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MOAB HAPPENINGS

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JANUARY 2012

Volume 23 Number 10

Table Of Contents

Astrology	6
Events Calendar	4
Health: Body, Mind, Spirit	7
Hiking Happenings	3
Lodging Guide	20-21
Mountain Biking	8
Nature Happenings	15
Pet Happenings	23
Restaurant Guide	11-15
Shopping Guide	18-19
Sky Happenings	17
Southeast Utah Map	16
Trail Mix/Winter Rec.	9



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MOAB HAPPENINGS

MOAB HAPPENINGS®

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

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Artwork must be ready to display
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After exhibition art will need to be picked up no
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WWW.MOABARTSFESTIVAL.ORG

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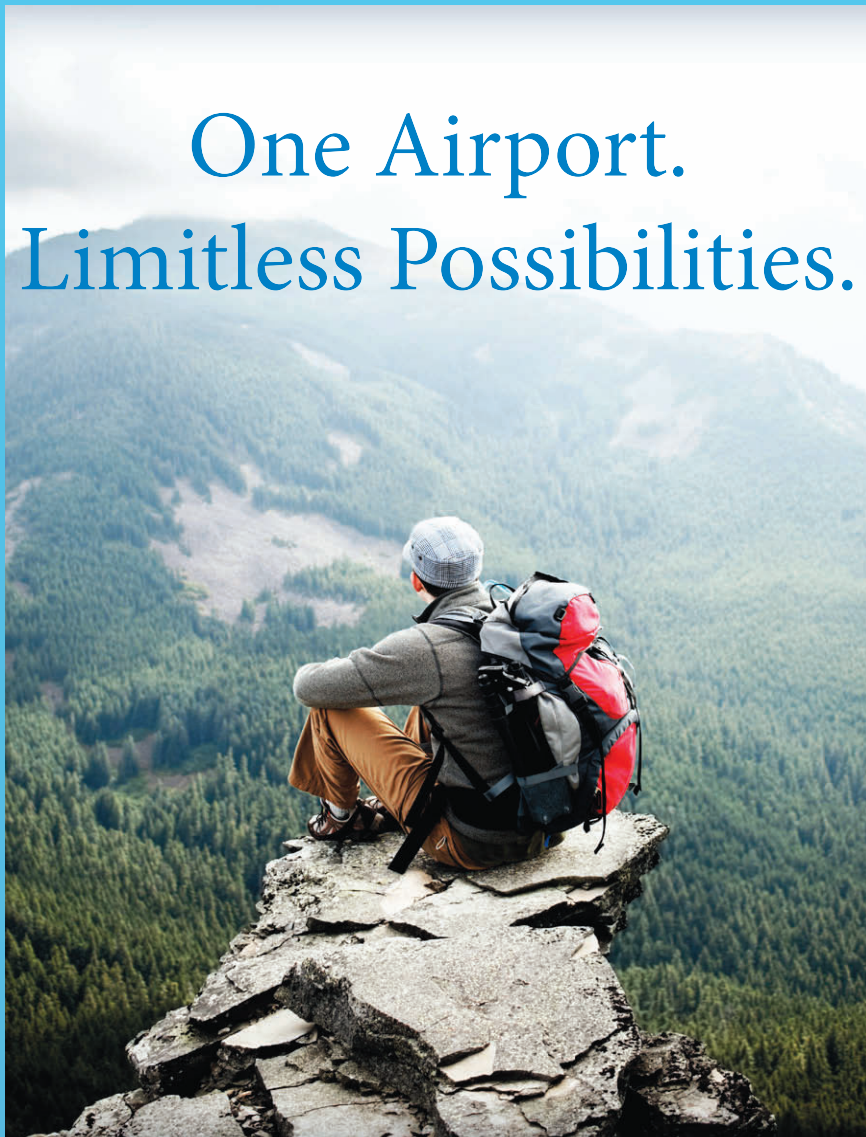
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HIKING HAPPENINGS

Poison Spider – What’s In A Name!

by Marcy Hafner

Have you ever wondered how the Poison Spider Trail received its name? The answer stems from the legend that a little girl named Mary Jane Francis died there from the bite of a poison spider in 1896! On a chilly clear wintry day - a season when few people are seen - I embark on a four mile walk to the Poison Spider Mesa to find her grave.

The legend of a spider bite is very intriguing. So are the dinosaur tracks that exist above this trail. Within this vicinity Therapods - such as Allosaurus, Eubrontes and Gallators - roamed across the largest dune field ever recognized on earth! As these giant reptiles - fast moving bipedal carnivores with short arms and claws to grasp their prey - made their passages over wet surfaces 190 million years ago, they left behind their fossilized imprints.

Several of the tracks can be viewed from the highway just below the trailhead, even without binoculars. Just look up to the first main bench to a tilted boulder with a smooth surface about the size of a car. For a closer look, a dirt trail from the vault toilet leads up to those tracks. In the cliffs above, there are at least ten more tracks of various meat-eating dinosaurs, which are preserved in blocks of Navajo Sandstone.

To get to the Poison Spider trailhead from Moab drive north on Highway 191. About 1.5 miles past the river turn left on Highway 279 (Potash Road) and drive 5.9 miles. Then turn right at the sign for a very short uphill drive to the parking area.

Spring through fall this multi-use trail is popular with mountain bikers and jeepers. For those with wheels, The Relaunch Pad, Waterfall, Wedgy and Tie-Rod Flats tell the story of tight switchbacks, high irregular ledges and steep slickrock - obstacles that are ripe for a lot of trouble. The painted white blocks on the blackened humps of Navajo Sandstone make this trail very easy to follow as it ascends approximately three miles to the mesa - a hard-core jeep trail that is far more challenging for the driver than the hiker! After the steep grind to the top, connections can be made with the Golden Spike, Gold Bar Rim and the Portal Trail along with a short spur to Little Arch, which overlooks the river.

At the beginning of my walk I am intermittently gazing down on the Colorado River in its prime. The heavy load of silt from spring run-off has settled out to reveal the lovely blue-green cloak that gleams with reddish reflections off the cliff walls towering above. Several switchbacks later I admire the swirling curvaceous formations of light brown Navajo Sandstone, which retain the graceful flow of the ancient sand dunes they used to be. As I progress around them the restful river setting below is gradually blocked out.

Every gain in elevation slowly opens the door for a tremendous change in scenery. Now miles beyond the river corridor, I am observing Behind The Rocks - a jumbled and bizarre geological demonstration of piercing upright domes and fins, which contrast dramatically with the



sparkling silhouette of the La Sal Mountains. During my entire ascent to the top, this eye-catching view steadily pops in and out of sight.

After stumbling through an area of rubbly rocks that twist around under my feet, I am ready for a straight shot of level dirt that leads me to a lush, shadowy sand-based

canyon where all the leafless oaks look starkly naked. In the summer this shaded refuge would be a blessed relief from the blazing heat. Today, however, I chase the sun and lingering here is like standing inside your freezer.

As I march upward on an extremely steep angled section of slickrock called “The Waterfall”, I marvel at where four-wheel drive vehicles can go! At the top, I learn the hard way to bear right, as going left quickly dead-ends. After all these exertions, I am rewarded with more in-depth views of the La Sals and Behind The Rocks.

The last major obstacle for the four-wheelers is a V-shaped groove known as “The Wedgy”. After that it’s the final steep climb to plenty of sunshine on the mesa top



where the “Whoop-Ti-Dos” await. One dip after another makes this section of road look like it has a bad case of the hiccups. Then, at a flattened stretch of dirt road referred to as the “High Speed Mesa”, the quietude of this off-season day sinks in as I survey the magnitude of a wide-open landscape soothingly extending out before me.

Along this portion of gently rolling ground, which supports a huge growth of blackbrush and stunted junipers, the artificial sunflowers finally draw me into the spot where Mary Jane Francis is buried. Her gravesite is

lined with stones, and her name and the dates 1889 to 1896 are clearly carved on both headstones. This memorial has encouraged many to leave a parting tribute - a brake light, small teddy bear, toy rabbit, a grinch, magic markers, comb, a big set of dice, cards, tic tac mints, two fake birds, an empty bottle of jagermeister, necklaces and coins, especially quarters.

They have adorned her gravesite with many remembrances for a tale that tells us so little. The questions are endless. Who was she? What did she look like? What games did she play? What was her personality like? Who were her parents? Where did they come from? What were they doing here? And most importantly - did she really die from the bite of a poison spider?



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January 2012

- 1 **NEW YEAR'S DAY**
- 7-8 **2nd Annual Indoor 3-D Shoot**, Archery Competition at La Sal Mountain Outfitters, located in Spanish Valley. Information call 877-778-9013 or www.lasalmountainoutfitters.com
- 11 **Frankie D's** - Classic rock with *Wise Bird and Stonefed*
- 13 **2012 Moab Arts Festival Poster Art Design Competition Exhibition** runs through January 27. Public encouraged to vote for their favorite design opening night. Winner announced January 16. Artists: See ad on page 2 in Moab Happenings to enter contest!
- 14 **Moab's Red Hot 33k Sneak Peak** - A training run along the 33k course for all who want to get familiar with Golden Spike trail, an area known to have runners get off course. Meet at the Moab Information Center parking lot (Main & Center Streets) on January 14th at 9:00am. For more info visit GrassRootsEvents.net or call 435-260-0886
- 13-15 **Bluff Balloon Festival** see article page 5
- 18 **Museum of Moab Annual Membership Dinner**. 6 pm at Sunset Grill. Tickets available at Museum of Moab through Jan 16 and online. For information or RSVP call the Museum at 435-259-7985.
- 21 **Moab Midwinter Mayhem Roller Derby** at the Grand County Middle School Gym. Doors open at 4:00 pm and the public is welcome to watch newbies scrimmage, with the highest caliber of play in the final challenge bout starting at 6:00 pm. Tickets are just \$5. For more information contact moabderby@gmail.com or visit www.moabrollerderby.com. See article on page 10.

February

- 2 **GROUNDHOG DAY**
- 4 **8th Annual Robert Burns Celebration at the Grand Center** (182 North 500 West) at 6 pm. The traditional Burns Supper will include performances by Moab Music Festival favorites Christopher Layer, Kate MacLeod and the Moab Community Dance Band. For information call 435-259-7003 or visit www.moabmusicfest.org.
- 11 **2012 Health Fair**, 10 am to 1 pm at the Grand Center - sponsored by Moab Regional Hospital. Blood Draws begin January 3. Call 719-3630 for appointment.
- 14 **VALENTINE'S DAY**
- 18-19 **2nd Annual Moab Flute Festival** presented by Echo Hunters Association at the M.A.R.C. (111 E. 100 N.) For info find us on the Echo Hunters Facebook group.
- 18 **Moab's Red Hot 55K and 33K** - A challenging 55k/33k trail running event. Run some of the most sought after trails that Moab has to offer. Moab's Red Hot attracts some of the top ultra runners in the country so come to see them run course records! For more info visit grassrootsevents.net or call 435-260-0886.
- 20 **PRESIDENTS' DAY**

2012 Moab Events

- January 13-15 Bluff Balloon Festival
- March 10-13 Skinny Tire Festival
- March 12 Banff Mountain Film Festival
- March 17 Canyonlands Half Marathon
- March 31-April 8 Easter Jeep Safari
- April 26-29 Moab Spring Quarter Horse Show
- April 27-29 April Action Car Show
- May 12 Gran Fondo
- May 26-27 Moab Arts Festival
- May 31 - June 2 Canyonlands PRCA Rodeo
- Aug. 30-Sept. 10 Moab Music Festival
- September 21-23 Moab Century Tour
- September 22-23 Moab Fall Quarter Horse Show
- October 3-7 Outerbike
- October 5-7 24 Hours of Moab
- October 5-13 PleinAir Moab
- October 21 The Other Half
- October 25-28 Moab Ho-Down Bike Fest
- October 28 Pumpkin Chuckin' Festival
- November 2-4 Moab Folk Festival
- November 9-11 Moab River Rendezvous

For more info on events see www.moabhappenings.com



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DEADLINE for FEBRUARY Events Calendar: JANUARY 20, 2011

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Call (435) 259-8431 or fax us at (435) 259-2418
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BLUFF BALLOON HAPPENINGS

Haven't been there, haven't done that.

By Marcia Hadenfeldt

If you live in Bluff, Utah or anywhere in the middle of the Four Corners red-rock desert, you've probably visited most of the iconic landscapes that make the region so attractive to locals and tourists from around the world. You may have driven through Valley of the Gods and Monument Valley, you could have camped at Sand Island and run the San Juan River and it's possible you've hiked Comb Ridge and Cedar Mesa. But have you watched the sky as you explored? The 14th Annual

across roof-tops and fields, the river and the bluffs creating scenes that leave everyone in awe and inspire the creativity of artists and photographers. Ground and weather conditions permitting, on Sunday those same pilots bring their balloons to fly above the Valley of the Gods.

Then stick around for a taste treat! The Southwest Cook-off from 3:30pm to 5:00pm features culinary creations from locals, pilots and guests all free for the sampling! It could be chili, or cookies, or stuffed peppers or mock apple pie, but you get to taste it all. The proceeds of your donation votes for "best chef" support Bluff events and community projects.



But wait, you're not done yet. As the festivities inside the Community Center wind down at sunset, the balloonists set up for the Glow-in. It's a fiery spectacular as the tethered balloons light up the night.

You've probably been to and explored some of southeastern Utah's beautiful scenic sites, but if you haven't attended the Bluff

International Balloon Festival it's time to join us so you can see it all in a new perspective and so you can say: been there, done that and bought the t-shirt!

Deep-red earth formations surrounded by multicolored bubbles transform the familiar landscape.

The Festival experience doesn't end with flying balloons. There are fun events designed for the whole family to round out the weekend. Have you had a Navajo taco? Whether you already love them or you need to try one, Bluff Elementary School serves



Bluff International Balloon Festival is January 13-15, 2012, and you won't want to miss the beauty of the landscape enhanced by colorful balloons soaring above.

At sunrise on Friday and Saturday mornings, our 25 pilots will lift-off to criss-cross the town of Bluff. The spectacular envelopes carry the hot air balloons

them up on Friday night to benefit the school event fund. Then, as the balloons touch down on Saturday morning, the Arts Fair will be underway from 10am to 3pm at the Bluff Community Center (located on 3rd East St in the middle of town). Shop the wonderful wares of talented artists ranging from jewelry to prints, pottery and more.

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 Masonic Lodge #30.....	www.moabmasons.org ... 260-9169
Canyonlands Field Institute (Karla Vander Zanden)	259-7750	Moab Music Festival (Andrew Yarosh).....	259-7003
Canyonlands Film Society (Becky Thomas)	259-2286	Moab Poets & Writers (Marcia Hafner)	259-6197
Canyonlands Rodeo Club (Kirk Pearson).....	260-2222	Moab Points & Pebbles Club (Jerry Hansen).....	259-3393
Community Rebuilds (Emily Niehaus).....	435-260-0501	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 (Nicole Shelnut or Leticia Bentley).....	259-5444
Friends of Arches and Canyonlands Parks (Joette Langianese).....	259-0108	Mutual UFO Network (Elaine Douglass).....	259-5967
Friends of Indian Creek (Emma Medara)	259-3586	Order of the Eastern Star (Fran Townsend)	259-6469
Friends Of the Grand County Library (Adrea Lund).....	259-1111	Parent Teacher Association (Tiffany Saunders).....	259-5830
Grand County Public Library.....	259-5421	PleinAir Moab (Sandi Snead).....	435-686-2545
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 (Sara Melnicoff)	www.moab-solutions.org ... 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	259-5767
Moab Arts Festival (Theresa King)	259-2742	Trail Mix Committee (Sandy Freethey)	259-0253
Moab Arts & Recreation Center	259-6272	Utah Conservation Corps (Rachel Senft - southern office / Moab)	259-0029
Moab Bird Club (Nick Eason).....	259-6447	Valley Voices (Marian Eason).....	259-6447
Moab Chamber of Commerce (Kammy Wells)	259-7814	Veterans of Foreign Wars (Matt Keogh)	260-9822
Moab City Recreation (John Geiger)	259-2255	WabiSabi (Jeff Cohen).....	www.wabisabimoab.org ... 259-3313
Moab Community Theater (Kaki Hunter).....	259-8378	Word Watchers (Nancy Kurtz)	259-0734
Moab Country Club (Rob Jones).....	259-6488	Youth Garden Project (Jen Sadoff)	259-BEAN (2326)

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

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

ASTROLOGY HAPPENINGS

Your Monthly Horoscope - January 2012

By Rob Wells

Right out of the hat this month, somebody's scrapin' for a fight. What a way to start the New Year. Just give them room for a couple of days and they'll be fine. For the rest of the first week of the year, it's just business as usual. It's that little rest the Heavens are giving us following such a great holiday season last month. Any ideas that come your way on the 7th should be written down for later, as they will be very useful down the road on the 13th when you can sell others on your Big-Idea-O-The-Week. There may be a chance at romance or a money windfall on the 15th. The 19th is a day to slow down and handle things, one thing at a time. The fires of romance are fanned anew on the 20th. With the Sun moving into Aquarius on the 21st, he also favorably aspects this signs ruling planet, Uranus, and this gives us clues to the up coming events for the next 30 days. Listen very closely and watch every move around you for clues and signs. The last week of the month is pretty much a rolling party for the week, so enjoy each moment of each day to the very fullest. Celebrate your life and all that's in it.

Dec. 22 - Jan. 20



Capricorn: Happy Birthday! This is your month to shine. You do, however, need to pay attention to what you say to others this first week. They may take it the wrong way, whatever it is. News about money comes your way during the second week of the month. A blossoming romance dominates the third week of January. The last week has you infatuated with this new romance, but you'll need to be careful with your words during the last three days of January.

Jan. 21 - Feb. 18



Aquarius: You need rest after a holiday season like that and during the first week of this month you get a good start...after you deal with some money issues. Secrets and interesting rumors find their way to you during the second week. Isn't it funny how

rumors turn out to be true? Week three has you spending money for romance and it looks like a good time can be had. The last week has the spotlight on you. Watch what you say and pay attention to anyone speaking. There's information you need everywhere.

Feb. 19 - Mar. 20



Pisces: You are all about being with your friends this month and thinking about your future. While that is going on, you must see to obligations that you feel are very private during the first week of the month. Great ideas fill your head during the second week. Write them down before

you forget them. Get out and have fun during the third week of January. Hit the secondhand stores just for a fun idea. Slow down a bit during the last week, as you need to recharge and during this time, pay attention to how your life needs a focus on everyday things for a bit.

Mar. 21 - Apr. 20



Aries: This is the time to work on your public image and your career, and a good way to start is to avoid getting into a nasty argument with someone on the very first day of the month. It sets the tone for the entire first week. You have an idea a minute at the office during the second week and it could really impress the boss. There is romance in the air for you during week three. You can almost smell the roses blooming. During the last week of the month you move to take control of your future and start making plans. Be slow to react to anything that comes your way on the last five days of the month.

Apr. 21 - May 21



Taurus: Your church or social group has your attention now; just don't let anyone get pushy about something during the first week. Big career ideas come to you during the second week. Write them down if you need to. Time to let romance warm up the chilly winter air during the third

week of January. More ideas come your way during the last week, but put on the brakes on the last four days, as things could get dicey.

May 22 - June 21



Gemini: Checking jointly held resources is your calling this month. Balancing the checkbook and checking the insurance is important. Don't let harsh words mar a good time during the first week of January. Ideas about cash win you big points with your partner during the second week. A shopping trip to an out of the way place could get you something really cool the third week of January. And the last week of the month is good for cash, again. Be careful the last few days, as there are some angry people in the world.

June 22 - July 22



Cancer: Your partner is your main focus this month, but first you must deal with that pesky argumentative person from last month...again this first week. You will prevail on this, so trust me. Ideas abound starting the second week and then come the romance during the third week of January.

Partnership ideas of blending this with that dominate your thinking during the last week of the month. Something is there; all you need to do is to dig it out. Careful the last few days as troubling surprises fly at you from everywhere.

July 23 - Aug. 24



Leo: Your employment and your health are underscored this month. Right out of the hat someone may have some unpleasant words to share with you. You can work it out by the end of the week, it just a bummer way to start the year. During the second week you have

all these great ideas to try out in the workplace. The third week you could be putting them into effect, gauging the results and tweaking the progress. Then interests shift to your partner during the last week and into next month. Everything is wonderful until the last few days of the month when energies are conflicted and so are people. Watch what you say and how you say it during that time.

Aug. 24 - Sept. 22



Virgo: Romance is on your mind this month. There are plenty of opportunities coming your way. During the first week avoid a war of words with someone. Ideas fall like manna from heaven starting the second week. You may have to write them down to keep from losing

them. The third week of January is romance time with a capital "R". This romantic theme continues in the last week as you shift your attention to your job and its particular needs. Avoid any irritated persons on the last few days of the month.

Sep. 23 - Oct. 23



Libra: You may just want to sit by the fire this month and watch TV. It's that time of year for you. Upsetting communications of the first day of the year set the week a blaze until you get it under control. The second week of the month ideas flow in with a rush. Write them down if you need to. Creative inspiration and romance fill your third week. The last week of January finds your focus fully shifting into a creative mode for the coming month. Beware of testy people on the last few days of January.

Oct. 24 - Nov. 22



Scorpio: Talking, running errands, brothers and sisters, kids schooling these are January's issues. These are the issues, and an ornery friend who has an issue regarding money to discuss with you on the first day of the year. Money ideas fall out of the skies in your lap the second week of the month. The third week take some time and get out of the office and away from the phone and computer. The last week you will probably want to spend time at home and relax. Avoid a confrontation on the last few days of the month.

Nov. 23 - Dec. 21



Sagittarius: What's of value and what it costs are your interests this month. To open that subject, someone from the office could have some unhappy words they want to share with you starting the first week of the month. Ideas along several lines seem to come to you from out of nowhere starting the next week of January. Write them down! The third week good news regarding your job could happen. Romance is on the agenda of the planets for the last week of the month. Avoid trading words with angry, foolish people on the last few days of the week.



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."

DEAD HORSE POINT HAPPENINGS

A New Year at Dead Horse Point State Park

2012 is here and many people are making their New Year resolutions. Perhaps it's to lose some holiday weight, or to clean and organize the garage. What better way to start off the New Year than making a pledge to revisit the places we've long ago checked off our list. Taking another visit to one of Moab's parks might change our entire memory of the place. Visitors to Dead Horse Point often visit with limited time and are only able to see what can be reached by car. Very few visitors spend the day and venture farther than the famous view of the gooseneck bend in the Colorado River.

A return visit to Dead Horse Point could involve hiking up to 15 miles of trails, nine of which can be explored by mountain bike. There is no arguing that the view of the Colorado River from Dead Horse Point is amazing. There are however many other amazing areas to explore throughout the park. The views of the Behind the Rocks Wilderness and the La Sal Mountains are incredible from the eastern rim of the park. The western rim of the park

offers solitude and excellent views of the geological formations which make this region so unique. Visit after a good rain in spring or late summer when the desert potholes in the park come to life. Both the Colorado River Overlook and the Bighorn Overlook trails offer up close viewing of truly massive desert potholes. After exploring

outside, stop by the Bighorn Gallery inside the visitor center. This year will offer a whole new lineup of work by creative local artists. The wildlife and wonderful views of Dead Horse Point await your return to offer you a new appreciation for a park that many have long ago checked off their to-do list.

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 9a.m. to 5p.m. through the winter. Park admission is \$10 per vehicle. For more information, contact the park at 435-259-2614 and be sure to mention you read about it in *Moab Happenings*.



HEALTHY HAPPENINGS

South Town Gym To Initiate Biggest Loser And Crossfit Programs

The Biggest Loser informational meeting will be held at the South Town Gym on Tuesday January 9, 2012 at 7:30 PM. This promises to be an informational and highly motivational approach to weight loss and good health. CrossFit programs will begin in February 2012.



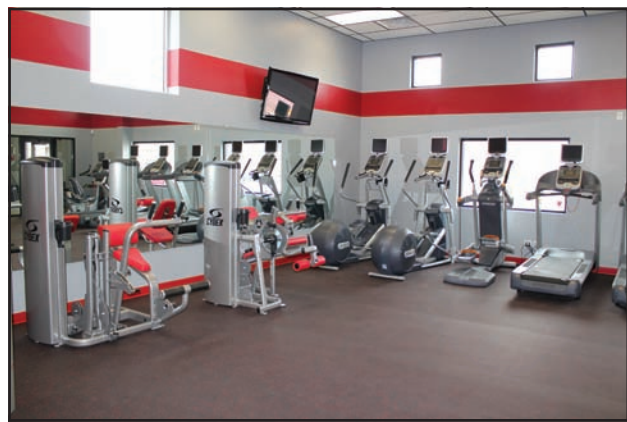
South Town Gym is now in our 2nd year serving the San Juan and Grand County community's needs for fitness training with a professional and friendly environment. As we approach our 2nd season we are mindful of the many friends and associations we have made over the past year. Many people have discovered the benefits of a lifestyle which includes fitness programs which are available at the South Town Gym. Our programs have encouraged and motivated many of you to opt for a healthier and more fulfilling lifestyle.

Our 2012 season will include many of the programs that we offered last year with some additional new offerings. We will continue to offer all of the following amenities:

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

To help our members maintain and improve their quality of life, we will continue offering a variety of cardio classes and activities which will help them in this endeavor. Class offerings that will be available include:

- Becky's Dance Aerobics
- Spin Classes
- Pilates
- Yoga
- Cardio Kickboxing
- Women's Kickboxing
- P90X Insanity



We will continue to offer a functional Dance Studio where classes will be offered by "Simply Dance" for children from 3yrs-18yrs. Additional features at South Town Gym for this age group include kids Mixed Martial Arts.

Our daily, weekly, monthly, quarterly, and annual memberships have not been increased and members can expect to find the same quality equipment and programs that were included in last year's memberships. For those of you who are not yet familiar with our amenities we offer the following as part of our regular membership:

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



Personalized training programs will continue to be created and individualized by Fitness Director, Nicholas Oldroyd, and are still included as part of your membership fee. Nick is a Certified Athletic Trainer, Personal Trainer, and received a Masters degree in Exercise Science from Utah State University. He is a former trainer for the Arizona Diamondbacks. Nick has become very familiar with the community and its different recreational and fitness needs. His professional demeanor and pleasant way has endeared him to the South Town Gym membership.

We would love for the community to come in and tour our facilities, meet the staff, and familiarize yourself with our programs. We are located at 1070 S. Highway 191 Moab, UT 84532. Office hours are Mon-Fri 9-5. We are on the web at: www.moabgym.com.

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

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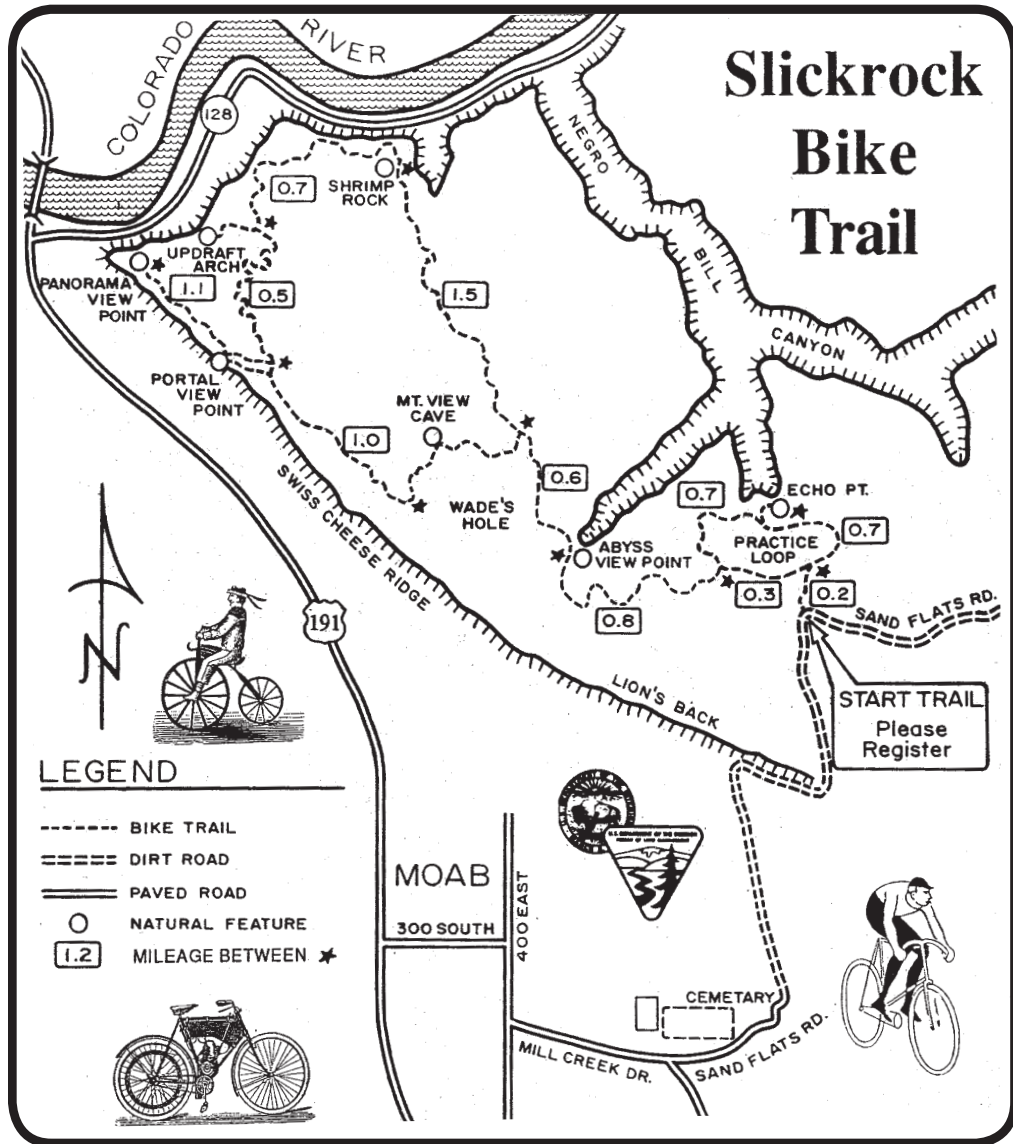
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MOUNTAIN BIKING

Mountain Biking Mecca



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.

• **SKINNY TIRE FESTIVAL March 10-13, 2012** 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.

• **MOONSHADOWS IN MOAB May 5, 2012** Enjoy this fully supported 44 or 60 mile ride by the light of the (almost) full moon. As you gain 2700 feet in climbing elevation the moon has risen and illuminates the desert sagebrush casting a silvery glow throughout the vastness of Canyonlands National Park. Arrive at Dead Horse Point State Park for a light dinner at the outdoor Moonshadows Café overlooking the Colorado River. Drink in the ambiance at the most unique AID/food station you may ever visit. Enjoy a thrilling return to the Start/Finish area then enjoy post-event revelry at Frankie D's Saloon.

• **3RD ANNUAL GRAN FONDO MOAB May 12, 2012** 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.

• **MOAB CENTURY TOUR September 21-23, 2012** 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 3-7, 2012** Outerbike is a chance for you to test ride next year's bikes on world-class roads and trails in Moab, Utah. For three days, the world's best bike manufacturers will be set up at the Outerbike Expo site. You can walk through and see next year's innovations, pick a bike you'd like to try, and take it for a ride. Repeat as needed. There are 20 miles of connected loops that range from fun and easy to technical and gnarly, plus a paved bike path leading to two National Parks for road rides. Your \$150 registration fee buys you lunches, shuttled rides, prizes, movies, and entrance to our evening parties! For sign up, information and scheduled events go to www.outerbike.com.

• **24 HOURS OF MOAB October TBA, 2012** - 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 25-28, 2012** 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.moabardown.com for more information.



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WINTER TRAIL HAPPENINGS

Nordic Skiing In The La Sal Mountains

By Kirstin Peterson

Winter is here and the white peaks of the La Sal Mountains present a dramatic backdrop to our red rock desert. When the snow arrives, the small mountain range beckons and people flock to enjoy our own private winter wonderland and all the recreational opportunities that exist just a half hour (or so) from Moab. Whether you prefer skinny or fat skis, telemark or randonee, classic or skating, snowboards or snowshoes, sledding or snowmobiling, there's something for you in Moab's upper extremes. Locals and visitors alike are lucky to have groomed trails in the La Sal Mountains which offer access for all kinds of winter recreationists.

LUNA (Lower Utah Nordic Alliance) is a group of dedicated volunteers who work with the Manti-La Sal Forest Service to provide a groomed Nordic track system. Beginning in mid-December or whenever the snowpack is established, LUNA volunteers use a system of 2 snowmobiles pulling grooming equipment to lay a Nordic track wide enough for skate skiing and with a set of parallel tracks on the side for classic skiers.

The starting point is the Geyser Pass Road winter trailhead at 9600 ft. and the groomed track goes up from there, where the elevations are higher yet and the air is thin. There are sections of the track that are suitable for all levels of skiers and snowshoe enthusiasts. As you set out from the parking area it is important to know that most of the track is "shared use" and you will see a variety of winter recreationists enjoying the mountains including snowmobilers, backcountry skiers and snowboarders, snowshoe and sledding parties with many canine companions. We ask everyone to please be courteous to other users, move right to allow others to safely pass and keep yourself under control when traveling downhill.

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

Gold Basin is an intermediate track and is reached by continuing up the main Geyser Pass Road track from the Meadow Loop to the intersection with the Gold Basin Road, which branches right. The Gold Basin Track is rolling, though more uphill on the return, and offers a peaceful ski through pines and aspens



with occasional views of the red rock desert below. You may see backcountry skiers accessing many of the popular runs above the track or returning from turns in the powder. The Gold Basin Track ends at the point where motorized

travel is prohibited from going further, thus making this an out and back excursion totaling 8 km (5 miles) round trip from the trailhead.

For the ambitious and fit skier, Geyser Pass and the La Sal Loppet Loop, which branches off at the top of the pass, offer a challenging and beautiful Nordic skiing experience. The Lasaloppet, a fun ski event started by McKay Edwards of Moab Springs Ranch, marked the first true grooming of a big meadow loop off Geyser Pass, hence the name. From the Gold Basin intersection, Geyser Pass is another 2 miles (3.5 km) mostly uphill. Geyser Pass tops out at 10,600 ft and the La Sal Loppet Loop takes off to the right along the road towards Dark Canyon. After approximately .5 miles, the track leaves the main route on the left and winds through open meadows to a point offering wide ranging views of Colorado including the stunning San Miguel and Wilson mountains near Telluride. This rolling loop continues through the trees and emerges on the east side of the Geyser


Pass Road where you will take a left up a short hill back to the pass, adding an additional 1.8 miles (3 km) to your distance (8.6 miles/13.2 km total from trailhead). From the pass is it mostly downhill back to the trailhead so be sure to have a warmer wind protective layer for the descent.

Directions to trailhead: From Moab head south on Hwy 191 to the La Sal Mountain Loop Rd turn to the east at the south end of Spanish Valley. Turn right onto the Loop Road, drive about 13 miles to a well marked turn onto Geyser Pass Rd. Drive 3.5 miles to the trailhead. Note

that snow tires and/or 4wd are recommended for this road. The road is plowed fairly regularly but call 435-259-7155 or check <http://utahavalanchecenter.org/advisory/moab> for current conditions and the latest information about road clearing. Be prepared for winter conditions in the mountains and bring appropriate warm clothing, water, and food for any outing into the backcountry. There are no services other than toilet facilities at the trailhead.

About the Author: The Author, Kirstin Peterson is the ski representative for Trail Mix, the Grand County Non Motorized Trails Advisory Committee when she's not running her mountain bike tour company: Rim Tours. Trail Mix is a contributor to the ski grooming program. If you are interested in volunteering to be one of the ski groomers contact kirstin.m.p@gmail.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 Freethy 259-0253 or find us online at www.grandcountyutah.net/trailmix/. You may also reach us at moabtrailmixinfo@gmail.com.



"Staying Safe Doesn't Have to Mean Staying Home" - Manti-La Sal Avalanche Center

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

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

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



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

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

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

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

Avalanche Hazard in the La Sal Mountains

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

Why do we care? Because 30% of people completely buried by avalanches are killed by trauma and many of those remaining die from suffocation. These are not good odds. It's not good policy to plan on outrunning an avalanche, even on a fast snowmobile, because avalanches have been clocked at well over 200 mph. Grim statistics showing that snowmobilers are the most likely people to be killed in avalanches also support this.

So what do we do? Fortunately, staying safe doesn't have to mean staying at home! The good news is that most people

FOR CURRENT ADVISORIES

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or on the Internet at

<http://utahavalanchecenter.org/advisory/moab>

trigger the slide that catches them, so if we learn a little about snow and adjust our behavior to suit the conditions, we can continue to enjoy our winter playground!

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

The website is a great tool for:

- Finding a weather forecast for the Moab area, including radar images
- A current photo gallery of the La Sal Mountains
- Advisories for the La Sals and the Abajo Mountains
- A current course schedule for southeast Utah

Watch for periodic special events like ski swaps and avalanche awareness classes. If you need to talk to one of the avalanche forecasters, please call 259-7155 Monday-Friday during normal business hours and be sure to mention you read about it in *Moab Happenings*.



UPCOMING AVALANCE CLASSES

Basic Avalanche Awareness Talk

Friday, January 6th, 2012 at 6:00 pm in the Grand County Library.

AIARE Level 1 Avalanche Course

Friday, February 3rd - Sunday February 5th.

Call to sign up 435-636-3335

AVALANCHE CLASS SCHEDULES

You can find class announcements online at

- <http://utahavalanchecenter.org>
- <http://www.cnha.org/friends/>

or by calling 259-SNOW (7669)



ROLLER DERBY HAPPENINGS



Moab's newest sport...Roller Derby!

By Celia Alario

Moab is a celebrated destination for mountain biking, rock climbing, canyoneering, rafting, and hiking. A new sport has recently been added to that list—Roller Derby! Indeed, Roller Derby, but not your mother's derby featuring the rough and tumbled she-bullies of 1950's television. Instead, the latest incarnation enjoying resurgence in recent years is one of incredible skill, agility and strategy. But, it is still considered a contact sport!

Since 2001, when the new-and-improved version of the sport sprung up in Austin, Texas, over 700 leagues have formed across the USA and around the world. Because this



fit into a particular mold to build your skills and get really good," she added.

O'Leary has seen how participation in a team sport like Roller Derby has proven empowering for adults, and it's also a great workout, says newbie Liz Lightner, an avid rock climber and cyclist who got on "quad skates" for the first time since she was a child.

"Roller Derby is an evening and winter sport that provides great cross training for many of the other sports that we love in Moab like biking, climbing, skiing and river



version of Roller Derby is played on a flat track, match ups (called 'bouts') can be played on any surface, making it easier for teams to practice and compete in a variety of existing community venues. The first World Cup was held in 2011 in Toronto, Canada, with some 13 teams competing under the rule set of the Women's Flat Track Derby Association (WFTDA), the governing body of the sport.

Roller Derby is a point game, with two teams of five on the track, playing both Offense and Defense at the same time. The game is won by scoring the most points, and only one team member, the Jammer can score points for her team. Donning a star-clad sewn cover over her helmet, the Jammer tries to get through and lap the pack. When she does, she scores a point for each of the opposing team's blockers that she passes after the first initial pass.

Meanwhile three Blockers and a Pivot (whose helmet sports a cover with a wide center stripe) must block against the opposing team's Jammer and help their own Jammer get through the pack and into scoring position, all at the same time. The Pivot, like an on-the-track coach, calls various complex plays and controls the speed of the pack.

Contact is highly regulated and referees hand out penalties for hits and blocks that violate the strict WFTDA rules of engagement.



A spectator sport like no other, Roller Derby is fast moving and promises never a dull moment. It has risen in popularity in part because all body shapes and sizes have their advantages and disadvantages on the track, explains Jessica O'Leary, captain of the Moab Roller Derby team, who started the local league this fall after moving back to Moab from Las Cruces, NM, where she began her derby career.

"There are advantages to being tall and big and able to hit hard, but there are also advantages as well to being small, fast and agile on the track," said O'Leary. "An incredible community of acceptance has formed around the sport, which draws all types of women in. You don't have to

sports," Lightner said.

O'Leary, Lightner and others have launched the league in Moab to compete regionally in the Four Corners area, with the goal of earning WFTDA certification and someday becoming nationally ranked. The league has one team thus far, and is designed to grow. Practice times are currently Thursdays at 7:30 pm and Sundays at 5:30 pm at the Center Street Gym. Women age 18 and older are welcome to come and skate, helmets and pads recommended.

To kick off the season and introduce Moabites to modern day Roller Derby, the local league will host nearly a dozen teams from across the Four Corners region for the first ever Moab Midwinter Mayhem on

Saturday, January 21st at the Grand County Middle School Gym. Doors open at 4:00 pm and the public is welcome to watch newbies scrimmage, with the highest caliber of play in the final challenge bout starting at 6:00 pm. Tickets are just \$5.

Teams are expected from Provo and St. George, Utah, Grand Junction, Durango, Pagosa Springs, Salida and Cortez, Colorado, and Los Alamos and Albuquerque, New Mexico.

For more information, contact moabderby@gmail.com or visit www.moabrollerderby.com and be sure to mention you read about it in Moab Happenings.

STUNTS, STARS & LEGENDS

Bill Williams

by John Hagner

Bill was one of the best horse men in the stunt business. He doubled for Kirk Douglas. Bill was killed performing a routine stunt with a colleague Buff Brady. The stunt was in the 1965 Burt Lancaster classic western, "The Hallelujah Trail". It called for Bill and Buff riding a runaway wagon. As the horses separated, both men were supposed to jump clear of the wagon before it continued on over a cliff.

Buff jumped at the precise time, but Bill was a fraction of a second too late; the rear wagon wheel struck him in the back of the head, killing him instantly. Sadly, his wife was watching nearby. The scene was kept in the movie.

In Kirk Douglas' autobiography, he wrote "I did most of my own riding in *Indian Fighter*, but occasionally, for long rides, or snatching something up from the ground, I used a stuntman. Bill Williams was an excellent rider and in a silhouette looked a lot like me".

Bill did stunts in *Cheyenne Autumn* and *The Comancheros*, both of which were filmed in and around Moab.

Some of other film credits for Bill Williams were: *Two Rode Together* (1961), *The Alamo* (1960), *Night Passage* (1957), *Ride Clear of Diablo* (1954), *Tumbleweed* 1953, *Column South* (1953), *Gunsmoke* (1953).

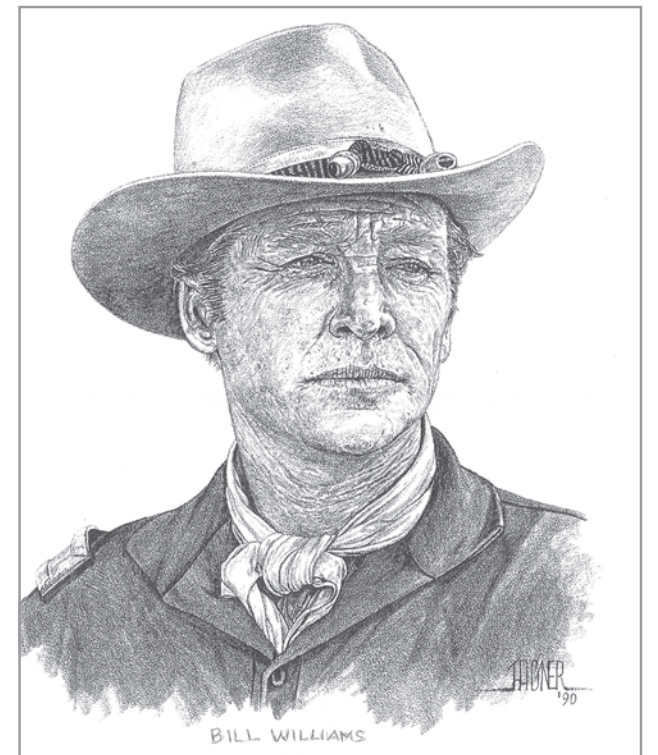
Bill is an honored inductee in the Hollywood Stuntmen's Hall of Fame for his outstanding contributions to the stunt profession.

For more information on the Hollywood Stuntmen's Hall of Fame, go to www.stuntmen.org. It is a non-profit organization dedicated to preserving the history of the stunt profession and to honoring stunt people the world over. To receive a DVD of the Hall of Fame when it was located in Moab for nearly eight years, write to Hollywood Stuntmen's Hall of Fame, 81 W. Kane Creek Blvd. - #12, Moab, Utah 84532. Phone: John G. Hagner (Founder), 435-260-2160.

The Hollywood Stuntmen's Hall of Fame is presently without a home. Donations are accepted and appreciated and tax-deductible.

John Hagner is an accomplished Artist and has done hundreds of portrait drawings of famous celebrities including 54 different portraits of John Wayne (3 in full color). His work is available in signed-by-the artist prints. He is also available for special commissions by contacting email: johnhagner@hotmail.com.

STUNTS STARS AND LEGENDS is a series of articles and drawings by Hagner and appear in *Moab Happenings* monthly.



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

Reopening for the Season on January 20th
686 South Main • 259-6333
(McDonald's is next to us)

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

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

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



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.

Eddie McStiff's Restaurant, Brew Pub and Bar has 12 beers on tap and a tiki bar where you can get a glass of wine or a cocktail or beer without ordering food.

The Rio Sports Bar & Grill boasts Moab's largest selection of liquor with indoor and outdoor seating (must be 21 years or older).

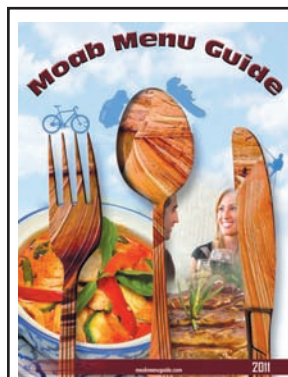
Also new is the addition of two upscale lounges in Moab. Vista Lounge located inside Buck's Grill House and The Ghost Bar, upstairs at Jeffrey's Steakhouse. Both locations have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink to unwind.

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

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

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."



Pick up a copy of the **Moab Menu Guide** at many businesses around town. It can help you choose a place to eat or order your meal for take-out. The Moab Menu Guide is also online at www.moabmenuguide.com.

Celebrating 31 Years!
Spicing your Life since 1981



LA HACIENDA RESTAURANT
Mexican American

OPEN MON-SAT AT 11 AM
CLOSED SUNDAYS
SERVING LUNCH AND DINNER
DAILY SPECIALS • VEGETARIAN FRIENDLY

574 NORTH MAIN • MOAB, UTAH • 435-259-6319

The River Grill Restaurant



SORREL RIVER RANCH
resort & spa



Make Valentine's Day a romantic evening for two. Our Chef is preparing a special menu to celebrate. Reservations suggested 435-259-4642. www.sorrelriver.com

Espresso
Coffee
Gelato

90 N. Main St.
Moab, UT
259-2725



Pastries
Smoothies
WiFi

FRESH ESPRESSO AND COFFEE BY THE CUP OR BY THE BAG, AND 18 FLAVORS OF FABULOUS GELATO

HOURS OPEN: 6:30 am - 9:00 pm Everyday



Singha

Authentic Thai Cuisine

Closed until late January

Now Serving Beer, Wine & Saki

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

The BRANDING IRON

STEAKHOUSE, BBQ & GRILL

DINNER
THURSDAY - SUNDAY
5PM TO CLOSE

Featuring:
Prime Rib
BBQ Baby Backs
Broiled Steaks

FULL SERVICE LIQUOR LICENSE

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



JAILHOUSE CAFE

101 NORTH MAIN STREET

Moab's Breakfast Place

Closed for the season
"Good Enough for a Last Meal"

Your Home Town



265 South Main, Moab
Open Daily • 259-6345

11 am - 10:00 pm
7 days
Pick-Up Available

RESTAURANT GUIDE



Jeffrey's
STEAKHOUSE
 CASUALLY UPSCALE
 CLASSIC STEAKHOUSE FARE

218 NORTH 100 WEST
 259-3588
 JUST SLIGHTLY OFF MAIN

WE ARE PROUD TO SERVE LOCAL ORGANIC
 PRODUCE WHEN AVAILABLE

OPEN NIGHTLY MON - SAT AT 5:00PM
 CALL FOR RESERVATIONS
 CLOSED SUNDAYS
 WWW.JEFFREYSSTEAKHOUSE.COM
 STATE LIQUOR LICENSEE

EKLEOTIC CAFE
 ORGANIC COFFEE

Carnivores,
 Herbivores,
 Omnivores!
 Vegetarian
 Friendly

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

Authentic Mexican Food
Fiesta Mexicana

Newly Remodeled Patio w/ 4 TV's
 Large Parties Welcome Childrens Menu Available

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

"Fiesta Margarita" Best Margaritas -Made from Scratch
 with Fresh Squeezed Limes and 100% Blue Agave Tequila
Best Mexican Food in Town
 Winter Hours Sun-Thur 11-9 Fri & Sat 11-10
 202 So. Main St. Moab, Utah 259-4366
 FiestaMexicanaRestaurants.com

OPEN
 3-9
 EVERYDAY

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.

The Blu Pig
 811 S. Main 435-259-3333
 • Dinner • Take Out
 • Open 4 - Close Mon - Sat Closed Sunday
 Moab's only BBQ and Blues destination. We have created a casual, laid back establishment that you'll want to come back to again and again. Our pitmaster is smoking your favorites all day, every day. LIVE music (call for details). Our covered patio, dining and internet bar are just some of the extras we offer for your enjoyment and convenience. Large Screen HD TV's. Don't forget to try the smoked pecan pie, it'll blow your mind!! Take out available. Ice cold beer. State liquor license.

Branding Iron Bar & Grill
 2971 South Highway 191 259-6275
 Dinner
 Thursday - Sunday, 5pm - close
 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
 Opening Jan 12 for Dinner at 5pm, Thurs - Sunday
 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. Beautiful secluded patio dining. Vista Lounge is a sophisticated adult environment offering cocktails along with dining.

Burger King
 606 South Main 259-2700

Cassano's Italian Restaurant
 11 East 100 North 259-6018
 Lunch • Dinner
 Closed for the Season Reopening in February
 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
 Closed for the Season
 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
 Closed for the Season
 Reopening March at New Location
 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 435 259-BEER
 Dinner
 12 beers on tap. Brick Oven Organic Pizza. Southwestern, Pasta, Great Salads! Natural/Choice Aged Steaks, Fresh Ground in House 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 7:30 a.m. - 1:30 p.m.
 Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! Winner "BEST DESERT OASIS" Salt Lake Mag. August 2002!

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

Frankie D's Bar & Grill
 44 West 200 North 259-2654
 Lunch • Dinner
 Open Daily 12 am Sundays 11am
 Late night kitchen open until 1 am
 Friendly service, covered outdoor patio, steaks, burgers, BBQ. Over 21 can enjoy a full range of beers, wines and alcohol beverages. Take out orders welcome. Live Weekend Entertainment, Watch our NFL Sunday Ticket on 5 flat screen TV's. NFL Game Day Food Specials. www.moabfrankies.com

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

Jeffrey's Steakhouse
 218 North 100 West 435-259-3588
 Open Mon - Sat at 5:00pm Call for reservations
 Closed Sundays
 Stop by Jeffrey's Steakhouse for a casually upscale dining experience, just slightly off main. Wagyu style American Kobe Beef. We are proud to serve local organic produce when available. Patio dining. 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 Mon-Sat 11:00 a.m.
 Closed Sundays
 CELEBRATING 31 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, open 24 hours. Sandwiches made to order. Call in orders welcome.

Los Girasoles
 2740 S Hwy 291 (Old Stage Coach) 259-1660
 Closed for the season.
 Reopening Feb. 15th
 The third location is now in Moab, our other two locations were voted best Mexican food in their city. We appreciate your support. Lunch and dinner specials every day. Everything on our menu is under \$13.00 (lunch \$6.00). We didn't forget about the kids either, with our full kids menu. We promise to be the best Mexican food in Moab. We know you have limited time to eat lunch, so we have fast lunches. Come and try it out for yourself, we won't let you down! Full Liquor License.

Love Muffin Café
 139 North Main 259-6833

McDonald's
 640 South Main 259-8800

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

Miguel's Baja Grill
 51 North Main 259-6546
 Closed for the season
 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.

For more information about these restaurants pick up a "Moab



Milt's Stop & Eat
400 East and Millcreek Drive 259-7424
Lunch • Dinner

Re-Opening Jan. 26th Thank you for your patronage!
A true Moab icon since 1954. Featuring 100% ground chuck burgers, classic diner sandwiches, all beef hot dogs, flavored shakes and malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. See ya' all at Milt's. Daily Specials. Website is www.miltstopandeat.com

Moab Brewery
686 South Main 259-6333
Lunch & Dinner

Reopening for the season on January 20th
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. 259-2725
7 days a week 6:30am - 9:00pm

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. Gelato made with all fresh ingredients, yummy scones, and coffee cake. Open early and late for after dinner cappuccino and dessert. Indoor and outdoor seating. Taste the fresh roasted difference!

Moab's Daily Grind
1146 South Hwy 191 #B 259-1115

Moab Diner & Ice Cream Shoppe
189 South Main 435-259-4006
Breakfast • Lunch • Dinner
Mon-Sat: 6:00 am - 9:00 pm
Home of the best green chile in Utah. You'll love our specialty breakfasts, lunches and dinners.

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

Pantale's Desert Deli
98 East Center 259-0200
Open through the winter. Call for hours
Greek style deli with old family recipes. Fresh made dressings and salads. Big sandwiches. Soup of the Day. Order box lunches to take with you on your adventure. Ask for early morning pick-up. Catering available.

Paradox Pizza
702 South Main St 259-9999
Lunch • Dinner
Open 3-9 everyday
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
20 South Main 259-0101
Breakfast • Lunch • Dinner
Closed for the season - Reopening in Feb. 10th
Welcome to the Peace Tree. Dedicated to using the freshest local ingredients, while adding a new and exciting menu featuring vegan and gluten free items. Catering and to go orders are available. State liquor license. Fresh juice + wheatgrass.

Pizza Hut
265 South Main 259-6345
Lunch • Dinner
11 a.m. - 10 p.m. 7 days
Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up or delivery available. OPEN EVERY DAY

Portal Grill at Moab Regional Hospital
450 West Williams Way

Red Rock Bakery & Net Cafe
74 S. Main Street 259-5941
Breakfast • Lunch
Open 7am-2pm Everyday. 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

Sabuku Sushi
90 East Center 259-4455

Singha: Authentic Thai Cuisine
92 East Center 259-0039
Lunch • Dinner

Closed until late January
For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Singha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

Slickrock Cafe
5 North Main 259-8004
Lunch • Dinner

Closed for the season - Reopening in February
Come join us and experience a fun and casual atmosphere. Experience our fantastic, friendly service. Enjoy Steaks, Seafood, Appetizers, Gourmet Burgers, Wraps, Sandwiches, Awesome Salads and Freshly Grilled Entrees. Ice cold beer in frosted mugs. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License. Come hang out for Live music Fri, Sat & Sun.

Sorrel River Grill Restaurant
17 Miles Northeast on Scenic Hwy 128 259-4642
Dinner (by reservation only)

Enhanced Utah Dining Experience. Overlooking the Colorado River, enjoy delicious menu offerings from tender aged beef entrees, mouth watering seafood specials and garden fresh vegetable dishes direct from the ranch's organic garden. 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 11AM! 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

Village Market
702 South Main 259-3111

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

Serving breakfast, lunch and coffee & treats all day. For the Winter months we will also be serving Eddie McStiff's lunch favorites!

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.

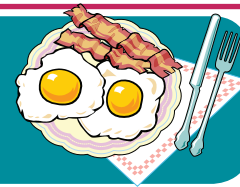
Zax
96 South Main Street 259-6555
Breakfast • Lunch • Dinner • Family Dining
• Mon - Fri 11:00 am - 2:00 pm & 4:00 pm - Close
• Sat - Sun 7 am - Close

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



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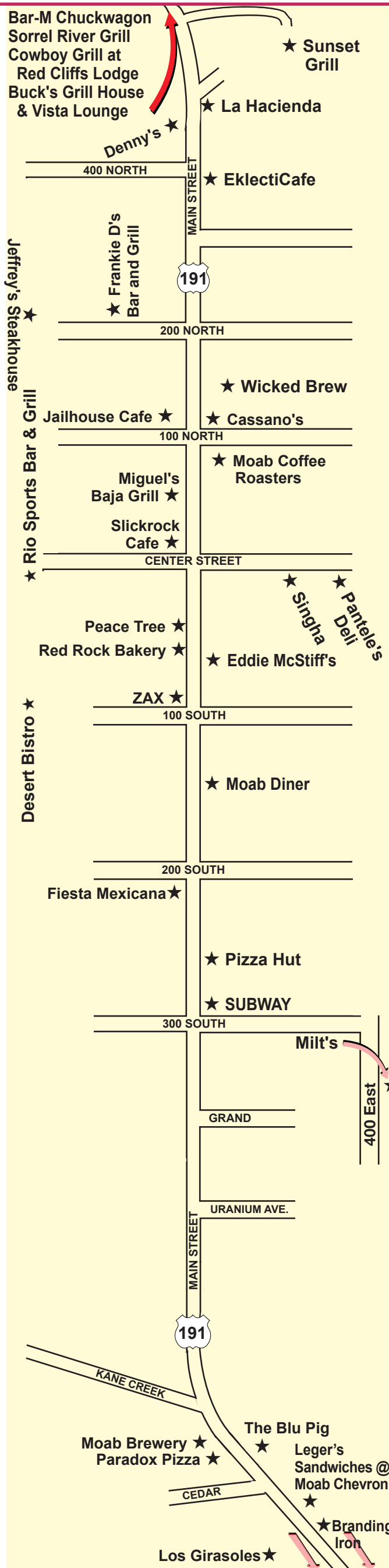
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NATURE HAPPENINGS

Winter Bighorns

January can be a quiet time in the canyons. At times, winter snows blanket the slickrock creating a special serenity. Cold temperatures drive away visitors and even the locals. For the wildlife in Canyon Country, January marks the transition toward the promise of spring.



Until that promise comes true, winter is a great time to watch for wildlife. Deep snow pushes the deer and elk out of the mountains and into the foothills. Birds of prey seem to adorn each elevated perch, and even the predators become prey to wintertime conditions. Of all the wildlife in the Canyon Lands, I think a winter sighting of desert bighorns is an exceptional treat.



During the time of the Ancestral Puebloans, desert bighorns were plentiful. Images carved in stone or painted on canyon walls reflect this abundance. The prehistoric natives hunted the sheep for meat and hides, but also made tools from the bones and horns.

After the native people migrated from the region, bighorn sheep populations endured. For several hundred years, the bighorns had only to contend with predators and injuries. When settlers and explorers began to filter into the region, bighorn populations began to decline from hunting pressure and diseases carried by livestock.

When Canyonlands National Park became established in 1964, bighorn sheep numbers were estimated to be in the hundreds. A far cry from the populations Father Escalante described during the Dominguez-Escalante expedition through the area in 1776, "...through here wild sheep live in such abundance that their tracks are like those of great herds of domestic sheep."

In the 1980s, bighorn sheep captured in the Island in the Sky District of Canyonlands National Park and relocated to Arches National Park. After a health inspection by a veterinarian, some of the sheep were fitted with radio collars to track their post-release movements.

Since that initial relocation, there have been others within the state. Building up a viable herd is a time-consuming process, one that is marked with successes and failures. Therefore, every bighorn sighting is a special one. Here are several locations where bighorns may be observed from paved roads.

1. Highway 128, AKA the River Road, from Moab upstream along the Colorado River to Dewey Bridge. Look for sheep from the safety of pullouts between Negro Bill Canyon and Salt Creek on the Arches side of the river.

2. Arches National Park boundary along Highway 191. From the Colorado River Bridge up to the park's entrance, look for sheep in the grasslands on the Arches side.

3. Dead Horse Point State Park. One of my favorite observation places is to walk the rim trail back to the east and scan for sheep far below with binoculars.

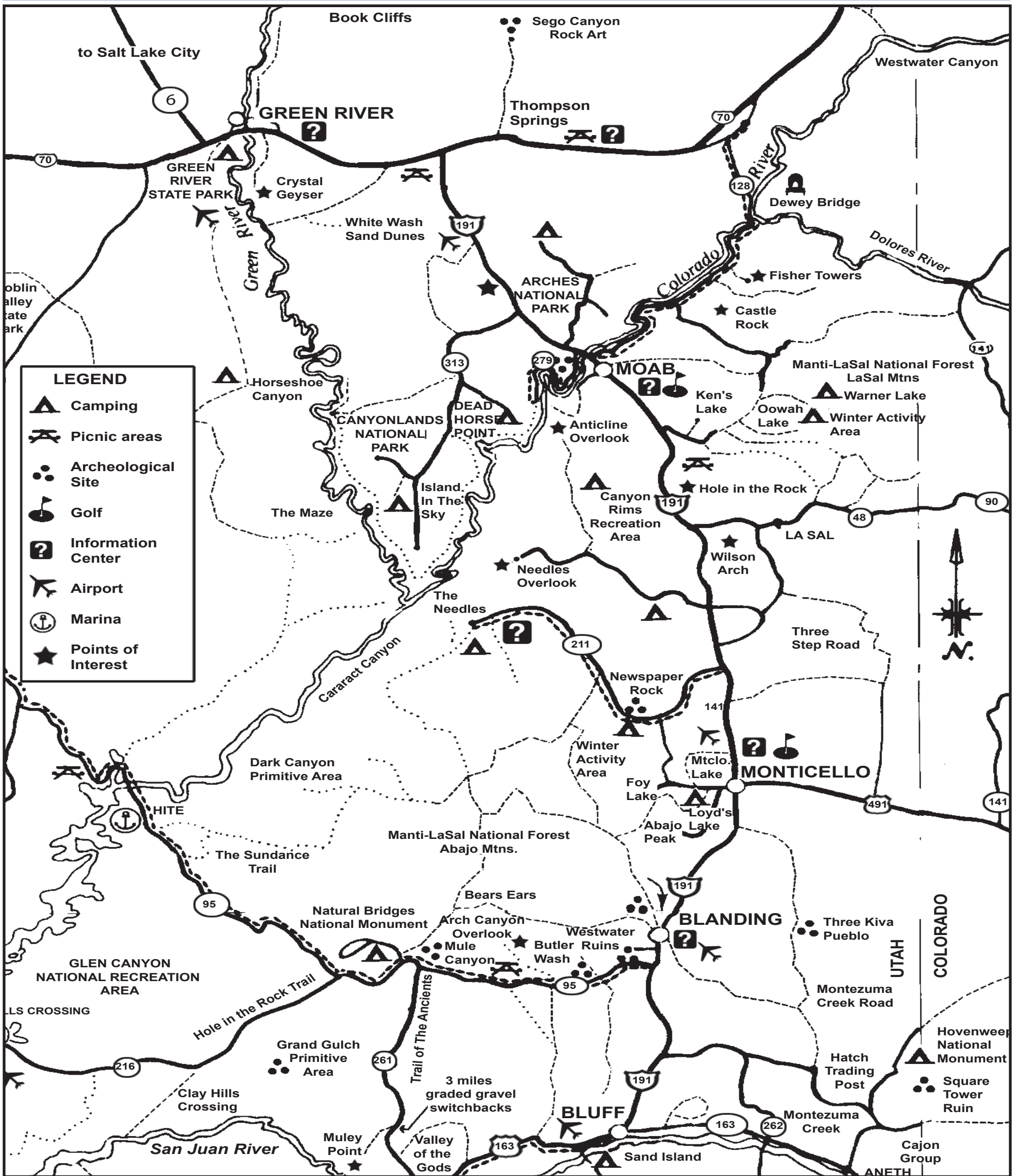
4. Long Canyon. Depending upon the road conditions, this dirt road off of the Potash Road can provide some great views.

Just remember to view these magnificent animals from a safe distance, and to minimize disturbances that might spook the sheep. Keep an ear out for small rockfalls, indicators that sheep may be moving across a slope. Remember that patience may pay off in spades, as the bighorns do not betray their presence easily.

By Damian Fagan



SOUTHEASTERN UTAH MAP



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SKY HAPPENINGS

The Sky for January 2012

By Faylene Roth

SUNRISE AND SUNSET TIMES FOR JANUARY

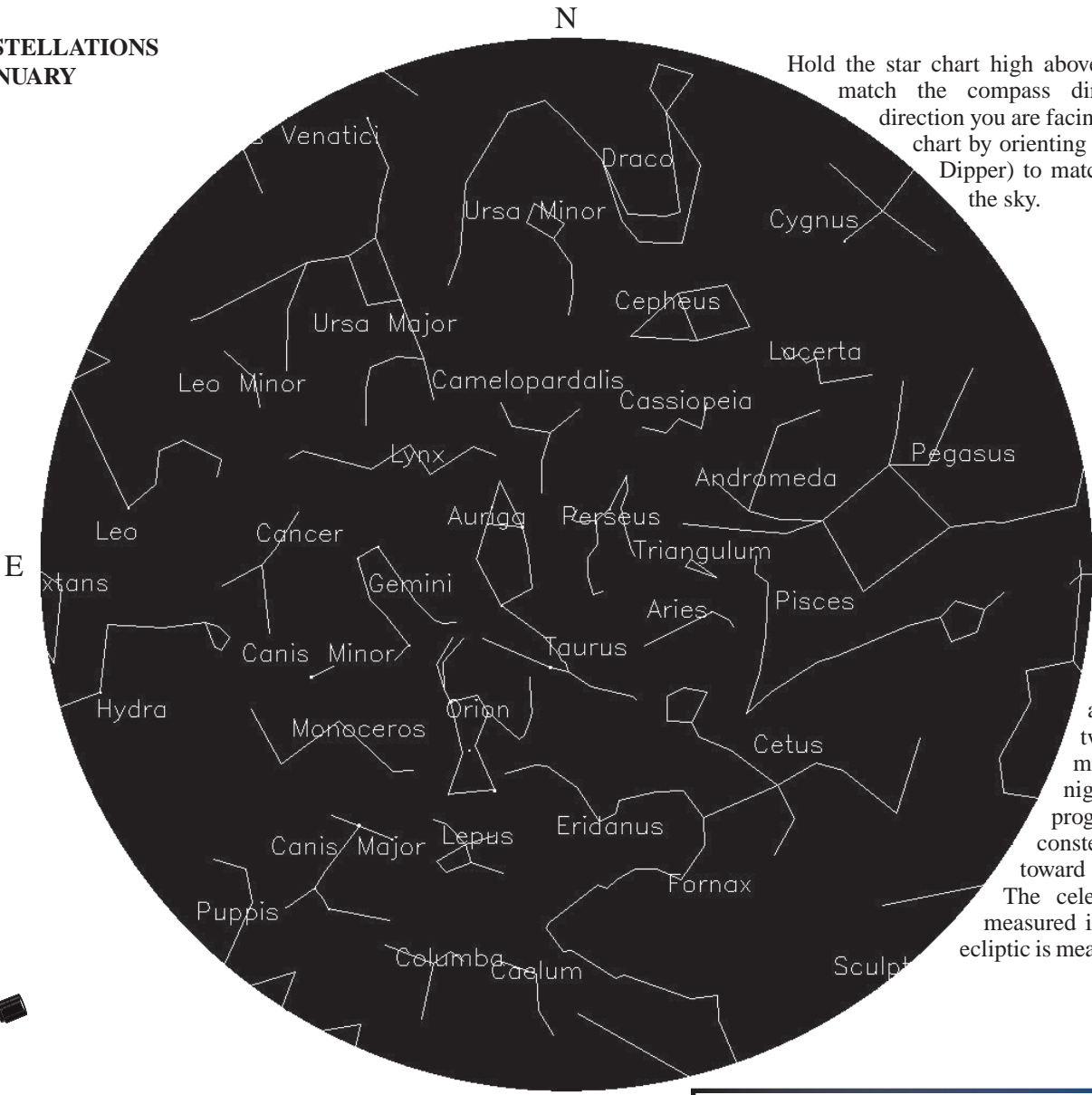
(The time of sunrise and sunset assumes a flat horizon. Actual time may vary depending upon the landscape.)

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

The Milky Way remains visible across the northern sky at dusk. To the west the galaxy's center has retreated to the far side of the sun. To the east the outer reaches of the galaxy swing into view as the night progresses. After midnight it dangles from north to south in the western sky, disappearing over the western horizon before dawn.

MAJOR CONSTELLATIONS OF JANUARY

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



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

The star chart approximates the sky from astronomical twilight to midnight. As the night and month progresses, the constellations shift toward the northwest. The celestial equator is measured in hours (h). The ecliptic is measured in degrees.

DAYLENGTH

Longer periods of daylight are guaranteed over the next few months: a welcome 42 minutes more in January, 64 minutes more in February, a whopping 75 additional minutes in March, 68 minutes more in April, 51 more in May, and a mere ten additional minutes added in June before the shortening begins again. Sunsets have started to lengthen each day in recognition of last month's solstice, but sunrises have not. Sunrise on the solstice occurred at 7:32am and have come later each day and will continue to do so until January 12. The reason? The earth's orbital speed increases at perihelion which lengthens the solar day. A solar day is measured from one noon to the next with the sun being directly over the local meridian (longitude). When the earth speeds up, solar noon arrives later than twelve noon, clock time. A later solar noon results in a later sunset which causes a later sunrise the next morning. As the sun's declination (height) increases, it overcomes the later sunsets. Eventually, the increased speed of the earth wanes (as it approaches the equinox) and delay of solar noon diminishes..

PERIHELION

Since the earth moves in an elliptical orbit, it passes through perihelion (closest point to sun) and aphelion (farthest point from sun) each year. Why? An ellipse has two foci instead of one center point. The sun sits at one of the foci. On January 4 at 6:00pm earth passes through perihelion. The difference in distance is about 3 million miles (5 million km), less than three percent of the total distance from sun to earth. Perihelion is not associated with the solstice or the tilt of the earth. It progresses through a cycle of 21,000 years during which it will pass through every season.

CHINESE NEW YEAR

The Chinese Lunar New Year occurs on the second new moon after the Winter Solstice. This year that date is Monday, January 23, 2012.

MOON HAPPENINGS

- Jan. 9** – Full Moon occurs at 12:30am and rises at 6:04pm
- Jan. 16** – Last Quarter Moon rises shortly after midnight.
- Jan. 23** – New Moon occurs at 12:39am.
- Jan. 30** – First Quarter Moon sets soon after midnight. (The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

METEOR EVENTS

January provides good meteor activity but cold weather and moon phases often undermine its potential. Up to 40 meteors per hour can be viewed during the Quadrantids which are active January 1-5 and peak on the night of January 3/4. The radiant for the Quadrantids emanates from Bootes which rises in the northeastern sky after midnight. A waxing moon sets soon after midnight on January 1 then sets later each night after that. Viewing from 3:00am to 5:00am when the moon has set and the constellation is overhead is most promising. Other meteor radiants this month are from Cancer around midmonth (last quarter moon rises around midnight) and Coma Berenices (east of Leo) on January 18 (moon rises after 3:00am).

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

VISIBLE PLANETS

- Jupiter** - The bright yellow orb overhead at dusk is Jupiter. It rises a bit north of due east around noon and sets soon after midnight. Jupiter appears in the constellation Pisces. The two stars above and to its left form the constellation Aries. (Magnitude -2.6)
- Mars** - Before midnight the small red-orange disk of Mars rises on the eastern horizon. Look below the triangular tail of Leo the Lion. Regulus is the brilliant blue star about 15 degrees to the right of Mars. On January 14 a waning gibbous moon rises southeast of Mars. (Magnitude +0)
- Saturn** - As Jupiter sets around midnight, the other yellow-hued planet--Saturn--rises on the eastern horizon. It appears about 45 degrees below Mars and less than 10 degrees above and to the right of Virgo's bright, blue star, Spica. Although Mars shines more brilliantly right now, Saturn presents a larger disk. In the early morning hours of January 16 a third quarter moon forms a tight triangle with Saturn and Spica (about two degrees north of the moon). (Magnitude +0.7)
- Venus** - The brilliant whiteness of Venus dominates the low western sky at dusk. Venus reaches about 30 degrees above the horizon this month which increases its visibility for area viewers. It moves eastward from Capricornus into Aquarius around midmonth. (Magnitude -4.0)

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

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

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

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The map shows the following streets and locations:

- Main Street:** 191, To Salt Lake City (north), Kane Creek (south), Cedar (south).
- Center Street:** 400 NORTH, 300 SOUTH, 200 SOUTH, 100 SOUTH, 100 NORTH, 200 NORTH, 400 NORTH.
- Other Streets:** NOB HILL, GRAND, URANIUM AVE., MILLCREEK DRIVE, 400 EAST.
- Marked Locations:**
 - MC's on the Corner (at 400 North)
 - Canyon Voyages (at 200 North)
 - Moab Barkery (at 100 North)
 - It's Sew Moab (at 100 North)
 - Arches Electronics (at 100 North)
 - Desert Thread (at 100 North)
 - Rave 'N Image (at 100 South)
 - Hogan Trading Co. (at 200 South)
 - Walker Drug (at 290 South Main)
 - WabiSabi Thriftique (at 411 East Locust Lane)
 - Dave's Corner Market (at 4th East & Millcreek Drive)
 - Moab Mailing Center (at 375 So. Main)
 - Canyonlands Copy Center (at 4th East & Millcreek Drive)
 - Royce's Electronics (at 611 So. Main)

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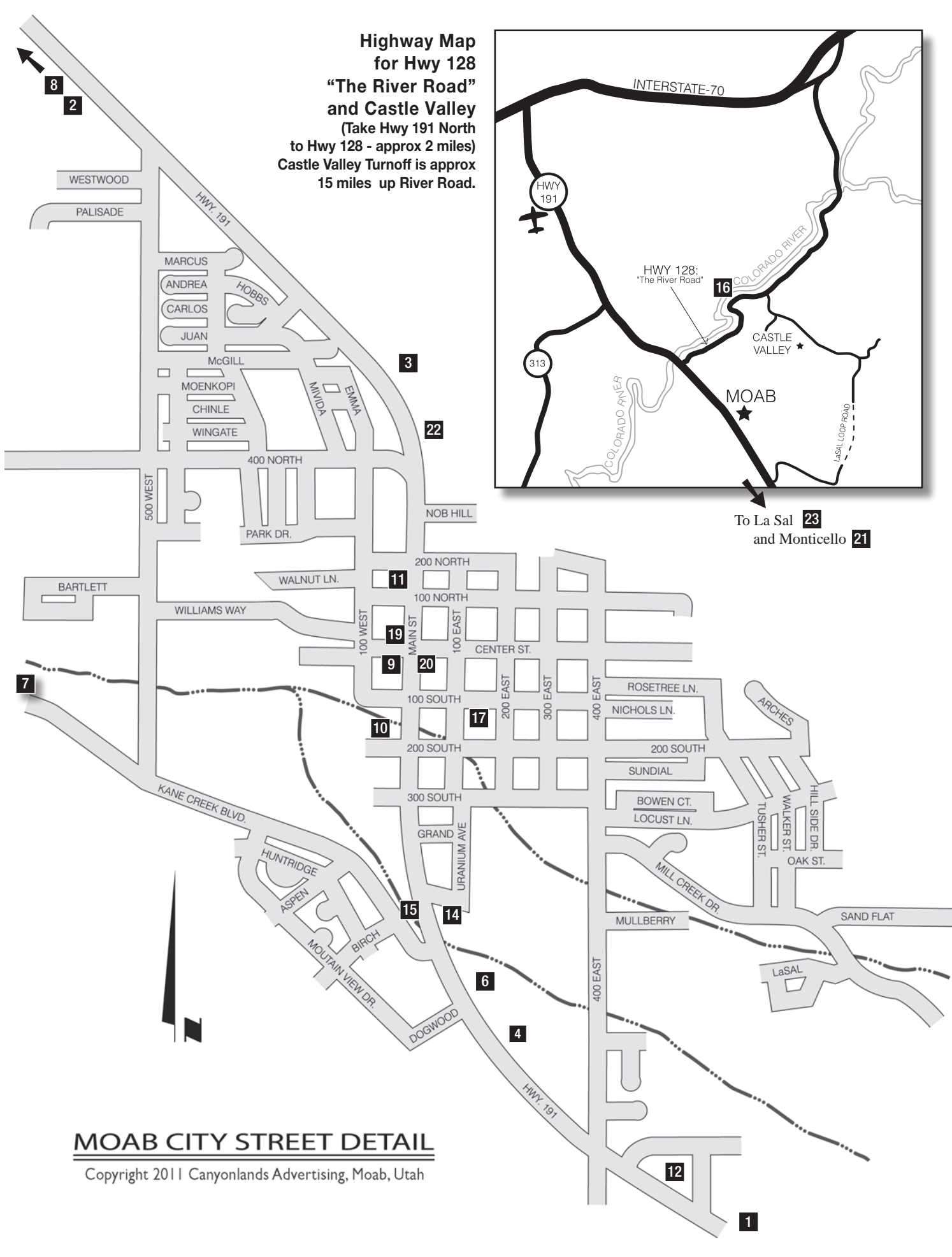
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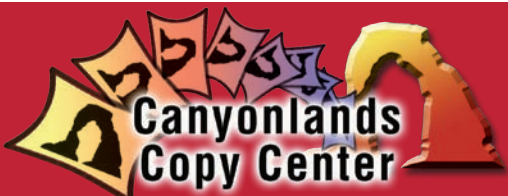
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MILEAGES TO MOAB

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	



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PET HAPPENINGS

Pet Food's Real Cost

by Jessica Turquette of the Moab BARKery

The most often reason we hear people say they don't feed their dogs a premium dog food is because the bag is so expensive! But is it really? Here's a comparison:

\$50 bag vs. \$25 bag (hint they cost the same!!) – HOW?

A 30 pound bag of value brands like Pedigree, Purina or Gravy Train will cost around \$25 and recommend to feed a 50lb. dog 5 cups of food. A 30 lb. bag of premium foods like Canidae, Taste of the Wild or NutriSource cost around \$50 and say to feed a 50 lb. dog 2 1/2 cups of food a day.

What? Well it means that most premium brands recommend you to feed a much smaller amount of food to your dog, sometimes up to half of what a value brand recommends. So your dog has to digest much less fillers and that means less gas and smaller poops! Plus there are very few preservatives and artificial flavors in premium foods. They use higher quality meats and grains which naturally drives pets to eat them.

Here is a comparison of 4 foods and what they really cost you per day and per month rather than per bag:

Food comparison for 60lb. Dog

	Gravy Train	Kibbles n' Bits	Canidae ALS	Orijen – adult
	Non-premium	Non-premium	Basic premium	Super Premium
daily kcal recommendation for 60 lb. dog per feed instructions from bag.	1568	1319	1170	1057
kcal per cup	224	293	468	470
cups needed per day	7	4.5	2.5	2.25
Days a bag will last	11.4	15.5	28	26.4
Cost per day	\$1.49	\$1.48	\$1.52	\$2.35
Cost per month	\$44.71	\$44.40	\$45.60	\$70.50
Cost per bag	\$16.99	\$23.00	\$42.67	\$62.21
Protein	21%	19%	24%	40%
Size of Bag	40 lbs	35 lbs	35 lbs	29.7 lbs

We have even found that brands like Iams, and Eukanuba have smaller feed ratios than value brands, but can cost only 10-20% less than a premium brand and often cheap grains are listed first or multiple times in the top 6 ingredients which means its full of cheap filler and your paying a much higher price.

Also foods that are high in grain also require a higher kcal ratio because the calories are not a natural source of energy and therefore your dog or cat has to eat more of it to get the same amount of nutrition as a food that is high in fat and protein. These calories are basic sugars and not useful to dogs the way protein and fat are, so their digestive systems are using this basic sugar as fuel and even small traces of calories they are not burning through exercise are being stored as fat! So if there is any surplus of calories it contributes to weight gain. That means the more grain in a food the more likely even slightly overfeeding will have compounding weight gaining effects. Often "weight management" food will substitute grains for fat and proteins to reduce the fat amount and make your dog feel full. The calories they are consuming are loaded with non nutritious filler to feel full, so often they will want to eat more of the weight management food. Low fat dog foods do not help your dog lose weight, calorie restriction and exercise is the most effective way.

So how can you tell if a brand is good or not? Here is a list of ingredients to look for and more importantly ingredients TO AVOID!

Ingredients to LOOK FOR when purchasing dog food and the reasons why they are important...

- **Specifically named meat protein sources**, such as chicken, turkey, lamb, beef, etc. There is a debate over whether whole meat, such as 'chicken,' is better than meal, and vice versa. The difference is that meal has had all the moisture removed before being processed into kibble and whole meat is left intact. This means that a pound of 'chicken meal,' for example, is made of more meat than a pound of 'chicken,' because up to 70% of the weight of the 'chicken' can be water weight. The worst protein source for pet food is "Meat Meal" this is the bad stuff (anything from road kill, zoo animals too large to cremate or euthanized pets). Yes if your pet is eating a food with meat meal they are more than likely eating euthanized pets!

- **Good carbohydrates**, such as brown rice, oatmeal, millet, amaranth, and potatoes (not potato product) or sweet potatoes. These are considered good carbohydrates, because they do not have un-wanted side effects. However,

carbohydrates are really not needed by the dog, because dogs get more of their energy from meat protein & fat. These fillers are less likely to cause allergic reactions than cheap fillers.

- **Specifically named fat sources**, preferably animal fats such as 'chicken fat.' Dogs are able to utilize animal fats better than vegetable oils, but sunflower and flaxseed oils (as long as your dog is not sensitive to them) are okay, too. Try to avoid foods that contain beef tallow, generic vegetable oil, poultry fat and mineral oil.

Ingredients to AVOID when purchasing dog food and the reasons why...

- **By-products** are what are left over after the processing plants remove what meat is fit for human consumption.

By-products can contain anything from chicken heads and feet, to cow hooves and horns, fur, feathers, blood, skin, bone, feces, and even dirt and sawdust from the floors of the meat processing plant. These are not nutritious forms of calories, and all the pet food companies that use these as protein sources have to supplement vitamin and minerals to ensure your dog is not malnourished.

- **Corn** in any form (ground yellow corn, corn meal and corn gluten meal) is what is known as filler (soy and sorghum fall under this category as well) and it serves one primary purpose in dog food – to make the animal feel full. Dogs cannot digest corn and utilize the protein it contains, so it basically just passes right through the digestive system and you get the privilege of cleaning



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01/14/12

Dog Adoption Day at City Market from 11am - 1pm.

01/21/12

Cat Adoption Day at The Moab BARKery from 11am - 1pm.

01/28/12

Dog Adoption Day at City Market from 11am - 1pm.

it up when it comes out the other end. Some dogs are also allergic to corn, so if you simply avoid any foods that contain any form of corn in their ingredients listing you'll be doing your dog and yourself a big favor.

- **Wheat** is really only an issue if your dog is allergic to it, but wheat also played a big part in the recent pet food recalls, so avoiding it altogether is a good idea.

- **Chemical preservatives** such as BHA, BHT and propylene glycol make the food last longer than natural preservatives, but every single one of them has been proven to cause liver and kidney failure, cancer, or other life-threatening diseases in test animals.

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
7:00	Native Spirit	KZMU OVERNIGHT		Art of the Song	KZMU OVERNIGHT		Desert Diva	7:00		
8:00		DEMOCRACY NOW						8:00		
9:00	Jah Morning Reggae	MOAB Morning Blend					Blue Plate Special (blues/rock)	Shine Time (Children)	9:00	
10:00		Moab Mamas (everything)	Amarillo Highway	Tilted Park (Americana Classic Rock)		OddBins			Trailer Park Companion / Wayward Wind	10:00
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		Radio Mundial Radio MOONDial		Planet Picante (latin)		A Little Bit of This and a Lil' Bit o' Dat			1-2-3 (funky world soul)	1:00
2:00				WORLD MUSIC		SoundThing/ Uncle Meat's Mystery Show			Gaelic Circle / MOAB Drive Time	
3:00	Belagaana Review (fruit and nuts)		3:00							
4:00	Red Rock Potluck	Ritmo Latino		MOAB Drive Time		Free Speech Friday Public Access		Tween Time (pre-teen fun)	4:00	
5:00	This Week in Moab (Interviews / Calendar)		DEMOCRACY NOW					KZMU OVERNIGHT		Big River / Ranch Exit (twang)
6:00	West of Broadway/ Concert in the Park				Big Swing Face (big band jazz)		Moab City Council/ Atomic Lounge			
7:00	Kokopelli Coffeehouse		Fashionably Late						MOAB AFTER HOURS	
8:00					KZMU Overnight		the eleventh hour			
9:00	KZMU Overnight		KZMU Overnight						KZMU Overnight	
10:00					KZMU Overnight		KZMU Overnight			
11:00	KZMU Overnight		KZMU Overnight						KZMU Overnight	
12:00					KZMU Overnight		KZMU Overnight			

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