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MOAB HAPPENINGS

Volume 24 Number 11

FEBRUARY 2013



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MOAB HAPPENINGS

MOAB HAPPENINGS®


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Moab Community Theatre
 in association with
Moab Arts Council
 presents
A Company of Wayward Saints
By George Herman
Feb. 28th and Mar. 1st, 2nd
March 7, 8, 9th
Star Hall 7:00pm
\$10.00

M•O•A•B MUSIC FESTIVAL

9th Annual
Robert Burns Tribute Concert




Christopher Layer
 Artist-in-Residence **Kate MacLeod**

and the
Moab Community Dance Band
 Scottish Music & Poetry
 Traditional Salute to the Haggis

Saturday, February 9th - Grand Center
 Music starts at 6:00 pm



Free Admission - Donations Accepted
 Donations Benefit the Festival's
 Education Programs
 www.moabmusicfest.org



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PRESENTS
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HIKING HAPPENINGS

Sand Flats – Hiking In A Winter Wonderland

by Marcy Hafner

Bordered by two wilderness study areas – Negro Bill to the north and Mill Creek to the south - the Sand Flats Recreation Area receives more than a 100,000 visitors a year. Even though it is famous for the Slickrock Bike trail and almost 40 miles of jeep trails, the hiking opportunities within its 7,320 acres shouldn't be overlooked. A mere ten minute drive from downtown Moab, this public treasure is the perfect place for jeepers, bikers and hikers to enjoy the full circle, horizontal panorama of Arches National Park, the jagged rim of Behind The Rocks and the alpine beauty of the La Sal Mountains.



Plateau was located near the equator! And way back then, it was a drastically different environment – a hot, sandy place engulfed by wind-whipped sand dunes. But then, as the geological clock marched on, those huge piles of sand petrified into the mounds of Navajo Sandstone we see today throughout this recreational area.



The entirety of the Fins & Things trail is 9.4 miles, but since it parallels the Sand Flats Road you can

In response to the recreational overload, the Moab community, Americorps, Grand County and the Bureau of Land Management (BLM) collaborated in 1995 with the intent of preserving this precious resource. This coalition precipitated an unusual partnership between the county and the BLM so they could manage, protect, maintain and rehabilitate the land, while also providing access to sustainable and enjoyable recreational opportunities.

In order to meet these goals, it became necessary to charge entrance and camping fees. 120 campsites are open year round on a first come, first serve basis, and many campsites can accommodate RVs, but there are no hook-ups. Water is not available, and in the heat of the summer you need to bring a truckload.



To get to this outstanding recreational area, turn east off of Main Street at the Moab Information Center on to Center Street. At 400 East go right. Then turn left at Dave's Corner Market on

to Mill Creek Drive and continue up the steep winding road to the entrance booth.

On this bone-chilling, deep-in-the freezer day, I am bundled up for an invigorating, rambling-through-the snow hike on the Fins & Things jeep trail. As I gaze out on this overcast winter wonderland, however, it blows my mind that approximately 150 million years ago the Colorado

enter and exit at various intervals for a shorter hike. The highly visible radio tower, one mile beyond the pavement on a well-maintained dirt road, is a regularly used access. A Fins & Things sign indicates the turn for parking at two pullouts, and this is where I choose to start my hike.

The snow has buried the white painted markers on the slickrock, but the four-wheel drivers have packed down the route, making my walk so much easier as I start a downhill stroll. Where the trail levels out there's a junction, and I go right to follow the Fins & Things signs. Before long I'm at the next intersection, where I continue straight in an easterly direction rather taking a left.



Since I'm not floundering in the snow, I am able to concentrate my energies on the beautiful white world that surrounds me: the pinyons and junipers decked out with a heavy layer of white fluff – a scattering of snow on

the fins, which suggests a dusting of powdered sugar - a whiter, sharper silhouette of Behind The Rocks – and the La Sals flaunting a magnificent banner of fresh snow. On this cloud-laden day, any sudden burst of sunlight turns the crystallized snow into a magical display that looks like thousands of sparkling diamonds.

Moving along, I am relieved that I can skirt around the icy slipperiness of a cattleguard, which has a speed limit sign of five mph! Some time after that, I am rushing through the cold shadows of a long series of fins! Using

that momentum, I continue to power walk up two steep, snow-encrusted hills. Then at a high point, I stop and take a long look at the winding road ahead, which appears to travel on from here to eternity! Suddenly with no apparent end in sight, I feel deflated as it dawns on me that this is as far as I wish to go on this high-energy, invigorating hike! My goal of reaching the Diving Board Rock on the Sand Flats Road will have to wait for a warmer day!

At this turning around point, I discover an honest-to-goodness snow-free section of slickrock, and with a grateful sigh I plop down for a much-needed break. At last I can pause to refuel my body with some high-octane food! It doesn't take long, however, before my fingers and feet start to feel numb, and I find myself wishing for some heavenly warmth from the sun so I can linger, and soak in this snowbound scenery. But as the veiled curtain of melancholy clouds continues to thicken into a brooding soup the harsh reality hits; the sun has departed for the rest of the day and it's much too cold to lounge here any longer! Consequently, as soon as I've gulped down my food, I'm up and swiftly moving along anxiously trying to generate some warmth as I retrace my steps back to the radio tower.

As I trudge up that final hill, a bunch of fun-loving kids whiz past me on their sleds. Then they slog back up to do it all over again and again! With plenty of spare energy to pursue this engaging activity indefinitely,



these youngsters playfully enjoy a romp in their enchanting winter wonderland playground, as I now contentedly savor this delightful scene from the shelter of my truck!



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MOAB AREA EVENTS CALENDAR



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Wii, Classes, Crafts, Movie Day
www.grandcountyutah.net

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.
- 3, 10 Free Sunday Brunches with WabiSabi!** Every Sunday: 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.
- 5 Moab Garden Club** monthly meeting at Zion Bank at 6:00pm. Bring any extra seeds and seed catalogs to the meeting to exchange with other members. For further information contact moabgardener@yahoo.com or Tricia Scott 1435 249-4959 (must use area code)
- 9 Moab Garden Club** and Stacy Miller Dezelsky owner of Spanish Valley Vineyards will be having a hands on demonstration on the art of pruning grape vines and fruit trees at 1:00pm. This is a weather permitting event; bring pruning shears if you have them. You must RSVP to Stacy at SpanishValleyvineyards@yahoo.com
- 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 2nd Annual Trashion Show** allows you the chance to be your own designer by creating an outfit out of reused or recycled materials, otherwise known as trash! There will be excellent prizes awarded for the best costumes. The winning categories are the most creative, most couture and one that is just down right trashy! We will have multiple DJ's throwing down some spectacular dance beats and there will be a fire show in the patio yard. 8 pm at Frankie D's. Tickets are \$10 with a costume or \$15 without a costume. All proceeds help support Canyonland Community Recycling's mission of empowering the Moab community to reduce, re-use, and recycle! Please contact us at ccr@moabrecycles.org if you have questions or would like to volunteer for this fabulous event!
- 
- 9 Chocolate Lovers go to Outer Space** - Support Club Red: Moab Teen Center at this chocolate loving event. At the Center Street Gym, 6:00-8:30pm Saturday, Admission \$10/adult \$6/child.
- 9 Atomic Priest Regalia Art Opening.** Join us for a unique art opening that celebrates the medium of clothes! Artist Elenor Inskip will be putting on display several pieces from her series Atomic Priesthood Regalia. Come in for light refreshments and meet the women behind these works of art! 4:30-6:30pm at Moonflower Market.
- 12 David Rovics in Concert** - A community action event & benefit presented by Canyon Country Rising Tide and KZMU supporting environmental education & protection. RE: oil & gas, tar sands, green river nuke, climate change. 7:00pm at the MARC (Moab Arts & Recreation Center). Suggested donation \$15. Doors open at 6pm for mingling.
- 13 Self-Massage Class with Kerry Soliz.** Relax and rejuvenate with massage. Don't have time to see a massage therapist? Learn how to give yourself a head to toe self-massage. Take charge of your health by stimulating blood and lymph flow, sedating your overtaxed nervous system without drugs, and increasing your overall sense of well-being with easy to learn self massage techniques. Your body, mind and spirit will thank you. 5:15-6:30pm at Moonflower Market.
- 13 Second Wednesday Book Club at the Library.** *What It Is Like To Go To War* by Karl Marlantes is February's book selection. All are welcome - 6:00 p.m. in the Grand County Public Library's Board Room.
- 14 VALENTINE'S DAY**
- 16 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.
- 16 Paper Drive** by Canyonlands Community Recycling at the Post Office from 9:00am-1:00pm.
- 18 PRESIDENTS' DAY**
- 21 Free Film: *Beasts of the Southern Wild*** - Moab is an initiative of the Grand County Public Library and the Utah Film Center. In a forgotten but defiant bayou community, a six-year-old girl exists on the brink of becoming an orphan. Bouyed 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. Nominated for four 2013 Academy Awards including Best Picture. Free - 7 pm @ Star Hall (159 E. Center St) - For more info visit moablibrary.org or call 435-259-1111.
- 22 5 Animal Kung Fu Family** workshop with Grand Master Ron Lew, Diane Greene and HMK Beacon After School. 3:30-5:30 at HMK Gym. Awaken the power of fun and Tibetan martial arts for the entire family, ages 7-adult. To register contact Phoenix Rising Center 435-259-8123. No cost - donations accepted
- 25** Due to popular demand - "**Mammoth and Camel and Sloth, Oh My! The Fabulous Finds near Snowmass, Colorado**" will be presented a second time at your Library! Come hear 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.
- 28 Understanding Your Child's Health:** See information on pg 2B
- 28, March 1, 2 Moab Community Theatre** presents *A Company of Wayward Saints* by George Herbert, see ad pg 2A and article pg 1B



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Tom or Sandy 435-719-4169

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or call 435-259-6272
to register for classes

Hooping for kids, Photoshop Basics,
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Pastel, Shabby Chic Antique,
Fused Glass Pendants,
Henna Tattoos for Lovers

DEADLINE for MARCH Events Calendar: FEBRUARY 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

e-mail: info@moabhappenings.com

MORE MOAB AREA EVENTS

March

- 2 Semi-annual MRAC ATTACK Mini-Triathlon** sponsored by the Moab Recreation and Aquatic Center (MRAC), 374 Park Avenue, at 10:00 a.m. This community event is open to all and is intended to be both an individual self-challenge and a family participation event. Each event combines a run, bike ride, and swim. Participants may pre-register at the center's front desk or online through March 1, 2012 at www.activityreg.com. Event fee is \$10.00. Late registration (day of race) is \$15.00 and will be held from 8:00 to 9:30 a.m. at the MRAC front desk. Cutoff time for registration is 9:30.
- 2 Puttin' On the Ritz 2013!** Join Seekhaven in celebrating serving the Moab community with our annual fundraiser event. At Castle Creek Winery at Red Cliff's Lodge on State Route 128. Kicks off at 5:30pm with a social hour followed by a prime rib dinner, silent auction and dancing. Live music is provided by a local band until 11:00pm! Tickets are \$50.00 per person in advance and usually sell out early so reserve yours today! Tables of eight are also available for purchase. For more information or to be a sponsor at this event please call us at (435) 259-2229 or email jaylyn@seekhaven.org
- 7, 8, 9 Moab Community Theatre presents A Company of Wayward Saints** by George Herbert. See the ad on pg 2 and article on pg 1B
- 9-10 The Delicate Stitchers Quilt Guild will hold their seventh biennial Quilting in the Red Rocks Quilt Show** at the Grand Center, 182 N. 500 W, in Moab, UT. View traditional, antique and art quilts, wearable art and quilted home decor. Visit the Merchants Mall, have a quilt appraised, take a class, buy tickets for an opportunity quilt, and register for door prizes. For more info, go to www.moabquilts.blogspot.com, or email delicatestitchersquiltguild@yahoo.com.
- 9-12 Moab Skinny Tire Festival** - Four days of spectacular road cycling to Dead Horse Point State Park, Arches National Park, and along the Colorado River Corridor. This thirteenth annual event inspires those living with cancer and benefits various research and survivorship programs. For more info visit skinnytireevents.com or call 435-260-8889.
- 11 Banff Mountain Film Festival World Tour.** The year's best films on Mountain Sports, Culture, and Adventure. For more info visit banffcentre.ca/mountainfestival/worldtour/ or call 435-259-4859.
- 15-16 Canyonlands Half Marathon and 5 Mile Run.** The scenic USATF sanctioned and certified course follows the Colorado River through a dramatic redrock canyon. Food, awards, raffle and live music await you at the finish in downtown Moab. For more info visit moabhalfmarathon.org or call 435-259-4525.
- 23-24 Moab 100 & 50K Races** are held on the beautiful and rugged Monitor and Merrimac trail, 16 miles North of Moab. Racers will run 5.37 mile laps with approx. 11,000' of climbing for the entire 100 miles, and 3,500' for the 50K. Hot food is available during the cool night, as well as other necessities at Base Camp. Placers and finisher's awards will be given! For more info visit geminiadventures.com/new/?page_id=109 or call 303-249-1112.
- 23-24 Moab 100 Mile & 50K Endurance Running Races.** This year's races (6 Hour Nighttime Fun Run, 12-Hour, Team Relays, and Solo Challenge) will be run on the beautiful Monitor and Merrimac trail 16 miles North of Moab. For more info visit geminiadventures.com/new/?page_id=95 or call 303-249-1112.

2013 Quilting in the Red Rocks Quilt Show

Once again, the halls of the Grand Center will be filled with beautiful, colorful and exciting quilts. Delicate Stitchers Quilt Guild will be celebrating its fifteenth anniversary as it presents its seventh biennial Quilting in the Red Rocks Quilt Show. The show will be held at the Grand Center, 182 N. 500 West, the weekend of March 9 & 10. The hours are Saturday, March 9, 9 a.m. to 5 p.m., and Sunday, March 10, 10 a.m. to 4 p.m. Admission is free.

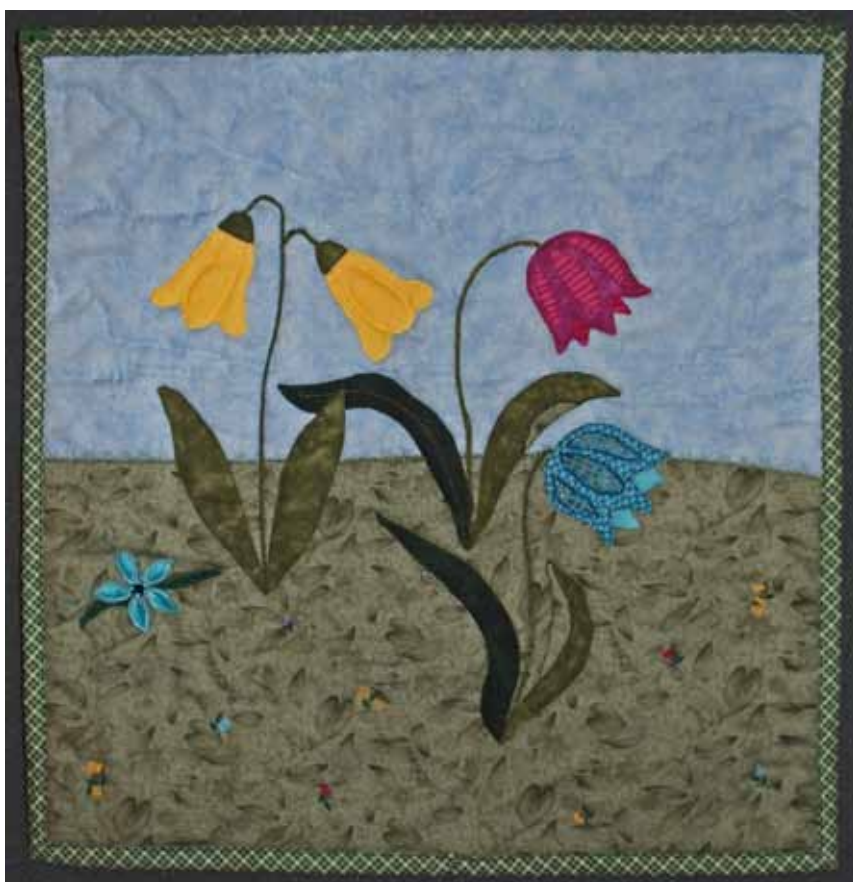
Quilt guild members, and others in the community, have been busy creating works of art in anticipation of this very popular event. Antique, traditional and art quilts, quilted home décor and wearable art will be on display, along with the Guild's annual quilt challenges, mystery quilts and our beautiful Opportunity Quilt. Tickets for this quilt will be on for sale.

On Saturday, Bev Swift, instructor and lecturer, from Durango, Colorado, will teach a half-day class on a "Creative Tucks" wall hanging, using a dimensional, folded- flower technique. Participants will create a basic wall hanging or table piece, which can be embellished with borders, beads and crystals for a fun touch. The class fee is \$30, which includes a pattern. On Sunday, Gail Aspromonte, owner of Quilt It Ya Ya, in Aztec, New Mexico, will teach construction of a large Grab & Go bag, with lots of pockets inside and out. It will be great for the beach, or as a project, picnic, sewing, or diaper bag. It's perfect for anything you need to carry when you are on the go. The class fee \$39, which includes a pattern. Class registration forms can be picked up at Its Sew Moab, 40 W. Center. Forms are also available by visiting www.moabquilts.blogspot.com, or email delicatestitchersquiltguild@yahoo.com and request a form be sent by return email.

Crystal Day, Guild member and owner of Its Sew Moab quilt shop, will be in the Merchants Mall, along with other vendors from Utah, Colorado and New Mexico. They will offer fabrics, patterns, threads and books and notions. Crystal offers a nice selection of fabrics, as well as patterns specific to the Moab area's unique landscape, in her shop. She also carries a cute line of baby and toddler accessories. Moab quilter, and Guild member, Sandra Starley, is one of fewer than 100 accredited quilt appraisers in the nation; and one of only two in Utah. Several years' of study have given her a unique knowledge of period fabrics and traditional quilt patterns, which allows her to determine the age of almost any quilt. Sandra will have a vendor booth, offering quilt appraisals for a fee. Door prizes will also be given hourly. Come and enjoy the old and new in quilting!

The Delicate Stitchers Quilt Guild was founded in

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



Spring's Beauty by Laura Senter



In the Garden with Hummus and Chai by Marian Eason

2013 MOAB EVENTS

February 16	Moab's Red Hot 55K/33K	
March 9-12	Skinny Tire Festival	
March 11	Banff Mountain Film Festival	
March 16	Canyonlands Half Marathon	
March 23-31	Easter Jeep Safari	
April 13	Zombie 5k	
April 26-28	April Action Car Show	
May 2-5	USTRC Team Roping	
May 25-26	Moab Arts Festival	
May 30-June 1	Canyonlands PRCA Rodeo	
May 31-June 1	Thelma & Louise Half Marathon	
Aug. 29-Sept. 9	Moab Music Festival	
August 23 & 24.	The Lane Frost Bull Ride Challenge	
September 20-22	Moab Century Tour	
September 25-29	Red Rockin' Rendezvous	
September 27-28	Moab Pride Festival	
October 4-12	PleinAir Moab	
October 10-12	Rock Gem & Mineral Show	
October 20	The Other Half	
October 27-Nov. 2	Moab Folk Festival	
December 7	Winter Sun 10K	

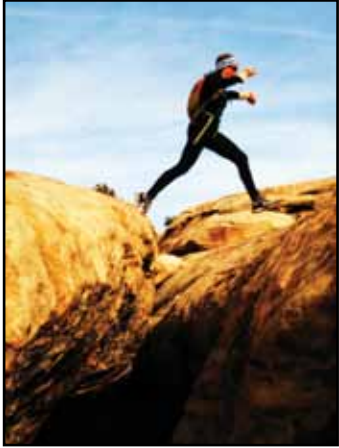
23-31 2013 Moab Easter Jeep Safari Trail rides, mostly day long trips, departing from Moab throughout this week long event. The Red Rock 4-Wheelers of Moab officially runs approximately 9 different trails every day, with "Big Saturday" culminating in the largest ever single trail ride departure happening - around 30 groups line up in down town Moab to head off in every direction for 30 different trails! For more info visit rr4w.com Note: This massive week-long event is one of the largest events of the year for Moab. Please make your camping/lodging reservations as early as possible!

31 Easter

TRAIL HAPPENINGS

Running the Amasa Back and North 40 Trails

By Heather Martinez



I've always wanted to be a runner, but something always got in the way. I'd make a resolution to start running, make a detailed running plan (I'm great at planning), then give it all up in about a week. I had no idea that my seasonal move to Moab to experience more climbing would essentially lead to me finally being able to call myself a runner.

Not long after I'd somewhat settled into Moab—"settling" just meaning that I was no longer living out of my tent—I experienced a personal tragedy that left me unglued and wondering what I was doing with my life. In the midst of despair and self-wallowing, a great friend (and now my husband) said a few simple words, "Let's go run." Amasa Back to Jackson's Trail, 6.5 miles, two hours on my feet in 100-degree weather, and a lot of stopping: it was pure will power. My mind shut off (for once), and I finished it.

I didn't run that much that day, but I discovered what it means to run: pushing past your mind, past what you think your body is capable of, and actually feeling what your body is capable of. I was hooked. Amasa Back-to-Jackson's became my daily run and, before I knew it, I was running the entire loop in an hour and fifteen minutes. Of course, in the early spring, I always check conditions before committing to any trail, since ice, snow, or mud can challenge my footing. And do not attempt the Jackson Trail with snow or ice on the ground!

Eventually it clicked: if I wanted to push myself, I had to run trails. The road didn't do it for me, no matter how much I tried to make it work. Running roads was monotonous, and I couldn't stand cars constantly rushing by. The scenery on trails allowed me to let go and just be, something that to this day is hard for me.



"North 40" at Moab Brands

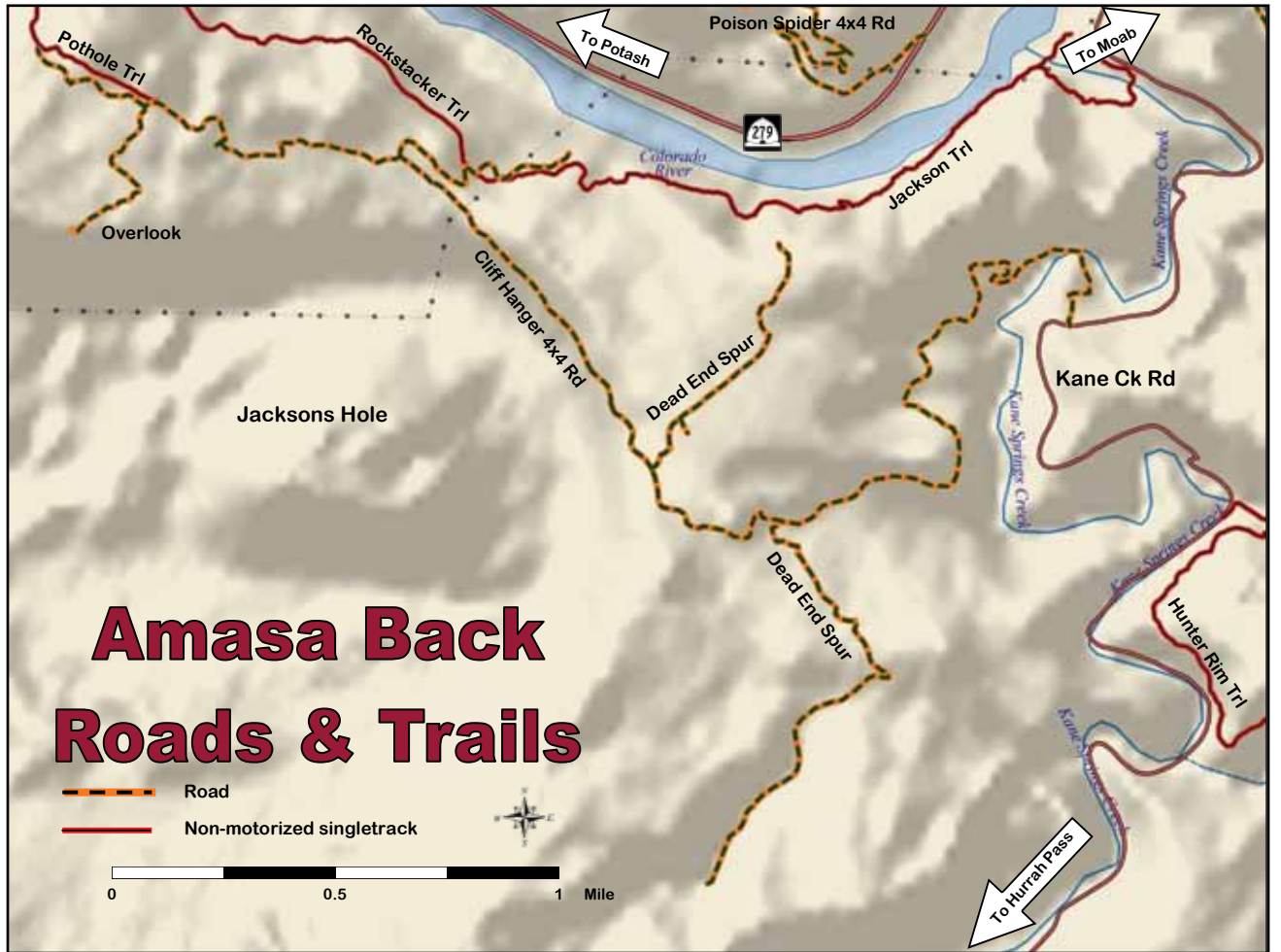
Life has brought many changes over the past two-and-a-half years. I've married, had a son, and started an actual career. As to be expected, life took over, and again, I find myself scrambling for a release. The difference this time is that I know what it's like to be a runner. I've felt it, felt what my body is capable of, and I know exactly where to start: on trails.

Snow blankets the Mesa at Dead Horse Point State Park

Unlike the previous year, winter has come with a surprise blanket of white snow. Nearly every inch of the mesa top encompassing Dead Horse Point State Park is covered in a brilliant white sheen, adding a bold contrast to the red cliffs. Much like a blanket, this thick snow acts as a barrier from the bitter cold air, bringing slight comfort to the plants and animals sealed underneath. With its glistening mounds of frozen water, the snow evokes thoughts of a beautiful spring to come. Though it is cold and icy at the moment, this snow will certainly melt, moistening the ground, filling potholes, and bringing a watery reprieve to last year's parched landscape. Though predictions of snowmelt fed, spring wildflowers are nice; one cannot escape the current reality of the mesa.



While walking the rim trails, an easily followed sunken path flows from each snow mounded cairn to the next. Tracks of rabbits, fox and other animal inhabitants are easier than ever to spot as they dot the otherwise untouched snow. In some areas a chase scene between a coyote and rabbit might even be observed and easily relived



"Killer B - Bike" at Moab Canyon off paved path



photo credit: Dan Patitucci

I have a new daily run now: North 40 Trail at Moab Brands. It's shorter than Amasa Back-to-Jackson's, it's less technical and has much less elevation gain, but it's mine. I can still feel Amasa Back calling me, though, drawing me in like an old friend I haven't spoken to in years. It will be hard again, it will hurt again, but the sense of accomplishment, the feeling of letting go and just being, is worth any amount of pain. Every time I make it out to run, my muscles remember and they push me on. My mind lets go, and I am a trail runner.

Heather Martinez and her husband Chris own GrassRoots Events and 360 Moab Adventures, a trail-running tour company.

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



Skinny Tire Events presents...

SKINNY TIRE FESTIVAL
March 9-12, 2013

MOONSHADOWS IN MOAB
May, 2013

MOAB CENTURY TOUR
Sept 20-22, 2013

Benefiting Cancer Survivorship Programs

SkinnyTireEvents.com
435.259.3193

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RESTAURANT GUIDE

GOT BEER? WE HAVE COLD BEER TO GO

PACKAGING AGENCY
Opens at 11:30 am every day!

MOAB BREWERY
UTAH

5.5% ABV 16 oz 4-Packs

7% ABV

686 S Main St • www.themoabbrewery.com

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, Moab Brewery beer is available at other restaurants in town. Many flavors are on sale at retail stores in Moab as well in the Salt Lake City area. Two upscale lounges are 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. Moab Brewery now has a package agency open every day at 11:30 am where you can purchase their new higher volume beer selection.

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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SPICING YOUR LIFE SINCE 1981

LA HACIENDA
Restaurant

OPEN MON. - SAT. 11AM

DAILY SPECIALS VEGETARIAN FRIENDLY

574 NORTH MAIN, MOAB
435-259-6319
STATE LIQUOR LICENSEE

Singha
Authentic Thai Cuisine

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

Now Serving Beer, Wine & Saki

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

BROKEN OAR
RESTAURANT

53 West 400 North
½ block off Main St.
(435) 259-3127

Coming in March the High Side Loft at the Broken Oar. Featuring hot wing specials, drinks, and great food. Flat screens and wi-fi

Winter - Open for private parties only
Call Randy for reservation

Steaks • Ribs • Pasta • Chicken • BBQ
Trout • Brisket • Pulled Pork • Burgers
Salads • Desserts • Beer & Wine

Simply the BEST... Made Fresh
Sandwiches • Soups • Salads

Open All Winter

PANTELE'S
DESERT DELI

Finest Quality Ingredients in Generous Portions

Dine-In • Phone Orders
Catering and Party Trays available

Mon-Sat 11am-4pm
Closed Sunday

435-259-0200 • 98 E. Center St. • Moab

Your Home Town
Pizza Hut

265 South Main, Moab
Open Daily • 259-6345

Sun - Thurs 11am-10pm
Fri & Sat 11am-11pm
Dine in and Carry out, all day
Delivery Available from 4pm-10pm
7 days a week

Quesadilla
Mobilla
Moab's Gourmet Food Truck!

REOPENING
FEB. 17

COME SEE WHY WE'RE A LOCALS FAVORITE!

We can do events and catering
Come find us on Facebook and Twitter

www.quesadillamobilla.com

Open 11am - 10pm
Prime Rib • Wed., Fri. & Sat.

Susie's
BRANDING IRON
Backdoor Bar • Now Open
Karaoke • Every Sat. Night

COME TASTE THE WEST
2971 South Highway 191
* 3 Miles South of Moab • 259-6275 *

RESTAURANT GUIDE



Jeffrey's STEAKHOUSE

CASUALLY UPSCALE
CLASSIC STEAKHOUSE FARE

218 NORTH 100 WEST
435-259-3588

JUST SLIGHTLY OFF MAIN

**WE ARE PROUD TO SERVE
LOCAL ORGANIC PRODUCE
WHEN AVAILABLE**

OPEN 5:00PM
CALL FOR RESERVATIONS

WWW.JEFFREYSSTEAKHOUSE.COM

STATE LIQUOR LICENSEE

EklectiCafe
ORGANIC COFFEE
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Carnivores,
Herbivores,
Omnivores!
Vegetarian
Friendly

Breakfast • Lunch
"Best Desert Oasis" Salt Lake City Magazine

HOURS
7 Days A Week 7:00am-2:30pm
352 North Main, Moab • 435-259-6896

Buck's Grill House

Contemporary Western Cuisine

**Steaks & Game
Vegetarian & Southwest Cuisine**
Open for dinner at 5:00 Friday- Monday
Serving Lunch starting in March

Vista Lounge

"Feed Your Spirit"

Micro Brewed Beers • Fine Spirits & Live Music
For a schedule of live music, go to www.bucksgrillhouse.com
1393 N. Highway 191 • 435-259-5201

Bar M Chuckwagon

7000 North Highway 191 259-BAR-M(2276)

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

The Blu Pig

811 S. Main 435-259-3333

Dinner • Take Out
Open Daily 3pm-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 lit 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 Fri-Mon at 5:00pm
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.

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

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 7:30 a.m. - 1:30 p.m.
Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! "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 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. 11am
Closed Feb. 4-10 to maintenance remodeling.
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.
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.

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

83 S. Main 260-0289
 Thu, Sun & Mon 11am to 4pm
 Fri & Sat 11am to 8pm
 Tue & Wed closed

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
 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
 Reopening mid February
 Come join us and experience a fun and casual atmosphere. Experience our fantastic, friendly service. Enjoy Steaks, Seafood, Appetizers, Gourmet Burgers, Wraps, Sandwiches, Awesome Salads and Freshly Grilled Entrees. Daily Specials, Kids Menu. Call in and take out orders welcome. Full Service Liquor License. Now serving Hand tossed Pizza, Italian pasta dishes.

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 7 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
 Lunch • Dinner • Family Dining
 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.

Sweet Cravings

Bakery + Bistro

Breakfast/Lunch
 Coffee & Lattes
 Sandwiches & Salads
 Endless Homemade Pastries
 Boxed Lunches • Catering
 Now Delivering
 Tue-Fri 8am - 5:30pm
 Sat 8am - 3pm

435-259-8983 • www.cravemoab.com
 550 N. Main Street, Moab, UT 84532

SLICKROCK CAFE.

Family Owned & Operated



Reopening
 mid
 February

Now serving
 Hand Tossed Pizza
 Italian Cuisine

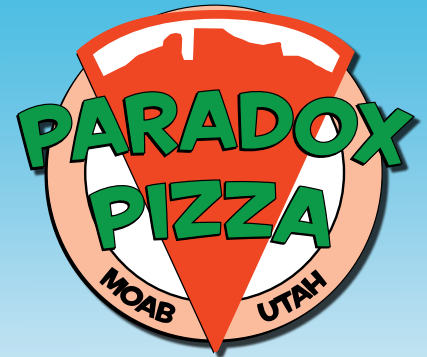
Burgers
 Wraps
 Steaks
 Seafood
 and a whole lot more...

Kids Menu, Daily Specials

Lunch & Dinner Menu

Full Service Liquor License

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 (+35) 259-8004 • www.slickrockcafe.com



EAST COAST STYLE, STRAIGHT FROM MOAB

WE DELIVER

EAST COAST STYLE PIZZA FRESHLY MADE TO ORDER
SLICES! HOMEMADE SOUPS, BREADS & DESSERTS
 702 SOUTH MAIN ST. 435-259-9999



www.ZAXMOAB.com
 96 S Main St
 Moab, Utah
 (435) 259-6555

Largest selection of local Utah microbrews on tap!

Winter Specials
 Pizza Happy Hour
 Monday - Thursday 4:30 - 5:30

• **\$9.99 All-U-Can-Eat Pizza Bar**
 Monday & Wednesday

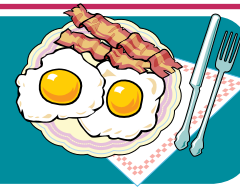
Daily lunch and dinner specials!

GREAT OUTDOOR PATIO • LARGE GROUPS WELCOME
 COME QUENCH YOUR THIRST AT THE WATERING HOLE

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



RESTAURANT GUIDE




America's diner is always open

FREE WiFi

DON'T FORGET!
Kids Eat Free Tuesday and Thursday 4pm - 10pm
989 North Hwy 191
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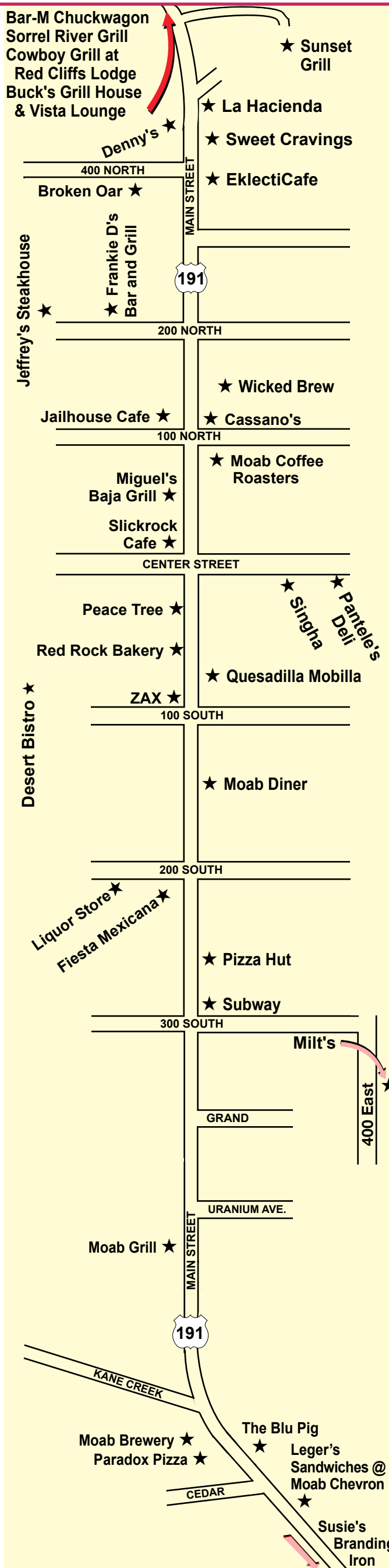


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Jason Matz, garden manager, has been recognized at Sorrel River Ranch's "Best of the Best" recipient. This is the most prestigious company-wide award that is offered at Benchmark Hospitality International at Sorrel River Ranch. Jason has been an absolute pleasure to work with. That is one of the many reasons

he was chosen by his peers. He is an excellent example of "team player." Jason has been instrumental in developing Sorrel River Ranch's "Farm to Plate" program. Through his efforts, the Sorrel River Farm's delivered over 10 tons for sustainable produce to not only in the ranch's River Grill but to Moab restaurants and grocery stores.

Jason works closely with Executive Chef Richard Potts to make sure that every guest has a memorable culinary experience. Jason's focuses on customer service and he consistently goes above and beyond to make sure that every guest is treated like family whether it be in the garden or at the resort.

Everyone on the team enjoys working with Jason, because he helps create a fun, friendly and professional environment. Jason always maintains a positive mood and is a great example to the team.

The "Best of the Best" program involves inducting top performing employees into a special "club" that provides ongoing recognition and rewards to this exceptional group of employees - who consistently demonstrate exceptional performance day in and day out." These employees exhibit the "whatever-it-takes" attitude in providing great guest experiences,

"Success in this business is all about building a great team," states Linda Cerra, General Manager at Sorrel River Ranch. Best of the Best is right on target with this approach. We are very proud to recognize Jason Matz for all that he has done for Sorrel River Ranch: working with the culinary team, advancing our Farm to Plate initiative, and being a great example to the staff."

For more information on Sorrel River Ranch visit:
 www.sorrelriver.com



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NATURE HAPPENINGS

Coops

By Damian Fagan

The birds at the backyard feeder scatter like proverbial quail as a blur crosses the yard. Doves and finches, chickadees and sparrows dissolve into the shrubs that line our yard. The blur stops, perches on the fence and gives the bushes the evil eye. I think I hear a sing-song voice saying, "I know you're in there! Come out, come out wherever you are."

But the little birds know better. The blur, better known as the Cooper's hawk (*Accipiter cooperii*), stares for a few more moments, shakes its feathers, then pushes off into the hunting current and disappears.

The crow-sized Cooper's hawk or "Coop," as known by many birders, is one of three accipiters found in Canyon Country. Coops are the middle-sized ones, larger than sharp-shinned hawks and smaller than Northern goshawks. Named after William Cooper, a New York naturalist who collected the first specimen for science in 1828, these birds were formerly known as "chicken hawks" after one of their backyard prey items.

Wintering Cooper's hawks in the Moab area could be either year-round residents or migrants from farther north. The bird's range extends up into Canada, but many migrate southward in winter, some as far as Mexico or even South America.



When I worked in Arches National Park, I did surveys for nesting Cooper's hawks. The birds nested in the scant cottonwood galleries than lined Courthouse and Salt Wash. Nest sites were about two miles apart, so I'd spend a portion of the day hiking the wash and checking out the activity. The birds start nesting around April or May, and fledged young in June or July. This breeding season coincided with the horse fly season; it took me one hike of wearing shorts to never repeat that mistake.



Dressed in pants and a long-sleeved shirt, I'd hike the wash, sweat like Satan, and ignore the flies. I'd locate the hawks by listening for their "mad-laughter" calls or by an adult blasting out of the trees. When I'd locate a bird, I'd stop and scan the trees for nests or adults. The narrow ribbon of vegetation along the wash bottom made it easy to search each tree, as compared to looking for birds in thicker forests.



In the park the Coops nested about 1.5 miles apart. Probably enough distance that the adults didn't compete for prey of doves, flycatchers, woodpeckers, jays, small mammals, and even lizards. Known as "still hunters," the Coops would hunt from a perch, waiting for prey to pass by. When prey appeared, the Coop accelerated and sprinted through the vegetation in hot pursuit. Their short, broad wings are designed for bursts of speed, and their long tail acts as a rudder helping them navigate through the woods. The birds also hunted on the wing, taking prey by surprise.

Though Coops like nesting in riparian areas or urban woodlands, they'll also nest in coniferous patches in the mountains. In the canyons, the territories were probably more linear due to the canyon structure.

But with nesting season still months away, the area's wintering Coops still have several months of survival before heading north. One strategy is to patrol riparian areas and urban neighborhoods for prey at "the speed of blur." You've got to be quick to catch the Coop.



Winter 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, back-country skiing and snowmobiling. The winter access to the mountains is provided from two routes kept open by the Grand and San Juan County Road Departments.

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

are using the sledding hill, please park in the parking lot so other vehicles can get to the parking lot. The road in the winter is narrow enough!

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



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

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 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.

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

For more information you can contact Max Forgensi at 435-636-3355

Avalanche Class

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.

FOR CURRENT ADVISORIES

259-SNOW (7669)

888-999-4019

www.utahavalanchecenter.org

or on facebook.com at

the UtahAvalancheCenterMoab site

SKY HAPPENINGS

The Sky for February 2013

By Faylene Roth

SUNRISE AND SUNSET TIMES FOR FEBRUARY

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

1	7:23am	5:41pm
2	7:23am	5:42pm
3	7:22am	5:43pm
4	7:21am	5:44pm
5	7:20am	5:45pm
6	7:19am	5:46pm
7	7:18am	5:48pm
8	7:17am	5:49pm
9	7:15am	5:50pm
10	7:14am	5:51pm
11	7:13am	5:52pm
12	7:12am	5:53pm
13	7:11am	5:54pm
14	7:10am	5:55pm
15	7:09am	5:57pm
16	7:07am	5:58pm
17	7:06am	5:59pm
18	7:05am	6:00pm
19	7:04am	6:01pm
20	7:02am	6:02pm
21	7:01am	6:03pm
22	7:00am	6:04pm
23	6:58am	6:05pm
24	6:57am	6:06pm
25	6:56am	6:07pm
26	6:54am	6:08pm
27	6:53am	6:09pm
28	6:51am	6:10pm

MAJOR CONSTELLATIONS OF FEBRUARY

Overhead

Auriga
Canis Minor
Gemini
Taurus

Northward

Cassiopeia
Cepheus
Ursa Major
Ursa Minor

Eastward

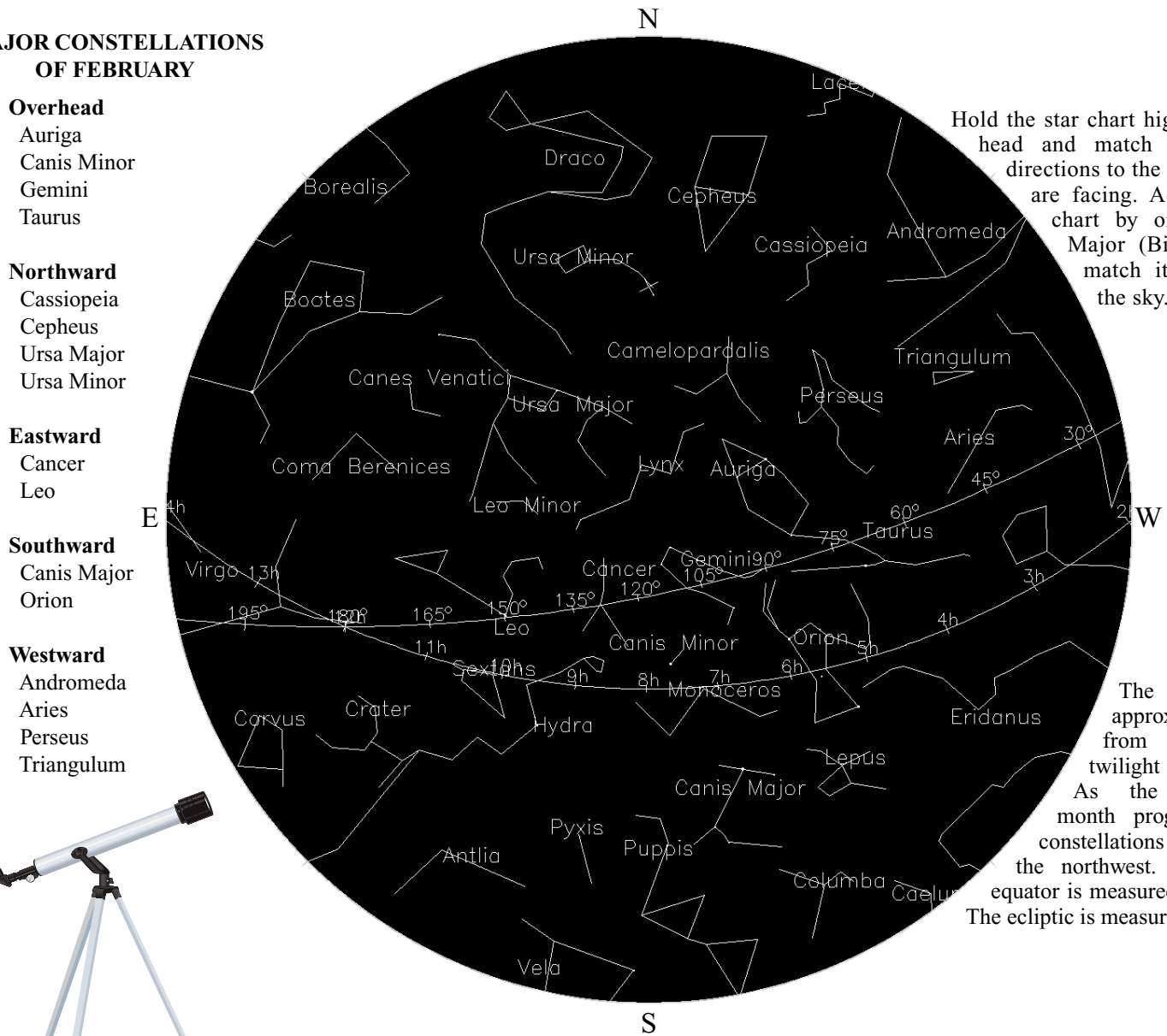
Cancer
Leo

Southward

Canis Major
Orion

Westward

Andromeda
Aries
Perseus
Triangulum



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

DAYLENGTH

Look forward to a gain of 62 minutes of sunlight during the month of February as the sun's position on the ecliptic rises higher each day. Usable light is extended by about 30 minutes at each end of the day when the sun is no more than six degrees below the horizon. At dusk, this period—known as civil twilight—fades into nautical twilight over the next half hour. During nautical twilight the sun is between six and 12 degrees below the horizon. Color is less visible in the landscape when the sun drops this low. The last half hour of twilight—astronomical twilight—is marked by dark skies overhead and minimal light around the horizon. The reverse progression applies to dawn.

MOON HAPPENINGS

Feb 3 – Last Quarter Moon rises soon after midnight.
Feb 10 – New Moon occurs at 12:20am.
Feb 17 – First Quarter Moon sets after midnight.
Feb 25 – Full Moon occurs at 1:26pm and rises at 6:23pm.
(The time of moonrise and moonset assumes a flat horizon. Actual time may vary.)

CHINESE NEW YEAR

The date for Chinese New Year varies depending upon the relationship between phase of the moon and the winter solstice. This year it begins February 10—the second new moon after the winter solstice.

PLANETARY CLUSTER

Even if we can't see it, imagine that six of our seven fellow planets range across the daytime sky on February 11 between 12 noon and 5:00pm. If we could see it, Venus would appear about 15 degrees west of the sun. Clustered about 15 degrees east of the sun would be first Neptune, then Mars, then Mercury. Uranus hangs back about 50 degrees east of the cluster with Jupiter about 75 degrees beyond it. Venus assumes an overhead position at noon with Jupiter rising on the eastern horizon. At 5:00 pm Venus will have descended to the western horizon

and Jupiter would be high in the eastern sky. As evening twilight progresses, only Jupiter is visible (see VISIBLE PLANETS box). Mars, Mercury, and Venus are too close to the sun to easily distinguish. Saturn has the sky to itself from about midnight to noon when Jupiter rises.

APPARENT DISTANCES IN THE SKY

Apparent distances between celestial objects are measured in degrees. The note in italics below provides a gauge for measuring these distances. You can calibrate the size of your hand with the following test. The stars of the Big Dipper span approximately 20 degrees. Castor and Pollux, the twin stars of Gemini are about 10 degrees apart. The stars in Orion's belt are separated by about 1.35 degrees. The apparent diameter of both the sun and the moon is 0.5 degrees. The sun and moon often appear larger on the horizon than they do when directly overhead. Use a pencil or your little finger to gauge the diameter at each position to reveal the illusion. (Try this with a full moon rather than the sun so that you do not damage your eyes.)

METEOR EVENTS

Look for sporadic fireballs throughout the month—many are seen along the line of the ecliptic (see map) and others emanate from a radiant in Auriga during the first three weeks of February. They can occur at anytime but viewing from 3:00am to dawn still provides the best opportunity.

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 – Large gaseous Jupiter dominates an already star-studded region of the winter night sky. It's brilliant yellow light is high overhead—westward at month's end—by the end of evening twilight. Look for it northwest of red-orange Aldebaran (Taurus). On February 18 a waxing first quarter moon appears less than one degree below Jupiter with Aldebaran less than four degrees below the moon. (Magnitude -2.7)

Saturn – Look for the ringed planet directly overhead during early morning twilight. The golden planet appears in a sparsely-populated region of the sky—to the west of faint Libra and flanked on the west by blue-white Spica (Virgo) and farther east by reddened Antares (Scorpius). Saturn rises about one hour after midnight at the beginning of February and about one hour before midnight by the end of the month. On February 3 it rises about 3.5 degrees north of a waning gibbous moon. (Magnitude +0.6)

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.

MOVIE & MUSIC HAPPENINGS



Movies Made in Moab

This is the 9th 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.



RUN COUGAR RUN (1970)

A Walt Disney Production, starring Stuart Whitman and Harry Carey, Jr.

It was filmed on location at Locomotive Rock, George White's ranch, Arches National Park, Dead Horse Point State Park and Bill McCormick's ranch in Castle Valley. The Utah scenery becomes a star of the film.

Story: This is a story about a mountain lion named Seeta, whose mate is killed by trophy hunters. Arah plays a shepherd who befriends Seeta and eventually is responsible for her escape.



VANISHING POINT (1971)

Starring: Barry Newman and Dean Jagger
Filmed on location at Thompson Springs and Cisco, along Interstate 70.

Story: Barry Newman (Kowalski) is employed at a car delivery service. He takes delivery of a 1970 Dodge Challenger to transport it from Colorado to San Francisco, California. He takes a bet shortly after pickup, to get the car at its destination within 15 hours. Following a few run-ins

Articles and drawings by John Hagner

with motorcycle cops and highway patrol, a chase ensues to take him into custody.

Kowalski, along the way, is guided by Supersoul, a blind disc jockey, who has a police radio scanner. There's lots of chase sequences, headlined by vehicle stuntman, Carey Loftin.

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

Stunts Stars And Legends: Carey Loftin (January 31, 1914 - March 4, 1997)



Stuntman/Actor and Stunt Coordinator, was born in Bountstown, Florida. He attended High School in Mississippi. Arguably Hollywood's Leading Vehicle Stuntman, his action skills were evident in hundreds of movies for more than 50 years. He began his career in stunts as a member of a traveling motorcycle stunt show in the early 1930s when he was 19.

Loftin was stunt coordinator in such classic adventures as *20,000 Leagues Under the Sea*, *Walking Tall*, *The Sugarland Express*, *The Deer Hunter*, *The China Syndrome*, *Rebel Without A Cause*, *Spartacus*, *Patton*, *The French Connection*, *Bullitt*, *The Great Race* (I had the privilege of working in this thrilling movie, starring Tony Curtis, Natalie Wood, Jack Lemmon and Peter Falk ... I was one of the bakers in the Bake Shop where we threw more than 3,500 real fruit-filled pies that took 4 days to complete and the sequence appeared on screen for about 6 minutes. It made the 'Guinness Book of Records for having thrown the most pies in a film'!

In the film, *Duel*, Carey and Dale Van Sickel performed one of the most nerve-wrenching sequence of stunt driving ever filmed. He drove the truck and Van Sickel was doubling for Dennis Weaver in the car.

In *Vanishing Point* filmed on location in Moab in 1971, Loftin's expertise in driving was very evident. It starred Barry Newman.

Clint Eastwood's film, *The Rookies* was Carey's last final stunt work. He passed away in Huntington Beach, California in 1997.

Note: Artist of the Stars, John G. Hagner is Founder of the Hollywood Stuntmen's Hall of Fame which was located in Moab from 1989 til 1995 in the building that is now the MARC. The Hall of Fame is presently without a home. It is a Non-profit organization dedicated to preserving the history of the Stunt Profession and to honoring stunt people the world over. Anyone wishing to make a donation may do so by mailing your tax-deductible donation to: Hollywood Stuntmen's Hall of Fame (making it to 'Building Fund'), 81 W. Kane Creek Blvd., #12, Moab, Utah 84532. Website: www.stuntmen.org. email: johnhagner@yahoo.com. Hall of Fame email address is: stuntmenhalloffame@gmail.com. Phone number: (435)-260-2160.

John Hagner is the author of seven books on the subject of stunt history. His first book is entitled, *Falling For Stars*, followed by *Dave Sharpe and Me*, *Richard Talmadge: The Incomparable*, *Bob Rose: The Nerviest Stuntman Ever*, *Jocko: Kangaroo Legs*, *The Stuntmen* and *How To Be A Movie Stuntman*. All of his books were self-published. He is looking for a Publisher to handle his books.

Moab Music Festival's 9th Annual Robert Burns Tribute

On February 9th at 6PM, Christopher Layer, Moab Music Festival Artist-in-Residence and wielder of highland pipes, flutes and whistles, and Kate MacLeod, singer, songwriter, and strummer and thrummer of fiddle and guitar will lead the 9th Annual Robert Burns Tribute at the Great Hall, Moab's Grand Center. Other participants include Moab's own, the Moab Community Dance Band, Flora Erickson, the Scottish bard Robbie Burns--in absentia--and of course, the Haggis.

The concert, which kicks off Layer's annual winter residency, is modeled on the traditional Robert Burns Suppers held throughout the world in January, includes a ceremonial "Salute to the Haggis," when Burns's "Address to the Haggis" is read, the steaming Scottish silver-trayed savory, flanked by sword bearer and Highland pipes is paraded throughout the hall, after which the haggis will be pierced by a replica of William Wallace's giant sword, sliced and served to everyone in attendance.

As Wikipedia describes it, "Haggis is a savory pudding containing sheep's pluck (heart, liver and lungs); minced with onion, oatmeal, suet, spices, and salt, mixed with stock, and traditionally encased in the animal's stomach and simmered for approximately three hours. Most modern commercial haggis is prepared in a sausage casing rather than an actual stomach. But fear not! The 2001 English edition of the Larousse Gastronomique offers this welcome reassurance: "Although its description is not immediately appealing, haggis has an excellent nutty texture and delicious savory flavor." COME AND GET IT!!!!

Proceeds from the concert will benefit the Moab Music Festival's Educational Outreach Fund and activities. Though arts organizations are struggling themselves, the Festival staff and board have always felt that arts education is an essential part of the community, not only as a critical part of a students' education, but as something that will potentially keep local audiences engaged and growing for the Festival itself.

Walkers will provide tasty shortbread cookies for the event.

Layer and McLeod will spend time with students in Moab area schools, hoping to recruit a few band kids to join in the musical fun on Saturday night. Layer will also be making visits to the Extended Care Unit at the hospital, and guest appearances on the air at KZMU Community Radio on Monday, February 4th from 5-5:30 p.m in interview on This Week In Moab, and on Friday, February 8th from 1-3:00 p.m. when he guest hosts the radio show 1-2-3. And on Wednesday, February 6th from 11 a.m. - 12 p.m, Layer will appear as guest musician with "The Happy Notes" for the Senior luncheon at The Grand Center.

Just the facts (the fun will follow!):

Saturday, February 9th at 6 p.m.

Moab Grand Center, 182 North 500 West Moab UT

Admission: Free. Donations accepted

Refreshments will be served.

More information: Aubrey Davis or Laura Brown at 435.259.7003

www.moabmusicfest.org

http://www.katemaclod.com



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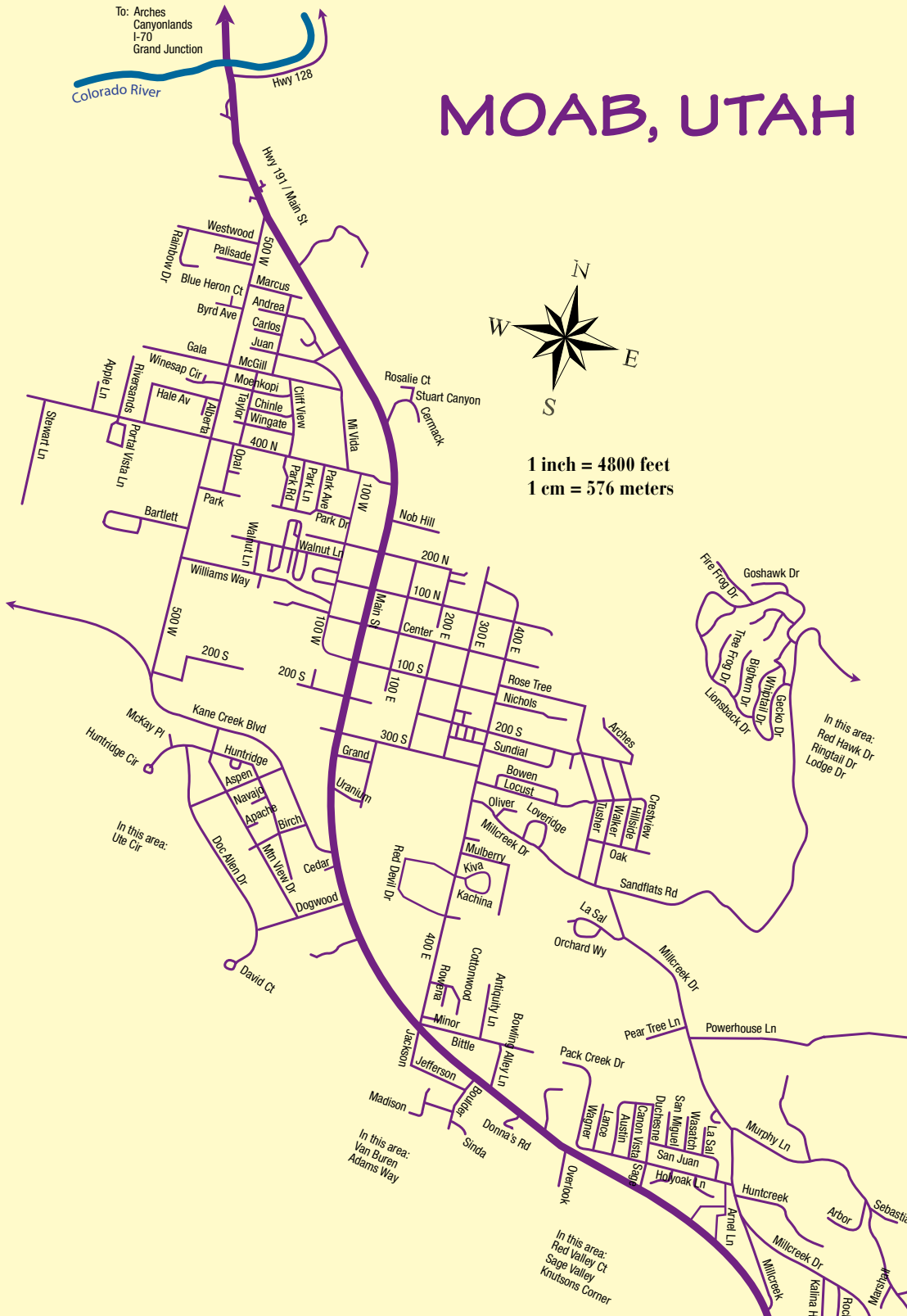
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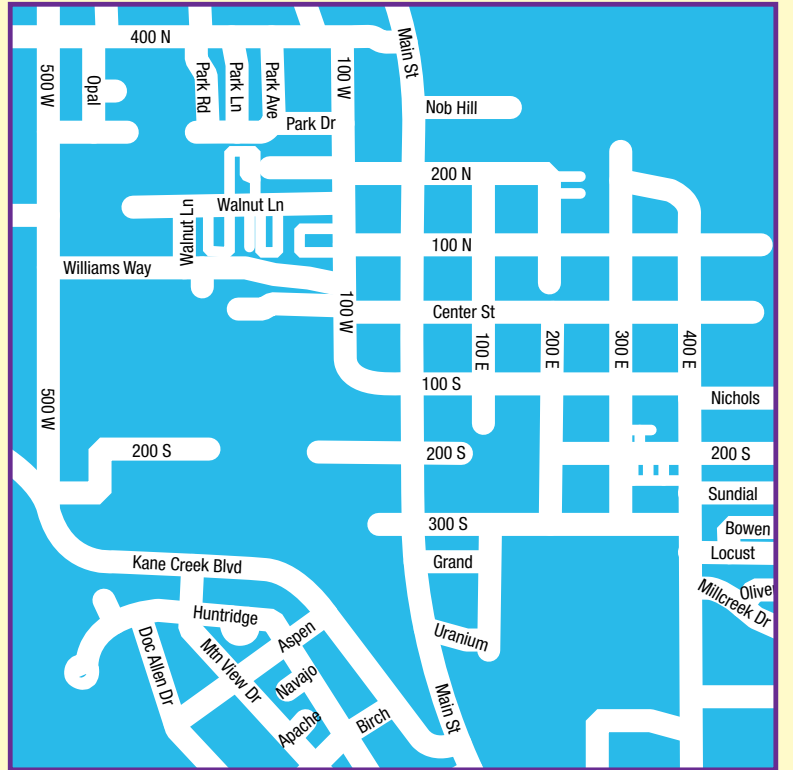


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MOAB, UTAH




1 inch = 4800 feet
1 cm = 576 meters



Downtown Moab

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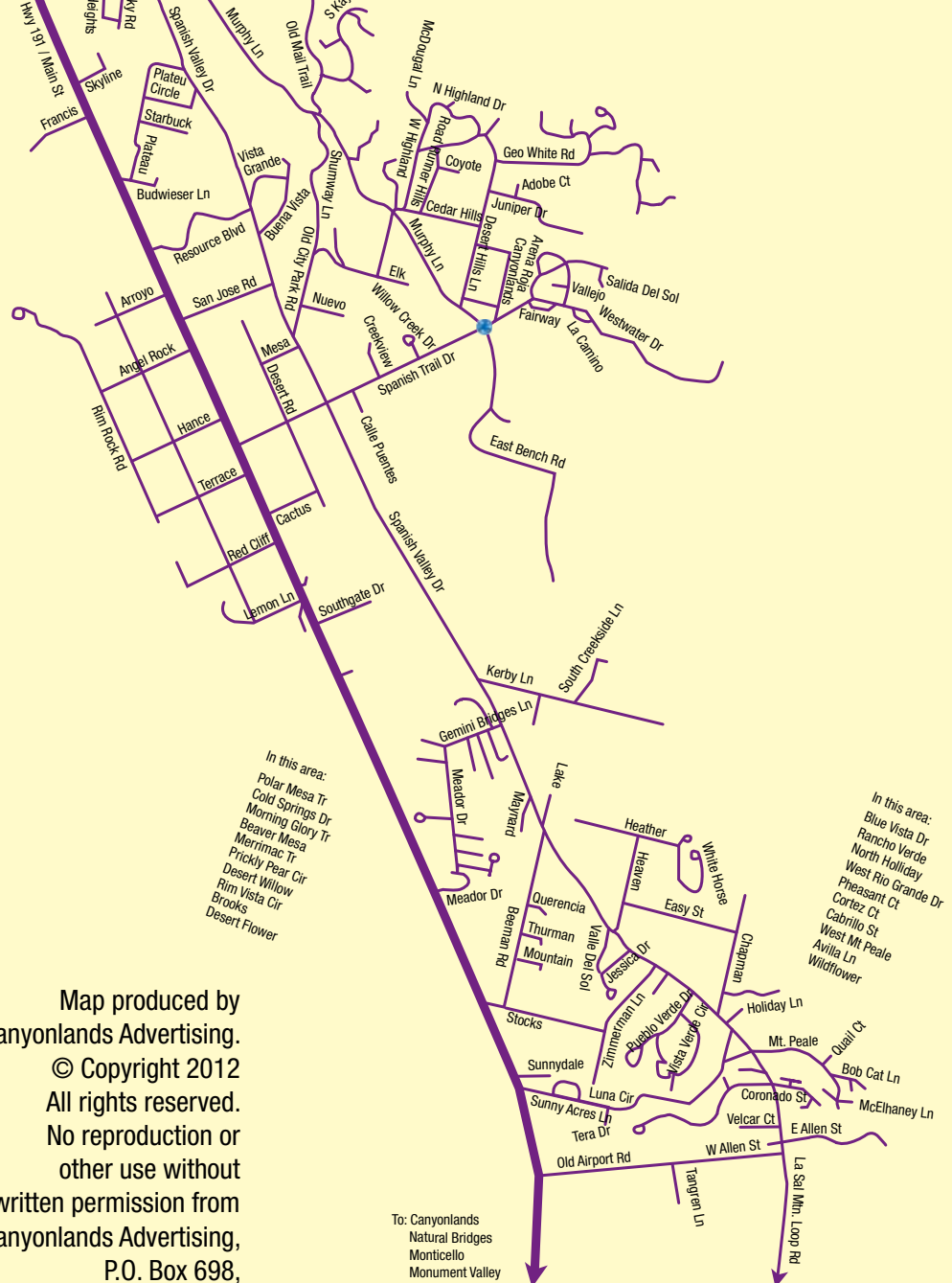


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Volume 24 Number 11

Section B

February 2013

Forty Years of Moab Community Theatre

Distinctive masks, lavish costumes, classic postures, theatrical flourishes and loud “whacks” will identify the next offering from Moab Community Theatre as commedia dell’arte, a classic form of improvisational theatre from the Italian Renaissance that originated slapstick comedy.

Moab Community Theatre (MCT) will kick off its fifth decade on Feb. 28, with the comedy *A Company of Wayward Saints* by George Herman. The group will perform in Star Hall on the same stage that was trod at the troupe’s debut production in 1973.

Begun in 1972 by Conrad and Jean Roberts, MCT has provided Moab with quality live theatre for forty years. When Conrad died during rehearsals for the first production, Jean resolutely continued on to direct that first show, *Bus Stop*. Jean Roberts’s commitment to excellence set the tone for the group’s first fifteen years until she moved away.

From the beginning, Moab Community Theatre has presented an eclectic blend of classics like *The Rainmaker*, *A Lion in Winter* and *A Streetcar Named Desire* as well as comedies such as *Don’t Drink the Water*, *Harvey*, *The Seven Year Itch* and programs consisting of several short plays such as *All In The Timing* by David Ives.

The troupe has explored absurdist theatre, mysteries and mime. The thriller *Wait Until Dark* (1978) has been providing retroactive nightmares to locals for years. MCT experimented with the Chamber

of Commerce to entertain tourists with melodramas and collaborated with KURA Radio and Four Corners Mental Health to produce *Fairy Tale Radio Theatre*.

Local creative talent has allowed MCT to premiere several original works, including BYU Prof. Max Golightly’s *Moonview*, Craig Rayle’s *OK Gas and Groceries* and Rick Fullam’s *The Origin of Escargot*. Edward Abbey’s only foray into play writing, *Best of the West*, was written expressly for Moab Community Theatre. *Fictional Animals* by Chaz Howard, *Eternal Dam-Nation* by Mara Shurgot and *Vipassana the Musical* by Kaki Hunter are all works by local playwrights that have been staged by MCT.

Two musical collaborations with Community Chorus in the mid-1980s, *Hello Dolly*, and *My Fair Lady*, were big hits, as were the smash comedies *The Foreigner* and *Noises Off!*

These shows all filled Star Hall to capacity, turning patrons away because there was not even standing room left.

Community theatre attracts participants from the entire community, including guides, waiters, doctors, businesswomen, artists, policemen, brokers, writers, wranglers, chefs, lawyers and visitors just passing through

town. In addition to the players are all the various behind-the-scenes people necessary to put on a show: folks who gather props and costumes, set builders and painters, stage crew and box office personnel, pavement pounders, publicity panderers and poster pasters.

According to Doni Kiffmeyer, producer of the current play, MCT is just “...a group of people who are

passionate about “putting on a show” for the community... for a variety of different reasons. Some enjoy the rush of being on-stage in front of our friends and neighbors. Some enjoy the process of rehearsal and camaraderie that develops from working closely with new and old friends on a shared project. Some do it for the parties. Some do

it for the love of their craft, whether it be light design or costumes or set design or any of the other myriad disciplines it takes to make a show happen. Some do it for the opportunity to try something they never

have done before, like stage managing, or producing or directing.” Anyone interested in becoming involved in community theatre is welcome to call Doni at 259-8378.

Moab Community Theatre will perform *A Company of Wayward Saints* in Star Hall on February 28, March 1 & 2, and March 7, 8 & 9, 2013 at 7:00 PM. Tickets are \$10.



KZMU - Moab Community Radio 90.1 & 106.7 FM

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

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Why and How to Fast

The Buddha did it, and attained enlightenment. Jesus did it, then overcame Satan in the wilderness. Muhammad did it to help him receive revelations from Allah. Gandhi used fasting as a political weapon to help him defeat the British and bring freedom to the second most populous nation on earth. The list goes on.

Unfortunately, none of us are likely to have this level of success when we fast. But that doesn't mean that fasting and cleansing can't have a positive impact on your life. From achieving that New Year's resolution of dropping those extra pounds, to bringing you greater mental clarity, confidence and spiritual depth, fasting is a perfect way to help yourself live more consciously.

On a physical level fasting and cleansing is a good idea because it gives your digestive system a break. In the same way you give your muscles a chance to relax and rebuild after a strenuous workout, giving your GI track a break lets it catch up and reset itself in a way that's hard to achieve when you are putting food through it three-plus times a day. Periodic fasting is also a tried and true weight loss technique.

Consciously deciding to ignore your body's impulse to eat when you are hungry can also help to foster a level of mental clarity and self-confidence. By choosing not to eat, or to only consume certain foods, we can become both more in tune with our own bodies and at the same time learn to separate out what we truly do need, from what we simply want.

Fasting and cleansing is central to nearly all religions as a way of coming closer to the divine. The belief is that the process of going without earthly pleasures improves prayer and meditation by allowing us to focus with greater clarity on the divine.

But though fasting can bring amazing benefits to your life, it is important that you fast and cleanse safely.



Let's say you want to do a 10-day juice and raw food cleanse. Start with just a day or two. Then maybe a week later try moving up to three or four days of organic veggies and fresh juice. If that goes well, then give the 10-day cleanse a shot.

The detoxifying is only half achieved by regulating what, if anything, you are taking into your body during your cleanse. The other, equally important half, is making sure all the bad stuff is coming out. So make sure that you are drinking lots of fluids and urinating at least once every few hours.

Keeping your bowel movements regular is just as important. This can be a bit of a challenge though, since your metabolism tends to slow down when you stop eating. But unless you keep things moving down there, there is a good chance that your colon will reabsorb many of the toxins you are trying to get rid of. Drinking salt water or taking several spoonfuls of olive oil can help to keep your bowel movements regular. Different herbs like Oregon Grape and Cascara Sagrada can also help the body to eliminate and clear toxins.

There are several other herbs that help with detoxifying specific organs and areas of the body, such as the liver and blood, during cleanses. The types and methods of using such herbs vary from person to person, so come into Moonflower Market and talk with our supplement specialist, or consult your naturopath, about which of these herbs is best for your situation.

And with spring right around the corner, there is no better time to give fasting a shot! To give your body the tools that it needs to flush out all those guilty pleasures you had over the holidays. And while you're giving your digestive track a chance to rest, why not try a little prayer or meditation? Who knows, all those spiritual leaders can't be wrong, right?

For more information on types of cleanses and fasts, their benefits, and products that help the process, just come in to Moonflower Market and ask one of our friendly staff!



It's important to start slow. Don't start with a five-day, no food fast; the shock to your system could do more harm than good. Instead, work up to your goal.

Understanding Your Child's Health:

An evening with Pediatrician Dr. Joe Roberts and Mental Health Counselor Antje Rath.

Are you wondering when to take your child to the doctor? Do you have questions about your child's behavior? Parents, teachers, and anyone who spends time with children of any age don't miss this opportunity to meet with pediatrician Dr. Joe Roberts and Mental Health Counselor Antje Rath for a Q&A panel hosted by the Moab Free Health Clinic. At the Grand County Public Library, February 28, 6:30 PM. Event is free and childcare will be provided.



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Mini Triathlon HAPPENINGS

8th Annual Health Fair at the Grand Center

On February 16, 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.



The opportunity to have a low-cost blood screening for \$60.00 is available with blood draws made at Moab Regional Hospital's lab preceding the event, from now through February 8th. Those who take advantage of this offer can retrieve their results at the health fair. Please be advised that test results will only be given to the individual who had the screening blood test. 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 Tuesday-Friday from 7am-11am and should be done after a 12 hour fast. Call the lab at 719-3630 and to take part in this great offer from Moab Regional Hospital.

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



By attending the fair, one can obtain information about health services—both private and government programs—that are available in our community. Care of the elderly, Active Re-entry, home health care and respiratory services are all readily available in our area and representatives of these interests will be at the fair this year. This year there will also be able to try out different fitness options from yoga to pilates.

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

MRAC ATTACK Mini-Triathlon

The Moab Recreation and Aquatic Center will hold its semi-annual **MRAC ATTACK** Mini-Triathlon on Saturday, March 2, at 10:00 a.m. The community event is open to all and is intended to be both an individual self-challenge and a family participation event. Last fall several families entered the race and it was great lesson in sportsmanship for the kids and a fun family bonding experience.

Each participant must bring a bicycle, helmet, swimsuit, towel, and proper footwear to compete. Each event combines a run, a bike ride, and a swim competition.

The most challenging competition of the event is the "Elite" category, which involves a 5K run, a 10-mile road or mountain bike ride, and a half-mile swim. The shorter "Open" category consists of a one-mile run, a 5K mountain bike ride, and a 300-yard swim. The "Youth" category, for



those under age 12, features a half-mile run, a one-mile bike ride, and a 150-yard swim. Kids may use life jackets or kickboards if needed. The event is designed for athletes of all levels and awards will be given for the top five places in each of the three categories for both males and females. All participants will receive a Completion Certificate and all youth who do not receive an award for finishing in the top 5 will receive a participation ribbon.



Race registration, start, and finish lines for all three events will be at the Moab Recreation and Aquatic Center, 374 Park Avenue, Moab. Participants may pre-register at the center's front desk or online through March 1, 2012 at www.activityreg.com. Event fee is \$10.00. Late registration (day of race) is \$15.00 and will be held from 8:00 to 9:30 a.m. at the MRAC front desk. Cutoff time for registration is 9:30.

Last spring 2012 competition winners included:

Youth: Tava Walling (15:05) and Mason Flynn (12:48)
Open: Tia Shumway (31:07) and Tyler Moreau (29:12)
Elite: Lauren Atkinson (1:21:24) and Brian Pierce (1:10:12)

Last fall 2012 competition winners included:

Youth: Mary Kimmerle (10:49) and Chance Arbon (11:41)
Open: Zhanna Rice (31:43) and David Spencer (25:41)
Elite: Danelle Ballengee (1:09:47) and Jim Lewis (1:04:33)



MOAB MINI-TRIATHLON - MRAC ATTACK

Saturday, March 2, 2013

Race starts at 10:00 am from the **MRAC**

Please Pre-register • Please Pre-register • Please Pre-register

Pre-register at activityreg.com or at the **MRAC** front desk

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2. OPEN: 1-MILE RUN + 5K MOUNTAIN BIKE + 300-YD SWIM

From the MRAC run around the park 2 times, + mountain bike the Turkey Trot Route + swim 6 laps at the MRAC (6 laps = 12 lengths)

3. YOUTH UNDER 12: 1/2-MILE RUN + 1 MILE BIKE + 150-YD SWIM

From the MRAC run around the park 1 time, + bike around the park 2 times + swim 3 laps at the MRAC (3 laps = 6 lengths, kickboards & lifejackets available)

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ASTROLOGY HAPPENINGS

Your Horoscope for February 2013

The first week of February has our heads spinning. Be very careful with drugs and alcohol on the 4th and 6th. Beyond that date, if you have something that requires real mental power, put it off until the 12th. Avoid a confrontation of words on the 8th. Jump in and get things done on the 15th and 16th when the energies are super flowing. Take time to help those in need on the 21st through the 25th. Mercury turns retrograde on the 23rd, so for the following three weeks triple check everything Mercury rules, which is: all forms of communication, transportation, record keeping, scheduling, electronic devices, computers, contracts and agreements. New moon: 10th; Full moon: 25th.

Holidays: 14th Valentine's Day, 18th President's Day

Jan. 21 - Feb. 18



Aquarius: Happy Birthday, Aquarians! A pretty face could mess-up your head and your heart on the 6th so get ready for Valentine's Day early. From the 8th to the 11th stay focused on your needs and limitations. The time for action in your life is from the 12th to the 16th so

get moving. You have a wonderful chance to help someone in need on the 21st through the 25th. There could be some very good news coming to you about money on the 28th.

Feb. 19 - Mar. 20



Pisces: You may be feeling a little run down. Give yourself some room and get rested. Avoid all drugs and alcohol on the 4th unless it's by a doctor's orders and watch them, too. A secret romance could flourish on the 6th. Take it slow, and don't overdo things too quickly. You

may feel like getting a makeover on the 15th or 16th. Good idea! Just don't let it get the better of you as it could create problems on the 26th. You could receive some really great news on 28th. Good Luck with that.

Mar. 21 - Apr. 20



Aries: Dream big for the next year this month. Say NO to drugs and alcohol on the 4th. Friends could introduce you to someone who turns your world upside down on the 6th. Go slow and be careful with your promises from the 6th through the 12th. Tend to private matters on the 15th and 16th to insure secrecy. Visit friends or relatives who are ill on the 21st through the 25th. Something of a private matter comes around to your liking on the 28th. You'll be smiling.

Apr. 21 - May 21



Taurus: Your career is highlighted this month. Avoid a party with over-the-top friends on the 4th. A new face at the office is going to turn your head. Keep it on the QT from the 6th to the 12th. Enjoy a Valentine's Day with your new interest and the company of friends from the 14th

to the 16th. Planning for the future and what you dream about is on the table after the 19th. A grand favor maybe exchanged with a friend on the 28th.

May 22 - June 21



Gemini: Church groups have your time and attention this month. Avoid an invitation to party with office pals on the 4th. A new friend in your social circle captivates you on the 6th. This could get serious very quickly. Go slow and watch what you commit to from the 6th to the 12th. Tend to matters in your career from the 15th to the 25th. This all pays off big dividends on the 28th for you. After that, you can go back outside and play.

June 22 - July 22



Cancer: You are balancing the checkbook this month. Got to do it. Sidestep any invitations regarding drinking and drugs on the 4th. A pretty face, maybe at the bank, really peaks your interests on the 6th. This could go nice places if you keep the pace under control from the 6th to the 12th. This Valentine's Day lasts from the 14th to the 16th for you. How fun is that? Donate some time to your church from the 21st to the 25th. A blessing could land in your lap on the 28th.

July 23 - Aug. 24



Leo: Your partnerships are in focus this month. Avoid telling someone close a lie about money on the 4th. Spontaneous romantic activities enliven your marriage from the 6th to 16th if you're willing to say YES instead of NO. Be careful not to overextend yourself from the 8th to the 12th in any way. Get some exercise on the 15th and 16th. Do something fun with a group of friends from the 21st to the 25th. A windfall could be heading your way on the 28th. Lucky You!

Aug. 24 - Sept. 22



Virgo: Be totally honest with your partner this month, especially on the 4th. If you're single, a new face in the workplace could be turning your head and your heart. If it catches on, things can skyrocket from the 6th to 16th. Be mindful of romantic promises given in haste on the 8th and 9th. Valentine's Day is a keeper for both single and married Virgos this year and it lasts from the 14th to the 16th. From the 21st to the 25th, work at removing any outstanding blocks in your relationships. There's a chance of forming a new business partnership on the horizon on the 28th.

Sep. 23 - Oct. 23



Libra: Pay no attention to rumors in the workplace on the 4th. You're centered on your love life this month and it gets a jumpstart on the 5th when a new person enters your circle. From that date until the 16th matters move quickly so be mindful of promises and boundaries. Start a new diet or exercise program on the 15th or 16th. It's also a good time for a physical from your doctor or dentist. From the 21st to the 25th try and volunteer some time to the needy. A background partnership could payoff largely on the 28th.



By Robert Wells

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."

Oct. 24 - Nov. 22



Scorpio: Avoid a social event with drugs and alcohol on the 4th. Home is where your heart is this month Scorpio but a newcomer to your domicile could turn your all around on the 6th. If romance takes off things will move quickly so be careful what you allow to happen from the 9th to the 16th. You may have the urge to start a new hobby on the 15th or 16th and I encourage you to follow that urge. From the 21st to the 25th you could personally council people who need your experience. A creative or speculative effort pays off on the 28th.

Nov. 23 - Dec. 21



Sagittarius: There's much to do and say, and if you're out and about be wary of those who might be drinking and driving on the 4th. Communications and errands keep you hopping this month and just when you least expect it, there could be a new love interest walk into your life around the 6th. Don't overdo it physically or financially from the 9th to the 12th. Valentine's Day is three-day event for you ending on the 16th. If you need to do something requiring physical strength and endurance, then the 15th and 16th are the best days to do it. Spend time working and visiting shut-ins from the 21st to the 25. Some good news about your home could arrive on the 28th.

Dec. 22 - Jan. 20



Capricorn: Pay attention to your financial holding this month. Something may be very wrong in this area on the 4th. Look doubly hard until you find it. You could find a new friend at the bank on the 6th. It could get serious over the following two weeks. Use your head in this matter especially on the 9th. Get out and get some fresh air on the 15th and 16th. Spend some time working with underprivileged children if you can from the 21st to the 25th. It will be good for your soul. You could catch a raise in pay on the 28th.

Skinny Tire Events

March 9-12 brings road cyclists from around the country to enjoy four days of fully supported, world class road cycling routes through Moab's most spectacular landscape. Participants are treated to rolling spins along the Colorado River, to Dead Horse Point State Park, and the crown jewel of a ride through Arches National Park. The Festival quickly became a pilgrimage for cyclists eager to brush off the winter cold and venture into warmer spring temperatures in Moab. This cycling season opener has attracted riders from not only regional states, but throughout the nation and Canada.

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

Established as a benefit ride for cancer survivorship programs and research, all proceeds go back into changing

the world of cancer. "We've had cyclists attending this event every year since its inception; we are like family. We've shared laughter and tears as we've all gone through some kind of cancer experience and put purpose to our cycling", said founder Mark Griffith. Cyclists register and are required to donate to a cancer related cause---of which there are many.



Over the past thirteen years, cyclists have donated \$3.6 million to cancer research and survivorship programs all over the world. All cyclists donate a portion of their fundraising to the two room cancer treatment and resource center at the Moab Regional Hospital, making it possible for those in the Moab community to get treatment and help locally should they be facing a cancer situation. "After months of driving to and from Salt Lake City for treatment, I was able to use our local hospital's facilities", said Arlo Tejada. "I can't tell you the difference it makes to be able to go home to my own bed following a treatment. In the past few months I heard the words I'd only been wishing for...that I was in full remission. I appreciate the research dollars that made the

new drug treatment I'm using possible, and I appreciate using my hometown hospital facilities and wonderful staff when I needed to".

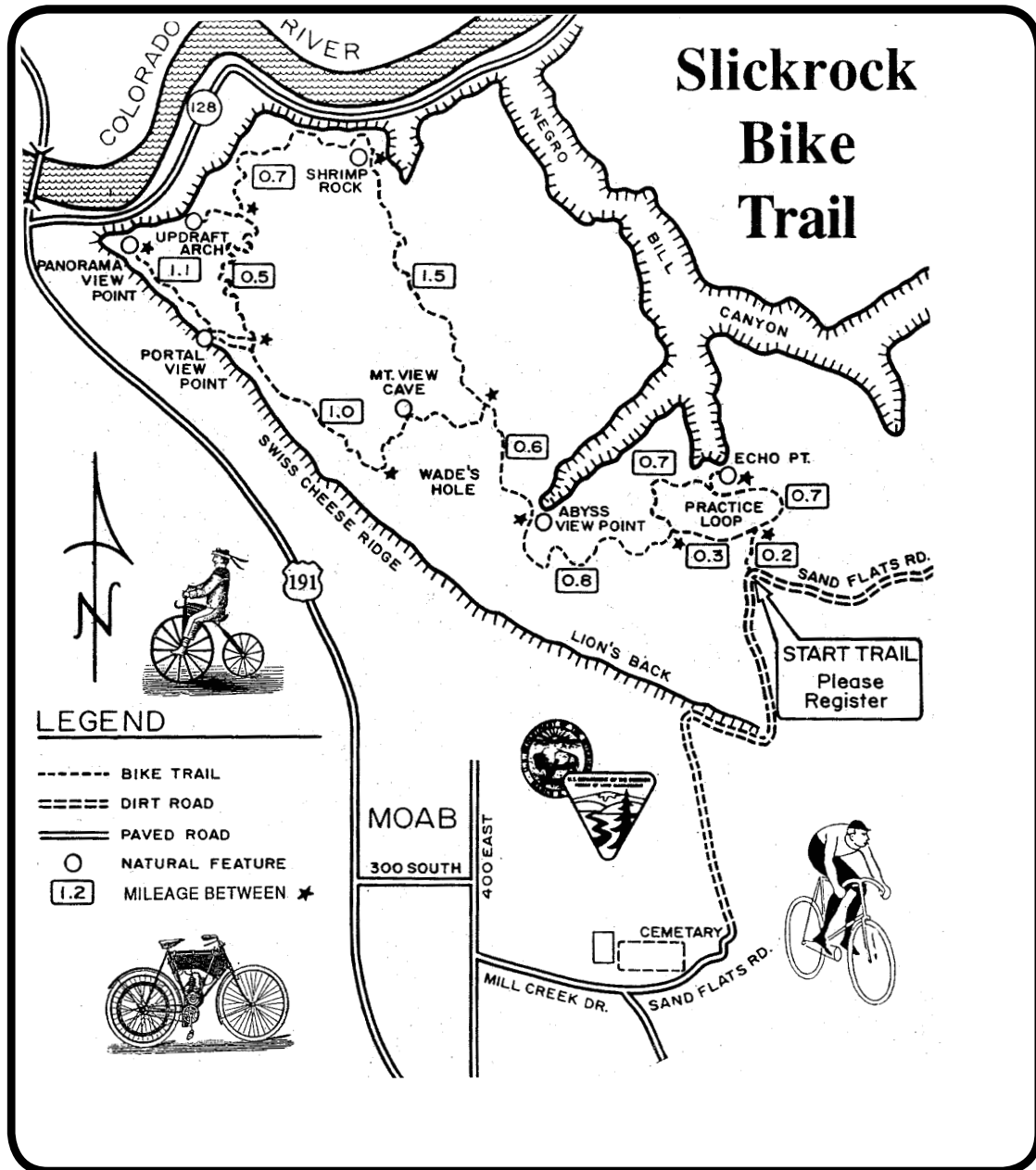
Put purpose to your cycling and come ride with us! Ride one day or ride all four! Activities over the festival weekend include the world famous Banff Mountain Film Festival, a Cowboy Cookout at Red Cliffs Lodge, awards and private rides for Top Fundraisers, live music, and all around fabulous time. For more information visit www.skinnytireevents.com or call 435-260-8889.

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



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 1-3, 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.moabhdowndown.com for more information.

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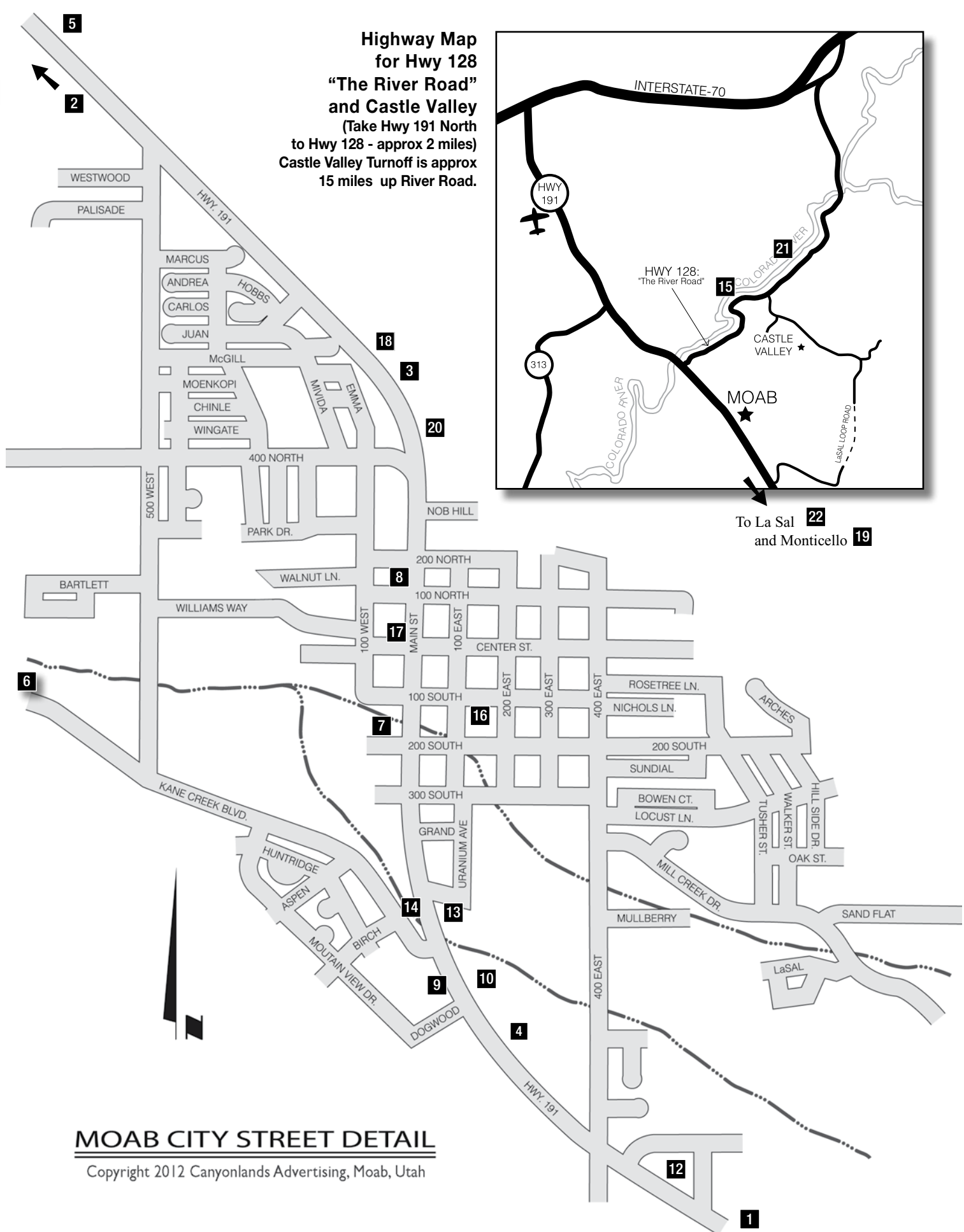
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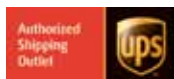
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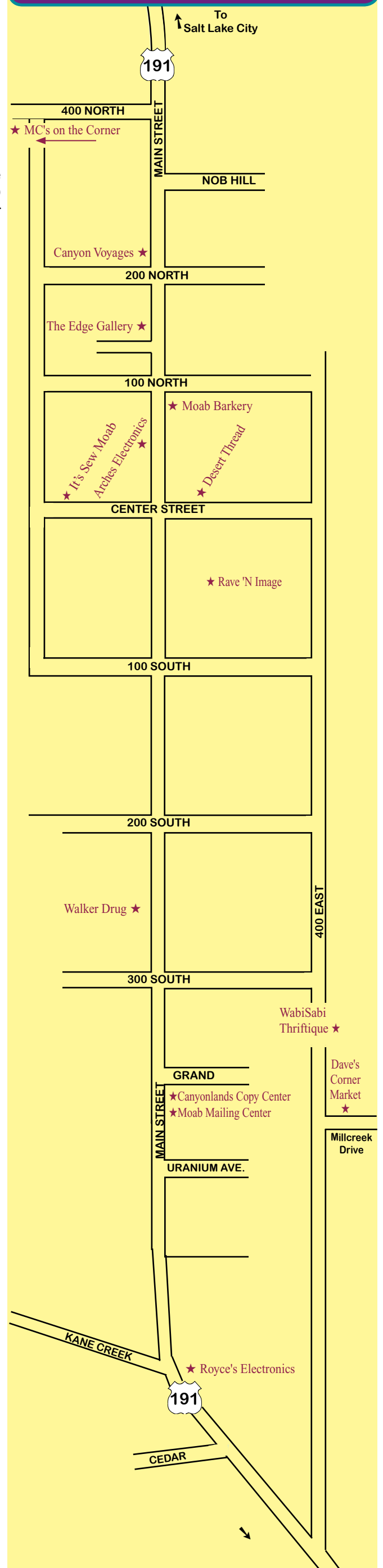
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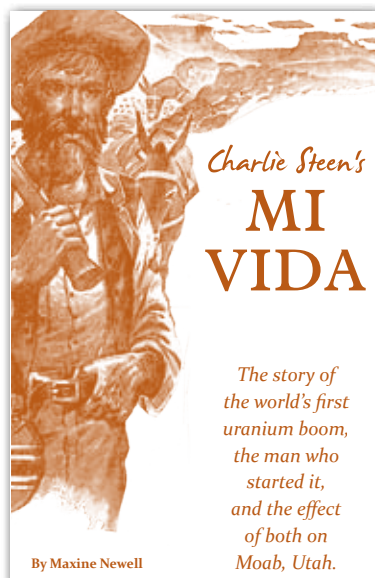


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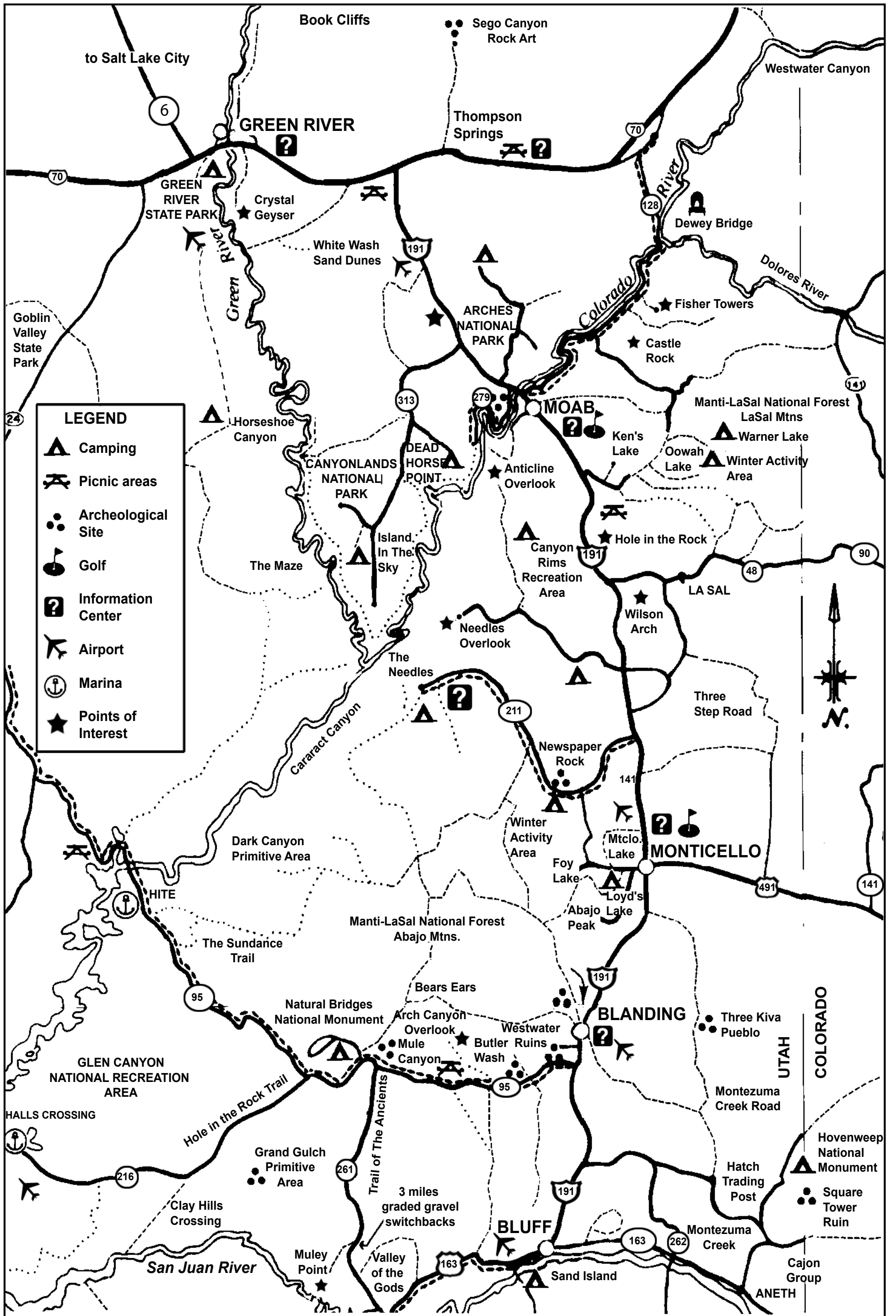
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The pet food market has been dominated in the last few years by the acquisition of big companies by even bigger companies. With \$15 billion a year at stake in the U.S. and rapidly expanding foreign markets, it is no wonder that some are greedy for a larger piece of the pie and that is why many of these large corporations have also started to purchase premium pet food companies.

Who makes your pet's food? Here is a list of the major pet food producers and the brands that they produce...

- Nestle bought Purina to form Nestle Purina Petcare Company, they produce Fancy Feast, Alpo, Friskies, Mighty Dog, Dog Chow, Puppy Chow, Kitten Chow, Beneful, One, ProPlan, DeliCat, HiPro, Kit'n'Kaboodle, Tender Vittles & Purina Veterinary Diets.

- Del Monte/Heinz produces Meow Mix, Gravy Train, Kibbles 'n' Bits, Wagwells, Cesar, Cycle, Skippy, Nature's Recipe, Milk Bone, Pup-Peroni, Snausages and Pounce.

- Masterfoods owns Mars Inc. who produces Royal Canin, Royal Canin Prescription Diets, Pedigree, Waltham's, Cesar, Sheba, Temptations, Goodlife Recipe, Sensible Choice, Excel and Nutro.

- Proctor and Gamble purchased The Iams Company who produce Iams & Eukanuba. They also purchased premium pet food producer Natura Pet Products and now produce Innova, Evo, California Natural, Healthwise, Mother Nature and Karma.

- Colgate-Palmolive purchased the Hill's corporation and produce Hill's Science Diet, Hill's Prescription Diet's and Nature's Best.

- Private labelers who make food for "house" brands like

Kroger and Wal-Mart and co-packers who produce for other pet food makers are also major players. Doane Pet Care was the leading producer of grocery store brand pet food until it was purchased by Mars Inc. in 2006.

- Menu Foods was the largest producer of wet dog and cat food in the country making private label food for Safeway, Wal-Mart, Kroger, PetSmart. They also produced food for Proctor and Gamble under the Iams and Eukanuba label in addition to producing Nutro for Mars. In 2007, after numerous animals fell ill and died, they recalled 60 billion pounds of food that when tested was found to contain aminopterin (rat poison), melamine (plastic) and cyanuric acid (chlorine stabilizer).

- Diamond Pet Foods, while producing a large line of its own pet foods like Diamond Naturals, Taste of the Wild and Chicken Soup for the Pet Lover's Soul; they also co-pack food for other companies that include Costco's Kirkland Brands, Solid Gold Health Products and Dick Van Patten's Natural Balance Pet Foods.

Many major pet food companies in the United States are subsidiaries of gigantic multinational corporations. From a business standpoint, pet food fits very well with companies making human products. The multinationals have increased bulk-purchasing power; those that make human food products have a captive market in which to capitalize on their waste products. For example an ingredient used in Science Diet products is Soy Bean Mill Run.

Soybean Mill Run is the ground hulls (outer shell) of soybeans after the useful bean meal and oil has been extracted. Chances are the useful parts of the soybean is being used in Colgate Palmolive's extensive line of personal

by Kaye Davis co-owner of Moab BARKery

care products but the soybean mill run appears more as a means of waste disposal than dog food ingredient.

Pet food is a billion dollar industry, is there any real wonder why the gigantic corporations want an extra income stream of this magnitude by utilizing waste product of their other industries. Most of these brands have had large scale recalls issued by the USDA; Menu Foods had to recall 60 billion pounds of dog food in one recall. Smaller pet food focused companies are not immune to recalls either. Most of them have voluntarily recalled products before, when they recall a food we are talking at maximum hundreds of pets at risk, not millions as is the case when these giant corporations are forced by the USDA to issue a recall.

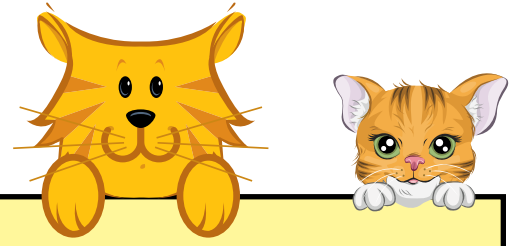
It is all about profits and this is one area that can be exploited quite easily with little expenditures to make insane markups using low grade ingredients. With the fact that these large companies are now in the pet food business, the real consideration is whether or not you choose to purchase your pet's food from a company whose primary focus is NOT pet food vs. a company whose primary focus IS pet food.

So which companies are really focusing on making pet food for your pet? It can be hard to tell. I got on a "mega-market's" website to look at the food that they offered and of the 22 different brands that they offered only 8 of them were made by pet food companies. Some well-known brands that are made by pet food focused companies are Blue Buffalo, Natural Balance, Merrick, Halo, Wellness, Castor & Pollux, Canidae Pet Foods and Diamond Pet Foods.

Some lesser known pet food producers are companies like KLN Pet Foods that produce premium pet foods like Nutri-Source, PureVita and Natural Planet Organics or Pets Global Company that produces the Zignature line of dry dog food and Fussie Cat line of premium canned cat food (also referred to as kitty crack in the store!). Many of these brands have been producing quality pet foods for years and have never had any recalls. This is because they choose to use high quality and often human grade ingredients.

When choosing foods to purchase for the BARKery our preference is to choose companies that focus very specifically on food for pets. That is why we choose to carry foods like Nutri-Source, Zignature, Stella and Chewys, Bravo, Evangers, Tiki Cat, Fussie Cat, Go, Now, Lotus and Honest Kitchen.

When choosing a food for your pet, the question simply boils down to, who do you trust to feed your pet?



Humane Society of Moab Valley

435-259-4862 • www.moabpets.org

February 2013 Events

- February 2 - **Cat Adoption Day** at the Moab BARKery from 11am - 1pm
- February 9 - **Dog Adoption Day** at City Market from 11am- 1pm
- February 16 - **Cat Adoption Day** at the Moab BARKery from 11am - 1pm
- February 23 - **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



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