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MOAB HAPPENINGS

Volume 23 Number 11 FREE COPY FEBRUARY 2012



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MOAB HAPPENINGS

MOAB HAPPENINGS®

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Health Fair

On February 11, 2012 Moab Regional Hospital will host the Eighth Annual Community Health Fair at the Grand Center in Moab. The health fair offers members of the community an opportunity to meet healthcare professionals in a relaxed, fun atmosphere and leave with information regarding services available locally. Individual departments from the hospital provide the backbone of the fair through booths and other displays. This year the fair will run from 10 a.m. to 1 p.m.



The opportunity to have a low-cost blood screening for \$60.00 is available with blood draws made at Moab Regional Hospital's lab preceding the event, from now through February 10. Those who take advantage of this offer can retrieve their results at the health fair. Please be advised that test results will only be given to the individual who had the screening blood test. Test includes CMP, lipid, TSH, CBC and A1C, and will show your results next to the normal range. The MRH laboratory provides a report of blood test results, which can then be taken to the person's physician for follow up. Ordinarily the blood screening is nearly \$400.00. Blood screens are available by appointment only Monday-Friday from 7am-10am. Call the lab

at 719-3630 and to take part in this great offer from Moab Regional Hospital.

Hospital professionals are available at several booths to discuss diet changes, take blood pressure, and provide information about prevention of injuries and illness. The diversity of the Moab health care community is apparent at the Health Fair. Naturopathic remedies, massage therapy, and information on whole foods are provided by several of our local practitioners, as is information on acupuncture, reflexology and a host of other health and wellness options. Many alternative medicine practitioners offer services in Moab and will be available to answer questions and help you understand naturopathic medicine and healing body therapies. Thanks to our local massage therapists, there are always free massages available throughout the fair.

By attending the fair, one can obtain information about health services—both private and government programs—that are available in our community. The Veterans Administration will again host a booth and answer questions for veterans and their families. Care of the elderly, Active Re-entry, home health care and respiratory services are all readily available in our area and representatives of these interests will be at the fair this year.

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



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FLYING HAPPENINGS

Redtail Aviation Open House

Redtail Aviation is hosting an open house on Friday, March 2nd, 2012 to re-introduce ourselves to the Moab Community! The open house will be held at Canyonlands Field from 2:00pm-4:00pm. Many changes have happened over the last year that we'd like to share with you. We will also be introducing more exciting things into the Redtail Aviation operations at the Open House as well as throughout the coming year.



Redtail Aviation has been providing aviation services to South Eastern Utah for over 3 decades and is currently undergoing many modifications to our long standing operation. Historically, this has involved supporting of the Outfitters and the flying of scenic flights over our beautiful part of the world. Redtail continues to do this and considers it the very core of its business. Like many of Moab's businesses, this made Redtail Aviation very seasonal.



Since Mark Francis took over the company in June of 2000, Redtail Aviation has continued to give priority to its core business but has also focused on other aspects to provide some year round opportunities for its employees. There have been many starts and stops along this path but over the last few years the hard work and dedication has started to bear fruit.

Our cargo business has been growing, with UPS being the centerpiece of it. Many may not know it, but if you send or receive a UPS overnight package from anywhere in South Eastern Utah, it got to you via a Redtail Aviation aircraft, with pilot Chris Bracken or Shane Gonzales at the helm. Additionally, we provide an urgent, on-demand service to haul parts for the mining and oil/gas industries, film for the movie industries, or any other time-critical needs. The on-demand charter business includes not only parts but people as well, and this business is growing. We can take you or cargo to any destination desired.

Another part of our business that has steadily increased is the servicing of transient aircraft at the Canyonlands Airport which includes fueling, maintenance, catering, etc. This continues to grow every year and has become very important to Redtail Aviation in providing year round income and opportunities and we will continue to grow this part of the business.

By growing in all areas of our business we are able



to keep overall costs down with our aircraft by generating revenue all year long instead of just 7 months out of the year. We are also able to keep a dedicated staff year round that makes good wages in our community. These are all long-time residents of the area that live here because they love it and love sharing it with others. We will continue to upgrade our fleet and will be introducing a new workhorse to the Moab area at this open house, the Quest Kodiak aircraft. We look forward to sharing our company and vision with you Friday, March 2nd, 2012.



NATURE HAPPENINGS

February Honkers

By Damian Fagan

You hear them long before the birds appear. That classic "ah-HONK" call that echoes through a flying flock like secrets through a small town. This resonant honking established one of the goose's nick-names: "honkers." And with the calls "passing through normal boundaries" this indicates another goose-oriented term – loosey goosey.

Geese in Flight - In flight, geese communicate with each other via these loud vocalizations. Even passing high overhead, their unmistakable calls betrays their passage. These flying formations, known as "skeins," are "V"-shaped to promote efficient flight minimizing drag or resistance. During migration, one of the older geese takes the lead, directing the others on their route.

Goose ID - The Canada goose's "distinctive white chin strap" which contrasts with a black head and neck, easily identifies this goose from other species of geese. Size is another factor that separates the Canada goose from the snow or greater-white fronted goose. Common Canada geese weigh 6-10 pounds and have a 60-inch wingspan. Several varieties or races of the Canada goose exist and these are defined by body size, physical characters and distribution. Determining most races is a difficult task without the bird in the hand, but the cackling goose is the smallest of them all.

Canada geese are well designed for life on land or in the water. Thick legs are set forward under the body and this enables the goose to walk and forage on dry ground, more so than many other species of waterfowl. Their powerful legs and webbed feet also help propel the birds across the water's surface during take-off.

Even when Arctic winds bring cold February temperatures to the Moab Valley, it is not uncommon to see geese standing atop ice or snow. To keep their feet from freezing the bird's veins and arteries

are located close together within the legs and feet. This proximity allows oxygenated blood moving from the heart to warm the returning venous blood flow through convection.

Migration and Conservation - Although Canada geese are known for their high-flying "V"-shaped formations, not all populations migrate at the same time or the same distance. During the springtime northbound migration, birds may reach nesting areas as early as January. In the Moab area, the geese that nest on islands in the Colorado River have to get through their nesting cycle before the river rises with the melting snowpack. It is not uncommon to observe a parade of goslings and adults swimming in the river by mid-spring or in early summer.

A common sight today, populations of Canada geese crashed at the turn of the 20th century. Their plight inspired numerous agencies and organizations to help the goose stage a comeback. The incredible success of those endeavors has led to goose control urban areas. Golf courses and city parks that favor wide open lawns and fairways are perfect habitat for these grass eaters. The "build-it-and-they-will-come" concept was not designed to attract the geese to these public areas, but "show up, they do," Yoda would say. The goose droppings or "loose impediments" have even made it into golf's rule book: "...a loose impediment may be removed without penalty."

Although there are issues with geese in suburbia, their presence in the wild is welcomed. Like the coyote's howl or the great horned owl's hoot, the honk of the Canada goose is an unmistakable sound of the wild, and one that inspires flights of fancy especially during the chill of February.



2012 Moab Events

- January 13-15Bluff Balloon Festival
- March 10-13Skinny Tire Festival
- March 12Banff Mountain Film Festival
- March 17Canyonlands Half Marathon
- March 31-April 8Easter Jeep Safari
- April 26-29Moab Spring Quarter Horse Show
- April 27-29April Action Car Show
- May 12Gran Fondo
- May 26-27Moab Arts Festival
- May 31 - June 2Canyonlands PRCA Rodeo
- Aug. 30-Sept. 10Moab Music Festival
- September 8CNHA Navajo Rug Auction
- September 21-23Moab Century Tour
- September 22-23Moab Fall Quarter Horse Show
- October 3-7Outerbike
- October 5-724 Hours of Moab
- October 5-13PleinAir Moab
- October 9-11Moab Rock and Gem Show
- October 21The Other Half
- October 25-28Moab Ho-Down Bike Fest
- October 28Pumpkin Chuckin' Festival
- November 2-4Moab Folk Festival
- November 9-11Moab River Rendezvous

MOAB AREA EVENTS CALENDAR

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HOLE N' THE ROCK



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February

- 1 Music at Eddie McStiff's** - Tommy Lee James, Folk & Rock
- 2 GROUNDHOG DAY**
- 3 Winter Concert with Scott Ibex**, at the Moab Arts and Recreation Center (MARC) 7 PM. \$15 at the door, \$10 for MARC members
- 3-5 AIARE Level 1 Avalanche Course**- Call to sign up 435-636-3335
- 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.
- 7 Music at Eddie McStiff's** - New Twah, Indie Rock
- 8 Second Wednesday Book Club at the Library.** *Wild Swans* by Jung Chang is February's selection. All are welcome. 6 pm in Grand County Public Library's Board Room.
- 9 Moab Garden Club's monthly meeting**; 7:00pm at 104 East Mount Peale Dr., Spanish Valley. This month we will exchange seeds and seed catalogs in preparation for the 2012 growing season. The club is open to anyone who gardens or has an interest in gardening. Contact Patty Larson 259-7941 or Tricia Scott 259-6342.
- 11 2012 Health Fair**, 10 am to 1 pm at the Grand Center - sponsored by Moab Regional Hospital. Call 719-3630 for appointment. See article on page 2
- 14 VALENTINE'S DAY**
- 17 Music at Eddie McStiff's** - Bedrock Rose & Friends, Indie Folk
- 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. See article on page 5
- 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**
- 21 Fused Clay & Glass Tiles class** begins at the MARC. for information see www.moabcity.org/marc
- 21 Music at Eddie McStiff's** - Noah Peterson, Jazz
- 23 "Utah Film Circuit: Moab"** is an initiative of the Grand County Public Library and the Utah Film Center. February's film is a free screening of *How to Die in Oregon* (Winner of the 2011 Sundance Film Festival U.S. Documentary Grand Jury Award) at Star Hall at 7:00 PM. Call the library at 435-259-1111 for more information.
- 25 Trashion Show: costume party fundraiser** for Canyonlands Community Recycling (CCR) BE YOUR OWN DESIGNER! Dress up in something recycled, reused, reduced or simply "trashy" and come dancing at Frankie D's (44 W 200 N) on Saturday, 8:00pm-close. Prizes for best costumes. Ticket sales support CCR's education and outreach efforts to minimize waste in our community. \$10 if you're in costume; \$15 if you aren't. Attendees must be 21 years of age – ID's will be checked at the door. For more information, contact CCR at 210-4996 or www.moabrecycles.org.
- 25 Contra Dance** - Dance away those winter blues at the Contra Dance o at the MARC! The lesson for beginners is at 7:30pm and the dance starts at 8. No partner or experience necessary. Live music by the Moab Community Dance Band. Your \$7 suggested donation will support Grand County school music programs. For more information call 259-8311, or send an email to rangette@hotmail.com.

March

- 2 Redtail Aviation Open House.** Redtail Aviation invites you to spend the afternoon with us to see the new Quest Kodiak aircraft we have added to our fleet for tours, river shuttles, charters, and freight. With the merger of Slickrock Air Guides, we are excited to share our vision and direction with you as we expand our operations. 2:00pm - 4:00pm, Canyonlands Field (N Highway 191), www.redtailaviation.com. See article on page 3
- 3 Puttin' On the Ritz** is Seekhaven's premier annual fundraiser. Held at the Castle Creek Winery at the beautiful Red Cliffs Lodge, Puttin' On the Ritz is a gala event with fine dining, libations, live music and an incredible silent auction. Tickets are available now for \$50 at Seekhaven, both WabiSabi locations, and Zions Bank as well as at the door the night of the event for \$55. Support Seekhaven and healthy, violence-free communities by attending the Ritz this year. Call Seekhaven at 435-259-2229 for more information. See article on page 15
- 5 Beginner Painting class** begins. for information: www.moabcity.org/marc
- 6 Paper Folded!** Make Your Own Paper & Learn Origami. For information about classes at the MARC see www.moabcity.org/marc
- 12 Banff Mountain Film Festival World Tour in Moab.** 7:00 PM at the Grand County High School Auditorum. The year's best films on Mountain Sport, Culture, and Adventure. Contact Dave Erley at 259-4859 for more information.
- 16-17 Cuckoo for Cacao** workshop with AJ Wentworth. Refine your taste buds and learn about different regions of the world. 10am - 4pm at the MARC. \$60 or \$54 for MARC members. www.moabcity.org/marc

For more info on events see www.moabhappenings.com



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CONNECTING PEOPLE WITH PLACE

Friends of Arches and Canyonlands Parks

The Bates Wilson Legacy Fund (the Friends of Arches and Canyonlands Parks) was formed several years ago to promote the legacy of Bates Wilson by inspiring stewardship of the area's natural and cultural treasures, and enriching the visitor experience in the national parks of southeast Utah.

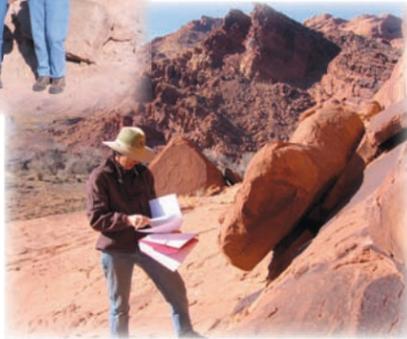
Bates served as Superintendent of Arches and Natural Bridges National Monuments in the 1950s. During that time, he invited key decision-makers to experience and enjoy the vast "land in between" the two monuments. Through numerous camping trips and with his famous dutch oven dinners, Bates advocated the creation of Canyonlands National Park. His vision became a reality in 1964 and he served as the park's first superintendent. He is often called the "Father of Canyonlands."

Superintendent Bates Wilson steadfastly championed the following core values, which the Friends have adopted to guide them:

Commitment to the National Park Service: Our work will reflect and support the National Park Service's mission of preservation, enjoyment, education, and inspiration.

Connecting People to Place: We will work to ensure that the park visitor experiences a strong personal connection with the land and that exploration, education, and research opportunities abound. "Park visitor" includes all people – those who call these landscapes home, as well as those who travel here from afar.

Youth are Vital to Our Future: The youth of today are the leaders of tomorrow. We will guarantee that today's young people have the opportunity to explore our national parks and form their own connections to the land, water and sky.



Lasting Results for Generations: Enduring success depends on our extraordinary national park lands being preserved forever. We recognize that natural places are vital for our children, their children, and us.

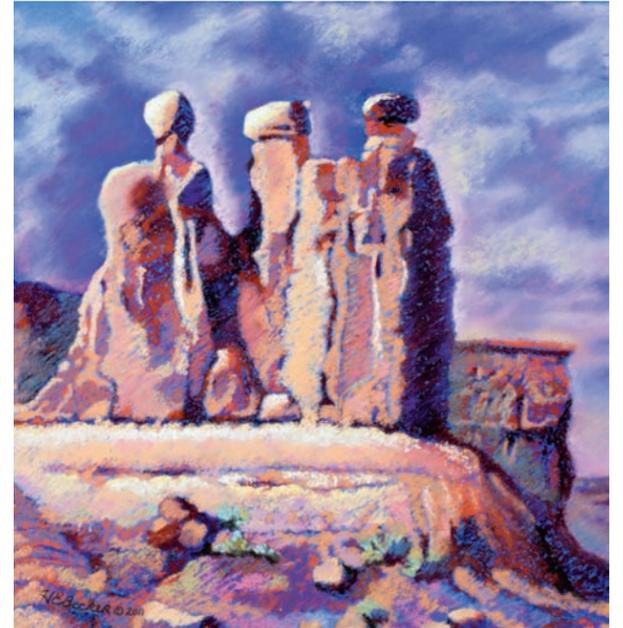
The Friends have developed a Site Stewardship Program with the National Park Service to assist them in the preservation and protection of cultural resources within the four parks of Southeastern Utah. The stewards provide an extension to the parks "boots on ground" philosophy – qualified site stewards monitor and collect data at selected archeological sites. The response of both the stewards and Park personnel has been overwhelmingly positive, demonstrating that serving as a caretaker to the land can be a fulfilling personal experience.

One of the most exciting aspects of this program is just that – it simultaneously assists the NPS in protecting its resources and connects people with the land in meaningful ways. As the program grows, it will expand and adapt appropriately to both engage local youth and to involve under-represented populations. Opportunities abound to collaborate with existing local organizations to achieve these goals. This will also serve to build community and partnership within our regional "neighborhood."

Canyonlands, together with Arches and Hovenweep National Parks, and Natural Bridges National Monument, are some of Southeast Utah's most beautiful and extraordinary landscapes – they are treasures of this arid desert region and ours to enjoy forever. The way in which people connect to this place – or not – will greatly influence how these treasures are maintained and protected for generations to come. The goal of the Friends is to inspire stewardship and connection with these remarkable landscapes to insure their survival and to enrich the lives of those who experience them.

Please join us on Saturday, March 10th as we honor Bates Wilson's legacy and celebrate our commitment to connecting people with place.

To learn more about the Friends of Arches and Canyonlands National Parks, visit our website at www.bateswilson.org.



The Three Gossips Distant View by Helen Becker

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Remarks by

CHARLES WILKINSON

Noted Author, Moses Lasky Professor of Law,
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2nd Annual Moab Flute Festival (Echo Hunters Association)

??WHO ARE THE ECHO HUNTERS??

a group of people who met on line and decided to gather in Moab, hoping to find the feeling of Kokopelli, while searching for illusive echoes and hidden acoustics within the canyons and grottos that fill this magical landscape.

There are echoes in the canyons. Some say that when you hear an echo, it is Kokopelli playing your song back to you.

Public Meet & Greet Friday February 17th 7:00 pm at the Aarchway Inn fire pit.

Day time field trips will be announced at the meet and greet, pending land use permits.

Master of Ceremonies (MC): Nino Reyos - a Native American Consultant, musician / composer, a Utah artist who is a member of the Laguna Pueblo and Northern Ute Indian Tribes. The Utes are one of the American Indian Tribes of Utah. He is a Native American Music Award Nominee (NAMMYS) and his Music can be heard on Native Radio stations across the country. Nino is also a GRAMMY Voting member.

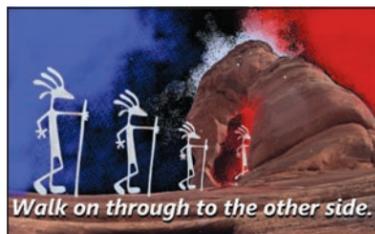
Lineup of Anticipated Performers: Tony Babbitt, Wayne Gardner (Kokobolo), Gary Hansen, Frank Harter, Mark Hawkins, Evan Haworth, Wounded Healer, John Kulias, Steve Rushingwind.

Mojave Rim-Blown Class (February 19th beginning at 10:00 am) At the M.A.R.C. 111 East 100 North, Moab \$30.00 fee at the event to benefit the Grand County High School Native American Club.

Presented by Frank Harter from Raven Wing Flutes Frank Harter is the owner and creator of Raven Wing Flutes. A native of France, Frank is a classically trained musician who studied classical guitar, piano, cello and composition from an early age before moving to the US in 1985. During a visit to the Taos pueblo in 1985, Frank heard the Native American flute for the first time and fell in love with the haunting sounds of the instrument. In the spring of 2001, Frank met Raymond Redfeather (Anishinabe), a full-time flute maker residing in Colorado, and under his tutelage, started studying the art of flute making. All Raven Wing Flutes are made by hand using a mixture of traditional and modern methods. Using a bored-out construction method instead of the traditional split construction improves the aesthetics of the flute and

insures consistent and accurate bore size. The finger holes are burned with a heated rod rather than drilled, in keeping with tradition.

Mojave Rim-Blown Class Schedule: The class will be up to 2 hours depending on attendance and level of proficiency of the students. Producing a sound (this may take the entirety of the class if only novices are attending. If so, class will probably be cut a little short, 1 to 1.5 hrs) The scale : Accessing the octave & the harmonics Intermediate techniques: Cross-fingering and Bending the note.



Walk on through to the other side.

If you already own a rim-blown, you should bring it, and Frank will tailor the lesson to your need for your specific flute. Most of what Frank will teach you is applicable to ALL rim-blown flutes, so having different flutes in the class won't be a problem.

Frank will be bringing a few student flutes (Mojave) for anyone who doesn't own one. Frank will also be offering a 10% discount on a Raven Wing Flute rim-blown flute to anyone attending the class.

Silent Auction to benefit the Grand County High School Native American Club, and the Music Program.

Flute Makers around the region have donated flutes made for this exclusive silent auction. Including Tony Babbitt's two flutes in one walking stick. Photo is a Bill Hughes F# Goose Totem Flute.

For more information contact Evan at Echo Hunters Association Facebook Group, Evanechhunter YouTube Channel or email at evan.haworth@gmail.com



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ASTROLOGY HAPPENINGS

Horoscope - February 2012

By Rob Wells

There's going to be heart problems on the 1st of February. Romance will not go smoothly for anyone. If Love leaves your life, it's only making room for what's next, so try and remember this during the first week. When the 10th rolls around, Venus and Uranus have some romantic arrows to shoot at you, but don't take them seriously. Whatever is burning that brightly, isn't going to last that long usually. After the 10th, we're all back to using our heads in a balanced way for the rest of the week. Watch out on the 15th, for problems from the first of the month can return to haunt you for the day. Avoid being maneuvered and controlled on the 15th. A quick idea on the 16th could carry you through to the 21st, as this could be one of the really good ones that work out in a very practical way for everyone. The Sun moves into Pisces on the 20th and you should feel the hard edges come off everything. It's the dreamy time of the year. Avoid any conflicts on the 23rd, and let the planets carry you through the last week of the month with ease and grace. This is the best time of the year to see films, so catch up if you need to.

Ground Hog Day: Thursday the 2nd
Valentine's Day: Tuesday the 14th
Washington's Birthday: Monday 20th

Jan. 21 - Feb. 18 **Aquarius:** You are the center of attention this month as you draw admiration from those around you. The first week of the month starts on a down note as you may discover your personal funding is less than anticipated. Cloudy thinking during the second week warns you to go slow making choices. Endings and beginnings take place through the third week of February. During the last week of the month you focus on a bright financial future for the year ahead.

Feb. 19 - Mar. 20 **Pisces:** Your need for alone time this month is double your normal requirement, and emotionally upsetting words on the first day of the month could have you spinning for the entire first week. As week two gets under way the aspects continue to the end of the week before you can make any clear minded decisions. Some doors close, while others open during the third week of February, illustrating the nature of human relationships. Your world brightens with the last week of February as you enter your birth sign of Pisces. Promote yourself and business interests on the last few days of the month.

Mar. 21 - Apr. 20 **Aries:** Wishes come true this month and with them the chance to dream the future anew, however don't let harsh words in the workplace ruin your positive frame of mind during the first week. Lay low and be cool the second week of the month. The third week of February asks you to say goodbye to some things and hello to new ones. As you enter the final week of the month you could feel a little tired from all of the emotional ups and downs, so get extra rest for the next thirty days and remember to smile.

Apr. 21 - May 21 **Taurus:** Your image in the world and your career are center stage this month and overall everything looks great. There could be a dispute between you and a lover first off this opening week of the month. You may feel like you are on a roller coaster during the second week, just remember not to over-react. Someone could be saying goodbye to you during the third week of February. Such is life. You spend more time with your friends starting the fourth week and into next month. Promote yourself on the last few days of the month.

May 22 - June 21 **Gemini:** Your greatest joy this month is with your church or social group. Demands between home and career consume your good mood during the first week. The second week would be a good time to follow and not try to lead. The third week of February is great for tending to chores and planning for the future. The last week of the month you turn your attention to your career. There could be offers coming your way during the last few days of the month.

June 22 - July 22 **Cancer:** You must tend joint holding interests this month by balancing the checkbook, setting up a budget, and checking the insurance policies between you and your partner. You should avoid a philosophical dispute during the first week, as someone isn't fighting fair. The second week feels like a whirlwind as you try to cling to something solid. There is the possibility of a partnership ending during the third week of February. Chin up. A new romance is around the corner. Your social group or church group needs your help starting the last week of the month.



July 23 - Aug. 24 **Leo:** Partnerships are your main interest this month and things look just rosy for you and yours. You could be feeling emotionally down on the first. Cheer up. It's getting better. The second week feels like a frantic amusement park ride, so get ready for some thrills. Big changes take place during the third week of February, but you really knew they coming so it isn't a surprise. Your focus shifts to joint holds on the last week of the month and you may feel a personal audit is required. It works out GREAT!



Aug. 24 - Sept. 22 **Virgo:** Matters of health and employment have your attention this month and the good news is, all is well. A partnership dispute on the first day of the month mars the remaining time of the first week. Herky-jerky thinking and moves make for an unstable second week. Look for stability. Endings and beginnings are the theme of your third week of February. This is a dynamic time of life. You move on to matters of partnership with the last week of the month and continuing into next.



Sep. 23 - Oct. 23 **Libra:** Romance and children are your center of attention this month. Someone could be talking behind your back in the work place during the first week. Be warned! Think things through and don't jump to conclusions during the second week. Doors will open and close during the third week of February, as the present becomes the past and you see a new future. The last week your energy shifts to matters of the workplace and your health. The last three days of the month are an excellent time to promote both.



Oct. 24 - Nov. 22 **Scorpio:** You may be looking at getting started on a couple of home improvement projects this month while the planets highlight your home. A lover or a child fires a warning shot across the bow at you the first week. Pay attention. Poor thinking and bad judgments mar the second week. Go easy and don't rush. People and things move in and out of your life this week. Don't be upset, it's the normal flow of life. The last week of February finds you shifting interests toward romance or something creative. Promote these urges on the last three days of the month for best results.



Nov. 23 - Dec. 21 **Sagittarius:** Running around town and handling errands and communications is your onus this month but you need to pay very close attention to what you're doing all the time to avoid problems. An upsetting conflict between home and office could throw you off the first week of the month. Pay attention at all times while driving or sharing information this second week of February. Be practical, as well! There's a lot of activity during the third week. Someone could be leaving your circle while someone else could be entering. You shift your attention to your home the last week of the month and begin to see it in new ways that carry you through next month.



Dec. 22 - Jan. 20 **Capricorn:** It's all about your cash this month. Don't let someone's words throw you off during the first week over money. There is a big difference between selfish and careful. Avoid buying anything, this second week of February, as your thinking and judgment aren't very clear. This theme of austerity continues through the third week, as well. There are changes during this time, but they are to be expected. During the last week the energies move to promote your handling those pesky everyday things that get piled up for you. Drive carefully!



Stunts, Stars and Legends:



Tom Hennesy By John Hagner

Hennesy began working in movies as an extra in the early 1940s, when he was a student at USC. He later became a stuntman, doubling action stars like Randolph Scott, Rod Cameron, Rock Hudson and Jeff Chandler. He also worked as a general secondary and elementary schoolteacher in many Holly film and TV studios; his students included Natalie Wood.

In 1961, Tom was in "The Comancheros" which was filmed in Moab as an actor/stuntman. Some of his other appearances in films were: The Green Berets (1968), The War Wagon (1967), Stagecoach (1966), McLintock (1963), Donovan's Reef (1963), The Man Who Shot Liberty Valance (1962), North to Alaska (1960), The Alamo (1960), The Horse Soldiers (1959), The Ten Commandments (1956), as well as many TV appearances.

In 1955, Tom played the Creature on land in the movie "Revenge of the Creature". He was born Thomas Daniel Hennesy in 1925 in Los Angeles, California. He died on May 23, 2011 in Malibu, California. He was on the 1943 and 1944 Trojan football and played in the Rose Bowl both years.

Founder and CEO of the Hollywood Stuntmen's Hall of Fame is also an accomplished 'Artist of the Stars' and has done hundreds of portrait drawings of famous celebrities of the entertainment industry. He has done 54 different portraits of John Wayne (3 of which are in full color). He also has done portraits of Presidents, Eisenhower, Truman, John F. Kennedy, Bush as well as past Presidents, Washington and Lincoln. His work is world-wide. He is available to do commissions of anyone, for a tax-deductible donation to the Hollywood Stuntmen's Hall of Fame. He can be contact by calling 435 260-2160, or email: johnhagner@hotmail.com. The Hall of Fame website is: www.stuntmen.org. His work can be seen on Facebook ... Falling For Stars ... Artist of the Stars ... Stunt Stars and Legends. Mailing address is: 81 W. Kane Creek Blvd. - #12, Moab, Utah 84532.



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."

HEALTHY HAPPENINGS

Moonflower Market: Raw food diet!

Have you heard of the Raw Foods Diet? Essentially, a raw foods diet is a live food diet consisting of fresh, soaked, sprouted, cultured and dehydrated foods. Raw foods have not been exposed to temperatures above 108 degrees. This is considered desirable by raw food enthusiasts, because plant enzymes found in foods, are destroyed above this temperature. Enzymes are the catalysts that help our bodies digest our food, and enzyme rich foods are a more efficient energy source. Studies show that cooking destroys over 95% of the phytochemicals and up to 50% of the vitamin content in food. Cooking food can cause the formation of harmful free radicals. The body must work harder and use more energy to digest and assimilate fewer nutrients when eating cooked foods. When you consider the average American diet is 80% cooked food, there is a lot of lost nutrition and energy disappearing before cooked food even passes through our lips.



Raw foods are increasing in popularity. General health and well being, disease prevention and reversal, weight loss and maintenance, as well as environmental, philosophical and ethical reasons are motivating factors. Plant foods provide beneficial compounds including enzymes, phytochemicals, plant sterols, antioxidants, fiber and healthful fats. These compounds have anticancer, anti inflammatory, antibacterial, antifungal and antiviral properties. A raw food diet can be an effective therapeutic dietary treatment for diseases including rheumatoid arthritis, fibromyalgia, diabetes, cancer, cardiovascular disease and obesity. Raw foods can be used for cleansing and healing.

Foods utilized in a raw food diet include fruits, veggies, nuts, seeds, sprouts and sea veggies. Kitchen tools of the trade can include a dehydrator, juicer and blender. Soaking and sprouting are the best ways to remove enzyme inhibitors and release nutrition in foods. Juicing, blending and properly chewing food maximize the nutritional availability of our foods. Culturing foods builds healthy bacteria that help assimilate food and increase digestive tract health. Dehydrated foods concentrate nutrients and are filling to the belly.

It can be a challenge to meet all nutritional guidelines on a raw food diet. Educating yourself about nutrient content in your food is paramount. Supplementation is necessary in this regime especially vitamin B12 and vitamin D. High fat foods are necessary in moderation to aid in the absorption of fat soluble vitamins. These include avocados, nuts, seeds, and unrefined coconut oil and olive oil.

Moonflower Market has expanded its offerings of raw foods. We stock solely organic and local fresh fruits and vegetables for your raw food intake. Organic foods are compatible with a raw food diet. We carry bulk nuts, grains, seeds, unrefined oils, vinegars and sea vegetables. We have sprouting jars and screens

Ready to eat raw foods are available in increasing amounts. Crackers, cookies, bars and cereals are available. Kathy's Krackers(made in Utah), Go Raw cookies, crackers, and granola; Two moms in the raw, and Dr Flackers all have offerings available at the store.

Artisana nut butters are all raw and ready to eat. Trail bars by Raw Revolution, Pure, Lara, Bliss Bar and Organic Food Bars are raw choices. Kombucha drinks by High Country Kombucha, Kevita, and Synergy provide a refreshing raw cultured drink for increasing beneficial bacteria. Raw olives, honey, and even chocolate are available.

Whether you are looking for a temporary cleanse, to increase raw food intake, or transition to a fully raw diet for healing and digestive health there are lots of resources for you to tap into. Websites, and books including Victoria Boutenko Raw Family, Becoming Raw (Davis, Melina, Berry); and The Raw Truth by Jeremy Safron were used to research this article.






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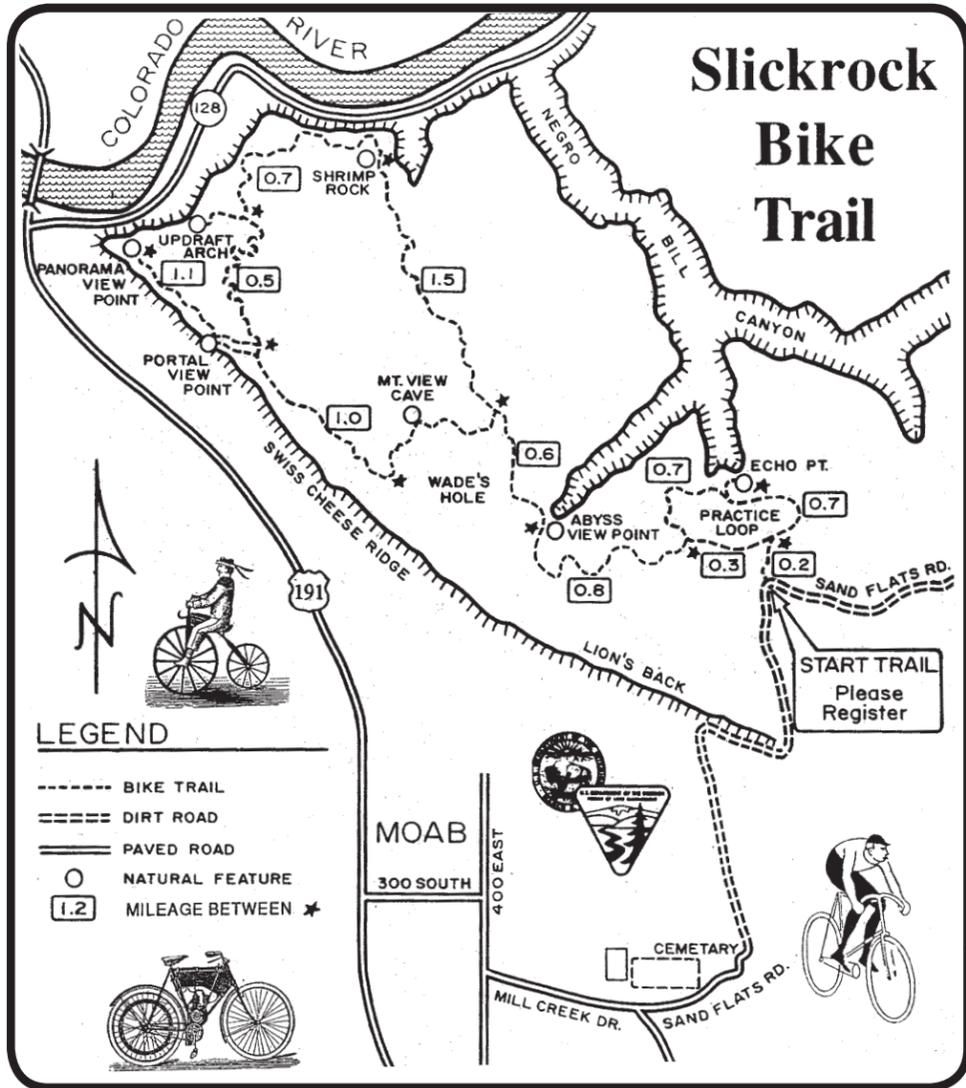
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MOUNTAIN BIKING

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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INNOVATIVE HAPPENINGS

Bates Wilson

by Joan Gough

This series of articles was inspired by the people who transformed Moab from a “bust” town following the collapse of uranium prices in the early 1980’s to the lively and stable community it is today. These folks were (and are) creative, gutsy and committed. Bates Wilson, Superintendent of Arches National Park and Natural Bridges National Monument and known as the father of Canyonlands National Park, was an early member of this group.



There are people in the right place at the right time for their gifts--Bates Wilson was one of those people. The place was the Colorado Plateau, specifically the high desert of Southeastern Utah. The time was from his arrival in 1949, just prior to the uranium boom, until his death in 1983. Some of his many gifts were curiosity, a love of people and the high desert, and vision.

Bate’s son Alan (Tug) and his daughter Caroline (Cindy) both mentioned Bate’s curiosity in recent interviews. As Tug put it, “He was a sponge for information.” Cindy said he would grill the scientists and naturalists on their visits, repeating back to them the facts of their dinner or campfire discussions to be sure he had the information correct and that he would remember it. Tug recalled, “He was given a used Leica camera after the 1959 National Geographic trip. He had no idea how to compose a really good photo, but wanted to do so. One day Joseph Muench, the famous Kodachrome photographer, comes by and Dad shows him the Leica. To make a long story short they spent considerable time in the field and Joe taught Bates how to make a good photo.”



Another childhood recollection of Cindy’s serves to illustrate Bate’s love of people and knowledge of the Park. Standing behind the Rock House which was their home at Arches, Bates would point with his glass of Jim Beam at the rocks to the south. He would explain that at the top of the shear, hundreds of feet high wall they were looking at was the Wingate Formation topped by the Kayenta and that on top of that, but now broken up and mostly eroded away would once have been the white, lumpy Navajo and then higher still the red, arch-forming Entrada. Then he would turn around and point, with his glass again, at the rocks just behind the house saying, “And there’s the Navajo and Entrada formations right here. People would swing

around, “Whoa!” “Ooh!” Then they would turn again to stare, with heads thrown back, at the towering wall across the highway. It was dramatic and it was effective.

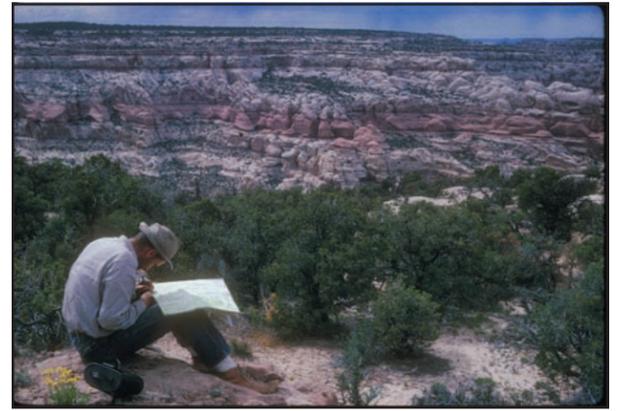
“Bates had a calm and soothing way. Within minutes of meeting him you were old friends. He was always ‘Bates’, even though I was only 13 or 14”, recalls Moabite Steve Brownell. Bates was equally comfortable riding with John Ford in his limo to a potential film site or meeting with Governor Clyde as the National Park Service Coordinator for the state of Utah.

A good judge of character, Bates knew how to assess it quickly. “Interviewing for any job he might have open was different than it is today by a long shot”, Tug recalls. If you showed up for an interview and Bates was on his way camping, or walking the park boundary, or picking up trash, you would be asked along. “I remember him telling us after one of these interview outings that the person he was checking stepped directly over the grill at the Needles with the steaks on it, getting sand on everything. He did not get the job. Another time, Dad was gone when a prospective summer seasonal arrived. I let him in the house, and he saw it was a mess. When Dad returned, the applicant was in the pantry with mop in hand having cleaned the whole place. Dad asked him if he was so and so. When he said, ‘yes’, Dad said ‘You are hired.’ This fellow came back for a couple of summers and became a very successful lawyer.”

Bates laid out the new entrance road in Arches, walking it while Tug followed in his Jeep with the marker stakes.



Later, he took Cindy to the new La Sal Overlook, “Can you see the road?” he asked her. Hoping to get his usual praise for her sharp sight she looked for the road. After looking and looking, she had to admit defeat. Triumphant, Bates explained, “That’s the point.” The road takes people by



the Park’s most spectacular features with the least impact possible and that includes not seeing the road itself from the overlooks and short trails.

There were professional planners from the National Park Service, but Bates, being the one on the ground with his intimate knowledge of the area, had influence beyond his title in such things as planning. In an interview with Western Gateways Magazine Bates spoke in detail about possible roads into Canyonlands and within the Park itself. He summed up that part of the interview, “You just mustn’t overdevelop an area. It’s pretty easy to take a map and say this is where a road ought to go, but you have to consider whether such developments are going to enhance or encroach on an area.”

So much of what we take for granted today about Arches, Canyonlands and Natural Bridges was influenced by Custodian (the early name for Superintendent) Wilson --the size of Arches, the layout of roads in Arches and Natural Bridges, the design of the campgrounds at Arches, Natural Bridges and Canyonlands, and the very existence of Canyonlands National Park. Tug observed, “There was very little visitation [in the early 50’s] overall and Moab wasn’t interested in the visitor. Dad worked to excite Moab to the visitor and the financial potential of visitors staying a few extra days.”

After retirement from the Park Service, Bates bought a ranch in Professor Valley where he raised sheep and horses, some hay, a large garden and two more kids, according to one of those kids Anne Wilson. He chaired Canyonlands Natural History Association until his death in 1983.

Whether hiking with people in the parks, recommending placement of an overlook, meeting with his supervisors in Santa Fe, or politicians in Salt Lake City, he was always helping people see and understand the land.

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SKY HAPPENINGS

The Sky for February 2012

By Faylene Roth

SUNRISE AND SUNSET TIMES FOR FEBRUARY

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

DATE	SUNRISE	SUNSET
1	7:24am	5:40pm
2	7:23am	5:41pm
3	7:22am	5:42pm
4	7:21am	5:43pm
5	7:20am	5:44pm
6	7:19am	5:46pm
7	7:18am	5:47pm
8	7:17am	5:48pm
9	7:16am	5:49pm
10	7:15am	5:50pm
11	7:14am	5:51pm
12	7:13am	5:52pm
13	7:12am	5:53pm
14	7:11am	5:55pm
15	7:09am	5:56pm
16	7:08am	5:57pm
17	7:07am	5:58pm
18	7:06am	5:59pm
19	7:05am	6:00pm
20	7:03am	6:01pm
21	7:02am	6:02pm
22	7:01am	6:03pm
23	6:59am	6:04pm
24	6:58am	6:05pm
25	6:57am	6:07pm
26	6:55am	6:08pm
27	6:54am	6:09pm
28	6:52am	6:10pm
29	6:51am	6:11pm

Bright red Betelgeuse (Orion), sparkling blue Sirius (Canis Major), and bright white Procyon (Canis Minor) mark the points of the Winter Triangle. The Winter Hexagon surrounds Betelgeuse. Trace the hexagon from Sirius to Procyon to Pollux (Gemini) to Capella (Auriga) to Aldebaran (Taurus) to Rigel (blue star at foot of Orion).

MAJOR CONSTELLATIONS OF FEBRUARY

Overhead

- Auriga
- Canis Minor
- Gemini
- Taurus

Northward

- Cassiopeia
- Cepheus
- Ursa Major
- Ursa Minor

Eastward

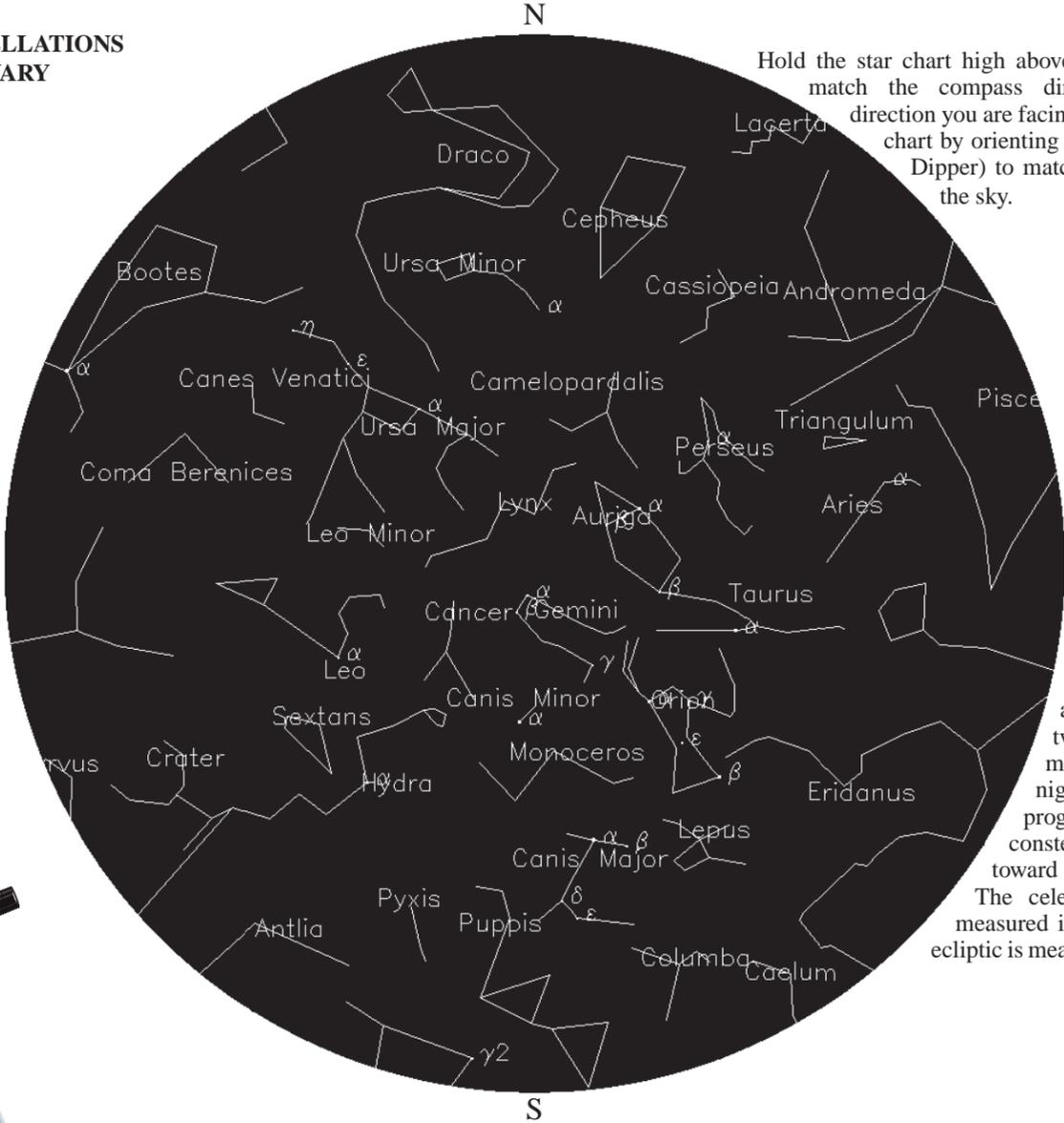
- Bootes
- Cancer
- Leo

Southward

- Canis Major
- Orion

Westward

- Andromeda
- Aries
- Pegasus
- Perseus



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

Enjoy an additional 64 minutes of sunlight this month as the sun's position on the ecliptic rises higher each day. Usable light is extended by about 30 minutes at each end of the day when the sun is no more than six degrees below the horizon. At dusk, this period—known as civil twilight—fades into nautical twilight over the next half hour. During nautical twilight the sun is between six and 12 degrees below the horizon. Color is less visible in the landscape when the sun drops this low. The last half hour of twilight—astronomical twilight—is marked by dark skies overhead and minimal light around the horizon. The reverse progression occurs at dawn.

MOON HAPPENINGS

February begins with a waxing gibbous moon overhead each evening. After the full moon, moonrise is delayed by more than one hour each night. By the time of the last quarter moon, the evening skies are dark until after midnight and will remain dark until a few days after the new moon when a thin crescent reappears above the western horizon.

Feb. 7 – Full Moon occurs at 2:54am and rises at 6:00pm

Feb. 14 – Last Quarter Moon rises shortly after midnight.

Feb. 21 – New Moon occurs at 3:35pm.

(The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

RED GIANT STARS

Pollux (lower twin of Gemini) measures 34 light years from Earth, is nearly nine times the diameter of the Sun and 32 times more luminous. Aldebaran (lower horn of Taurus) lies 65 light years from Earth, spans 40-50 times the diameter of the Sun and is more than 150 times more luminous. Betelgeuse (bright shoulder of Orion) is 500 light years distant, 650 times the Sun's diameter, and 9400 times more luminous. These stars are red giants, swollen stars that have exhausted their primary fuel sources and are in the final stages of their life spans. Having exhausted their primary hydrogen fuel, they are fusing helium into carbon and oxygen. Once helium is exhausted, carbon and oxygen become the fuel source for nuclear fusion and produce nitrogen, magnesium, and heavier elements.

More massive stars have shorter life spans than the Sun, so astronomers calculate that these stars are much younger than the Sun even though they have progressed farther in their life cycles. Pollux is rich in carbon and oxygen, Aldebaran rich in magnesium, and Betelgeuse is rich in nitrogen. Only Betelgeuse has sufficient mass to continue fusing heavier elements until it becomes an iron-rich star that inevitably collapses on itself to produce a supernova, but, even it, may not be massive enough to form a black hole at its core.

METEOR EVENTS

No major meteor showers occur during February but watch for fireballs along the ecliptic that can be as bright as Jupiter or Venus. These large meteors often blaze across the sky without the signature tail of light that accompanies most meteors.

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.

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>

VISIBLE PLANETS

Jupiter - The faint autumn constellations that linger overhead pale in the wash of Jupiter's brightness. The brilliant gas planet rises earlier each day which puts it lower in the western sky each evening. By month's end it sets well before midnight. Aries is above and to its left. (Magnitude -2.3)

Mars - Look for the flat red disk of Mars a few degrees below Leo's triangular tail. Mars rises a few hours after sunset then remains in the sky throughout the night. It entered retrograde motion in late January which means its position relative to Leo retreats westward for the next several months. Retrograde motion occurs when Earth—on its inner orbit—speeds past Mars. It's like passing a car on an oval track and watching it recede even though it's still moving forward. As the Earth moves around the arc of its orbit, Mars real eastward movement will again be apparent. Mars brightens throughout the month as it approaches opposition (closest point to Earth) in early March. (Magnitude -0.9)

Saturn - Night owls and early risers can view the bright golden glow of Saturn. It rises almost due east with Virgo near midnight and has moved to the western sky by morning twilight. Saturn continues to brighten over the next few months as its orbit moves closer to Earth. (Magnitude +0.5)

Venus - The brightest of all planets viewed from Earth is losing face right now. From our perspective, Venus waxes and wanes just like the moon. Since it's currently moving closer to Earth, the planet actually becomes brighter as its phase wanes from gibbous to crescent. As always, it outshines Jupiter which appears above it in the evening sky. On February 9 binoculars will reveal the green orb of Uranus less than one-half degree to the left of Venus. (Magnitude -4.1)

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.

You can pick up Moab Happenings in Salt Lake City!

Utah Travel Council

Salt Lake City Visitor Center

AAA

REI

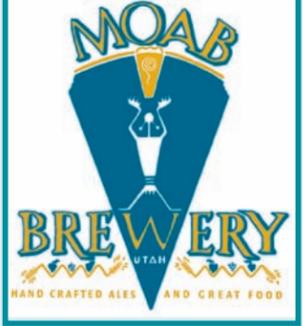
Coffee Garden

Tower Theatre

Whole Foods

Taylor Bike Shop

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

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).

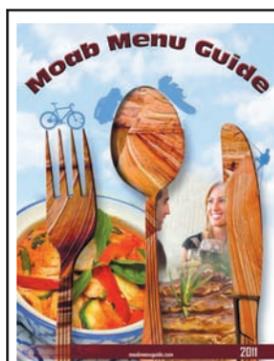
Also new is the addition of two upscale lounges in Moab. Vista Lounge located inside Buck's Grill House and The Ghost Bar, upstairs at Jeffrey's Steakhouse. Both locations have a sophisticated and casual atmosphere to relax and wait for dinner or to just stop in at the end of the day and have a drink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



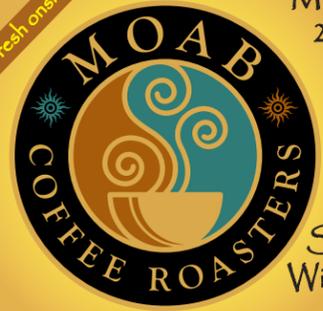
SORREL RIVER RANCH
resort & spa



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

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

Now Serving Beer, Wine & Saki

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

The BRANDING IRON

STEAKHOUSE, BBQ & GRILL

DINNER
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 pm
Dine in, Carry out, and Delivery 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: Chimichanga ~ Beef or Chicken
 Thursday: 2 Tacos ~ 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

PARADOX PIZZA
 MOAB UTAH

OPEN
 3-9
 EVERYDAY

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 everyday 4pm to close
 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.

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

Buck's Grill House & Vista Lounge 1393
 North Highway 191 259-5201
 Dinner
 Open nightly at 5 pm
 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. Check website for live music schedule. www.bucksgrillhouse.com

Burger King
 606 South Main 259-2700

Cassano's Italian Restaurant
 11 East 100 North 259-6018
 Lunch • Dinner
 Reopening February 8th
 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
 36 South 100 West 259-0756
 Dinner - Open March 8, 2012
 Open Tue - Sun at 5:30 pm Closed Mon
 Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at our new location. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Covered and open outdoor patio dinning. Full liquor license.

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.moabfrankieds.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.

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.

Milt's Stop & Eat
 400 East and Millcreek Drive 259-7424
 Lunch • Dinner
 Tue - Sun 11am - 8pm Closed Monday
 A true Moab icon since 1954. Milt's is pleased to serve local grass-fed, hormone-free beef. Featuring 100% ground chuck burgers, classic diner sandwiches, all beef hot dogs, hand-cut fries. Also homemade ice cream, shakes and malts using milk from the McClish family dairy in Moab. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. See ya' all at Milt's. Daily Specials. Website is www.miltstopandeat.com

For more information about these restaurants pick up a "Moab



Moab Brewery
686 South Main 259-6333
Lunch & Dinner
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 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

Pantele'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
7 am to 9 pm Everyday
Welcome to the Peace Tree. We have full Breakfast and Lunch menus in addition to our newly expanded Dinner menu. 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
Lunch: Mon - Sat 11-3 Dinner: Mon - Sat 5-9
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
Reopening February 8th
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

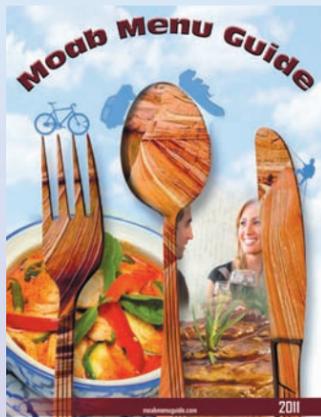
Wake and Bake Cafe
59 S. Main #6, McStiff's Plaza 259-2420
Breakfast • Lunch
Serving breakfast, lunch and coffee & treats all day. For the Winter months we will also be serving Eddie McStiff's lunch favorites!

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
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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.



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RESTAURANT GUIDE



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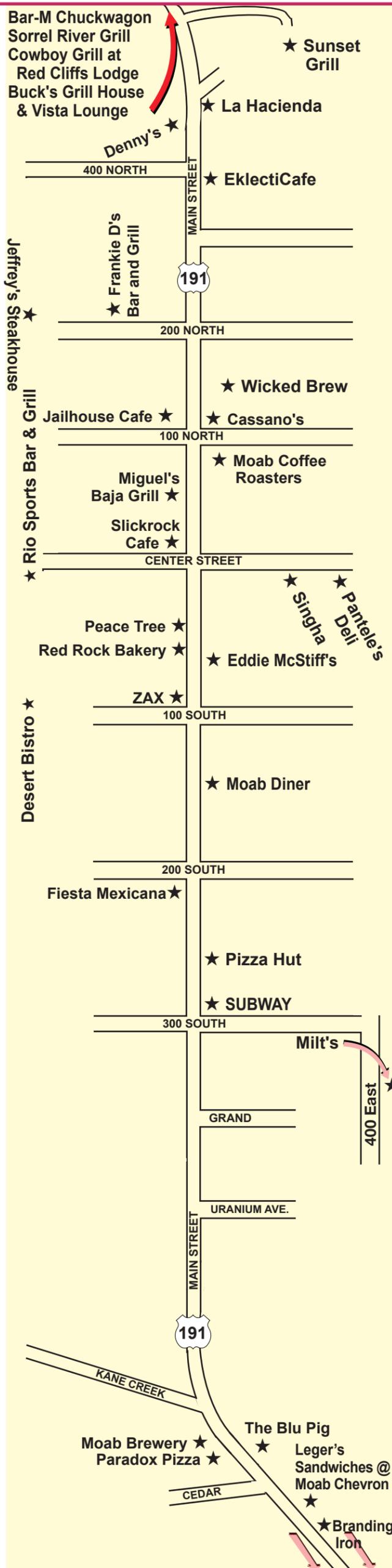
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Puttin' on the Ritz

Seekhaven is excited to announce March 3rd, 2012 as the date for this year's Puttin' On the Ritz, Moab's premier gala event that kicks off the spring season at the Red Cliffs Lodge. This event is the only major fundraising campaign Seekhaven runs and is sure to be an entertaining and fun-filled evening for all who attend. Puttin' On the Ritz helps raise funds to sustain Seekhaven's safe shelter, supportive services, and educational programs.

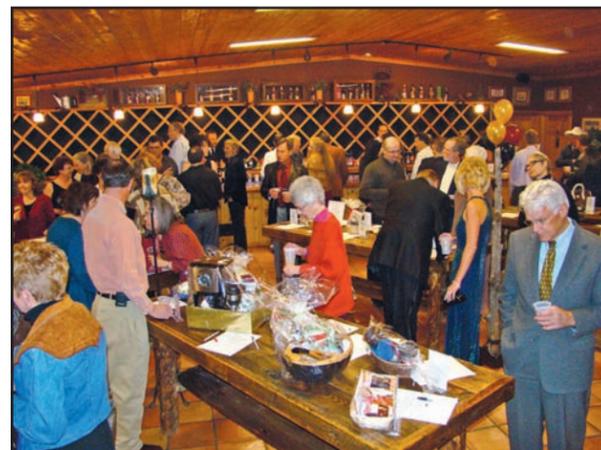


Seekhaven Family Crisis and Resource Center started twenty-two years ago as provider of emergency-only services to victims of domestic violence and sexual assault. Since that time, through strong community support and increased financial resources, Seekhaven has expanded services dramatically. In addition to providing safe shelter for men, women, and children leaving abusive situations, Seekhaven offers a wide variety of services available through the Outreach offices to individuals that have experienced domestic violence or sexual assault but do not stay in the shelter. Seekhaven staff also strives to regularly provide a variety of educational presentations to area schools and community groups, using these opportunities to educate individuals on healthy lives and habits. We believe that healthy, violence-free lives are possible for all residents of Grand County and beyond and employ a variety of techniques to achieve this.

Community support is directly related to the efficacy and longevity of Seekhaven programming. Simply put, we depend upon the support of area businesses and individuals to help keep our doors open and continue offering shelter and supportive services to individuals and families in crisis.



On behalf of all the staff and Board of Trustees at Seekhaven, we would like to extend an invitation to attend Puttin' On the Ritz, scheduled for March 3rd, 2012 at the Castle Creek Winery at Red Cliffs Lodge. The Castle Creek Winery offers beautiful views of the Colorado River as it winds its way through the sandstone cliffs so famous in this part of the world. The evening is a gala affair, a rare opportunity in Moab to dress up in your finest—though, of course more casual attire is acceptable as well. The evening begins at 5:30 pm, giving attendees a chance to socialize and bid on the wide array of silent auction items. Supper is provided at 7:00 pm and the silent auction closes around 8:30 pm with the winning items immediately available to take home that evening (cash, check, and credit card are accepted). However, the Ritz does not end with the silent auction. Midlife Crisis, a local band, will play into the



early morning hours for those that want to get funky and dance the night away.

The Ritz is designed to be a fun, engaging, and high-end event for all attendees. For Seekhaven, the Ritz is our only major fundraiser of the year. The proceeds from the evening provide around ten percent of the annual operating budget and help pay for the wide variety of services and programs Seekhaven offers to the community. Every year Puttin' On the Ritz is a sell-out event and terrific evening. We are confident that this year will be better than ever and hope to see you there. For more information please call Seekhaven at 259-2229. Tickets are available in advance (\$50.00) at Seekhaven, both WabiSabi locations, and Zions Bank or at the door (\$55.00) the day of the event. However, in past years tickets have sold out—buy your tickets early to guarantee a seat at this year's Ritz! www.seekhaven.com



Seekhaven
Family Crisis and Resource Center
(435) 259-2229 www.seekhaven.org

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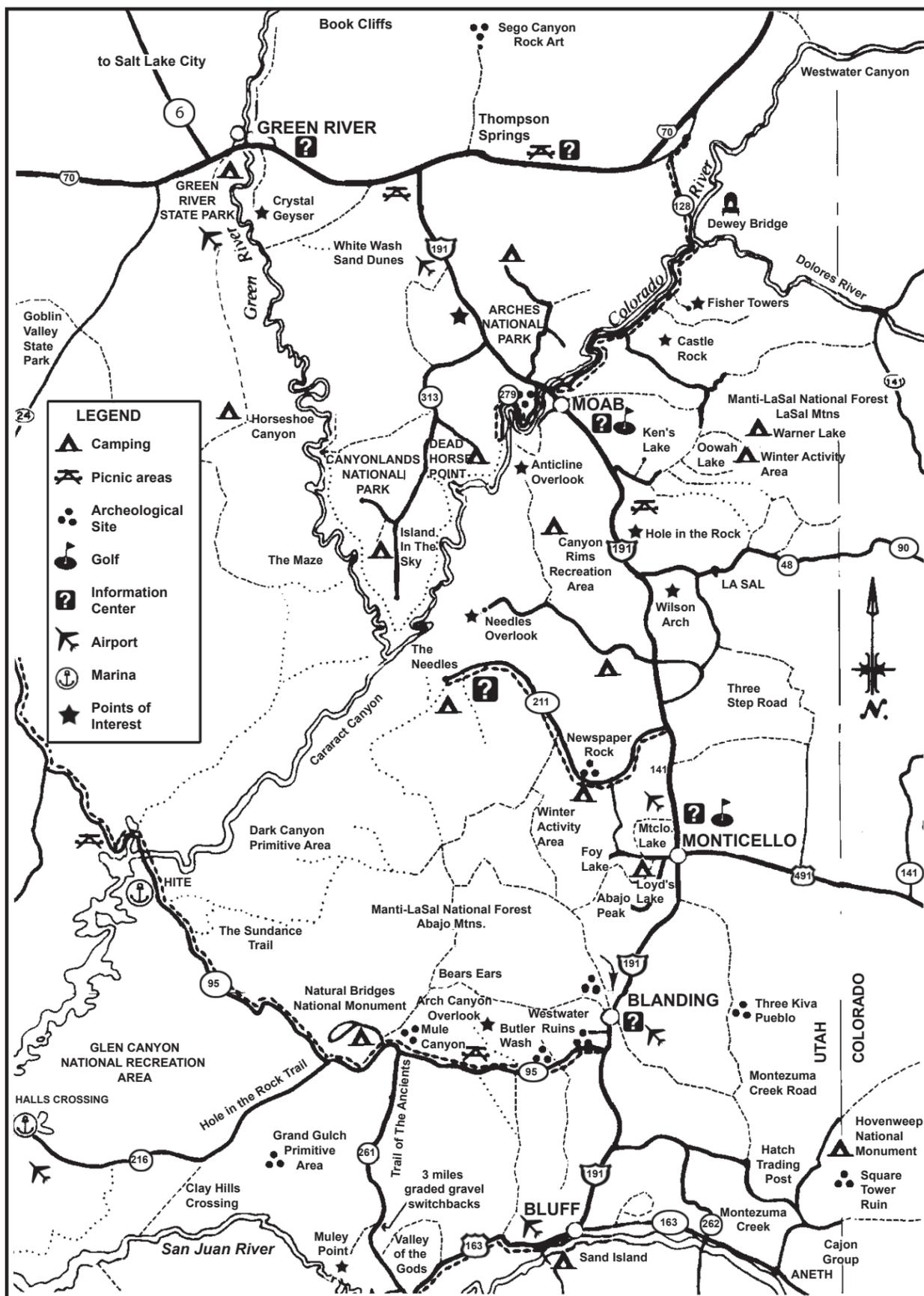
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Skinny Tire Festival... March 10-13

Road cyclists from around the country come to enjoy four days of fully supported, world class routes through Moab's most spectacular landscape.

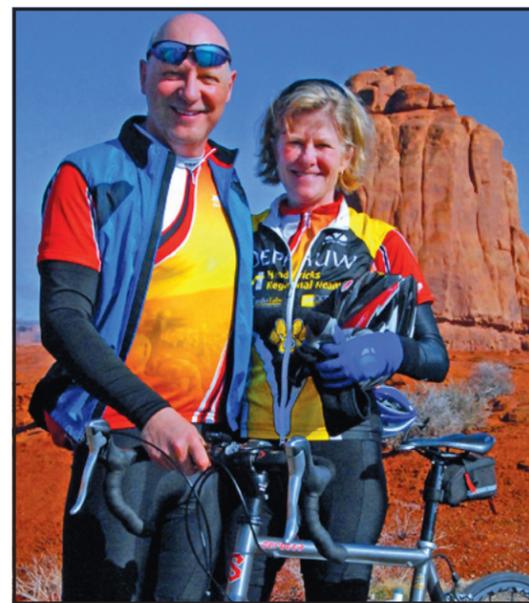
Participants are treated to rolling routes along the Colorado River, to Dead Horse Point State Park, and the crown jewel of a ride through Arches National Park. The Festival quickly became a pilgrimage for cyclists eager to brush off the winter cold and venture into warmer spring temperatures in Moab. This cycling season opener has attracted riders from not only regional states, but throughout the nation and Canada.

What is it about the Skinny Tire Festival that attracts roadies from all over? It's not just the amazing landscape where one's soul can come out and play, it's not just the inspirational views that make one feel both empowered and insignificant at the same time. It's a combination of that and the underlining emotions of hundreds of others coming together sharing a passion, for a reason.

Established as a benefit ride for cancer survivorship programs and research, all proceeds go back into changing the world of cancer. "We've had cyclists attending this event every year since its inception; we are like family. We've shared laughter and tears as we've all gone through some kind of cancer experience and put purpose to our cycling", said founder Mark Griffith. Cyclists register and

are required to donate to a cancer related cause---of which there are many. A local group called TEAM MOAB will designate their fundraising efforts to 10 month old Dakota Merritt. Diagnosed with embryonal rhabdomyosarcoma at the age of 10 months, this Moab boy's family will directly benefit from your donations.

The Moab community at large has directly benefited from the Skinny Tire Festival—every cyclist donates at least \$25 to the Moab Regional Hospitals' Cancer Treatment and Resource Center. Phil Mueller, Moab's Citizen of the Year in 2011 commented that this infusion room has made such a positive difference in his cancer treatment schedule. "I've gone from treatment taking three days of travel to Salt Lake City to just a few hours in one day here in Moab. My medical team at Huntsman Cancer Institute works great with the excellent medical staff in Moab".



Help us keep local fundraising local. To donate online visit www.skinnytireevents.com or call 259-3193.

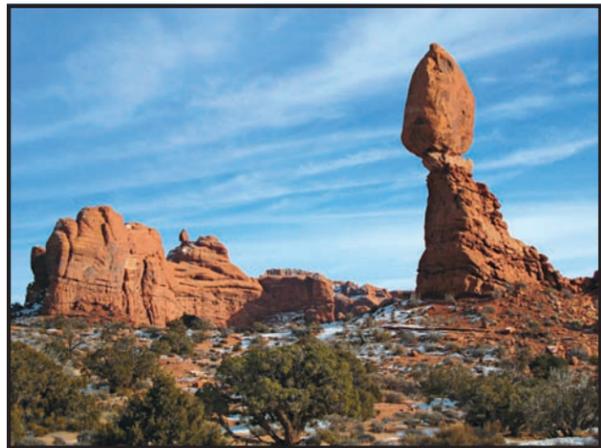
Remember; every rider, every dollar and every spin of the sprocket is one step closer to finding a cure for cancer, all in one of the most breath-taking places on earth.

HIKING HAPPENINGS

Balanced Rock – What Are The Odds?

by Marcy Hafner

Endowed with the largest concentration of natural sandstone arches on this planet, Arches National Park also provides an equally stunning display of spectacular red rock configurations. Within its 119 square miles, a geological bounty of colossal fins, soaring pinnacles,



massive domes and balanced rocks of all sizes exist. The park's granddaddy of balanced rocks, however, is the well-known Balanced Rock, a prominent landmark that can be seen for a long distance.

The dimensions of Balanced Rock are staggering. Its base is 73 feet high. The upper section - the balancing boulder - extends up another 55 feet and weighs in at a whopping 3,500 tons! Considering the massive bulk of this huge hunk of rock, the juggling act I am witnessing doesn't seem possible.

The harder caprock layer of the Slickrock Member within the Entrada Sandstone of Balanced Rock sits upon the softer mudstone layer of the Dewey Bridge Member. As the lower level weathered more quickly, the end result was a smaller pedestal tenaciously supporting the larger mass of rock above. But only for a bare instant in geologic time - erosion never gives up - sooner or later every balanced rock plummets to the ground. Chip Off The Old Block, a nearby smaller balanced rock, fell during the winter of 1975-76.

Our arid climate, alternating softer and harder rock layers and the lack of earth tremors provide ideal conditions for the formation of balanced rocks. But even with the right ingredients, balanced rocks are still nature's long shots. With astronomical odds against them, only by sheer chance have these extreme gambles paid off - a few winners that survived to perform the seemingly impossible feat of staying upright. In order for this geological trick to happen, the rate of erosion must be perfect - wearing so evenly that, rather than tipping over, the boulder instead remains perfectly balanced.

The entrance to Arches National Park is five miles north of Moab on Highway 191, and the parking area for Balanced Rock is nine miles further up the main road. A seven day pass costs \$10.00 per vehicle and \$5.00 for bicyclists, walk-ins and motorcycles. An annual pass for Arches, Canyonlands National Park, Hovenweep National Monument and Natural Bridges National Monument can also be purchased for \$25.00. Open year round, Arches is least crowded in the winter, and camping, which has centrally located flush toilets, potable water, picnic tables and grills, is available at the Devils Garden Campground for \$10.00 per night.

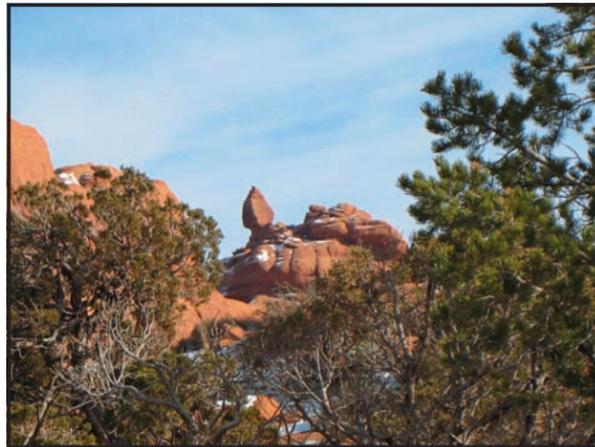
From a long distance the distinctive silhouette of Balanced Rock gives the illusion of being much smaller than it really is. Only when I'm walking on the short loop trail for a closer inspection do I understand the true dimensions of this impressive formation, which is most definitely much bigger than its original portrayal would suggest.

At 5,000 feet in elevation the slight biting breeze on this nippy sparsely cloudy day makes for a chilly walk around Balanced Rock as I wander through the trademark high desert vegetation of junipers, pinyons, oaks, cliffrose, Mormon tea and blackbrush. The deep booming calls of ravens capture my attention, and I glance upward to watch their high-in-the-sky flight. During the winter exodus when all other birds have departed for the handouts in town or a warmer environment further south, I can always count on seeing ravens. No matter how bitter the weather, these hardy corvids always stick around.



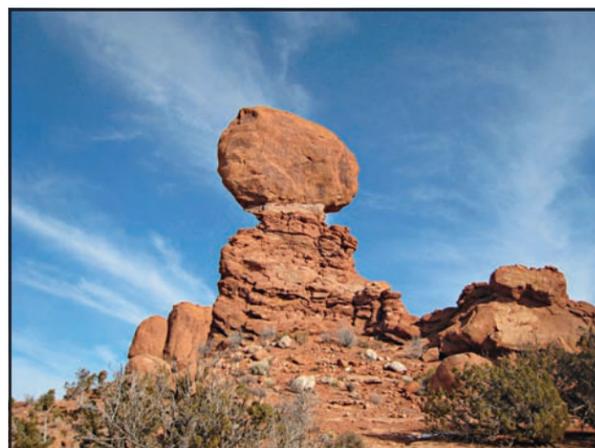
This extremely easy one-third mile trail starts out on concrete, which to me feels like an interstate. Then it travels up some slickrock to a few man-made sandstone steps that swing around to the snow packed shady side. Instantly the deep freeze sets in, and I hastily remove myself from Balanced Rock's frigid shadow.

Even though I have a front row seat to observe the star of the show, the entertainment definitely doesn't stop with the main event. This outdoor theater is mostly empty, and with no distractions I have the opportunity to



become deeply engrossed in this spectacular full screen performance - a mini-sized balanced rock, endless topsy turvy sandstone formations, an arch and an assortment of hard rock spires that thrust up from the ground like gigantic thumbs. Beyond the park the sheer ragged edges of the Moab Rim are a definitive outline along the western edge of Moab Valley, while the contrasting snow-white profiles of the La Sal and Abajo Mountains highlight the far distant horizons.

During my walk around this imposing structure, I notice a drastic change in its appearance. On the well-known photogenic front side it looks so cohesive and dignified. But when I swing over to the backside, its



features take on a whole new personality - a rock structure that now suggests a big head on an extremely thin neck, which is way out of proportion to the rest of its body. While studying the layers in the scrawny neck, I am incredulous at its tremendous strength and stability that keeps this oversized head in place!

Balanced rocks are fascinating subjects, and I am most content to stick around for a long time to savor this immense icon in its quiet off-season mood. In the meager warmth of the winter sun, it's a pleasurable time of solitude when I have the undisturbed chance to study this incredible phenomenon and its amazing balancing capabilities.

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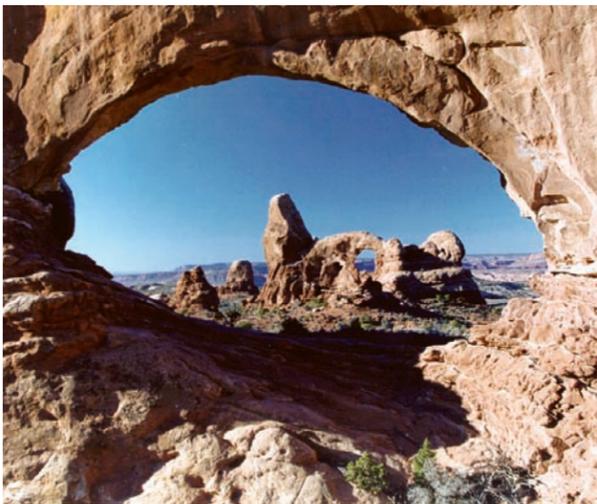
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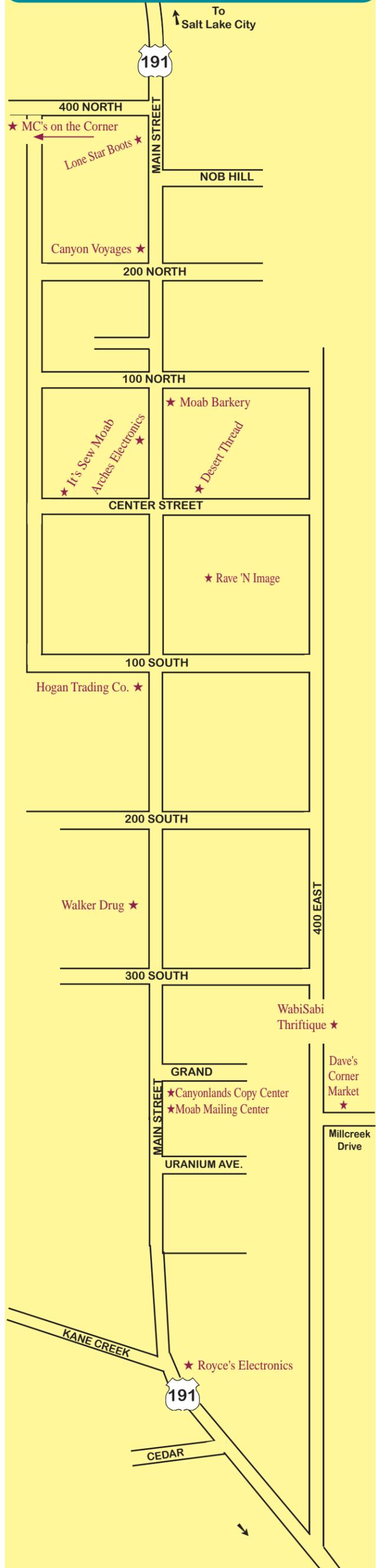
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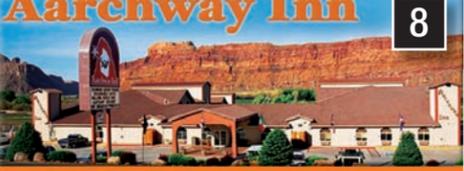
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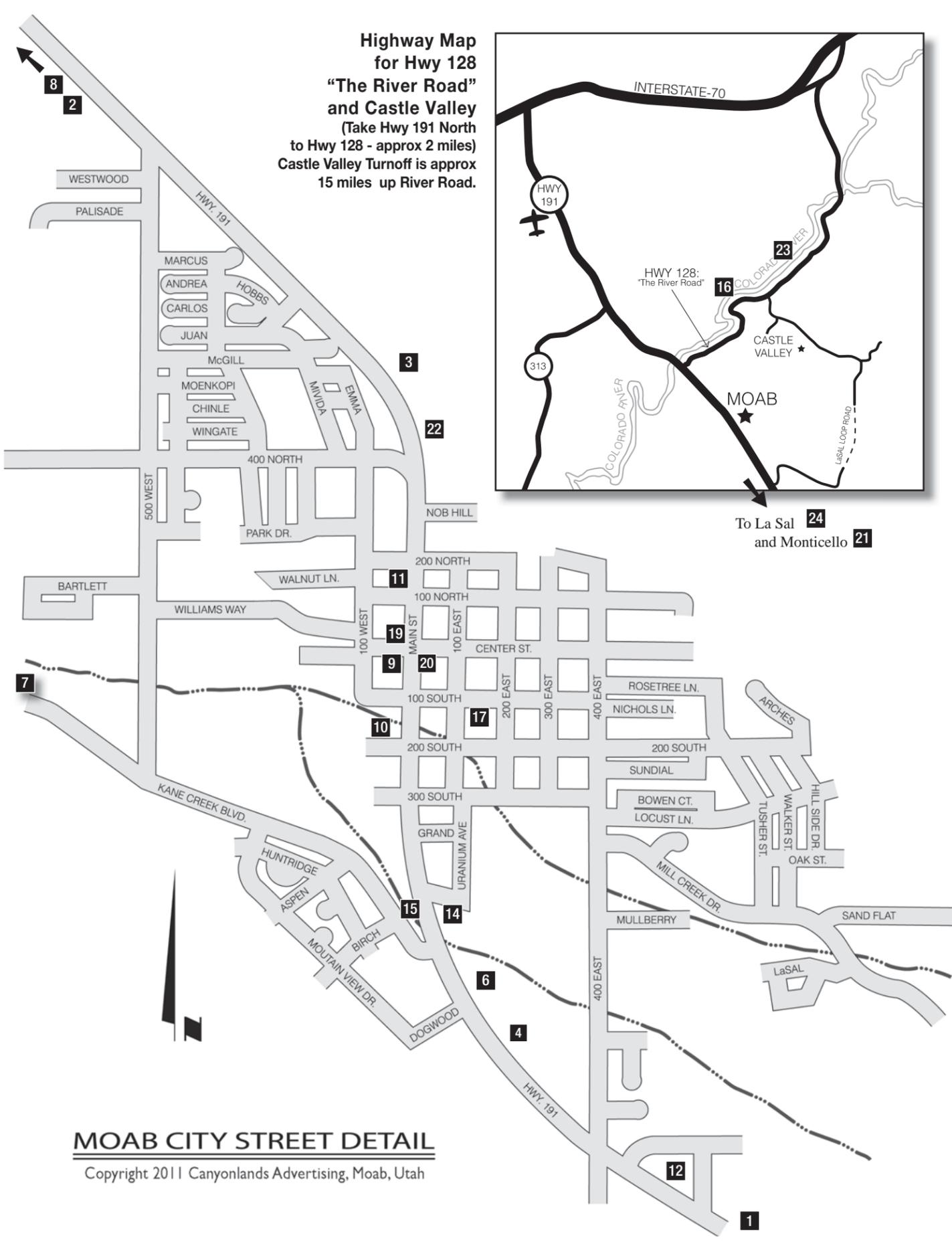
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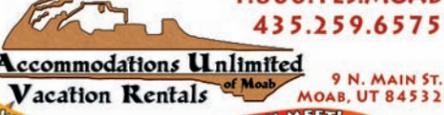


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22.	Days Inn	435-259-4468	www.daysinn.com
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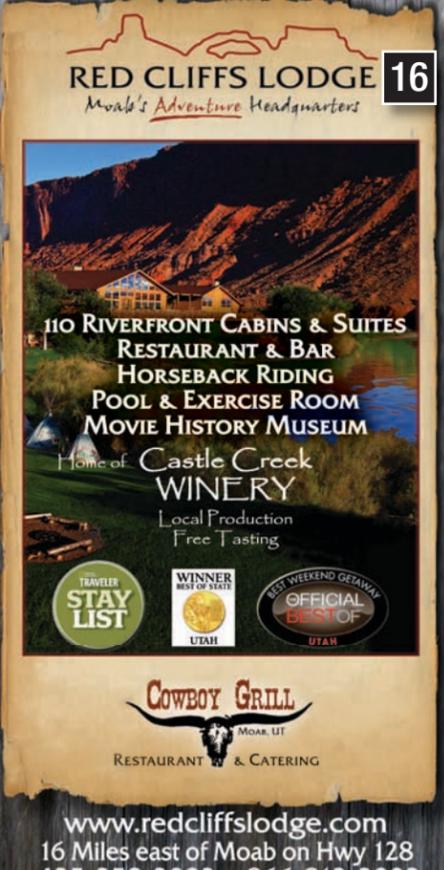
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TRAIL HAPPENINGS

Fisher Towers

by Dave Erley

The Fisher Towers Trail is an intermediate hiking trail that has been designated by the Secretary of the Interior as a National Recreation Trail. This popular trail features towering red sandstone pinnacles in purple and red hues surrounded by stunning scenery in every direction. The trail is approximately 2 ½ miles one way, and usually takes about three to four hours to hike. The Grand County Trail Mix Committee and volunteer groups did extensive work on this trail a few years ago. Expect uneven ground but fairly easy walking for healthy individuals. At the halfway point, a metal ladder is attached to the rock wall which will help you to cross a small canyon. This is a great hike, no matter how far you go.



One of the best and most beautiful hiking trails on the Colorado Plateau and an experience not to be missed, the Fisher Towers Trail is spectacular in the winter or early spring when the red rocks contrast with the snow-covered La Sals Mountains, making for a very memorable hiking experience.

While the snow and the red rocks will make an incredible picture, it may make the trail slippery or muddy, so is an easier winter hike if the trail is snow free. In the spring you will enjoy an array of beautiful desert flowers. Watch for the active lizards and ravens. A summer hike should begin very early in the morning to minimize the effects of the scorching heat.

The rock formations along the trail are often used by experienced rock climbers. The Titan Tower, rising over 900 feet, was first climbed in May of 1962 by Huntley Ingals, Layton Kor, and George Hurley. The climb was cutting edge for the time and was featured in National Geographic magazine. Today, the Fisher Towers, and the Titan in particular, are home to some of the worlds most difficult and dangerous aid climbing routes. The towers are composed of the Organ Rock Tongue of the Cutler geologic formation capped by the Moenkopi formation.

The access route to reach the Fisher Towers Trail follows the Colorado River Corridor, which is a Scenic Byway, so you can expect an incredibly beautiful drive along the river. The corridor accommodates a variety of recreational activities; river rafting, horseback riding, hiking, climbing, mountain biking, and camping are all very popular.

Besides beautiful scenery, this is an area rich in motion picture history. Countless commercials, some music videos, and many movies have been filmed using this landscape as a spectacular background. To tap into the rich film history of the area, it is worth a visit to the Moab Museum of Film and Western Heritage located conveniently in the Colorado River Corridor at the Red Cliffs Lodge at Mile Post 14 on



Highway 128, better known as the River Road.

Set aside half a day to enjoy the area. Perhaps you will stop in for lunch or dinner at the Red Cliffs Ranch or the Sorrel River Ranch, which feature fine restaurants with great views.

Please follow the Hiking Safety Tips listed below. These simple recommendations will help you enjoy a safe trip wherever you choose to hike.

* Bring plenty of water (at least two quarts per person), especially in the summer.



* Wear a hat and use sunscreen.

* Follow the route markings. If you lose track of them, return to the last marker and look hard for the next one. Look for stacked piles of rocks called "cairns."

* Take special care with cliff edges and exposure, and keep track of children. There are no guard rails.

To access the Fisher Towers Road and trail, take Utah State Highway 128, (the River Road), from its junction with Highway 191 at the Colorado River crossing stoplight. Coming from Moab, turn right at Milepost 21, and head up the dirt access road for 2.2 miles. There is a small five-site, but wonderful, primitive camp nestled among the pinyon and juniper trees near the trailhead and parking area, which includes a toilet, but no water.

Dave Erley is the Mayor of Castle Valley, and an active member of the Grand County Trail Mix Committee. Dave is a river runner, hiker, and mountain biker who works to make sure there is a place for the birds and the bees alongside recreational and other uses of our public lands. Photos courtesy: Yrma van der Steenstraeten.

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.



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PET HAPPENINGS

Lessons Learned About Cats...From My Cats

Part 1: Chicken

by Jessica Turquette of the Moab BARKery

At the Moab BARKery we are not just all about dogs...we love cats too! We will often get asked if we only have dogs and the answer is no...we do have cats that kindly let us share their home with them. Through the years of living with these cats each one of them has taught us important lessons about how to be a great cat owner, which does take some love and effort. This three part series will talk about each cat's individual needs and issues and what we have done to deal with them. I hope you can learn from some of our mistakes and use some of the helpful tips to live better with your cat/s.

This is Chicken (aka Chiquitita) and she is 6 years young and the alpha kitty in the household. When it comes to food Chicken is relatively picky and her weight has fluctuated from one end of the scale to the other her entire life. She lives with dogs that early on in their life liked to chase her, and true to her name she is not much of a fighter or a hunter for that matter. We have a bird feeder in our yard and her style of stalking is to sit under the bird feeder and meow at the birds or sauntering up to the feeder with her tail wagging, announcing her arrival. Chicken is also a cat that loves human attention, she likes to sleep on you and sit on you when ever she gets a chance whether that is while you are at the computer or in front of the TV.

What we have learned from Chicken is the importance of taking time out to show your cat affection. Cats like people, like to receive affection. Make sure you give your cat some one-on-one time each day, this can be spent holding them in your lap petting them, playing with them, really anything to positively interact with your cat, for us it is usually at bed time or while we are folding the laundry, which Chicken is also obsessed with.

Chicken is also provided with multiple spots in the house where only she can get to, not only to get away from the dogs (who have worked out know that kitty's claws are sharp) but also to have a space of her own away from everything. It is important that cats have a space that is all their own, preferably up high as this gives them an opportunity to survey their entire environment and establish their place in the hierarchy of cats in the household. This spot can be anything from a cardboard box on a washer to a more permanent kitty condo. Chicken has a laundry basket with a small dog bed in it that lives in the top of our closet, that is where she sleeps and that is where she goes when she is frightened.

As for Chicken's eating habits that has been a case of trial and error. When we first adopted Chicken from HSMV we started feeding her IAMS, she got fat but we continued to feed it to her because we thought it was good food. After purchasing the BARKery and doing a lot of research we found out that what we were feeding her was completely inappropriate, what we needed to be feeding her at minimum was a dry food without grain and at best a raw diet. Chicken will not eat the raw diet and we have tried several with her and so we settled on a diet of all canned food. She is a picky eater and so we have tried multiple canned varieties until we have managed to settle on multiple brands and flavor varieties that she will eat.

When you have a cat that is a picky eater it requires some effort on your part to ensure that there is variety in their diet. With Chicken we feed her a diet of purely wet food and we feed her three times a day, each time she gets

a different flavor of can food so she does not get bored with her food. Her weight has been controlled by portion control, she eats what amounts to almost six ounces of wet food a day and now she is a svelte and healthy kitty.

Too many people over feed their cats or allow their cats to over feed themselves by leaving out heaping mounds of kibble and while it is not possible for everyone to feed their cats like we do, there are things you can do to help your cat stay trim and healthy. Stop free feeding your cats or if you have too, measure how much food you are putting in the bowl. Every bag of cat food has a feed ratio on it, read the label and only put out for the day the measured amount they are meant to get and measure it, don't guess!

Feed your cat a better quality food. If you are going to feed your cat kibble ensure that it is grain-free and incorporate some wet food in to your cat's diet. Cats do not have a natural drive to drink and they can not derive moisture from dry kibble and so this basically makes them chronically de-hydrated, that can lead to all kinds of health issues in cats. Help their kidneys and livers out and give them a food that has moisture in it such as raw or canned diets, and feed them a quality canned food. Why would you pay \$0.89 a can for grocery store canned foods that contain ingredients such as corn gluten, wheat gluten, meat meal (also known as mystery meat) when you could be buying a quality canned food that contains real ingredients for \$0.93 a can. Is your cat worth \$0.04 a can, I know mine is.



Anyone can be a cat owner. Anyone can be a good owner. But if you want to be a great cat owner, take these lessons that we have learned through sharing Chicken's life and apply them to give your cat the best life possible. Not only will they be happier and healthier, but you will likely add years to your cat's life like I know we have with Chicken.



Humane Society of Moab Valley

FEBRUARY 2012

02/04/12

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

02/11/12

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

02/18/12

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

02/25/12

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

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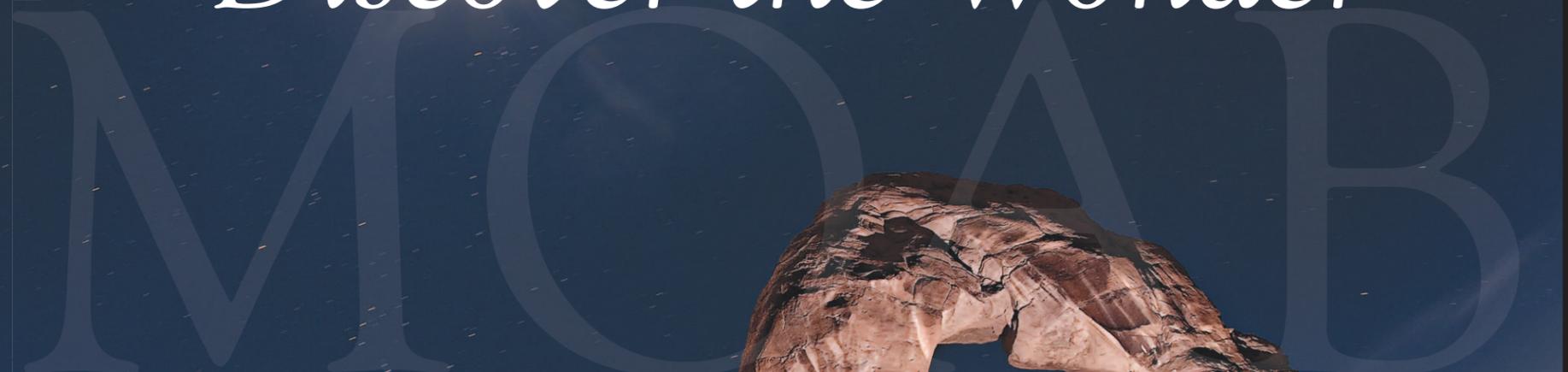
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00		KZMU OVERNIGHT		Art of the Song		KZMU OVERNIGHT		7:00	
8:00	Native Spirit	DEMOCRACY NOW						Desert Diva	8:00
9:00		MOAB Morning Blend						Shine Time (Children)	9:00
10:00	Jah Morning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

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