

MOAB HAPPENINGS

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JANUARY 2013



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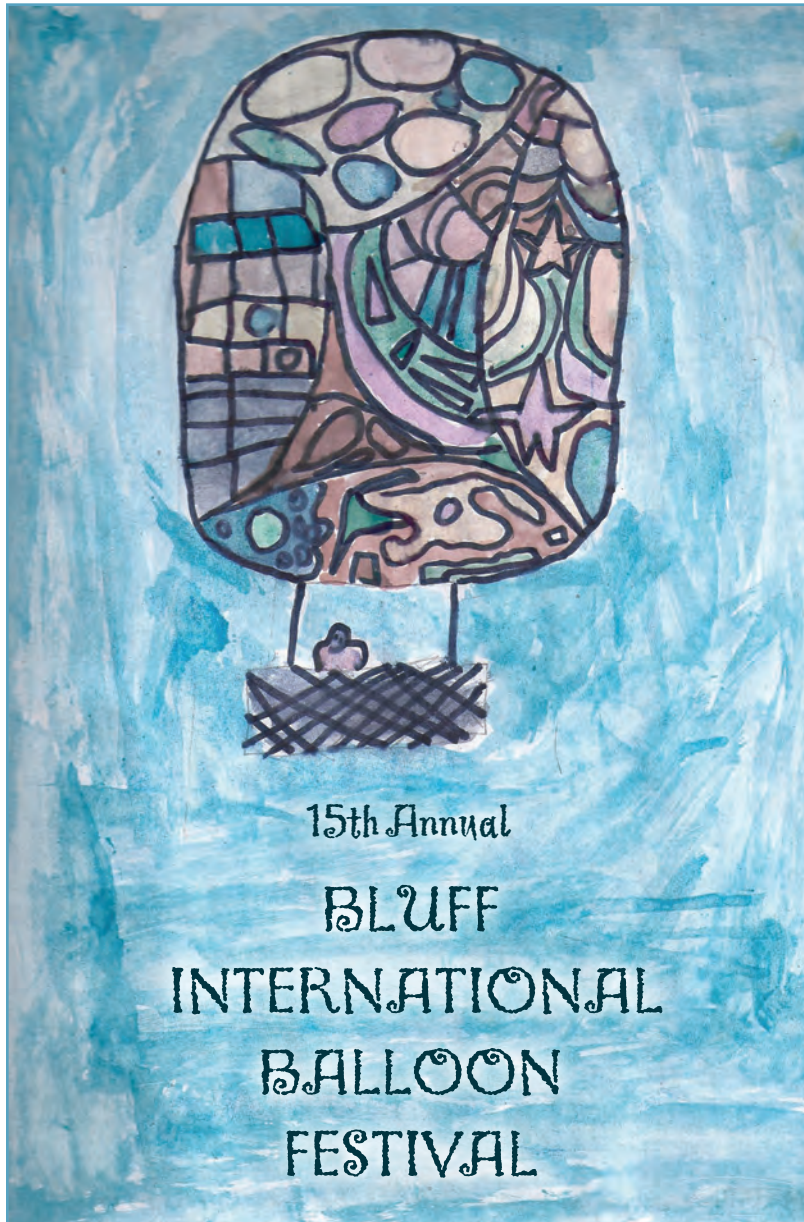
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15th Annual BLUFF INTERNATIONAL BALLOON FESTIVAL JANUARY 18-20, 2013 In Beautiful Bluff, Utah

- Friday:** 7am~Balloons over Bluff
 • 5pm~Navajo Taco Supper to Benefit Bluff Elementary
- Saturday:** 7am~Balloons over Bluff
 • 8am~5k Balloon Chase Run
 • 9am-2pm~Arts Festival
 • 3pm-5pm~Southwest Cook-off
 • 5:30pm~Glow-in
- Sunday:** 6:30am~Caravan to Valley of the Gods to fly across the red-rock desert

All events take place at the Bluff Community Center on 3rd East Street in "Downtown" Bluff.

Admission is free to the public but there will be an arts fair, t-shirts & pins for sale and fund-raising events for all to enjoy.

Remember: the balloons fly EARLY so join us in the morning and spend the day!

Brought to you by the Business Owners of Bluff and all of our generous corporate and private sponsors

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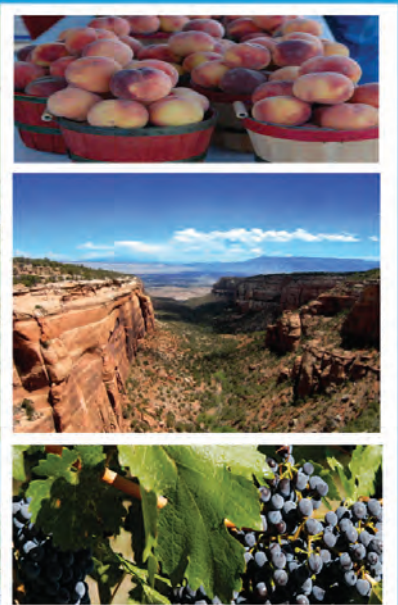
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January

- 5 **Christmas Bird Count**, Moab Bird Club, contact Marcy Hafner marcymoab@yahoo.com or 435-259-6197 for information
- Jan 6, 13, 20, 27 & Feb 3, 10 **Free Sunday Brunches with WabiSabi!**
Every Sunday: January 6th through February 10th, 10am to 12:30pm at the Youth Garden Project. These Brunches are made possible by generous donations from the community, local sponsors and volunteer support. Everyone is invited to attend. Call Holly at 259-3313 for more info.
- Jan 8 - Feb 8 **Low-cost blood screening** is available at Moab Regional Hospital Tuesday through Friday from 7am-11am from January 8th through February 8th. Results can be retrieved at the health fair on February 9th. Blood screens are available by appointment only and should be done after a 8 hour fast for the most accurate information. Call the lab at 719-3630 to take part in this great offer. See Moab Regional Hospital on facebook.
- 9 **Second Wednesday Book Club at the Library.** *The Last Warner Woman* by Kei Miller is January's book selection. All are welcome - 6:00 p.m. in the Grand County Public Library's Board Room
- 11 **St. Mary's Blood Mobile** will be parked in front of Moab Regional Hospital on Friday from 9am-1pm. Call 719-3514 and leave a preference for your appointment time. Plan for an hour and don't forget to bring a photo ID.
- 12 **Moab Community Dodgeball Tournament** - You are Invited to put together a Dodgeball Team that will entertain, delight and amaze the community at this year's Community Dodgeball Tournament! Prizes for best costume/team name, sportsmanship, and overall winner. This is a fundraiser for Club Red, Moab's Teen Center. For more info call 435-259-9991.
- 14 **Mammoth and Camel and Sloth, Oh My!** The Fabulous Finds near Snowmass, Colorado. Presented by Paleo-Ecologist Dr. Saxon Sharpe at 6:30 pm at the Grand County Public Library. This program is FREE. Call the Library at 435-259-1111 for more information.
- 16 **POETRY & CONVERSATION** meets the third Wednesday of each month. This month features *THE POETRY, LIFE, AND TIMES OF MARY OLIVER*, a contemporary American Poet. Co-sponsored by Moab Poets and Writers and the Grand County Public Library. This month's moderator is Diana Adams. Large Library Meeting Room. 6:00 to 7:45. Refreshments served. Everyone is welcome; join us for a lively evening.
- 16 **Museum of Moab Annual Dinner** Join the Museum at the Branding Iron (2971 U.S. 191) Moab for its annual membership dinner with special Speaker Ray Tibbits. Tickets are available at the Museum of Moab and at the door, \$30 dollars per person. Call 435-259-7985 for more details and a Menu.
- 18-20 **Bluff International Balloon Festival**, see ad on pg 2.
- 19 **Moab Midwinter Mayhem II -More Derby! More Moab! More Mayhem!** Moab Roller Derby presents the 2nd Annual Moab Midwinter Mayhem, Moab's hometown roller derby league is at it again, bringing fast and furious roller derby action to southeastern Utah. More than 70 skaters from Utah, Colorado, Arizona and New Mexico will convene in Moab to compete in the 2nd annual Moab Midwinter Mayhem roller derby event. The all-day event will feature both women's and coed roller derby scrimmages and will culminate in a full-length bout pitting Utah and Colorado's best skaters against each other. Fans can catch the action, and cheer for their favorite state, on January 19, 2013 at the Spanish Trail Arena. The main event begins at 7:00 p.m. Tickets will be on sale for \$10 dollars at the door. Info at www.moabrollerderby.com See article on pg 15
- 21 **MARTIN LUTHER KING, JR. DAY**
- 24 **FREE FILM! Utah Film Circuit** : Moab is an initiative of the Grand County Public Library and the Utah Film Center. January's film is a FREE screening of *SAMSARA* at Star Hall at 7:00 pm. Created by the same filmmaker/producer team who brought us "Baraka" and "Cronos". Call the Library at 435-259-1111 for more information.
- 26 **Magic the Gathering Gatecrash Pre-release** Join Off Center Games Saturday at 10 AM for a Sealed Pre-release tournament. Play begins at 11:01 AM! \$30 entry fee includes one Gatecrash Guild Pr-release Pack. Sealed deck Tournament with four 50-minute Swiss rounds. Prizes will be awarded in Gatecrash booster packs. Pre-register ahead of time. Get your hands on the newest Magic Card Set at Off Center Games. Call for more info at 435-259-7985

February

- 2-3 **2-day Women's Retreat with Inspirational Speaker, New Thought Teacher & Musician Karen Drucker "I Give Myself Permission."** Saturday & Sunday at Red Cliffs Lodge located on the Colorado River in Moab, Utah. Retreat \$89, Accommodations separate. Presented by Unity Church of Grand Junction. Register at UnityGJ.org or call Bev Jackson at 970-250-8435.
- 9 **Robert Burns Tribute Concert** - 6pm at the Grand Center. Hosted by the Moab Music Festival and featuring flute-piper, Christopher Layer and singer-fiddler, Kate Mcleod.
- 9 **Ninth Annual Community Health Fair**- Hosted by the Moab Regional Hospital 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.
- 16 **Moab's Red Hot 55k/33k** - This event, hosted by GrassRoots Events, was inspired by a run on Steel Bender with accomplished runner Ian Torrence. Throughout the run the sun's rays illuminated snow-covered sandstone spires, creating the illusion of hot embers glowing. Thus, Moab's Red Hot 55k/33k was born. For more info visit GrassRootsEvents.net or call 435-260-0886.
- 18 **PRESIDENT'S DAY**
- 21 **Free Film: Beasts of the Southern Wild** - Grand County Public Library and Utah Film Circuit: Moab present "Beasts of the Southern Wild". In a forgotten but defiant bayou community, a six-year-old girl exists on the brink of becoming an orphan. Bounded by her childish optimism and extraordinary imagination, she believes that the natural world is in balance with the universe until a fierce storm changes her reality. Free - 7 pm @ Star Hall (159 E. Center St) - For more info visit moablibrary.org or call 435-259-1111.



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DEADLINE for FEBRUARY Events Calendar: JANUARY 20, 2012

Listings in the Moab Happenings Events Calendar are FREE!!

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

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

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HIKING HAPPENINGS

Devils Garden – Checking Out The Arches

by Marcy Hafner

From around the globe more than a million visitors traveled to Arches National Park last year. When they arrived, a dramatic, out-of-this world landscape greeted them: colossal sandstone fins – massive balanced rocks – soaring pinnacles – giant-sized slickrock domes – towering monoliths – and the largest concentration of natural sandstone arches on this planet. Overlooked by the snow-capped La Sal Mountains, our western scenery doesn't get any better than this!



Almost all the arches are made of Entrada Sandstone, and water erosion has usually been the main factor in their formation. Beginning at weak points within the sandstone, chemicals in the water dissolve the cement that was binding the rock particles. Then, expanding pressure from water and ice slowly breaks off pieces of stone until many of the fins collapse. Some, however, with the right balance and hardness survive as arches, a process that can take up to a million years.

Devils Garden - the longest maintained trail in the park - is the second biggest attraction after Delicate Arch. To get to it from the visitor center, drive 19 miles to the end of the road where 150 parking spaces are available. Be forewarned - during the busy tourist season (March through November) sleeping in is not a good idea; if you show up after mid-morning you're going to be hustling to snag a parking spot. Even two days before Thanksgiving it is still a busy place, and I am accompanied by dozens of other arch-seekers of all ages, most of them from other countries.



With its impressive collection of arches, this trail offers a lot of options - from various shorter arch-viewing excursions to the grand tour - three spurs and the Primitive Loop. The total package going the whole distance is 7.2 miles. The straight-through distance, however, to Double O Arch is 4.2 miles round trip.

The trail begins on a well-defined gravelled path that travels through a vestibule between two fins before emptying out into a wide sandy opening. The first spur comes up quickly, and I leave the main route to investigate two distinctly different arches. Tunnel Arch pops into view first, and I am impressed with its heavy-duty appearance suggesting a high-off-the-ground tunnel. Then I move on to Pine Tree Arch, which presents a much friendlier landscape - an arch with a wide open door - an invitation to visit the veranda on the other side where junipers and pinyon pines thrive.



WabiSabi Offers Free Sunday Brunches

WabiSabi is offering six Free Sunday Brunches from January 6th through February 10th from 10am to 12:30pm at the Youth Garden Project. These brunches are made possible by generous donations from the community, local sponsors and volunteer support. Everyone is invited to attend.

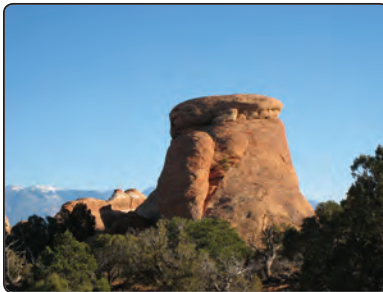
This is the seventh year WabiSabi has offered its Hands Up Sunday Brunches. In the past each week's brunch has served 100 to 200 people across all ages and from all walks of life. The Youth Garden Project lends their commercial kitchen to volunteer chefs who serve up everything from pancakes, scrambled eggs and bacon to biscuits and gravy, complete with juice, tea and coffee. These brunches are served to order by friendly volunteers in the historic Shafer home.

Holly Dinsmore, longtime manager of the WabiSabi Warehouse, is the heart and soul of these brunches. She

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

"Hands Up is a chance for the individuals, nonprofits and businesses of Moab to unite in sustaining area residents and the community at large," she adds. If you are interested in supporting WabiSabi's Hands Up Sunday Brunches or for more information please call 259.3313.

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



After some scampering up the slickrock, I'm at the next spur trail, where I wander off for a delightful half-mile stroll to seek out two more unique arches. First comes Navajo - the arch offering the most shade on a hot summer day - a small comfy opening with a wide-bodied dirt bottom, which is tucked in by a rock wall on the other side. Walking through its entry, I pause for awhile within the sanctum of its inner courtyard.

When I get to Partition Arch, I'm in for a surprise, because a mini arch sits adjacent to it. Situated on a long slickrock partition, this sandstone window turns out to be my favorite, a special

place where I can protectively sit in its massive belly to absorb the picture-framed view of Salt Valley stretching across the park to the river corridor and beyond.

Eventually I continue along Partition's extensive wall until an abrupt drop-off brings me to a screeching halt! Now the perspective changes - looking to the southeast across a series of fins my vision hits the horizontal image of the La Sal Mountains.



Returning to the main trail, I begin another climb, which feels like I've obtained the upper reaches of the park - the top of it all - as I stare down on the big rock structures below. Then I cautiously descend down the Moki steps, followed by a butt slide with an abrupt landing to the

gentler grade that leads me to Double O Arch, the second largest arch in Devils Garden. Stopping to take a deep breath, I knock the dust off my seat. Now that I have arrived, I am impressed by a

double-decker configuration - a big O with a girth of 71 feet stacked on top of a little O with a tiny waistline of only 21 feet.

Peeking around the corner I am mesmerized by the Dark Angel, a monolith rising 150 feet above the desert floor. Only half a mile away on a gentle trail, this distinctive landmark is tantalizingly close! But before long, the winter sun will slip below the horizon, and on this late afternoon of diminishing daylight I opt to turn around rather than push on. Along the way I have enjoyed the special features of a number of arches, and that is enough for now. I shall, however, return for the specific purpose of sitting against the formidable presence of the Dark Angel.



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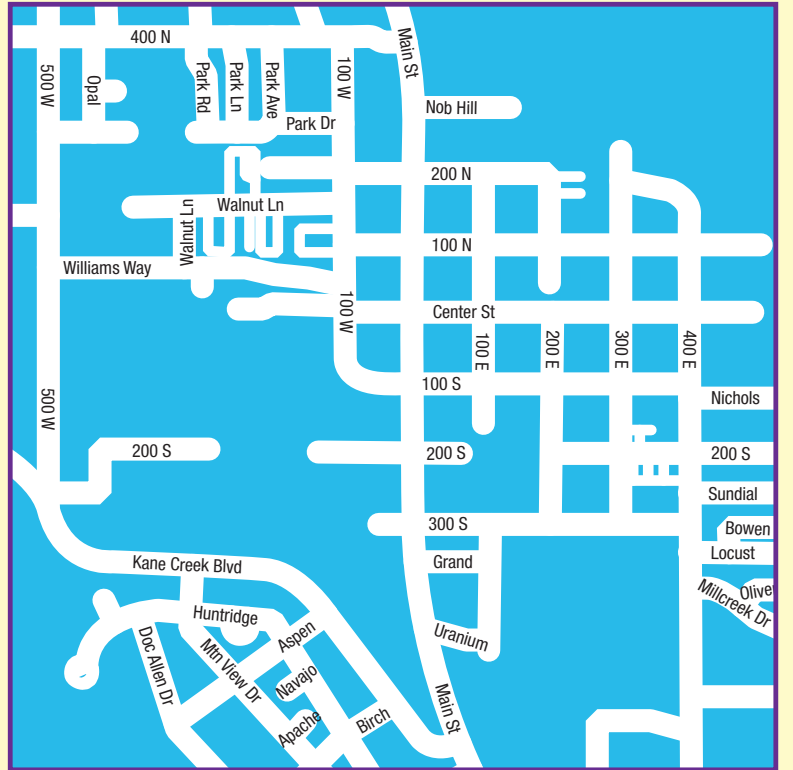
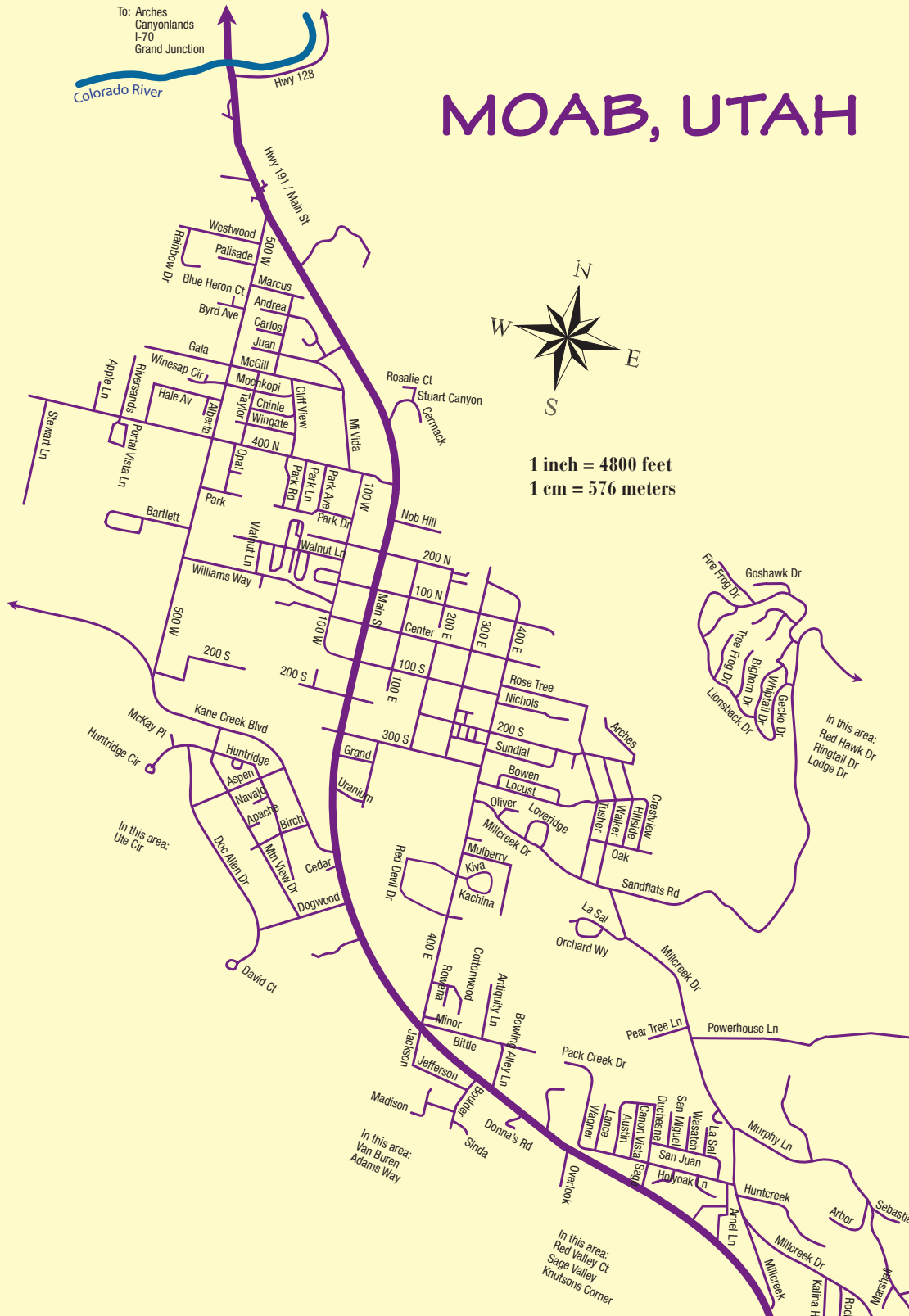
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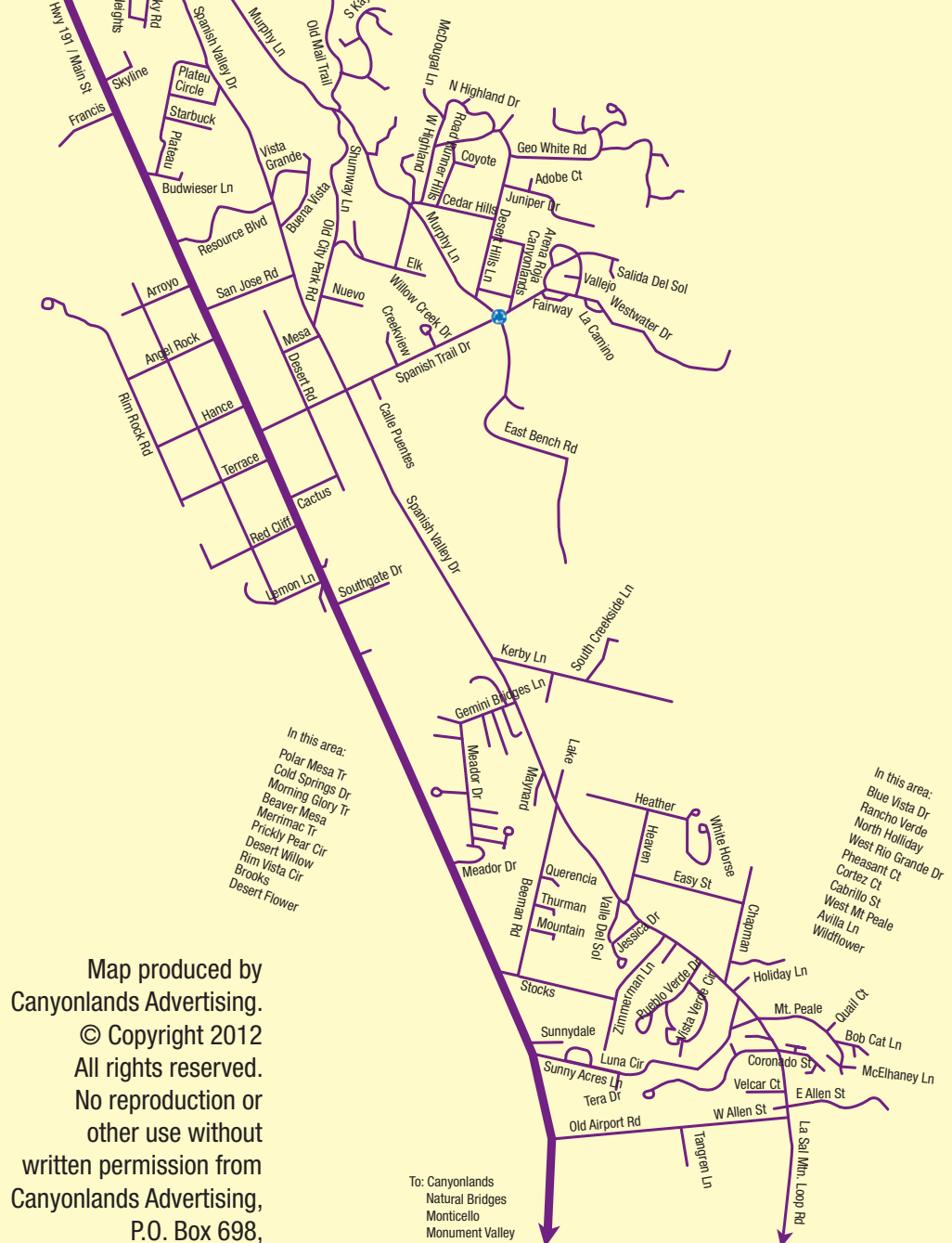
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The story of the world's first uranium boom, the man who started it, and the effect of both on Moab, Utah.

By Maxine Newell

SHOPPING GUIDE MAP

NATURE HAPPENINGS

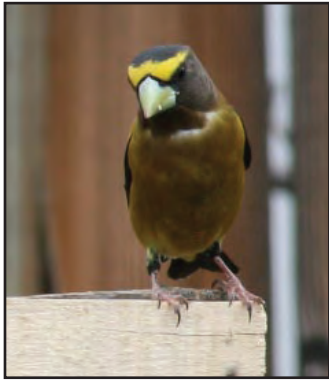
LBJs and a New Year Resolution

By Damian Fagan

On this winter's day, the backyard bird feeder is bustling with a visit from the Finch and Sparrow families. With strong appetites, the birds plow through the offerings of seeds and nuts. Standing on the platform feeder scarfing down seeds or clinging to the tiny pegs on the tube feeders, these birds feed and flutter, fly away and return. It is a wonder there aren't more midair collisions.

In the birding world, these small songbirds might be known as "LBJs" or Little Brown Jobbers. Often ignored by beginning birders due to identification issue, the bird's drab coloration and constant movement can make identification challenging. However, their abundance and tolerance for humans provides ample opportunities to view these birds up close. And if they spook, you know they'll be back.

The Finch and Sparrow families include over 70 species in North America. Made up of sparrows and towhees, buntings and longspurs, juncos and crossbills, finches and siskins, these members share traits with their respective relatives. Their cone-shaped bills, relatively pointed wings and short, notched tails hint at these relationships. The conical bills are



designed for crushing seeds or cracking shells, although the birds will snag insects or fruit. They are gregarious in nature, often found in mixed

flocks or groups of one species. There may be a "teapot of towhees" or a "development of finches." The collection of nouns describing these collectives are about as interesting as the birds themselves.

The Finch family is well represented by the reddish house

finches, sometimes called "Hollywood finches." Native to the eastern United States, these birds were introduced into California. Populations flourished and spread across the U.S. to all 48 lower states. An occasional Cassin's finch is sometimes spotted in the mix, as well as various colored house finches that sport red, orange or yellowish feathers.

Another group of backyard finches that brightens any dreary day are the American goldfinches or lesser goldfinches. Both sport yellowish undersides, but the lesser is blacker on the back and the nonbreeding American goldfinch will have a much drabber appearance. A real treat is winter is a flock of gray-crowned or black rosy-finches, birds smaller than their names, that descend from their summer alpine haunts to lower elevation wintering spots. Hopping about on the ground in search of seeds or insects. A flock of rosy-finches is known as a "bouquet."

Although not as colorful as the finches, sparrows

have distinctive plumages and facial markings that sometimes require a little more inspection. Some species sport a wide variation in their plumages, and as a group can be

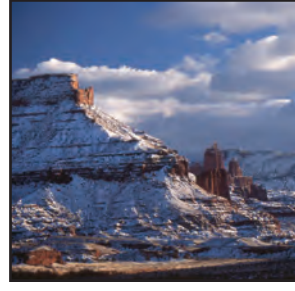
challenging to identify.

Fortunately, two birds - the brilliantly colored spotted towhee and duller dark-eyed junco - both wear a hood of dark feathers that reminds me of the medieval hangman.

However, these two species are distinct in size and the towhee has a red eye while the junco has a dark one.

In town, flocks of white-crowned and house sparrows, unwanted guests from Europe, congregate in thickets, shrubby areas and, in the case of house sparrows, nest in building eaves or barns. The Old World house sparrows have pretty markings, but their aggressive behavior comes at a price against native species.

So this year's resolution is to not ignore the LBJs, but to give them a second look. Or a third, depending upon my ID skills.



Winter Recreation in the La Sal Mountains

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

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

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

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

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

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

Winter Huts are available for rent from...

Tag-A-Long Tours: 435-259-8946. These simple cabins are great for folks who want to spend several days in the mountains, but don't want to lose a couple of hours



driving back and forth from town every day. The hut operators can snow cat your supplies and camping gear in for you saving you the heavy carry.

Avalanche Hazard in the La Sal Mountains

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

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

So what do we do? Fortunately, staying safe doesn't have to mean staying at home! The good news is that most people trigger the slide that catches them, so if we learn a little about snow and adjust our behavior to suit the conditions, we can continue to enjoy our winter playground!

The Utah Avalanche Center - Moab exists to help you make the right decisions. The Utah Avalanche Center

- Moab Forecasters examine the snow and produce an advisory informing you of where you are most likely to run into problems and just how sensitive the snow is. They also



FOR CURRENT ADVISORIES
259-SNOW (7669)
888-999-4019

www.utahavalanchecenter.org
or on [facebook.com](https://www.facebook.com/theUtahAvalancheCenterMoab) at
the [UtahAvalancheCenterMoab](https://www.facebook.com/theUtahAvalancheCenterMoab) site

produce a mountain weather forecast, work with the Moab Winter Search and Rescue Team and provide avalanche education to the community in numerous ways. The Utah Avalanche Center - Moab educates the community through the advisories, classes held periodically, radio announcements on the weekends on KZMU, the website and at the Geyser Pass Trailhead information board. The center director is Max Forgensi. For more information you can contact Max Forgensi at 435-636-3355

The website is a great tool for:

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

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

Avalanche Classes

On Friday evening, January 18th at 6:30 pm at the Grand County Public Library, there will be a Basic Avalanche Awareness talk for the public. The following morning, Saturday, January 19th, @ 10:00 am, there will be a follow up on the snow beacon training for interested individuals.

For those who are interested in a more detailed training, the Utah Avalanche Center - Moab will be conducting a 3 day American Institute for Avalanche Research and Education (AIARE) Level I class from February 1st - 3rd...weather dependent. The course will cost \$150, proceeds of which will go to the Friends of the La Sal Avalanche Center, a non-profit organization partnered with the UAC-Moab. Details on this class will be found at the website and facebook page.

SKY HAPPENINGS

The Sky for January 2013

By Faylene Roth

SUNRISE AND SUNSET TIMES FOR JANUARY

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

1	7:36am	5:08pm
2	7:36am	5:09pm
3	7:36am	5:10pm
4	7:36am	5:11pm
5	7:36am	5:12pm
6	7:36am	5:13pm
7	7:36am	5:14pm
8	7:36am	5:14pm
9	7:36am	5:15pm
10	7:36am	5:16pm
11	7:35am	5:17pm
12	7:35am	5:18pm
13	7:35am	5:19pm
14	7:35am	5:21pm
15	7:34am	5:22pm
16	7:34am	5:23pm
17	7:34am	5:24pm
18	7:33am	5:25pm
19	7:33am	5:26pm
20	7:32am	5:27pm
21	7:32am	5:28pm
22	7:31am	5:29pm
23	7:30am	5:30pm
24	7:30am	5:32pm
25	7:29am	5:33pm
26	7:28am	5:34pm
27	7:28am	5:35pm
28	7:27am	5:36pm
29	7:26am	5:37pm
30	7:25am	5:38pm
31	7:24am	5:40pm

DAYLENGTH

Look forward to an additional 43 minutes of sunlight during January as the earth swings away from its solstice position. By month's end the period of daylight will exceed 10 hours per day. Later sunsets account for most of the increase in daylength until after the middle of the month when the sun starts to rise earlier each day. Civil twilight contributes adequate light for most outdoor activities for about 30 minutes before sunrise and after sunset. Usable light fades rapidly at dusk because the sun disappears quickly over the bulge of the earth's equator. Skies darken overhead during nautical twilight followed by astronomical twilight during which the horizon darkens. Each period of twilight spans about 30 minutes of time. The reverse progression applies to dawn.

PERIHELION

Expect cold temperatures here on January 1st even though the earth reaches the closest point in its orbit to the sun today at 10:00pm. The northern hemisphere tilts away from the sun during the winter months which steepens the angle through which sunlight passes through the atmosphere before striking its surface. Thus, both light and heat from the sun disperse over a wider surface area than during other seasons. The southern hemisphere—bathed in summer light and heat—now tilts toward the sun.

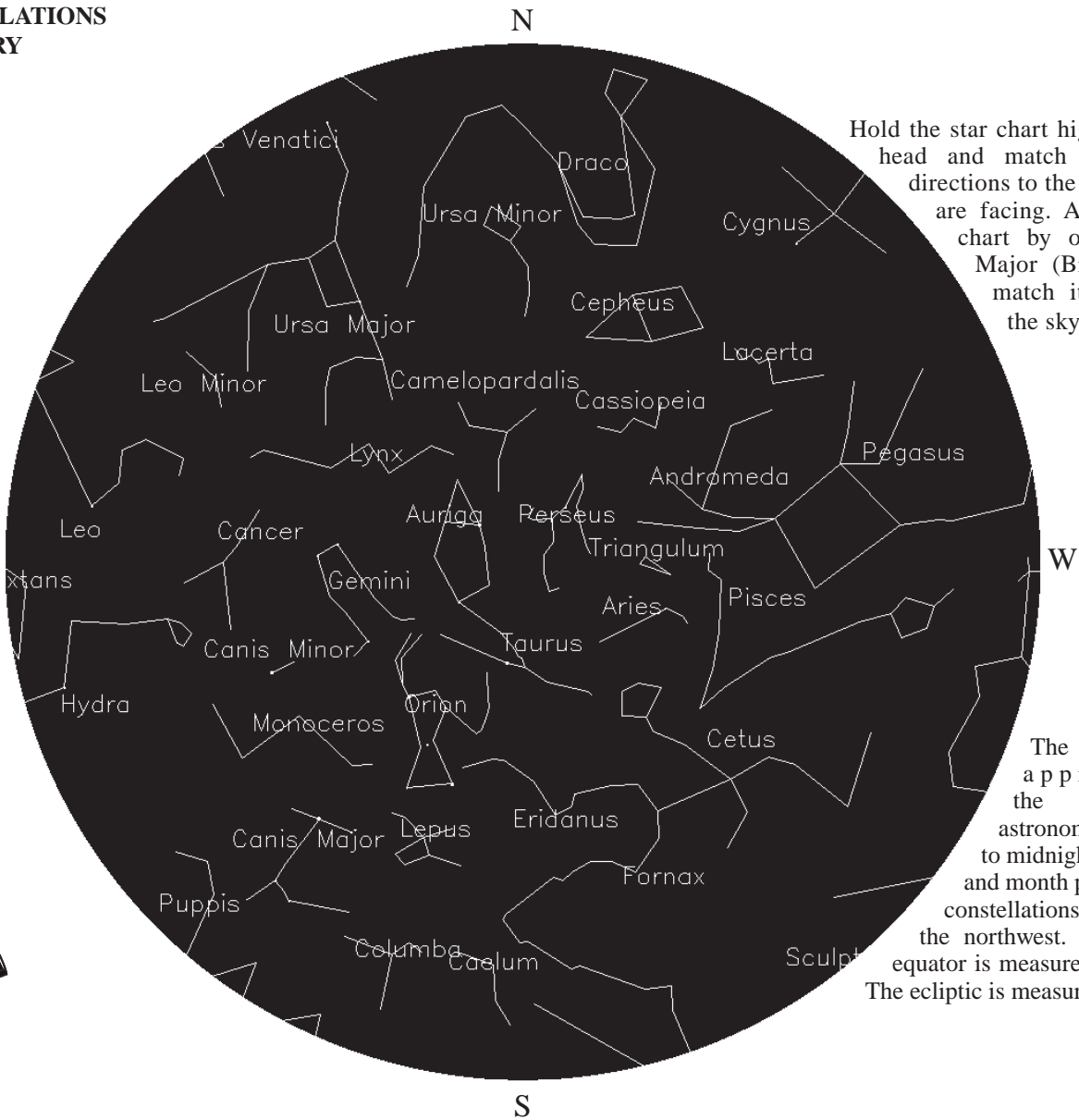
MOON HAPPENINGS

Jan 4 – Last Quarter Moon rises soon after midnight.
 Jan 11 – New Moon occurs at 12:44pm.
 Jan 18 – First Quarter Moon sets after midnight.
 Jan 26 – Full Moon occurs at 9:38pm. Watch it rise at 5:32pm.
 (The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

The Andromeda Galaxy is visible with the unaided eye under dark skies. First find the constellation Andromeda (located between Cassiopeia and Pegasus) which forms the upper bent line of three stars that extends from the northeast corner of the Great Square of Pegasus. Locate the second star from the corner of the square, then follow the two stars perpendicular to it. The spiral galaxy—two million miles away—appears as a faint blur adjacent to the uppermost star.

MAJOR CONSTELLATIONS OF JANUARY

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



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

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



METEOR EVENTS

Watch for faint blue meteors from the Quadrantid Meteor shower between January 1-5. The radiant for this shower appears in Bootes near 0 magnitude star Arcturus which shines with a faint red-orange light. Best opportunity for viewing will be around midnight on January 3-4 before the last quarter moon rises.

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

Primary Sources: USGS; U.S. Naval Observatory; Your Sky at <http://www.fourmilab.ch/yoursky/>
 To find out when the space shuttle and International Space Station are visible from your location, go to: <http://spaceflight.nasa.gov/realdata/sightings/index.html> and click on Sighting Opportunities.

VISIBLE PLANETS

Jupiter – Mighty planet Jupiter—second in brightness only to Venus—relinquishes its embellishment to the morning sky this month and becomes an evening-only attribute by month's end. Its brightness begins to wane as it moves beyond its closest approach to Earth for the current year. Look for it well above the eastern horizon as twilight fades. On January 21 the moon and Jupiter appear within one degree of one another with the Pleiades star cluster above and red-orange Aldebaran (the eye of Taurus the bull) below. (Magnitude -2.6)

Mars – The red planet sets by the time astronomical twilight ends which means it will be difficult to view from most locations within Canyonlands. If, however, you have a high vantage point soon after sunset on January 13, look for its reddish tint low on the horizon below a thin waxing crescent moon. Mars appears in the constellation Capricornus. (Magnitude +1.2)

Saturn – Golden Saturn hangs high in the eastern sky as morning twilight brightens the eastern sky. It appears in the faint constellation Libra and is flanked by blue-white Spica (Virgo) above and red-orange Antares (Scorpius) below. On January 6 find it 3.7 degrees north of a waning crescent moon. (Magnitude +0.6)

Venus – It is hard to miss Venus because of its incredible brightness, but in January it rises in the southeastern sky within one hour of the sun which minimizes its visibility. Our sister planet rises with the constellation Sagittarius—obscured by the later stages of twilight. On January 10 look for a sliver of a waning crescent moon 2.8 degrees north of Venus. (Magnitude -3.9)

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

You can pick up Moab Happenings in Salt Lake City!

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 Salt Lake City Visitor Center**

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Taylor Bike Shop

MOVIE HAPPENINGS

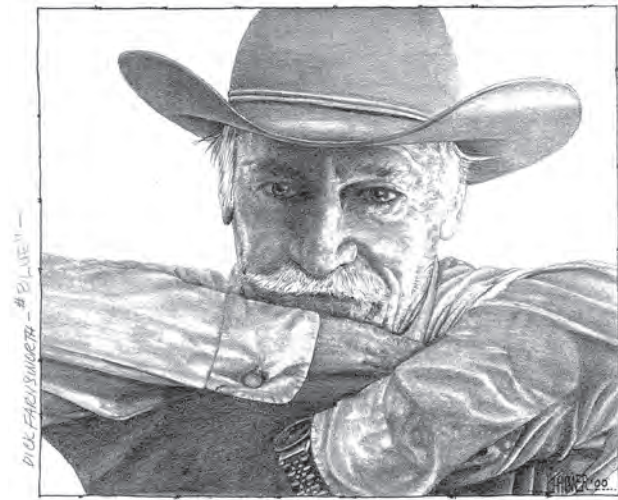
Movies Made in Moab

This is the 8th in a series of articles by John G. Hagner (Founder and CEO of the Hollywood Stuntmen's Hall of Fame), a Non-profit organization that is dedicated to preserving the history of the stunt profession and to honoring stunt people the world over.

BLUE (1967)

A Paramount Picture, starring Ricardo Montalban, Karl Malden, Terence Stamp and Joanna Pettit. Filmed in the Moab area ... Professor Valley, Colorado River, Sevenmile Canyon, LaSal, Sand Flats, Redds Ranch and Woods Ranch.

In the movie there were several Stunt Legends, such as Jerry Gatlin, Dick Farnsworth, Gary McLarty, Billy Shannon, Walt LaRue, Gary Combs, Buff Brady, LeRoy Johnson, and Jimmy Shepard.



Story: A white boy, 'Blue' Azul is adopted by Angel Ortega, a Mexican bandit. Blue prevents his cohorts from raping a white girl, while on a raid at a Texas border. She is the daughter of a well-known citizen, named Doc. The real son of Costillo Ortega also has lost his heart to Doc's daughter, but becomes the suitor who was rejected after the girl is rescued by Blue.

The proud man that he is, Angel Ortega is on the verge of destruction because he has hopes to go back to his days of glory. A rough-edge bandito, Blue, wrestles with his heritages ... whether he would like to be a bandit or lead a respectable life? Between the town and the Mexican bandits, Blue loses his life, but the daughter of Doc is saved realizing his ways of life is over, Ortega and a new age is dawning.

WILD ROVERS (1971):

Blake Edwards directed ... it starred William Holden and Ryan O'Neal and was filmed at Arches National Park and Monument Valley.



Two of the stuntmen are honored inductees in the Hollywood Stuntmen's Hall of Fame. They were "Red" Morgan and Al Wyatt, Sr. In 1983, I had the privilege of Inducting and Footprinting Red for the Hall of Fame. He was one of the foremost Western stunters. His poor

hand was so crippled up with arthritis, that was the way he had to put his hand print in the cement. I recall visiting him at his ranch in Tarzana, California and shooting some pictures of him horse-falling his famous horse 'Hot Rod'.

Story: A depressed, middle-aged cowboy (Post) meets (Bodine), who is younger, decides to join him in robbing a bank.

In the course of their escape following the robbery, Bodine is wounded. The wound starts to bother him and he no longer can ride a horse. In order to transport Bodine, Post designs a travois rig.

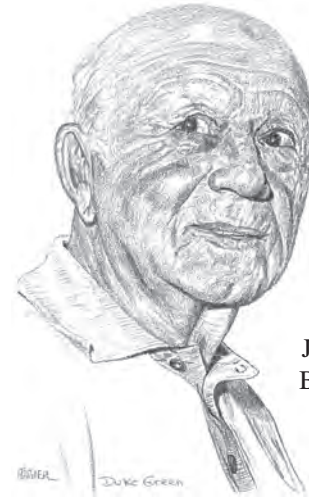
Post starts to describe the life they are headed for in Mexico when they stop to rest. Bodine passes away quietly.



If interested in learning more about the Hall of Fame, please contact John Hagner (Founder) at 435 260-2160. email: johnhagner@hotmail.com Hall of Fame website: www.stuntmen.org

Articles and drawings by John Hagner

Stunts Stars And Legends: Duke Green



William A. "Duke" Green, was born on November 30, 1900. He was an actor/stuntman in movies beginning in 1925, when he doubled for the 'Profile', famous actor John Barrymore in "The Sea Beast". He worked in several of Barrymore's films. He also did the more dangerous stunts for cowboy legend Buck Jones, and for Humphrey Bogart,

Edward G. Robinson, J. Carrol Naish and for comedian actor Jack Oakie, as well as many character actors of the Republic Serial days.

In the classic Warner Bros. western, "Dodge City", starring Errol Flynn, he, along with Alan Pomeroy and Cliff Lyons, were involved in the outstanding barroom brawl that had a climactic stunt with them crashing through a staircase, ending up with Duke, head first through a breakaway window.

Duke was considered one of the stalwart stunters during the Saturday matinee cliff hangers period at Republic Studios, with their serials. His fight technique was recognized especially with his unique leaps onto fellow stuntmen. He was one of the Dacoits in "Drums of FuManchu". His stunt prowess was evident in "King of the Texas Rangers" (Dave Sharpe doubling Slingin' Sammy Baugh and Duncan Renaldo. He was in "Spy Smasher", "Lone Ranger", "Adventures of Red Ryder", "Jungle Girl", "King of the Royal Mounted", "Captain America", and more than 25 at Republic. He played many parts as did most stuntmen in these serials.

Duke worked in B-westerns with Roy Rogers, 'Wild Bill' Elliott and Forrest Tucker.

In the Burt Lancaster classic Robin Hood-type movie, "The Flame and the Arrow, Duke was seriously injured when he was doubling for an actor who was portraying a Monk.

The scene was for Duke to step into a snare that was on the ground, and it would catapult him into the air, trapping him upside down. Unfortunately, the cable that was attached to a tree limb snapped, crashing him at a tremendous speed, upside down, causing him to land on the back of his head, resulting in breaking his neck. His stunt career ended abruptly and he was not able to do stunts from that time on, but, Warner Bros. did keep him on as an extra. I remember him when I worked in "The Great Race", starring Tony Curtis, Natalie and Jack Lemmon, when I worked in the bake shop throwing pies at other stuntmen. Duke was an extra in the barroom fight sequences.

Duke Green was inducted into the Hollywood Stuntmen's Hall of Fame. His stunt career was legend.

If interested in learning more about the Hall of Fame, please contact John Hagner (Founder) at 435 260-2160. email: johnhagner@hotmail.com Hall of Fame website: www.stuntmen.org

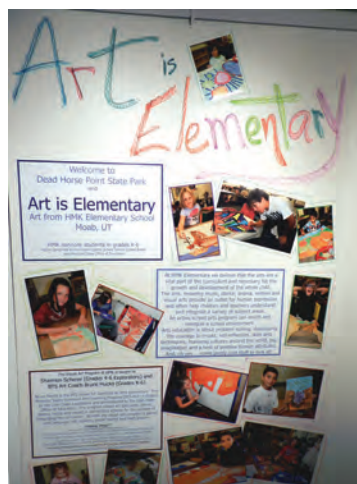
GALLERY HAPPENINGS

Moab Student Artwork Featured at Dead Horse Point State Park

Moab, UT – Moab students from Helen M. Knight Elementary School are currently exhibiting their artwork in the Bighorn Gallery at Dead Horse Point State Park through February 28th, 2013. The artists will be offering instruction in art techniques during the official show opening on Saturday, January 12th from 11 a.m. to 3 p.m. The exhibit, entitled "Art is Elementary!" is a collection of bright, colorful paintings, drawings and wire sculptures, inspired by the Moab landscape and the active lifestyles of

the artists. Come view the creative works of Moab's young artists!

Dead Horse Point State Park is located nine miles north of Moab on US 191, and 23 miles south on SR 313. The visitor center is open daily from 9 a.m. to 5 p.m. Park admission is \$10. For more information, please contact the park at 435-259-2614 or visit our website at www.stateparks.utah.gov/parks/dead-horse.



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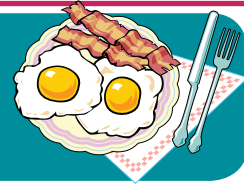
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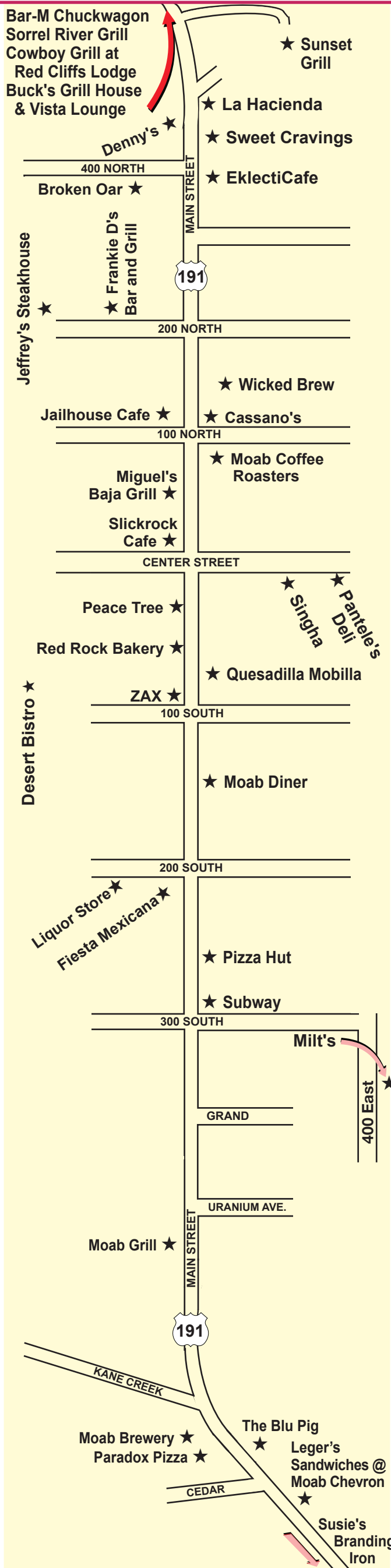
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7000 North Highway 191 259-BAR-M(2276)
Dinner
Live Western Show & Cowboy supper. Gunfights, games, saloon, gift shop. Fun evening activity for all ages. 4 miles North of Arches National Park entrance on Hwy 191. Beer Available. Call for information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

The Blu Pig
811 S. Main 435-259-3333
Dinner • Take Out
Open Daily 4pm-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. 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. Moab's largest selection of Uinta Brews.

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

Broken Oar
53 West 400 North 259-3127
Winter - Open for private parties only
Call Randy for reservation

Every night at the Broken Oar is something special. Monday kids eat free. Tuesday free appetizer or dessert with the purchase of two meals. Wednesday and Thursdays buy one entree get the second free. Friday Prime Rib. Saturday all you can eat crab. Come join us on our lite patio or dine by our stone fire place. Enjoy a local beer or glass of wine, and experience our wide variety of home made food and desserts.

Buck's Grill House & Vista Lounge
1393 North Highway 191 259-5201
Dinner

Open nightly at 4:30pm
Don't think you can find casual elegance in the desert? Think again. Buck's Grill House offers fine dining in a relaxed, yet elegant atmosphere with some of the best food in the West. For a special evening out, this is the place to share an exceptional meal with your favorite friends. You'll never be disappointed at Buck's. Vista Lounge is a sophisticated adult environment offering cocktails along with dining. Check website for live music schedule. www.bucksgrillhouse.com

Burger King
606 South Main 259-2700

Cabo Grill
396 South Main St. 259-6565

China Cafe
812 South Main 259-7933

City Market
425 South Main 259-5181

CK Desert Ice
89 North Main

Cowboy Grill at Red Cliffs Resort
16 Miles up Highway 128 259-2002

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

Denny's
989 North Highway 191 259-8839
Breakfast • Lunch • Dinner

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

Desert Bistro
36 South 100 West 259-0756
Dinner

Closed for the season - Reopening March 2013

Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at our new location. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Covered and open outdoor patio dining. Full liquor license. Reservation highly recommended.

Eddie McStiff's Restaurant & Brew Pub
57 South Main Street 435 259-BEER

EklectiCafe
352 North Main Street 259-6896
Breakfast • Lunch
Open 7 days a week 7:00 a.m. - 1:30 p.m.

Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! "Wakame" recently featured in Sunset Magazine, April 2012.

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 7-9pm

Best Authentic Mexican Food. The best Margaritas in town -made from scratch with fresh squeezed lime and 100% Blue Agave Tequila. Newly remodeled patio with 4 TV's! Large groups are welcome. Children's menu. To go orders available. Is it your birthday? Let us know and we'll take your picture, "Las Mananitas". Daily lunch specials \$6.25 Full bar. FiestaMexicanaRestaurants.com

Frankie D's Bar & Grill
44 West 200 North 259-2654

Jailhouse Cafe
101 North Main Street 259-3900
CLOSED FOR THE SEASON

Moab's Breakfast Place located in Grand County's historic first Courthouse & features special breakfast fare like our own Southwestern Eggs Benedict & Ginger Pancakes with Apple Butter, as well as classic diner breakfasts.

Jeffrey's Steakhouse
218 North 100 West 435-259-3588

Open Tue. - Sun. at 5:00pm Call for reservations
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.
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
Dinner

Closed for the season - Reopening Feb. 14, 2013

Genuine Mexican Cuisine, traditional recipes and methods of Baja California and other states in Mexico. We pride ourselves on fresh food and prepare it as you order it. Great Margaritas and seafood dinners are our specialty. Proud to cook with zero trans fat.

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

Open Tues - Sun 11am - 7pm
Closed Monday

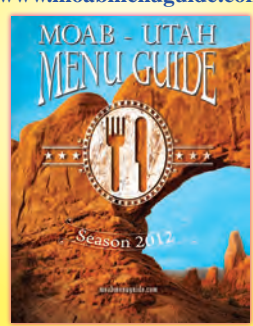
Moab's oldest restaurant, since 1954. Milt's is pleased to serve local grass-fed, hormone-free beef burgers. We also serve classic diner sandwiches, buffalo burgers, hand cut fries, and delicious salads. Enjoy our homemade ice cream, shakes and old fashioned malts using milk from the McClish family dairy in Moab. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. Daily Specials. See ya'all at Milt's! www.miltstopandeat.com.

Moab Brewery
686 South Main 259-6333
Lunch & Dinner

Open 11:30 AM DAILY.
Happy New Year! We will be closed Dec. 31st - Jan. 19th

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.

Pick up a copy of the
2012 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



For more information about these restaurants pick up a "Moab

**Moab Coffee Roasters**

90 N. Main St. 259-2725
Open Every Day from 8:00am - 6:00pm

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.

Moab Grill

540 South Main 435-259-4848
Breakfast • Lunch • Dinner
Open 7am Closed Tuesday

Enjoy our home style cooking ranging from our 'Cowboy Benedict' in the morning to steaks and seafood for dinner. Our fresh baked pastries, pies, cobblers and espresso and our crazy juicy burgers are good any time of day. Friday Cajun Seafood Boil. Saturday and Sunday - Slow Roasted Prime Rib. Small private meeting room. Internet service, and catch up on the news on 2 flat screens. Full wine and beer menu.

Pancake Haus

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

Pantele's Desert Deli

98 East Center 259-0200
Mon-Sat 11am-4pm
Closed Sunday

Locals favorite. 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
Sunday - Thursday 3-9pm
Friday & Saturday 3-10pm

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.

Pasta Jay's

4 South Main 259-2900

Peace Tree Juice Cafe

20 South Main 259-0101

Pizza Hut

265 South Main 259-6345
Lunch • Dinner
Sun-Thur 11am-10pm Fri-Sat 11am-11pm

Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick up and dine-in available all day. Delivery available 4pm - 10pm. OPEN EVERY DAY

Portal Grill at Moab Regional Hospital

450 West Williams Way

Quesadilla Mobilla

available for events and catering. 260-0289

Quesadilla Mobilla is Moab's first and only gourmet food truck serving up delicious gourmet quesadillas. Our menu is out of the ordinary but sure to get your mouth watering and we have seasonal specials throughout the year. Call us and see why we have quickly become a locals' favorite!

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 5-9:30

Reopening January 21st
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 chillies. Our full menu includes House specials, appetizers and desserts. Now serving beer, wine and saki.

Slickrock Cafe

5 North Main 259-8004
Closed for the season

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
Breakfast • Lunch
Dinner

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. Dinner reservation suggested.

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.

Susie's Branding Iron

2971 South Highway 191 259-6275
(3 miles south of Moab)

Lunch • Dinner

Open 11am - 10pm

Karaoke - Every Saturday night

Welcome to my ranch cookhouse. Come in, take off your hat, and sit a spell. Relax and enjoy a home cooked, hearty cowboy meal. Our signature Prime Rib is served every Wednesday, Friday and Saturday night after 5pm. To go orders are welcome. Backdoor Bar - Now Open.

Sweet Cravings Bakery & Bistro

550 North Main 259-8983

Breakfast • Lunch

Wed-Fri: 8am - 5:30pm

Sat-Sun: 8am - 3pm

A yummy, fun little restaurant, offering baked goods (cinnamon rolls, breads, cookies, pies, etc) with incredible breakfast burritos and build your own panini's for lunch. Stop for breakfast and grab lunch to go along with a treat for later! Now delivering.

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

Wendy's

260 North Main 259-2595

Wicked Brew Drive Thru

132 North Main

Open at 7 am Daily

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

Zax

96 South Main Street 259-6555

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We have it all! We offer an extensive menu that includes the best burgers in Moab, sandwiches, pastas, salads, seafood and our famous All-You-Can-Eat pizza buffet and salad bar. Dine inside or out on our all-weather covered patio. Watch your favorite sporting event on the 50" flat screen or one of the other 22 TVs throughout the restaurant. Featuring a full liquor license. Open 7 days a week. Locally owned and operated.

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Sat-Sun 8am - 3pm

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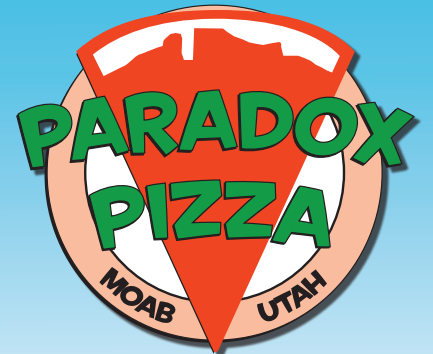
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Daily lunch and dinner specials!

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

RESTAURANT GUIDE

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Opens at 11:30 am every day!

5.5% ABV

16 oz 4-Packs

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Singha

Authentic Thai Cuisine

Lunch: Monday - Saturday 11-3
Dinner: Monday - Saturday 5-9:30
Closed Sundays
Reopening January 21st

Now Serving Beer, Wine & Saki

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

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

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

Moab Brewery, Moab's only on-site microbrewery, offers a variety of locally brewed beers in their bar, as well as their beer 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.



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."



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RESTAURANT GUIDE

RESTAURANT GUIDE

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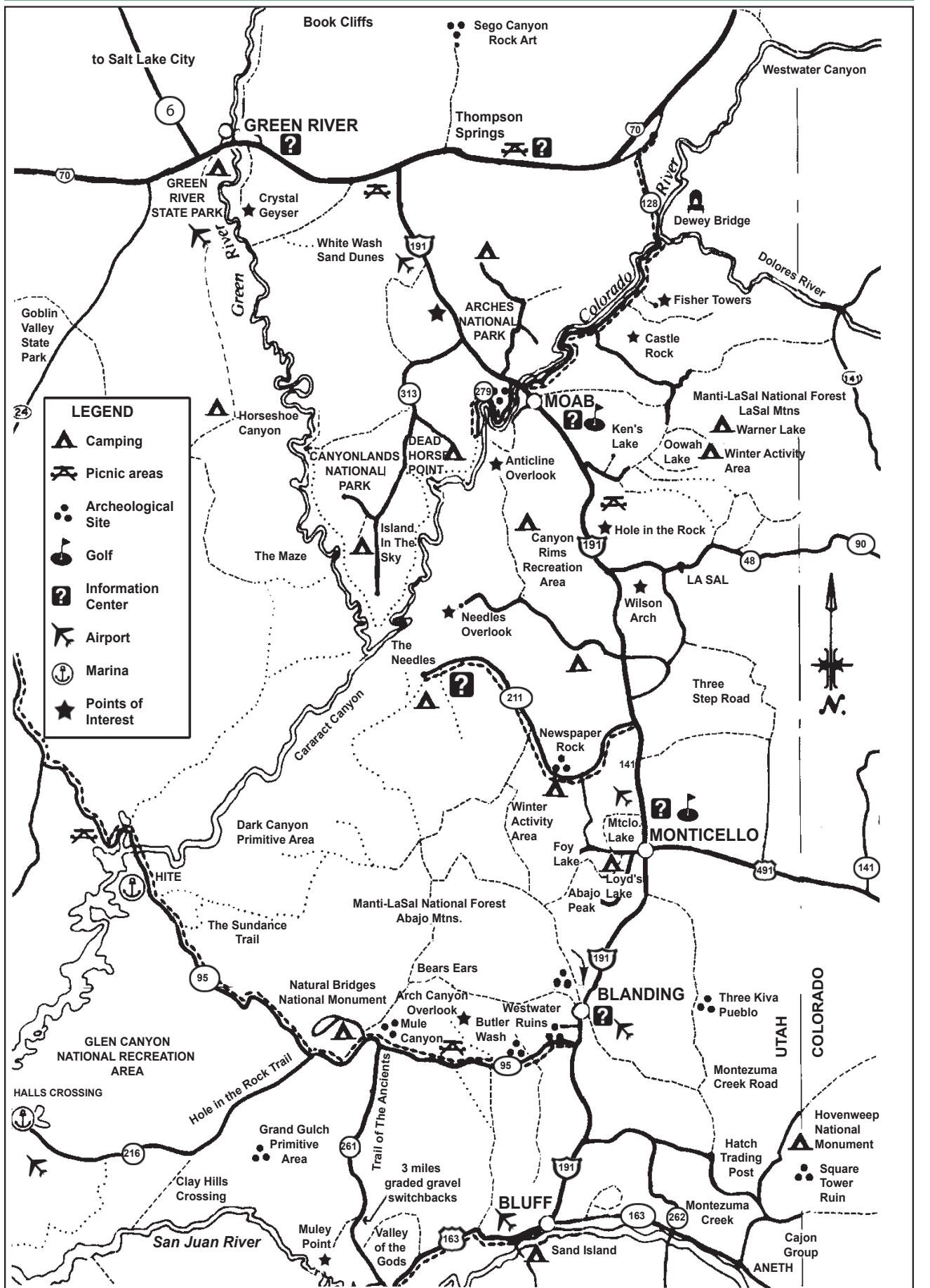
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MOAB AREA LODGING GUIDE



3

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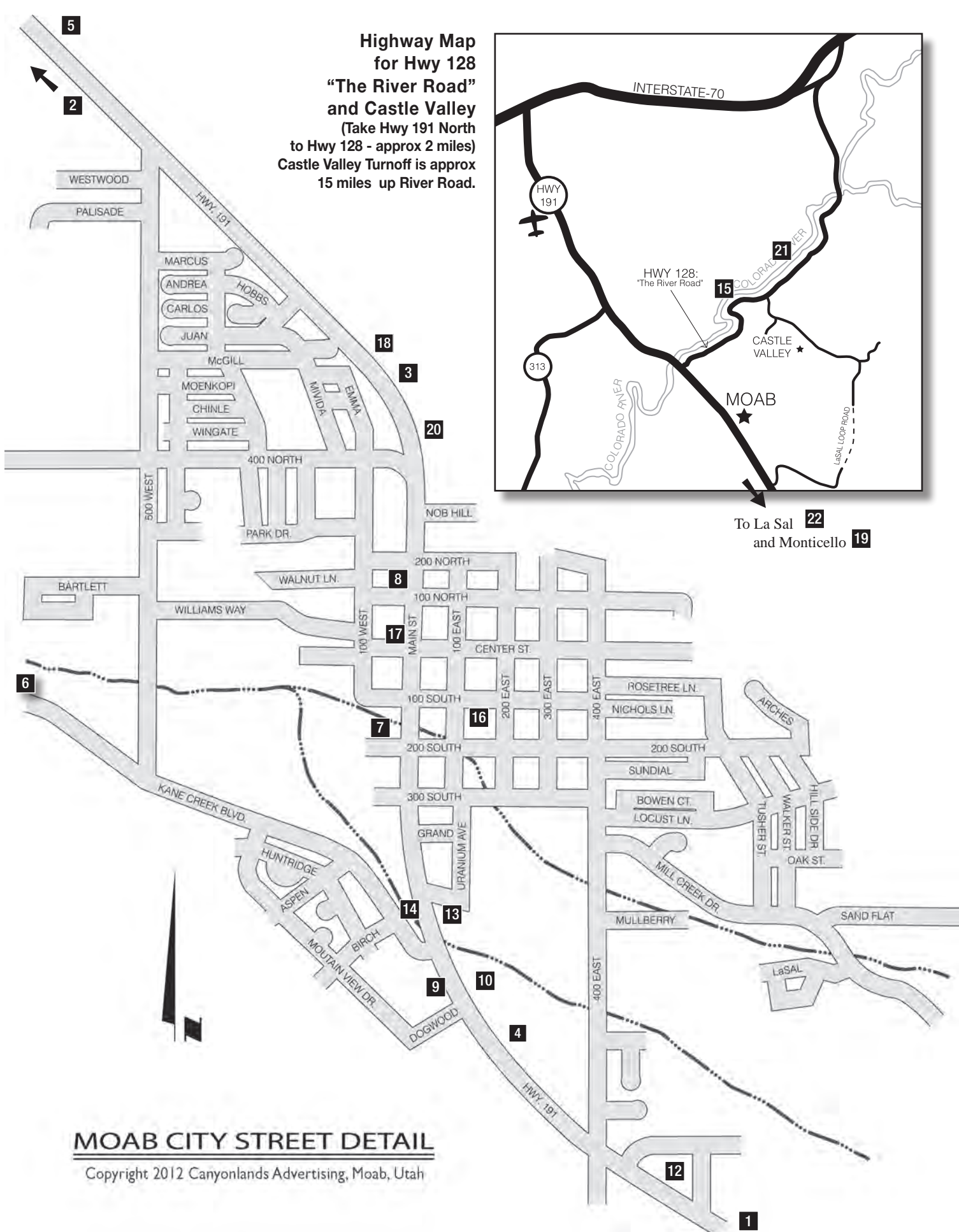
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9



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3	Hampton Inn	435-259-3030	www.hampton.com
4	La Quinta	435-259-8700	www.lg.com www.lg.com/moab
5	Moab Springs Ranch	435-259-7891	www.moabspringsranch.com
6	Adobe Abode Bed and Breakfast	435-259-7716	www.adobeabodemoab.com
7	Gonzo Inn	435-259-2515	www.gonzoinn.com
8	Bowen Motel	435-259-7132	www.bowenmotel.com
9	Moab Lodging and Property Mngt.	435-259-5125	www.moabutahlodging.com
10	Moab Valley Inn	435-259-4419	www.moabvalleyinn.com
12	Sleep Inn	435-259-4655	www.moabsleepinn.com
13	Red Stone Inn	435-259-3500	www.moabredstone.com
14	Big Horn Lodge	435-259-6171	www.moabbighorn.com
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16	Moab Rustic Inn	435-259-6177	www.moabrusticinn.com
17	Accommodations Unlimited	435-259-6575	www.moabcondorentals.com
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Morning Glory Healing Arts

Lee Anne Truesdell, LMT
Healing Arts Center
50 E. Center St., Suite 6
435-259-0302 lee@massagemoab.com
www.massagemoab.com

In January 2013 Lee is excited to offer Awakening Passion, Purpose, and Possibility – Three Keys to a Fulfilling Life, a weekend retreat for women Jan. 18-20 at the Moab Arts and Recreation Center. This event invites you to take time for yourself, to gain clarity and renew your core. Step into a world of fresh possibility where passion infuses purpose, and purpose is aligned with what's most important in your life. To create a life that feels better – more comfortable, more fun, more you. Together we will explore what makes you come alive, identify the positive qualities that make you uniquely who you are, connect this to a heartfelt purpose, identify the resources you need to succeed, and create the next steps that will help you move forward in positive, tangible, sustainable ways. For details and registration call Lee @ 435-259-0302 or visit www.massagemoab.com and click on Upcoming Events.

Lee also offers individual coaching, focusing on helping women live more comfortably in their bodies and more fully in their lives. Call her for a free introductory session and to find out about affordable coaching packages.

Lee continues to offer massage and bodywork, including Swedish, Shiatsu, Acupressure, and Reflexology. Whether your goal is to pamper yourself, release muscle pain and tension, balance and recharge your energy, or awaken your passion and purpose, Lee has just the right touch for you.



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Moab's Spanish Valley Health Clinic

Dayna Hochevar is the newest addition to the San Juan Health Services District provider team. She is a certified physician assistant who graduated from the University of Colorado's Child Health Associate/Physician Assistant program. Originally from Pueblo, Colorado, she recently moved to Monticello and has just experienced her first Utah snow and wind storm.

Thankfully, she has decided to stay. Dayna was drawn to the area by the welcoming nature of its people and

the unique landscapes that southeastern Utah offers. She enjoys hiking and is looking forward to exploring the region. She will be at the Spanish Valley Clinic on Fridays from 9 AM to 2 PM. She welcomes all walk-in patients, but has a particular interest in providing a comfortable and safe atmosphere while helping women meet the screening recommendations for cervical and breast cancer.

8th Annual Health Fair at the Grand Center

GET HEALTHY FROM YOUR ROOTS UP! On February 9, 2013 Moab Regional Hospital will host the Ninth 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.

Moab Regional Hospital blood screening

Look below the surface and find out how healthy you are! Low-cost blood screening is available at Moab Regional Hospital Tuesday through Friday from 7am-11am from January 8th through February 8th. Results can be retrieved at the health fair on February 9th. Please be advised that test results will only be given to the individual who had the screening blood test. The test includes CMP, Lipid, TSH, CBC and A1C. 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 and should be done after a 8 hour fast for the most accurate information. Call the lab at 719-3630 to take part in this great offer.

ROLLER DERBY HAPPENINGS

More Derby! More Moab! More Mayhem!
 January 19, 2013 at the Old Spanish Trail Arena



Moab Midwinter Mayhem started with an idea: to show the town of Moab what modern roller derby was all about. To accomplish that goal, Moab Roller Derby invited all their friends from surrounding leagues and offered them a chance to play. The

response was huge, and the town got to see some fabulous flat-track, full contact, fast paced, all-real roller derby action. Thanks to the community's support, last year's event helped to launch Moab Roller Derby's first season!

Like Moab itself, the league is small, but skater numbers are rapidly growing. The team now consists of 7 seasoned skaters and another 7 up-and-coming "fresh meat" skaters. MRD trains hard and is proud to represent Moab on the road. Throughout the past year, the team has traveled to Pagosa Springs, Cortez, Grand Junction, and Eagle, CO, as well as to Farmington, NM, and Prescott, AZ to compete. Most recently, taking a narrow win over the Happy Valley Derby Darlins in Spanish Fork, UT-with a final score of 149 to 140.

Now, though, they are anxious to show our hometown what they have been up to at Moab Midwinter Mayhem 2. "Some of the skaters were competing for the first time last year," says league founder Jessica O'Leary aka Evil Lucian. "They now have some amazing skills and I am excited for them to be competing at a higher level here in Moab." At this second annual event, skaters will be coming from all over Utah, Colorado, New Mexico and Arizona to compete. The community will have the opportunity to see a co-ed



bout at 11am featuring Team Hellazona, an all-star team from Arizona (Yes, men play roller derby too!). After the co-ed match up, competition will continue with shorter bouts happening all day long, culminating with the main event at 6:30pm. This full-length bout will pit the best of Utah vs. the best of Colorado. "This is bound to be a fantastic game to watch. There is so much talent on both of these teams," says O'Leary. The all ages event takes place on January 19, 2013 at the Spanish Trail Arena. Tickets will be



on sale for \$10 dollars at the door (kids 12+under FREE). The public can come and go as they please, but will not want to miss the main event at 6:30!

To learn more about the event and your local roller derby team, visit moabrollerderby.com and be sure to mention you read about it in Moab Happenings.

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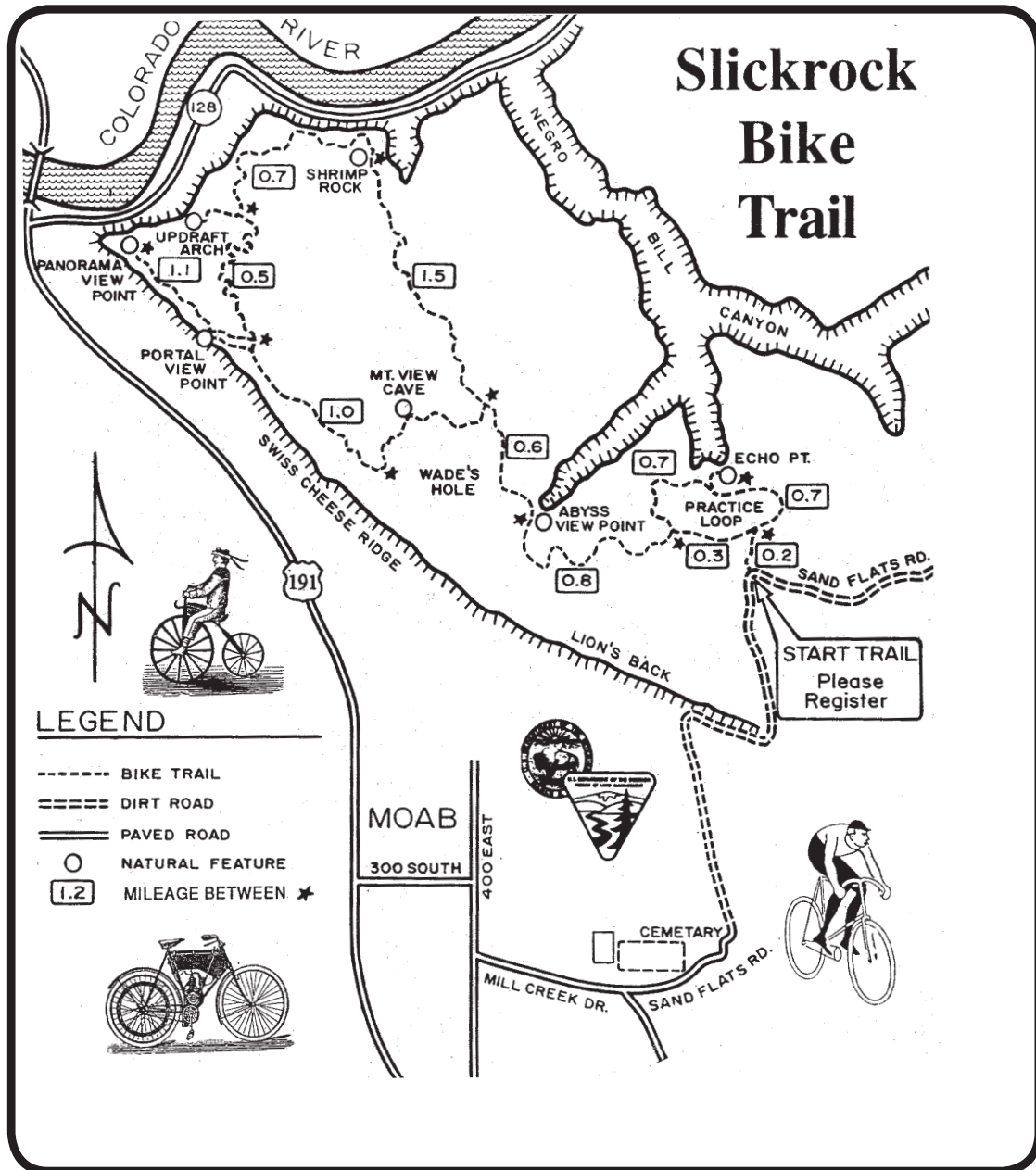
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MOUNTAIN BIKING

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 9-12, 2013** Three rides of the Skinny Tire Festival highlight Moab's different road riding opportunities. The first day follows the mighty Colorado River corridor downstream passing by ancient Puebloan petroglyphs. The next two days leave the valley and climb the beautiful canyon roads into red rock country to Dead Horse Point State Park and through Arches National Park. Channel the energy of riding through the grandeur of Moab's canyon country by putting purpose behind your cycling. This event raises funds for cancer survivorship programs. For more information contact (435) 259-2698 or visit www.SkinnyTireEvents.com.

• **MOONSHADOWS IN MOAB May, 2013** 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, 2013** 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, 2013** 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 tba, 2013** 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.

• **MOAB HO-DOWN MOUNTAIN BIKE FESTIVAL - October 24-27, 2013** Presented by ChilePepper Bike Shop - this festival includes mountain bike races, dirt jump competition, townie tour, costume party, movies at Star Hall and loads of fun! Please call 435-259-4688 or visit www.moabardown.com for more information.

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TRAIL HAPPENINGS

Grooming La Sal Mountain Trails for Nordic Skiing

By Kirstin Peterson

When the snow arrives in the La Sal Mountains, the white peaks present a dramatic backdrop to our red rock desert. This small mountain range beckons, and visitors and locals flock to ski and snowshoe in this private winter wonderland just a half hour or so from Moab.

The Lower Utah Nordic Alliance (LUNA) works with the Manti-La Sal Forest Service to groom a Nordic track system starting from the Geyser Pass Trailhead. Beginning in mid-December or whenever the snowpack is established, dedicated LUNA volunteers drive snowmobiles pulling grooming equipment to lay a Nordic track wide enough for skate skiing plus parallel tracks on the side for classic skiers.

Starting at Geyser Pass Road winter trailhead at 9600 feet, the groomed track goes up from there, and sections are suitable for all levels of skiers and snowshoers. As you set out from the parking area, most of the track is "shared use," and you will see a variety of winter recreationists including snowmobilers, backcountry skiers and snowboarders, snowshoe and sledding parties, often with canine companions. Please be courteous to other users, move right to allow others to safely pass, and stay under control when traveling downhill.

The Meadow Loop is the easiest and closest track to the parking lot. Ski a short way uphill from the trailhead, and you'll see the Meadow Loop take off on the left and wind through aspens into a beautiful open meadow with Haystack Mountain in the background.



Photo: Marc Thomas

The terrain is rolling, and the loop rejoins the main track close to where you entered. This .3-mile, sunny loop is fun to ski in either direction and is the perfect place to work on your form and get your lungs used to the high elevation.

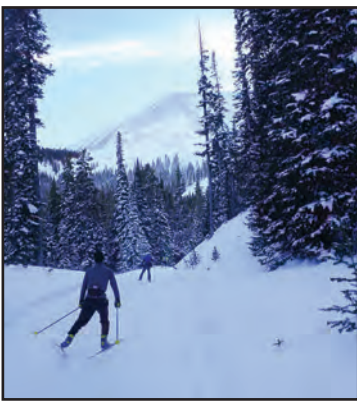


Photo: Kirstin Peterson

Gold Basin is an intermediate track and is reached by continuing up the main Geyser Pass Road track from the Meadow Loop to the intersection with the Gold Basin Road, which branches right. The Gold Basin Track is rolling, though more uphill on the return, and offers a peaceful ski through pines and aspens with occasional views of the red rock desert below. You may see backcountry skiers accessing many of the popular runs above the track or returning from turns in the powder. The Gold Basin Track ends at the point where motorized travel is prohibited from going further, thus making this an out-and-back excursion totaling 8 km (5 miles) round trip from the trailhead.

For the ambitious and fit skier, Geyser Pass and the La Sal Loppet Loop, which branches off at the top of the pass, offer a challenging and beautiful Nordic skiing experience. The Lasaloppet [loppet is Swedish for long-distance cross-country ski event] was started by McKay Edwards of Moab Springs Ranch and marked the first true grooming of a big meadow loop off Geyser Pass. From the Gold Basin intersection, Geyser Pass is another 3.5 km (2 miles) mostly uphill. Geyser Pass tops out at 10,600 feet, and the La Sal Loppet Loop takes off to the right along the road towards Dark Canyon. After approximately .5 miles, the track leaves the main route on the left and winds through open meadows to a point offering views of Colorado, including the San Miguel and Wilson Mountains near Telluride. This rolling loop continues through the trees and emerges on the east side of the Geyser Pass Road, where you will take a left up a short hill back to the pass, adding an additional 1.8 miles (3 km) to your distance (13.2 km/8.6 miles total from trailhead). From the pass, it is mostly downhill back to the trailhead, so be sure to have a warmer, wind-protective layer for the descent. Whether you prefer skinny or fat skis, telemark or randonee [Alpine touring], classic or skating, snowboards or snowshoes or sleds, there's something for you in Moab's upper extremes.

Directions to trailhead: From Moab, head south on Highway 191 to the La Sal Mountain Loop Rd turn off at the south end of Spanish Valley. Turn left off the highway and then right onto the Loop Road for about 13


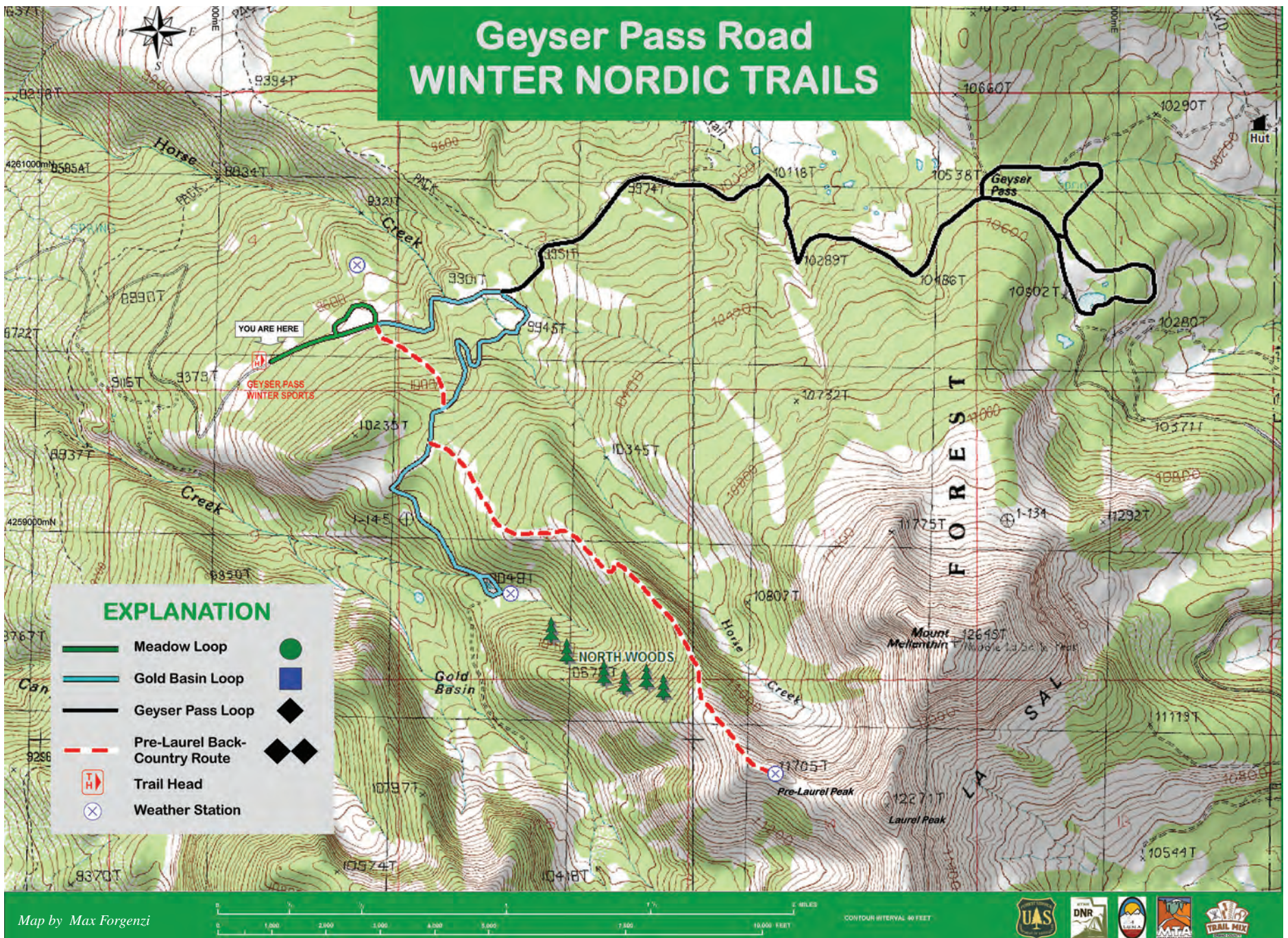


Photo: Marc Thomas

miles to a well marked turn onto Geyser Pass Road. From here, travel 3.5 miles to the trailhead. Note that snow tires and/or 4wd are recommended for this road. The road is plowed fairly regularly, but call 435-259-7155 or check <http://utahavalanchecenter.org/advisory/moab> for current conditions and the latest information about road clearing. Be prepared for winter conditions in the mountains, and bring appropriate warm clothing, water, and food for any outing into the backcountry. Other than toilet facilities, there are no services at the trailhead.

Kirstin Peterson is the ski representative for Trail Mix, the Grand County non-motorized trails advisory committee when she's not running her mountain bike tour company, Rim Tours. Trail Mix is a contributor to the ski-grooming program. If you are interested in volunteering to be one of the ski groomers, contact kirstin.m.p@gmail.com.

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

ASTROLOGY HAPPENINGS

Your Horoscope for January 2013

By Robert Wells

If all went well, we greet the new year with joy and hope. It fades as we arrive on the 3rd of the month to surprisingly harsh words amongst family members. Good news in the workplace follows everyone around for the remainder of the first week of the month. A heavy obligation requires attention on the 7th. Pay it quickly and be done with it. Venus dances with Uranus and Neptune for the remainder the second week, inspiring the artist and urging on the lover in all of us. On the 16th, fickle Venus changes dance partners again with Pluto. Where love is concerned, this is the fated aspect. But in the morning she runs home to spend her time and her money with Saturn. For the last week of the month, Mercury, the brainy planet, teams with Uranus and Jupiter and things can get moving rather quickly. Stay focused and organized on the 21st and 22nd, and then further, to the 24th. The 25th calls for a balancing of plans and ideas regarding money. Obligations are due for payment again on the 30th, as the stars urge to fulfill them with a glad heart.

New Moon 11th, Full Moon 26th.

National Holidays: New Year's Day 1st, Martin Luther King Day 21st.

Dec. 22 - Jan. 20



Capricorn: Happy Birthday! Welcome to your new year. Good news from work could catch-up to you on the 4th. By the end of the first week, think about making some personal changes and improvements. Keep your eyes open for romance during the second week. It's everywhere and your wearing a target. Get your shopping done on the 17th, that's when you will find the biggest bargains. There's a chance to make some money at home during the last week of the month so keep your eyes and ears open for that chance.

Jan. 21 - Feb. 18



Aquarius: Don't be put off by shocking news on the 3rd. A romantic interest could send you a gift on the 4th. The last day of the week looks good for personal introspection. An obligation is due in the office; you need to handle it by the 7th. Venus has a secret romance

for you this week and next, if you're interested. Buy something to brighten your office space on the 17th. Start the fourth week of January by contributing new ideas both at home and at work. You could get a couple of stars on your forehead for it.

Feb. 19 - Mar. 20



Pisces: Brace yourself for a financial shock on the 3rd. Work around the house goes well on the 4th. Your friends help you make a decision on the 6th. If you owe a traffic ticket, be sure to pay it by the 7th. Your friends could enliven your romantic life with a new introduction.

This could be a lot of fun and you may be in need of some lately. You could find a nice deal at a church function that is really worth the money on the 17th. Share your big ideas during the last week of the month and also look for ways to be thrifter around the house.



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."

Mar. 21 - Apr. 20



Aries: Someone may hit your hot button on the 3rd, so you can tell yourself not to lose your cool when it happens. There could be money news on the 4th. Spend some time talking with your friends on the 6th. If you owe an obligation on the 7th, don't forget about it. You spend the rest of the second and third week of January pursuing your heart's desires. You could make a killing in the local thrift shop on the 17th. The last week you bubble with new ideas and plans. Make sure you write them down so you don't forget them.

Apr. 21 - May 21



Taurus: Don't let a snide comment from behind your back put you off on the 3rd. You could be banking a nice surprise on the 4th. End the week by spending some time in the mirror and decide what could take some sprucing up. If you owe your partner for something, business or marital, make sure you pay-up on the 7th. From the 9th to the 17th, romance is in the air for you. The last week of January you get some great ideas and thoughts that need to be shared with others around you.

May 22 - June 21



Gemini: A sudden financial inconvenience from a friend could put you off on the 3rd. You are the luckiest person alive on the 4th, so cash-in. You should carefully review your checkbook on the 6th and pay a bill on the 7th. From the 8th to the 17th Venus makes your world feel like a party that follows you around. Enjoy yourself. The last week of January has some pretty good ideas for you to share with your spouse or business partners.

June 22 - July 22



Cancer: A sudden verbal outburst is in the offering between partners on the 3rd, so be warned. If you receive a money windfall on the 4th, best keep it quiet to keep it. You may find yourself looking critically at your relationships on 6th. Don't work that hard at it. Remember to pay a bill that is due regarding your children on the 7th. From the 9th to the 17th time spent with your spouse will be golden and too much fun. Bright ideas regarding your career could pay off nicely. You'll get the chance to present them to higher-ups on the 25th. Good Luck!

July 23 - Aug. 24



Leo: There's a chance of a blow-up in the workplace on the 3rd so be ready for an upset. A friend can provide a totally fun outing on the 4th, so go. Time in front of the mirror on the 6th reveals it may be time to work on the love handles. Do Not over look an important obligation regarding your home on the 7th. From the 9th to the 14th Venus brightens the workplace. It might add a little romance, as well. You start the last week of the month sharing some brainstorming with your partners. This could workout very well for you by the end of the month.

Aug. 24 - Sept. 22



Virgo: Either a lover or a child could throw you with a temper tantrum on the 3rd. Just roll with it; it will be forgotten by the next day. A pat-on-the-back from the boss finds you on the 4th. Take some time to re-evaluate a project regarding romance, the arts or your children on the 6th. You may owe someone a thank you, or a phone call on the 7th, don't let it slide. From the 9th to the 17th Venus brightens your romance sector. It looks like January could be heating up. The last week of the month share ideas with co-workers on how to improve things where you work.

Sep. 23 - Oct. 23



Libra: Careful you don't unload on your partner on the 3rd and scare them silly by your rant. A legal matter goes well on the 4th. You could be looking over the abode and find places that spawn up coming improvement projects on the 6th. Count your money on the 7th and pay a bill that is due. From the 9th to the 17th there could many visitors in your home having a great time. The last week of January share your thoughts and ideas with lovers, or children and see where that takes everyone.

Oct. 24 - Nov. 22



Scorpio: Venting suddenly could land you with a health upset on the 3rd, so be warned. There could be good news regarding your home on the 4th. You may be making some serious commitments on the 6th. Time to choose the future on the 7th. Leave the past behind. From the 9th to the 17th Venus brings good news and happy times over all the lines of communication you have. During the last week of the month you find ways to improve your home and make plans to make them real.

Nov. 23 - Dec. 21



Sagittarius: How's your checkbook? You could come up short on the 3rd so be warned. Working with your partner on the 4th is great fun and exercise. Look carefully over your cash reserves on the 6th to cover a quiet obligation on the 7th. From the 9th to the 17th Venus rocks your sense of values by showing you new things in the world to consider. The last week has interesting aspects regarding your communications with lovers and/or children. It looks wonderfully creative so just roll with it and enjoy the ride.

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PET HAPPENINGS

F.A.Q. (Funniest Asked Questions) at the Moab BARKery by Kaye Davis

We get asked a lot of questions about pets by their owners. Below is a sample of some of the funnier or stranger questions we have been asked and their answers.

Why does my Chihuahua point and shake?

First of all Chihuahuas do not point, they are terriers not pointers (pointers: dogs that indicate the location of recently shot game for hunters by pointing their body and often front leg toward the game so it can be retrieved). The reason Chihuahuas lift their front leg in this manner is to indicate that they are unsure or uneasy with a situation. They will shake because they are nervous, upset, and cold, excited or have excess energy.



Why does my dog roll in poop and dead stuff?

I can speak from personal experience that Hounds will often do this. It is their way of taking the smell home to show their pack. They think the smell of poop or a corpse (even as small as a worm for my dogs) is exciting, so by rolling in it they can collect a sample to show their friends. They don't do it to mask their own smell, because animals that hunt usually do so from a downwind attack angle. After all, if your clothes smell of BO and you spray perfume on yourself to mask it; you just end up smelling of BO and perfume. Animals have a more acute sense of smell than humans and can smell through it. This is also why dogs often roll in something and run straight back to their owner – much to our disgust!

Is my dog gay?

Dogs, and for that matter, cats and birds and many other creatures, occasionally display seemingly homosexual behavior by mounting one another, appearing to pair off, even nesting and raising young together. However when it comes to the animal kingdom, language used to describe human preferences and behavior, like gay and homosexual do not apply. There are a number of possible reasons that your dog keeps trying to do that to the neighbors' dog. It could be anything from a harmless social interaction, practicing or demonstrating dominance over another dog, or just plain being aggressive. At the end of the day dogs will be dogs: they are our butt-sniffing, waste-eating, genital-licking best friends.



Why does my dog have wicked farts?

Although most dogs seem to enjoy the smell of human flatulence, the reverse is rarely true. Dogs suffering from excessive flatulence can quickly pollute the air quality in a room. Although not harmful to human health, the smell is often horrific and can create some embarrassing moments, especially when guests are around.

The most common causes of bad flatulence in dogs include;

- Eating too fast and/or too much– when dogs eat too fast, swallowed air makes it to the intestines very quickly and in a more concentrated quantity. When dogs are fed too much, their entire digestive and gastrointestinal system has to work over time to accommodate a meal larger than it can deal with and creates excess gas.
- The natural process of producing the gas through food digestion and absorption within the digestive and eliminatory tracts.
- Eating foods that are known to cause flatulence (beans, cauliflower, grains).
- Eating a poor quality dog food – poor quality dog foods use a lot of fillers like corn, wheat, soy, sorghum and millet, these all ferment in the dog's stomach and digestive tract causing gas. Consider for a moment that these grains are also the primary diet of feed-lot cattle.



So how can you cure your dog of those wicked farts?

- Feed your dog less and smaller meals – dog food bags always have feeding guidelines on them, read them, follow them and measure your dog's food. If you do this you may notice that you are saving money because you are not wasting food over-feeding your dog and your dog may even lose weight. Instead of feeding your dog a single portion of food a day, divide the daily ration into smaller portions and feed them more frequently.
- Exercise the dog more frequently to stimulate their intestines.
- Choose a premium brand of dog food that is highly digestible – at minimum your dog's food should have no wheat, corn, soy or sorghum. Some dogs may need to have all grains eliminated from their diet to reduce flatulence. If this is the case, be patient, any irritant to a dog's digestive system can take up to 6 weeks to subside and so give it time to work before you decide if it is improving.
- Use probiotics and enzymes. Probiotics are essential to every healthy digestive system, by supplementing your dog's food you help to increase the levels of beneficial bacteria that crowd out bad bacteria and restore the normal balance of micro flora. The result is a cleaner and more efficient digestive system.



Dog Gone Clean

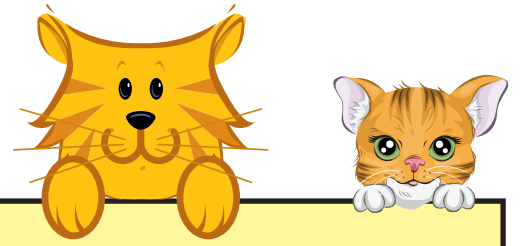
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January 2013 Events

- January 5 - **Cat Adoption Day** at the Moab BARKery from 11am - 1pm
- January 12 - **Dog Adoption Day** at City Market from 11am- 1pm
- January 19 - **Cat Adoption Day** at the Moab BARKery from 11am - 1pm
- January 26 - **Dog Adoption Day** at City Market from 11am- 1pm

The Times-Independent

The Moab Times Independent is partnering with the Humane Society of Moab Valley for a non-profit fundraiser. For each \$32 subscription sold to a NEW subscriber, \$25 is donated to HSMV. This only applies to new subscribers (84532 zip code), for one year only, and no other discounts apply. For subscription forms stop by the Times Independent or HSMV office located inside the Moab Animal Shelter at 956 Sand Flats Road.

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

Don't forget to get your 2013 Humane Society Membership. The membership card offers free items or discounts with 18 different local businesses. To purchase a membership please stop by our office at the City Shelter or visit the website at www.moabpets.org

The Bark Park - Off-leash Dog Park



Location: 100 E 300 S

The Bark Park is located at 100E 300 S. Separate small and large dog areas are provided within the 1 acre enclosure. Use is free; it is also a privilege. Please clean up after your pet and please obey all posted rules and regulations. Thanks!

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:00	Native Spirit	KZMU OVERNIGHT		Art of the Song	KZMU OVERNIGHT		Desert Diva	7:00	
8:00		DEMOCRACY NOW						8:00	
9:00	Jah Morning Reggae	MOAB Morning Blend					Blue Plate Special (blues/rock)	Shine Time (Children)	9:00
10:00		Moab Mamas (everything)	Amarillo Highway	Tilted Park (Americana Classic Rock)	Apokalypse Cabbage /Mixed Tape (Pants/Mixed Tapes)	Trailer Park Companion / Wayward Wind			10:00
11:00								The Trading Post (call-in Buy/Sell)	11:00
Noon	Grass is Greener (Bluegrass)	It's My Party/ The Skye's the Limit (rock-blues-unreleased)	radio mmm... (Classic Indie)	Horizon Line	Random Toonage	1-2-3 (funky world soul)	Ain't Live Grand? (live recordings)	Noon	
1:00		WORLD MUSIC		MOAB Drive Time	Fire on the Mountain		Belagaana Review (fruit and nuts)	1:00	
2:00	Red Rock Potluck/ Crawfish Fiesta	Radio Mundial Radio MOONDial	Planet Picante (latin)			Bait and Switch		Red Rock 'n Blues	2:00
3:00	West of Broadway/ Concert in the Park	Alternative Radio	WORLD MUSIC		MOAB Drive Time	Free Speech Friday Public Access	Tween Time (pre-teen fun)	3:00	
4:00		This Week in Moab (Interviews / Calendar)	Pirates & Poets	Gaelic Circle / MOAB Drive Time				4:00	
5:00	DEMOCRACY NOW						Big River / Ranch Exit (twang)	5:00	
6:00	Kokopelli Coffeehouse	Big Swing Face (big band jazz)	Moab City Council Atomic Lounge	Thin Edge (jazz)	Rock Garden (rock)	The Rainbow Room /Funky Soul Jam		Main Street Cruise!	6:00
7:00	Media X	Digital	MOAB AFTER HOURS			Altered State	Radio Free Moab (rock 'n roll & punk)	7:00	
8:00			Conscious Party	To be announced	Pandora's Box			8:00	
9:00	KZMU OVERNIGHT					Seti TranceMissions	11 th hour or music from underworld	9:00	
10:00								10:00	
11:00						11:00		11:00	
12:00						12:00		12:00	

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



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