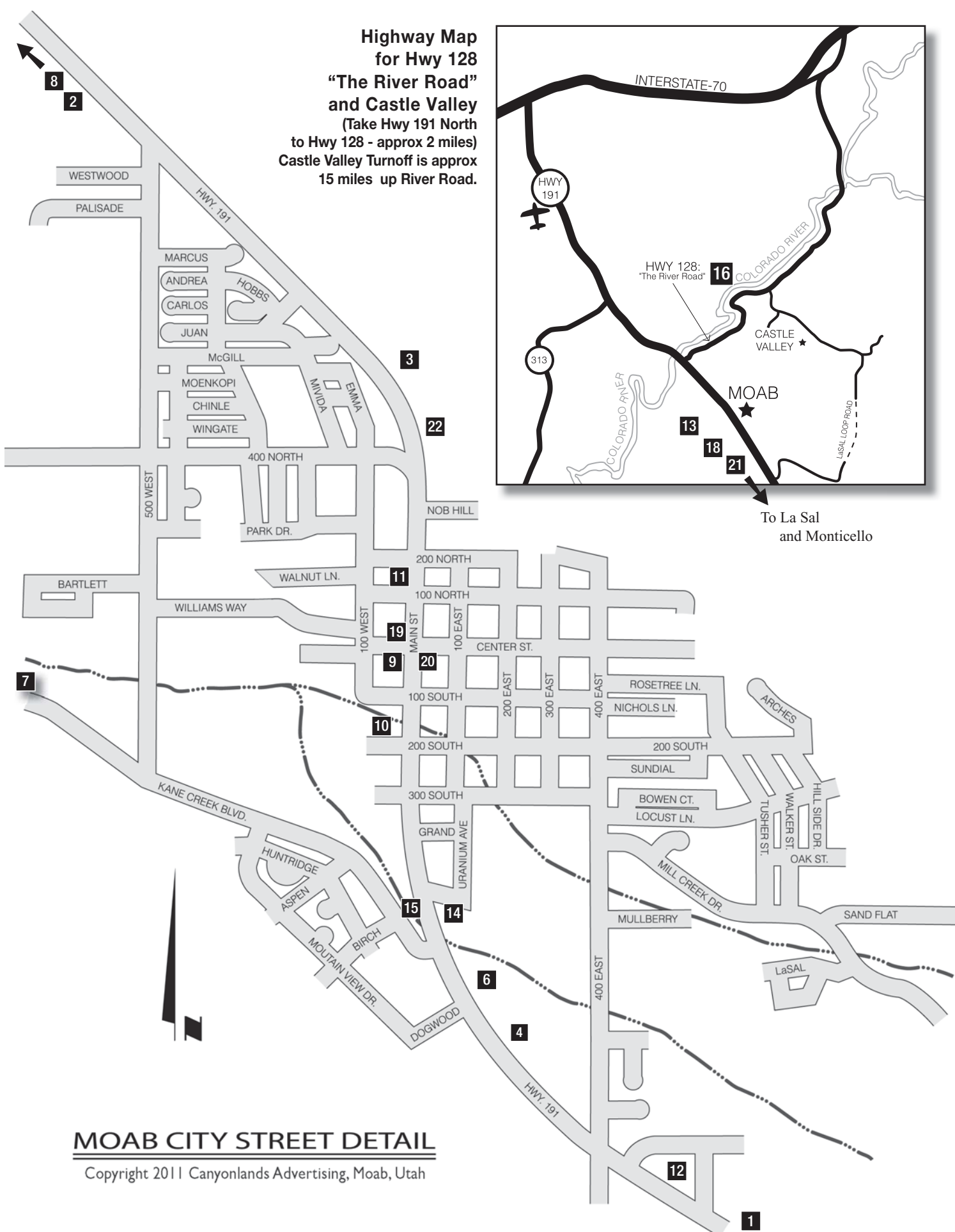
9

AWARD WINNING HOTEL
 435.259.2300

COMPLIMENTARY FULL HOT BREAKFAST
 HIGH SPEED INTERNET ACCESS
 YEAR ROUND POOL & JACUZZI
 SECURED BICYCLE STORAGE

10% off with this ad*

*AD NOT VALID WITH ANY OTHER OFFER
 Each Best Western is independently owned and operated.





THE GONZO INN
 YEAR ROUND FUN!

A little off Main
 100 W. 200 S.
 Moab, UT 84532
 1-800-791-4044
 435-259-2515
 www.gonzoinn.com

- Centrally Located in downtown Moab
- Outdoor Heated Pool & Hot Tub
- Continental Breakfast
- 100% Non-Smoking • Pet Friendly
- 43 Oversized Rooms • Suites

10



BOWEN MOTEL Moab, Utah

41 Modern Rooms
 • Heated Pool
 • Continental Breakfast
 • Fridge/Micro *some units
 • Close to Downtown
 • FREE Wi-Fi
 • Bike Wash

AAA APPROVED

Direct Reservations
800-874-5439

Book Online
 www.bowenmotel.com

1800 sq. ft. Guest House
 3 bed, 2 bath, full kitchen,
 W/D, private patio w/BBQ

169 N. Main • Moab, Utah

11



SLEEP INN

BY CHOICE HOTELS

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

1051 South Main Street
 Moab, Utah 84532

435.259.4655 • Fax 435.259.5838
 800.4CHOICE • choicehotels.com

12

MOAB AREA LODGING GUIDE

Days Inn
426 N. Main St.
Moab, Utah 84532
435-259-4468
FAX 435-259-4018

The Best Value Under the Sun.

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

22

RODEWAY INN
649 N. Main St.
Monticello, UT 84535
435-587-2489
www.rodewayinn.com

- Indoor Heated Pool
- Truck/Trailer parking available
- Free computer use for guests
- Wi-Fi

Major Renovations, finished in March, will include:

- New paint throughout -rooms, hallways, breakfast area.
- New carpet, mattresses and curtains
- New furniture in guest rooms & breakfast area
- Hot breakfast begins March 1st
- New 32" LCD flat screen TV's
- New indoor hot tub

21

Moab Lodging
1-800-505-5343
HOTELS • CONDOS • COTTAGES
Booking Most Moab Area Lodging Accommodations
"One Call Does It All"
www.moabutahlodging.com
50 East Center Street
Moab, Utah 84532

Accommodations Unlimited Vacation Rentals
1.866.YES.MOAB
435.259.6575
9 N. MAIN ST. MOAB, UT 84532

WHERE VALUE AND LUXURY MEET!

Take a break from cramped hotel rooms!
Enjoy the Luxury of a Vacation Rental
... SAVE MONEY ...

Vacation Rentals can work out cheaper
LODGING FOR ALL TASTES & BUDGETS

Condos • Townhomes • Custom Homes
Garden Apartments • Cottages • Vintage Homes
www.MOABCONDORENTALS.COM

19

Sorrel River Ranch Resort and Spa.
Moab's 4 Diamond, Full Service Resort located on scenic Highway 128 and the banks of the Colorado River. Enjoy luxury appointed suites, private decks, resort activities, horseback riding, delicious cuisine and rejuvenating spa treatments. Visit www.sorrelriver.com for special adventure packages today.

435-259-4642

23

1415 Hwy 46
Old La Sal, Utah
www.mtpeale.com
relax@mtpeale.com
TEL: 435.686.2284

Mt. Peale Inn & Cabins

We are located on the southeastern slope of the La Sal Mountains, a hidden alpine wonder, providing breathtaking scenery, spectacular views, and affordable accommodations.

Special: One bedroom cabin \$99.00

Coming Soon!
Mt. Peale Sanctuary and Learning Center
"We Are All One Under The Sun"

24

BOOK NOW!

If you are reading this ad, so are your potential guests! Advertise in the Lodging Guide and we'll put a link to your website from www.moabhappenings.com
Contact Aaron Davies for info at 435-259-8431

Key to Lodging Guide

1.	Lazy Lizard Hostel	435-259-6057	www.lazylizardhostel.com
2.	Holiday Inn Express	435-259-1150	www.HIExpress.com/moabut
3.	Hampton Inn	435-259-3030	www.hampton.com
4.	La Quinta	435-259-8700	www.lq.com
5.	YOUR BUSINESS HERE		
6.	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
7.	Adobe Abode Bed and Breakfast	435-259-7716	www.adobeabodemoab.com
8.	Aarchway Inn	435-259-2599	www.aarchwayinn.com
9.	Canyonlands Best Western	435-259-2300	www.canyonlandsinn.com
10.	Gonzo Inn	435-259-2515	www.gonzoinn.com
11.	Bowen Motel	435-259-7132	www.bowenmotel.com
12.	Sleep Inn	435-259-4655	www.moab-utah/sleepinn
13.	The Monticello Inn	435-587-2274	www.themonticelloinn.org
14.	Red Stone Inn	435-259-3500	www.moabredstone.com
15.	Big Horn Lodge	435-259-6171	www.moabbighorn.com
16.	Red Cliffs Lodge	435-259-2002	www.redcliffslodge.com
17.	Moab Rustic Inn	435-259-6177	www.moabrusticinn.com
18.	Hidden Oaks Lodge	435-459-9444	www.hiddenoakslodge.com
19.	Accommodations Unlimited	435-259-6575	www.moabcondorentials.com
20.	Moab Lodging	435-259-5125	www.moabutahlodging.com
21.	Rodeway Inn & Suites	435-587-2489	www.rodewayinn.com
22.	Days Inn	435-259-4468	www.daysinn.com
23.	Sorrel River Ranch	435-259-4642	www.sorrelriver.com
24.	Mt. Peale Inn & Cabins	435-686-2284	www.mtpeale.com

18
HIDDEN OAKS LODGE
The perfect location for Large Groups, Family Reunions, & Corporate Retreats

To reserve the lodge for your family or group call 435-459-9444
or visit HiddenOaksLodge.com
NOW BOOKING 2011

17
MOAB RUSTIC INN
435-259-6177
120 E. 100 S. South
Moab, Utah 84532
www.moabrusticinn.com

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

Quiet off Main location

16
RED CLIFFS LODGE
Moab's Adventure Headquarters

110 RIVERFRONT CABINS & SUITES
RESTAURANT & BAR
HORSEBACK RIDING
POOL & EXERCISE ROOM
MOVIE HISTORY MUSEUM

Home of **Castle Creek WINERY**
Local Production
Free Tasting

TRAVELER STAY LIST
BEST WEEKEND GETAWAY OFFICIAL LIST OF UTAH 2010
WINNER BEST OF STATE UTAH 2009

PRESENT THIS COUPON AT CHECK IN FOR
\$50 RESORT CREDIT
WITH A TWO NIGHTS STAY

www.redcliffslodge.com
16 Miles east of Moab on Hwy 128
435-259-2002 • 866-812-2002

(435) 587-2274 ♦ www.themonticelloinn.org

The Monticello Inn
High Speed Internet • HBO • Microwave / Fridge

164 E Center (East of Street Light)
Monticello, UT 84535

Monticello: The Entrance to
Needles District Of Canyonlands

Only 45 min. from Moab
26 Spacious, very clean rooms ♦ Queen/Full Size Beds
Coffee pots in rooms

Locally owned and operated

13

14
REDSTONE INN
Moab's Best Deal
AAA APPROVED

- BIKES ALLOWED IN ROOM
- Kitchenettes
- Pets OK
- Barbeque Patio Area
- Mid town location

535 S. MAIN • MOAB, UT 84532
435-259-3500
www.moabredstone.com

15
BIG HORN LODGE
"SOUTHWEST LODGE AT A MOTEL PRICE"
AAA APPROVED

- New Lodge Style Rooms
- Lodge Pole Pine Furniture
- Oversize TV's, HBO, ESPN
- Refrigerators, Coffee Pots
- Bikes Allowed in Rooms
- Heated Pool
- Restaurant On-site

550 South Main • 435-259-6171
www.moabbighorn.com

SHOPPING GUIDE

MOAB
KCVM
CANYON 97.1 FM

Sportswear & Gear for Active People

CANYON VOYAGES ADVENTURE CO

211 N. Main 259-6007
www.canyonvoyages.com

Buy
local FIRST
 U T A H

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.



211 North Main
 435-259-6007

www.canyonvoyages.com

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



29 East Center 435-259-8404

A luxurious oasis of rich colors and fibers for knitters, crocheters, spinners, weavers and felters. Featuring local farm-raised spinning fibers and yarns, accessories for every project, inspirational patterns and books, friendly atmosphere, helpful staff and a great selection of locally handmade gifts. Join us Wednesday evenings from 7-9 pm for a stitching social and enjoy getting to know other fiber artists. Hours: Mon-Sat 10 am - 5:30 pm. Visit us online at www.desertthread.com. Visit our new location.



40 West Center St. 435-259-0739
 Hours: Tue-Fri 10 - 5 Sat 10 - 3

MARCH 25 SALE SOME ITEMS 45% OFF. CHUBBY CHEEKS KIDS IS OUR NEW BABY BOUTIQUE. HAND-MADE BABY ITEMS READY TO USE. Our shop is filled with fabrics that call to you, inspire and reward you. Come in and check out our great selection of fabrics to suit your style. Patterns, books, notions, gifts and classes to suit beginners and beyond. Chairs for husbands! Beginning Quilting class Wednesdays March 2, 9, 16, 23 from 7pm to 9pm

Canyonlands Copy Center

check out our daily copy specials!

29¢ Tuesday
 color copies

5¢ Friday
 black and white copies

375 South Main (in front of City Market)
 Moab, Utah 84532
 (435) 259-8431 • (435) 259-2418 Fax
info@moabhappenings.com

Some restrictions apply. Price includes 8 1/2 x 11 copies on 20lb. paper.



400 EAST & MILLCREEK DR. 259-6999

4th East & Millcreek Dr.
 259-6999

Dave's Corner Market has the largest selection of whole-bean coffee in Southeast Utah. We carry over 70 varieties of coffee. Whether you are hiking, biking or jeeping, stop by Dave's to stock up! We carry cold beverages, snacks, fruit, cigarettes, beer, ice, bread, ice cream, bottled water and more! Dave's friendly, old fashioned, neighborhood market is your last stop before the Slickrock Bike Trail!

YOUR AD COULD BE HERE!
CALL THERESA OR AARON AT 259-8431 FOR DETAILS.

RadioShack Dealer

Digital Cameras
 iPods
 Accessories
 Batteries
 Cellular Accessories
 Memory Cards

Royce's Electronics
 435.259.6630
 611 South Main Street
 across from McDonalds

Store Hours
 Mon-Sat 8am-8pm
 Sun 10am-7pm

BROADBAND INTERNET

River Canyon Wireless

Royce Electronics
 611 S. Main St. • Moab, UT
 435-259-8319

www.rivercanyonwireless.com

Castle Creek WINERY

Lodging...
 Banquets...
 Weddings...
 Giftshop, tours
 and Wine Sales

Visit our NEW Tasting Room on the banks of the Colorado River. Complimentary Wine Tasting Daily.

Buy local FIRST U T A H

WINNER BEST OF STATE UTAH 2009

Chenin Blanc • Chardonnay
 Uintah Blanc • Lily Rose White
 Cabernet Sauvignon • Merlot
 Kid Red • Outlaw Red

www.castlecreekwinery.com
 Mile 14, Hwy 128 • Moab, UT 84532 • 435-259-3332

Walker Drug & GENERAL STORE

DIGITAL • APS • 35MM
 E-BOX • CAMERAS
 BATTERIES

1 HOUR and OVERNIGHT FILM DEVELOPING

SHOPPING GUIDE



Rave 'N Image
59 South Main, #5
LOCATED IN
McStiff's Plaza
259-4968

The Rave 'N Image is a beautiful clothing boutique with a whole lot of style and variety. We have a wide range of clothing for women & juniors, as well as shirts for guys. We also carry a multitude of accessories and gifts including: hats, embroidered bags, belts & buckles, leather cuffs & wallets, candles, soaps, lotions, perfumes, incense, flip flops or winter boots, sunglasses, bathing suits, cards & journals, amazing wall art, make-up, hair dye, the largest collection of Body Jewelry & organics in Moab, and a GORGEOUS ARRAY OF STERLING SILVER, GEMSTONE & FASHION JEWELRY!! We carry unique & conscientious lines like Altiplano, Stop Start, EnV, Pacifica, Papaya & Rise Up as well as locally made artwork & jewelry. Don't miss our 50% OFF CLEARANCE racks & small used section when you come by the McStiffs Plaza to see what people are "Rave'N" about!! Open daily at 10 am.



Alltel dealer, cameras, laptops, cases, batteries, harddrives, routers, cable, memory, iPods, speakers, stereos, adapters, cable, headphones, satellite radio, Town's best selection of watch batteries. Surge protectors, accessories for cell phones and CB's, DVD players, microphones and much more. Home of River Canyon Wireless, Broadband Internet.



375 So. Main Street in front of City Market
259-8431

The Moab Mailing Center is an authorized shipping outlet for UPS and FedEx. Mailbox rentals - private & secure with mail forwarding service available. Shipping supplies, boxes, packaging materials, bubble wrap, & tape. Color copies, high volume copying, large selection of paper and card stock available. WE NOW OFFER FEDEX GROUND! 24 HOUR DROP BOX FOR FEDEX AND UPS ENVELOPES. Stop by Moab Mailing Center and we can help you out! **Next day service to anywhere in the US from Moab (UPS and FedEx).** Open Mon-Fri 8 am to 6pm, Sat 9am to 5pm **NEW:** Notary on staff. Call for hours.

Desert Thread
Beautiful Yarns and Fibers!
Visit our new location
29 East Center Street
Moab, UT 84532
435-259-8404
Open Mon - Sat 10 - 5:30
Visit us online at
www.desertthread.com



WabiSabi Thriftique
A Luxury Thrift Shop

411 East Locust Lane
259-9114 • www.wabisabimoab.org

WabiSabi, a luxury thrift store in Moab, is not your typical thrift store. We feature only the best in used quality clothing, collectibles, sportswear, books & camping equipment. WE HAVE WHAT YOU FORGOT TO PACK. WabiSabi supports local nonprofits & produces workshops that have a positive impact on our community. Open from everyday 10am to 7pm. Visit our warehouse (at our new location -1030 Bowling Alley Lane) for reduced price clothing, furniture, construction materials and housewares. Open everyday 9 am - 6 pm.



Walker Drug
& GENERAL STORE

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

Walker Drug is not an ordinary pharmacy. With 17,000 sq. ft. of merchandise overflowing from the shelves, Walker Drug is more like a general store with personality. Bikers, runners, jeepers, campers, river rafters, photographers, young & old alike, will find an endless variety of merchandise. From bathing suits, hats, fishing tackle, knives, toys, housewares, shoes, spaghetti sauce to socks & underwear, Walker Drug has something for everyone.



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.

DAVE'S CORNER MARKET
4th East & Millcreek Drive
259-6999
BEST CUP IN TOWN
Largest selection of gourmet coffee in Southeastern Utah.
Open 6 a.m. - 10 p.m. Monday - Saturday
7 a.m. - 10 p.m. Sunday

SHOPPING GUIDE MAP

Map showing business locations in Moab, Utah. Key streets include Main Street, Center Street, 400 North, 200 North, 100 North, 100 South, 200 South, 300 South, Grand, Uranium Ave., Kane Creek, and Cedar. Businesses marked include Canyon Voyages, Walker Drug, WabiSabi Thriftique, Rave 'N Image, Moab Barkery, Desert Thread, It's Sew Moab, Arches Electronics, Hogan Trading Co., Dave's Corner Market, Canyonlands Copy Center, Moab Mailing Center, and Royce's Electronics.

MILEAGES TO MOAB

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

MILEAGE CHART

	Albuquerque, N.M.	Arches	Blanding, Utah	Bluff, Utah	Bryce Canyon N.P.	Canyonlands N.P.	Canyonlands Needles	Canyon Rims	Capitol Reef N.P.	Cortez, Colorado	Dead Horse Point	Denver, Colorado	Durango, Colorado	Goosenecks	Grand Canyon N. Rim	Grand Canyon S. Rim	Grand Junction, CO	Green River, Utah	Hovenweep	Lake Powell Halls Csg.	Lake Powell Hite	Las Vegas, Nevada	Los Angeles, CA	Mesa Verde N.P.	Mexican Hat, Utah	Moab, Utah	Monticello, Utah	Monument Valley	Natural Bridges	Newspaper Rock	Page, Arizona	Phoenix, Arizona	Price, Utah	Salt Lake City, Utah	Zion National Park
Albuquerque, New Mexico	367	329	355	608	398	359	353	487	249	396	444	218	389	535	407	430	415	291	419	416	587	805	278	382	362	307	324	376	335	456	449	548	730	575	
Arches National Park	367		81	107	361	31	62	80	244	119	29	356	165	142	499	325	110	49	116	171	168	447	722	149	134	5	60	159	129	58	285	480	110	230	404
Blanding, Utah	329	81		26	279	113	58	74	158	83	111	446	130	56	322	242	196	130	45	90	87	358	630	99	52	74	22	77	47	47	199	393	192	321	322
Bluff, Utah	355	107	26		301	139	84	100	180	82	137	477	152	30	296	220	222	152	35	110	107	332	604	125	26	103	48	51	65	74	173	367	214	343	296
Bryce Canyon National Park	608	361	279	301		310	347	353	100	361	418	553	406	331	219	159	308	221	320	282	192	205	477	390	323	356	301	277	232	327	151	378	280	324	86
Canyonlands National Park	398	31	113	139	310		109	86	275	151	2	377	196	169	435	359	142	80	158	203	200	478	750	180	165	36	91	190	150	89	316	506	142	362	435
Canyonlands N.P. Needles	359	62	58	84	347	109		70	230	106	107	434	151	114	380	314	188	126	113	148	145	524	746	135	120	73	46	145	115	20	271	451	188	308	390
Canyon Rims Rec. Area	353	80	74	100	353	86	70		236	112	84	411	157	130	396	320	165	103	119	164	161	501	773	141	126	50	52	151	121	50	277	467	165	285	396
Capitol Reef National Park	487	244	158	180	100	275	230	236		244	273	422	289	209	319	259	177	75	199	161	71	336	608	273	202	239	184	227	111	209	353	509	134	257	217
Cortez, Colorado	249	119	83	82	361	151	106	112	244		149	421	45	139	405	324	204	158	47	172	169	566	838	29	128	105	60	159	129	85	285	475	220	359	404
Dead Horse Point	396	29	111	137	418	2	107	84	273	149		375	194	167	433	367	127	78	156	201	198	392	664	178	163	34	89	188	148	87	314	504	140	260	433
Denver, Colorado	444	356	446	477	553	377	434	411	422	421	375		339	462	750	681	246	346	468	536	533	758	1031	550	490	361	416	519	493	414	638	826	408	512	764
Durango, Colorado	218	165	130	152	406	196	151	157	289	45	194	339		183	450	337	170	271	92	220	217	575	847	54	143	160	105	168	174	130	294	520	333	404	413
Goosenecks	389	142	56	30	331	169	114	130	209	139	167	462	183		266	261	252	186	65	138	135	439	711	168	8	101	78	32	92	188	158	348	248	377	277
Grand Canyon North Rim	535	499	322	296	219	435	380	396	319	405	433	750	450	266		214	505	404	277	404	401	237	509	434	270	396	344	236	361	370	123	347	466	413	127
Grand Canyon South Rim	407	325	242	220	159	359	314	320	259	324	367	681	337	261	214		417	372	255	324	321	283	555	357	194	320	268	169	287	263	139	217	434	583	297
Grand Junction, Colorado	430	110	196	222	308	142	188	165	177	204	127	246	170	252	505	417		101	241	286	283	510	782	233	247	115	170	248	243	168	395	590	163	285	493
Green River, Utah	415	49	130	152	221	80	126	103	75	158	78	346	271	186	404	372	101		175	220	217	398	664	197	184	53	108	203	177	106	329	519	62	182	241
Hovenweep	291	116	45	35	320	158	113	119	199	47	156	468	92	65	277	255	241	175		127	124	491	763	76	61	122	67	86	84	92	210	402	237	366	331
Lake Powell Halls Crossing	419	171	90	110	282	203	148	164	161	172	201	536	220	138	404	324	286	220	127		90	562	838	201	134	164	112	155	43	137	281	471	171	411	400
Lake Powell Hite Marina	416	168	87	107	192	200	145	161	71	169	198	533	217	135	401	321	283	217	124	90		559	831	198	131	161	109	152	40	134	278	468	96	408	397
Las Vegas, Nevada	587	447	358	332	205	478	524	501	336	566	392	758	575	439	237	283	510	398	491	562	559		272	595	432	451	506	307	525	512	281	287	460	419	121
Los Angeles, California	805	722	630	604	477	750	796	773	608	838	664	1031	847	711	509	555	782	664	763	838	831	272		867	704	717	779	579	797	784	553	376	602	691	393
Mesa Verde N.P. Colorado	278	149	99	125	390	180	135	141	273	29	178	550	54	168	434	357	233	197	76	201	198	595	867		163	144	89	188	158	115	314	504	259	388	433
Mexican Hat, Utah	382	134	52	26	323	165	120	126	202	128	163	490	143	8	270	194	247	184	61	134	131	432	704	163		129	74	25	91	99	151	341	240	373	270
Moab, Utah	362	5	74	103	356	36	73	50	239	115	34	361	160	101	396	320	115	53	122	164	161	451	717	144	129		54	151	120	53	280	475	115	235	294
Monticello, Utah	307	60	22	48	301	91	46	52	184	60	89	416	105	78	344	268	170	108	67	112	109	506	779	89	74	54		99	72	28	225	415	168	299	344
Monument Valley	324	159	73	51	277	190	145	151	227	159	188	519	168	32	236	169	248	203	86	155	152	307	579	188	25	151	99		118	125	126	316	265	394	245
Natural Bridges Natl Monument	376	129	47	65	232	150	115	121	111	129	148	493	174	92	361	287	243	177	84	43	40	525	797	158	91	120	72	118		94	244	432	136	368	363
Newspaper Rock	335	58	47	74	327	89	20	50	209	85	87	414	130	188	370	263	168	106	92	137	134	512	784	115	99	53	28	125	94		231	440	168	334	370
Page, Arizona	456	285	199	173	151	316	271	277	353	285	314	638	294	158	123	139	395	329	210	281	278	281	553	314	151	289	225	126	244	231		272	391	420	119
Phoenix, Arizona	449	480	393	367	378	506	451	467	509	475	504	826	520	348	347	217	590	519	402	471	468	287	376	504	341	475	415	316	432	440	272		663	645	382
Price, Utah	548	110	192	214	280	142	188	165	134	220	140	408	333	248	466	434	163	62	237	171	96	460	602	259	242	115	168	265	136	168	391	663		123	281
Salt Lake City, Utah	730	230	321	343	324	262	308	285	257	359	260	512	404	377	413	583	285	182	366	411	408	419	691	388	373	235	299	394	368	334	420	645	123		306
Zion National Park	575	404	322	296	86	435	390	396	217	404	433	764	413	277	127	297	493	241	331	400	397	121	393	433	270	294	344	245	363	370	119	382	281		306

HIGH QUALITY COLOR COPIES!

LOW, EVERYDAY PRICES! FAX Services • Internet Access

375 S. Main (corner of Grand & Main) Moab, Utah 84532

435-259-8431 • Fax 435-259-2418

OPEN MONDAY - FRIDAY 8AM TO 6PM • SATURDAY 9AM TO 5PM



<

DOG AGILITY HAPPENINGS

Agility Returns to Moab!

by Diane Allen

The Old Spanish Trail Arena will be the site of two dog agility trials, sponsored by the North American Dog Agility Council (NADAC), on April 2-3 and April 9-10, 2011. Competition begins at 9 a.m. each day. Dogs from all over the intermountain west and beyond, as well as several Moab canines, will be competing over timed, judged courses of jumps, ramps, tunnels and the ever-popular-with-spectators weave poles. Mixed breed as well as purebred competitors are judged on their speed, accuracy and safety as they zoom around a variety of courses, ten to twenty obstacles long. The two-legged member of each team is responsible for keeping the dogs on the correct courses (most four-leggeds haven't learned to read the numbers!), as well as ensuring safe performance of each obstacle.

The North American Dog Agility Council (NADAC) is one of several organizations that sponsor agility competitions. NADAC was formed in 1993, to provide North American dogs and their handlers with a fast, safe and enjoyable form of the sport of dog agility. The purpose of a NADAC agility trial is to demonstrate the ability of a dog and its handler to work as a smoothly functioning team. With separate titling divisions for Veterans and Junior Handlers and a variety of games, NADAC agility offers something for everyone! Based in Oklahoma, NADAC sponsors competitions all over North America and Australia.

What obstacles are used?

- **Jumps** – Jumps are set at the proper height for each class, determined by the height of the dog at the withers (shoulders). Veteran dogs or those running with veteran handlers, junior handlers, and the Skilled class dogs can jump lower than their normal height. Dogs must clear the full height of the jump without knocking a bar off. Handlers sometimes run into the uprights and knock bars; that's also a fault!

- **Tunnels** – An easy obstacle to train, but many dogs suffer from “tunnel suck!”

- **Contact Obstacles** - The contact obstacles, so called because of the “contact zones” at lower end, include the A-frame and the dogwalk. To perform these obstacles correctly, the dog must get at least one paw in each contact zone when they descend the obstacle. The contact zone rule is for safety considerations.

- **Weave Poles** - The dog must enter to the right of the first pole and zig-zag through to the end. They must not miss a pole. If a dog “pops out” before the last pole, they must restart from the beginning.

- **Hoops** - Similar to a hula-hoop on its edge, a hoop is the ultimate “ground speed obstacle.” While they look easy, handlers must direct the dog while she is going full speed.

How are runs judged?

Faults occur if the handler touches the dog or an obstacle while on course, or if the dog runs the wrong course, misses a contact zone, misses a weave pole or fails to complete the set, displaces a jump bar, or exceeds the amount of time set by the judge for running the course. Different classes allow different numbers of faults to be considered “qualifying.” A certain number of qualifying rounds will result in a title being earned.

Dogs are entered, depending upon their experience and previously-earned titles, at the Novice, Open or Elite level. There are special divisions for Veterans (dogs age 7 years or older, or handlers age 60 years or older) and Junior Handlers (age 17 or younger). NADAC offers the Proficient class, in which dogs must have no faults to qualify, and the Skilled class, in which dogs can have five faults (e.g., one knocked bar) or be up to five seconds over time and still qualify. In addition, dogs running in the Skilled class jump one height lower than their usual.

What events are offered?

- **Regular Class** requires that the dog, under the direction of the handler, perform all of the agility obstacles in the order and under the time limit set by the judge. There are usually two regular classes offered each day.

- **Chances Class** offers tests in direction, distance, and discrimination between two obstacles. There are 10 to 15 obstacles, and each level has one, two or three tests (Elite having all three). All dogs have 40 seconds to complete this class.

- **Jumpers Class** is composed only of jumps and tunnels, and can be fast and furious!

- **Touch ‘n’ Go** consists of the contact obstacles (A-frame and dog walk) and tunnels.

- **Weavers** consists of just weave poles and tunnels.

Each level has a different number of poles, with either six or ten/twelve poles per set. Novice dogs will run three short sets, while Elite dogs see three long sets.

- **Tunnelers** –yep! You guessed it! –consists of just tunnels!

- **Hoopers** – a new class, where “ground speed obstacles” which look like hula-hoops on edge must be negotiated. The rules are rather complicated to explain – suffice to say, handlers can get easily confused, and most end up in hysterical laughter before the end! Hoops are used in some of the other classes as well.



Why Do People Do This?!

Agility is great for dogs and people for a number of reasons.

- It can build confidence in shy or nervous dogs. Once they figure out they can do the obstacles, they tend to love it!

- It provides a safe and fun outlet for a dog's energy.
- It provides a competitive environment where a dog and handler can compete not against other dogs, but just against the course and themselves.

- It builds a strong and loving bond between dog and handler. Training should always be more fun than work, and trainers should always set it up so the dog is never wrong. Dogs respond much better to positive reinforcement, and it shows in their success.

What happens at an event?

When the course has been set up, the handlers gather together for a “judge's briefing” where the judge

summarizes how the class is judged. Then the handlers may “walk the course.” They do this as a group, without their dogs, following the numbers to become familiar with how the course goes. Most handlers try to walk the course as many times as they can in the time allotted, to plan their strategy. You may see handlers during a course walk actually running the course with an imaginary dog, giving the commands as they would during their competing round. Sometimes handlers gather in little groups and discuss challenges and how they are going to handle them.

The dogs run the course individually, in a pre-determined order, off leash and without collars (for safety reasons). The judge will tell the handler when he or she may begin, and the timer starts the clock as soon as the dog crosses the start line and stops it when the dog crosses the finish. As each dog runs, the judge indicates the faults, which are noted on a sheet of paper by the scribe. At the completion of the round, the scribe records the dog's time. The information is then conveyed to the scorekeeper, who calculates the qualifying performances and top placements. These are usually then posted somewhere for competitors to see.

Spectators are welcome; there is no admission fee. Dogs that are not entered are discouraged from attending.

A few rules will keep everyone happy and healthy:

- Before you reach out to pet a dog, always ask the owner/handler FIRST. Please especially be sure your children observe this rule. Please supervise your children at all times.

- Feel free to sit or stand ringside and observe, but please remember to stay back a reasonable distance from the ring itself and especially stay away from ring entrances and exits.

- It is against the rules for spectators to assist or coach the handler/dog team by, for example, yelling out the correct obstacle order from the sidelines. (Yes, handlers do sometimes get confused or lost on course!) It is also not appropriate to shout the dog's name, since this would distract the dog from the handler's commands.

- Please do feel free to applaud and cheer the dogs on, and show your appreciation at the END of a particularly good or entertaining run.

Several Moab dogs are entered in these trials. Come and cheer for them and all the others!

MAILBOX RENTALS PRIVATE & SECURE

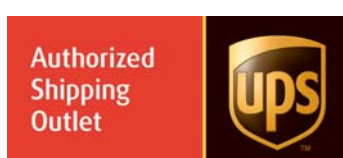
- 3 DIFFERENT SIZES
- MAIL FORWARDING AVAILABLE
- AS A MAILBOX CUSTOMER,
YOU CAN RECEIVE UPS & FEDEX

375 South Main
Corner of Main St. & Grand Ave.
Open Monday - Friday 8 a.m. to 6 p.m.
Saturday 9 a.m. to 5 p.m.

**Forget something?
UPS & FedEx offer overnight
services in Moab!**



MOAB MAILING CENTER



**AUTHORIZED
SHIPPING
OUTLET**



PET HAPPENINGS

The Raw Deal – Achieving optimum wellness for your dog through diet!

by Kaye Davis

For any machine to work properly it must be supplied with the manufacturers recommended fuel. Anything less will cause that machine to malfunction over time. Our pet's bodies work on the same principle. A biologically appropriate raw diet is the best diet to maximize the health and longevity of your pet.

A raw or "fresh frozen natural diet" consisting of meat (muscle), organ meat, bone material and a low portion of botanical matter supplies protein, energy and nutrients that play a major role in healthy nutrition. It also supplies varying amounts of fat, water, vitamins and minerals. Because it supplies fat and protein, it also provides energy. Meat is a first class protein and it contains all the essential amino acids necessary for dogs of all ages, including growing dogs, pregnant dogs, female dogs feeding puppies and even the couch potato dog.

There are no carbohydrates in meat. That is no starch, sugar or fiber. As the fat content of the meat raises so does the energy it can supply to your dog. Raw meat is low in sodium and high in potassium and that is excellent news for dogs with potential or existing heart problems.

In the wild, dogs eat the stomach content and organ meat from the animals they prey upon. In fact, internal organs form a vital part of the wild dog's diet. Domesticated dogs have similar requirements, because they still have 99.8% of the wolf's digestive tract at the Mitochondrial DNA (internal body) level. Yes, your Yorkie, Chihuahua and Lab are all really domesticated wolves from a nutritional and DNA standpoint!

Dogs have actually eaten vegetables the whole period of their evolution. As such, vegetables, particularly green leafy vegetables should form part of the domestic dog's healthy diet. The fiber your dog obtains from raw vegetables includes both soluble and insoluble fiber.

Vegetables supply many other nutrients. Many of those nutrients are the ones that have been found to be in short supply in the modern dog's diet. This includes difficult to obtain omega 3 essential fatty acids, most of a dog's vitamin needs, masses of enzymes and various anti-aging factors, including antioxidants and phyto-chemicals.

Living enzymes are proteins found in raw foods which help the body function. Enzymes are only beneficial to the body if they are living. Foods without living enzymes put stress on the pancreas to produce the necessary proteins to function. Living enzymes in a fresh frozen natural diet restore repair and maintain health. The convenient patties of a fresh frozen natural diet (we recommend and sell Stella & Chewey's) retain their living enzymes along with phyto-chemicals, antioxidants and unprocessed amino acids. Your pet's long term health depends upon these factors, to ensure a long and healthy life span.

The benefits of feeding your dog a fresh frozen natural diet are numerous. Your pet will have much-improved breath, minimal tartar buildup, and in addition periodontal disease that is so prevalent with pets fed grain-based diets is almost nonexistent. One of the first changes you will notice is an improvement in skin and coat. If you have a pet that has persistent skin problems a healthy fresh frozen natural diet will help those problems improve or disappear and you will no longer need vet visits, medicated washes, antibiotics or cortisone shots.

A fresh frozen natural diet normalizes and strengthens the immune system. Because the diet contains a good balance of essential fatty acids and other immune normalizing and strengthening nutrients, it reduces inflammatory conditions and reduces or eliminates infections. Fresh frozen natural diets are more readily absorbed, than grain fed diets, and

the result is less stool volume and odor. Odorous stool and gassiness are a result of improper or incomplete digestion of nutrients. What is the down side to this? No more blaming it on the dog!

Pet owners that switch their older pets to a fresh frozen natural diet usually find whatever degenerative disease their pet has, becomes less of a problem. The diet is by no means a wonder drug but it has and can reverse many aggravating degenerative conditions. Even arthritic conditions are improved and you can expect to see greater mobility in your pet.

The loss of unwanted fat and the increase in muscle mass is perhaps the greatest benefit of the fresh frozen natural diet. It not only makes your pet look better, it also increases their metabolic rate, their activity levels and their healthy life spans. I can personally speak to this as my two crazy dachshunds started to pack on the pounds after I started to incorporate kibble in to their diet as a convenience for me. After returning them to an exclusive fresh frozen natural diet they have both lost weight and gained muscle mass and are now lean, mean barking machines!

The word "raw" often triggers the idea of danger to most people, but when it comes to feeding your pet it shouldn't! Why? The raw meat we buy in the grocery store has been handled and stored in a way that we have to cook it to ensure we ingest no pathogens. Raw or fresh frozen natural diets for your dog are handled and stored to a much higher standard than "human grade meat" because they are intended to be fed raw. It's crucial that

if you feed your pet raw meat, you can verify that it is pathogen free and that you handle it properly, that way you will reduce any potential risk.

It is true that feeding your dog a fresh frozen natural diet is more expensive than kibble. This is true for humans as well; a diet of fresh vegetables, fresh quality meats and whole grains is more expensive than macaroni & cheese, canned spam and canned vegetables but making better nutritional choices have long term benefits too. Often people choose to incorporate a fresh frozen natural diet by offering it a few times a week, as a or doing a diet of half kibble and half fresh frozen to ensure their pet is getting the best nutrition as possible.

Every dog will react differently to a fresh frozen natural diet, so it is best to start slowly. Incorporate fresh frozen natural food with your dog's current food to allow

the dog's stomach to adjust, as feeding a diet of solely kibble increases the ph and the stomach needs time to adjust the ph to become more acidic in order to be able to process the meat.

As pet owners we want our pets to grow and develop every part of their body to the peak of their genetic perfection. Brilliant health is what we should want for our pets and this means our pets should be healthy, happy, active, bright, alert and free of problems. Every living animal on earth requires a natural and healthy, biologically appropriate diet and if you think about it, not one animal on earth, has adapted by evolution to eat a cooked food diet and your dog is no exception!



Humane Society of Moab Valley

435-259-4862

Cat Adoption Days: March 5th & 19th
From 10am - 12pm at the Moab Barkery

Dog Adoption Days: March 12th & 26th
From 10am - 12pm in front of City Market

Let's hear it for the Luck Of The Irish! Be the lucky one and adopt today!

Sunday March 27th - Hands On Training (Dogs)
5 to 7pm Seminar \$25 registration fee

Pre-registration Required, 8 Dogs Max,
One Person Per Dog. Contact our office for more details.

Desert Doggie Daycare

Daycare or Overnight Boarding

- 1,000 sq. ft. cooled / heated indoor play area
- half acre outdoor open play area
- grooming services available



a getaway for your pet and peace of mind for you

www.desertdoggiedaycare.us

4890 Sunny Acres Lane, Moab 435-259-4841

Holistic Pet Grooming Studio

NOW OPEN

- 🐾 25 Years Grooming Experience
- 🐾 Animal Reiki Offered (Certified in levels 1 and 2)
- 🐾 Dog Training
- 🐾 BS. in Biology in Animal Behavior
- 🐾 Specializing in special needs animals and large breeds



New Location

2881 South Desert Rd., Moab - one block from Shell Station
10% off first visit @ new location

Monday - Saturday Call for an appointment
New Local Phone Number 260-2949

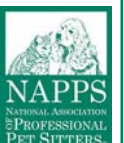
Sitting Duck Pet Sitting



- 🦆 Morning, mid-day & evening visits available
- 🦆 Feeding, watering, administering meds
- 🦆 20 Minute walks or play-time
- 🦆 Customized care plan according to your customized needs

Call & I'll come and meet you and your pet.
904-228-7240 or visit SDMoab.com

Your pet won't even have to leave their own comfortable environment.



This page sponsored by:



Now Open: Do-it-Yourself Dog Wash

Basic Wash: \$10 per dog

New Premium Dog Food
affordable at \$40 for 40 lbs.

* Pet ID Tags for less *

Open at 10am DAILY

82 N. Main

435-259-8080

www.moabbarkery.com

