

CALL TODAY FOR INFO. & RESERVATIONS

www.moabadventurecenter.com

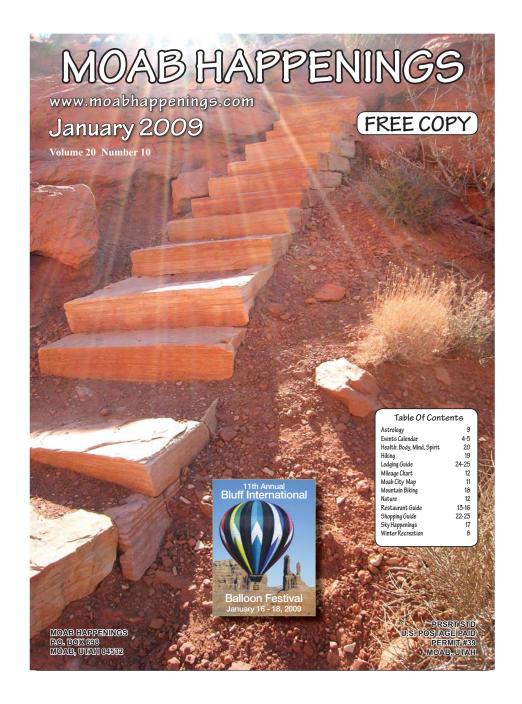
RAFTING TRIPS
HUMMER SAFARIS
OFF-ROAD DRIVING
HORSEBACK RIDING
ROCK CLIMBING
SCENIC FLIGHTS
GUIDED HIKES
MOUNTAIN BIKING
NATIONAL PARK TOURS
OUTDOOR GEAR



Call today at: 435-259-7019.

OFFER VALID FOR 1 FREE COLLECTORS UTAH PHOTO ALBUM MADE FROM REAL LICENSE

PLATE MATERIALS. (HOLDS 60 4X6" PRINTS). OFFER MAY NOT BE COMBINED WITH OTHER OFFERS. LIMIT ONE PER PARTY. AD MUST BE PRESENTED AT THE TIME OF BOOKING.



2 • Moab Happenings • January 2009 www.moabhappenings.com

# MOAB HAPPENINGS

# **MOAB HAPPENINGS**<sup>©</sup>

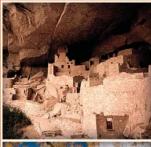
"Moab Happenings" is published by Canyonlands Advertising Inc. of Moab, Utah and is provided free throughout the Moab area as a visitor information guide.

Articles and photos of area tourist attractions or local historic sites are welcome and may be used at the editor's discretion.

2009 Copyright. No part of this publication may be reproduced without the written authorization of the publisher.
Advertising rates available upon request.

| Publisher/EditorTheresa King  |
|---|
| Production, Graphic Design: Steve Budelier,<br>Cliff Crutchfield, Rick Wheeler, Mindy Cassingham,<br>Megan Schafer & Theresa King                 |
| Special ProjectsRex Holman  |
| CirculationSusan Baffico, Jeff Barron   |
| SalesAaron Davies, Theresa King   |
| Bookkeeping   |
| Contributing WritersDamian Fagan, Rob Wells, Annabelle Numaguchi, Michaelene Pendleton, Marcie Hafner, Faylene Roth, Vicki Barker & Jeff Richards |
| Photography: Action Shots, Steve Budelier   |
| WebmasterSteve Budelier   |
| Cover Photograph  |

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

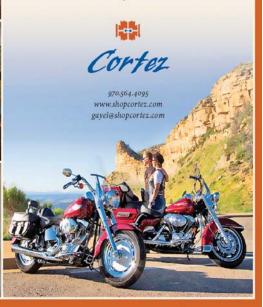






#### For an hour, a day or a weekend, explore the possibilities in Cortez.

Hike the canyons, visit our archeological sites, refresh yourself at our world class Recreational Center and Conquistador Golf Course. Then discover our dining, shopping and genuine Western charm. Come and experience Cortez.





#### **HIGH QUALITY COLOR COPIES!**

LOW, EVERYDAY PRICES! FAX Services • Internet Access 375 S. Main (corner of Grand & Main) Moab, Utah 84532 435-259-8431 • Fax 435-259-2418

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

Canyonlands

























Utah's only Small Luxury Hotel
The only AAA Four Diamond Resort in Southeastern Utah
World Travel Award Recipient (2004, 2005, 2006)
Condé Nast Johansens' Most Excellent Ranch in the USA & Canada (2007)

3 • Moab Happenings • January 2009 www.moabhappenings.cc

# NON-PROFIT HAPPENINGS

# Film Society Presents a Series of Comedies

These days, everyone needs a good laugh! In fact, throughout history when finances were tight and unemployment rose, people laughed as loud and hard as they could, and they used comedy as an escape from or a comment on the realities of the day. So mark your calendars for the 10th and 27th of January, February, and March, because the newly re-grouped Canyonlands Film Society is preparing for our first Winter Film Series and our theme for 2009 is comedy.

We will present six classic comedies at Star Hall, 6:30 pm, beginning on January 10th. We are looking forward to exploring films that have impacted the genre of comedy. Unexpected gems of cinema are what we look for and are excited to share. We'll include some background information on each film, explain why it is considered a classic comedy and give you things to look for – bloopers, interesting camera moves, a director's signature flourish perhaps.

This event is for movie lovers, people who like to laugh, as well as those folks who want to get out on a cold

winter night. Entry is by donation, and we may have a few raffles too! Did we mention that Star Hall has a wonderful new projection system?

Canyonlands Film Society is volunteer-operated nonprofit organization, and our mission is to "enrich our community by providing meaningful and diverse films." CFS has been an entity since 1987. In the past, a very dedicated and energetic team of community members brought films to Moab, often through film festivals. Currently we are proud to be supported by the Moab Arts Council for our Winter Film Series. We also present films for businesses, touring groups, and event coordinators. In addition, we offer our film services free to local nonprofits and have a portable projector that we can take "on the road" for outdoor movies, side-of-garage-showings, etc. Have projector, will travel.

CFS also works with the Moab Film Commission, which supports local filmmakers. We will collaborate with the Film Commission for the 3rd annual Get Reel in Moab Film Festival next year.

Our website, currently under construction, will offer details about events, membership, and film resources. Check us out soon at www.canyonfilms.com. Contact us now at moabfilm@yahoo.com.

We hope to see you all this winter at Star Hall on the 10th and 27th of January-March. Doors open at 6:30 pm for social and raffle time. Films will begin at 7:00. Entry by donation. Movies to be announced soon.



# The Letters Project: A Moab Community Theatre Production

Moab Community Theatre is pleased to announce its latest production, The Letters Project, which will be performed January 23rd, 24th, 30th, and 31st at 7 pm at Star Hall. This project is truly a Moab original. Each element of the theatrical process has taken place right here in our little town, including the writing of the script. It offers an exiting approach in telling the unique stories that have been shaped here.

Directors Emily and Chad Niehaus placed a call for letters in the local papers in October of 2008. The call asked for written correspondence of any kind – no restrictions were placed. They had no idea what they were going to receive, and that was the whole point. They wanted to find out how folks would respond to such a call – what type of letters people would think would fit such a project. They placed the decisions of plot, theme, emotional content, etc. in the hands of anyone interested in participating.

Over forty letters were received (including an extra tall stack of love letters) that span a broad spectrum of emotion, pace, and background from a diverse set of community members. Much of the human experience is represented here, and all of it is locally grounded in some way, shape, or form.

Of the forty plus letters, twenty-three were selected for the production. These letters all lend themselves to theatrical performance, and create a beautiful community of thoughts, places, and experiences as a group. A troupe of four actors will perform the letters, with help from several "cameo" actors. The result is a whirlwind of feelings, and will be the type of experience where one is surprised by how many people are involved in Moab Community Theatre.

"This project has created a gauge of community trust," said Chad Niehaus. "The folks who have participated so far feel comfortable sharing elements of their life stories, and based on chats I've had around town, lots of people are willing to listen. We're excited about creating an approachable setting for this type of conversation."

"I was interested in finding a production that would involve lots of people, like was done with the MCT performance of Plural Ives a couple of years ago," says Emily Nichaus. "The original idea was to perform a series of monologues, but then I had the idea of doing letters instead. Going this route makes the whole thing Moab's own. And being on the brink of becoming a new Mom, I really wanted to do one last MCT production!"

Moab Community Theatre will present The Letters Project on January 23rd, 24th, 30th, and 31st at 7 pm at Star Hall. Tickets will be available for sale in advance at a discounted rate. Come on out and join the conversation that has been started with this unique endeavor.

# MOAB CLUBS & ORGANIZATIONS

For a community to prosper and grow, its residents have to be **INVOLVED**. If you would like to participate in any club or organization **PLEASE CALL THEM**. Many of these groups are always looking for a helping hand or two.

| club or organization <i>PLEASE CALL THEN</i>        | <b>M.</b> Many of the |
|---|-----------------------|
| AARP, Chapter 1539                                  | 259-6396              |
| ACME Theatre Company (Paul Malluk)                  |                       |
| Alcoholics Anonymous/Alanon                         |                       |
| Alpha Rho Sorority (Bobbie Long)                    |                       |
| Allen Memorial Auxiliary                            |                       |
| Amateur Radio Club (Royce Henningson)               | 259-6630              |
| American Legion Post (Bill Smith)                   |                       |
| Arches Adult Education (Trish Hedin)                |                       |
| Arches New Hope Pregnancy Center (Debbie Nelson)    |                       |
| Arches Shrine Club (Bill Buchanan)                  |                       |
| BEACON (Stephanie Dahlstrom)                        |                       |
| Boy Scouts of America (Kent Dalton)                 |                       |
| Canyon Cruisers of Moab (Jay Woodruff)              |                       |
| Canyonlands Field Institute (Karla Vander Zanden)   |                       |
| Canyonlands Film Society (Jake Burnett)             |                       |
| Canyonlands Rodeo Club (Kent Green)                 |                       |
| Canyonlands Wildlife Federation (Dave Bierschied)   |                       |
| Daughters of Utah Pioneers (Hallie Tibbetts)        |                       |
| Deadhorse Motorcycle Club (Terry Flynn)             |                       |
| Delicate Stitchers Quilt Guild (Debbie Hughes)      |                       |
| Elks Lodge #2021 (Alan Manson)                      | 259-7334              |
| Fallen Arches Square Dancers (Bob & Flora Erickson) |                       |
| Friends of Indian Creek (Emma Medara)               |                       |
| Friends Of the Grand County Library (Adrea Lund)    |                       |
| Grand County Public Library                         |                       |
| Girl Scouts of The U.S.A. (Cynthia Williams)        |                       |
| Grand Area Mentoring (Dan McNeil)                   |                       |
| Grand County 4-H (Marion Holyoak)                   |                       |
| Grand County Extension (Michael Johnson)            |                       |
| Grand County Food Bank                              |                       |
| Grand County Hospice (Tracy Harris)                 |                       |
| Grand County Prevent Child Abuse                    |                       |
| High School Rodeo Club (Kathy Krist)                |                       |
| Humane Society of Moab Valley Elaine: 259-4862      |                       |
| Ladies Golf Club (Chris Corwin)                     |                       |
| League of Women Voters (Cynthia Smith)              |                       |
| Lion's Club (Tom Warren)                            |                       |
| Moab Aglow Lighthouse Fellowship (Murine Gray)      |                       |
| Moab Arts Council (Bruce Hucko)                     |                       |
| Moab Arts Festival (Theresa King)                   |                       |
| Moab Arts & Recreation Center (Bailey Rogers)       | 259-6272              |

| ese groups are always looking for a helping hand or two.               |          |
|--|----------|
| Moab Bird Club (Nick Eason)  | 259-6447 |
| Moab Chamber of Commerce   |          |
| Moab City Recreation (John Geiger)                                     | 259-2255 |
| Moab Community Theater (Kaki Hunter)                                   |          |
| Moab Country Club (Rob Jones)  |          |
| Moab Duplicate Bridge ClubAudrey McDougald: 259-5771 or Bob Erikson    |          |
| Moab Friends For Wheelin' (Jeff Stevens)                               |          |
| Moab Half Marathon (Ranna Bieschke)                                    |          |
| Moab Horse Racing Association (Chuck Henderson)                        |          |
| Moab Horse Show Association (Tosha Audenried)                          |          |
| Moab Lodging Association (Britnie Ellis)                               |          |
| Moab Music Festival (Andrew Yarosh)                                    |          |
| Moab Poets & Writers (Julie Fox)                                       |          |
| Moab Points & Pebbles Club (Jerry Hansen)                              |          |
| Moab Prose Group (Marcy Hafner)  |          |
| Moab Quarter Horse Assoc. (Kathy Wilson)                               |          |
| Moab Rod Benders (Jim Mattingly)                                       |          |
| Moab Ropers Club (Terry Lance)   |          |
| Moab Sportsmen's Club (Frank Darcey)                                   |          |
| Moab Taiko (Stephanie Dahlstrom)                                       |          |
| Moab Teen Center-Club Red  |          |
| Moab Trails Alliance (Kimberly Schappert)                              |          |
| Moab Valley Multicultural Center (Carrie Alexander or Leticia Bentley) |          |
| Mutual UFO Network (Elaine Douglass)                                   |          |
| Order of the Eastern Star (Ivy Gates)                                  |          |
| Parent Teacher Association (Tiffany Saunders)                          |          |
| Plateau Restoration/Conservation Adventures (Tamsin McCormick)         |          |
| Red Rock 4-Wheelers (Ber Knight)                                       |          |
| Rotary Club (Kyle Bailey)  |          |
| Retired Senior Volunteer Program RSVP (Jody Ellis)                     |          |
| Seekhaven Crisis Center  |          |
| Senior Center (Verleen Striblen)                                       |          |
| Sierra Club (Mike Stringham)   |          |
| Solutions - www.moab-solutions.org - (Sara Melnicoff)                  |          |
| Southeastern Utah Back Country Horsemen (Helen Sue Whitney)            |          |
| Southern Utah Wilderness Alliance                                      |          |
| Toastmasters International (Al Boyd)                                   |          |
| Trail Mix Committee (Sandy Freethey)                                   |          |
| Valley Voices (Marian Eason)   |          |
| Veterans of Foreign Wars (Fred Every)                                  |          |
| WabiSabi (Jeff Cohen)  |          |
|  |          |

4 · Moab Happenings · January 2009 www.moabhappenings.com

# MOAB AREA EVENTS CALENDAR



- · Go Carts
- Laser Tag
- Arcade
- Mini Golf
- · Kiddie Playground · Air Hockey

• Bumper Boats

· Air Slide

· Carnival Swing

Fri 4:30pm - 9pm Sat 11am - 9pm



#### EDGE OF THE CEDARS STATE PARK MUSEUM, BLANDING

50 East Center Street Moab, Utah 84532

Upcoming Events for 2009 Jan. 17; WinterFest at the Edge stories, string and shoe games, children's crafts

Jan. 26: New exhibit by Blanding artist,

Gary Guymon
Winter Hours: 9 am - 5 pm. Monday - Sat and
10 am - 3 pm on Sunday. 660 West 400 North
Blanding, Utah. Call 435-678-2238 for more information about these and future activities.

# Old Spanish Trail Arena

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

Sound System • Conference Room Concession Area • Air Conditioned

Call 435-259-6226

## Moab's TV Tour Guide

- Where to: • Raft • Eat
- Stay Bike Shop • Hike
- **Eco-Education**
- Historical Info

**Watch Channel 21 in vour** Motel room, RV Park or Condo

Volunteer for your favorite special event

பு

# January 2009

#### **NEW YEAR'S DAY**

- 3 Annual Christmas Bird Count For info contact Marcy Hafner at 259-6197
- Dog Adoption Days, City Market, 10 am 12 noon Start the new year right with a new best friend. Come meet very nice pups and bigger dogs. Or check them out in the Ad-Vertiser! 3
- WabiSabi's Community Sunday Brunch, 10 am 1 pm Celebrate community with your friends and neighbors while enjoying a delicious Sunday brunch. Held at the Youth Garden Project, next to (Grand Co. High School) 530 So. 400 E., Everyone is invited. No reservations are necessary. This will be WabiSabi's 3rd year hosting these FREE brunches. For more info, call 435-259-3313.

GrandAM Public Potluck, 6 PM, MARC Meet Moab's volunteers and learn more about mentoring see ad on page 7

Cat Adoption Days, Moab Barkery, 11 am - 1 pm Fuzzy felines await you! Meet, greet and play with. Or check them out on: www.myspace.com/moabhumane

Taiko Drumming Beginner's Workshop, 1-3:30 pm Moab Taiko Dan brings Sensei Tiffany Tamaribuchi from Sacramento Taiko Dan to instruct a taiko basics workshop. Come experience the big drums! No commiment is expected beyond this workshop. How ever, the workshop is a requirement for those wishing to continue weekly beginner's classes starting up in January. Cost is \$35; for more info call Steph at 259-2264

Winter Film Series, Star Hall, Canyonlands Film Society Winter Film Series features comedies, doors open at 6:30 pm Films begin at 7:00 pm. Entry by donation. see article on page 3 for more info.

- WabiSabi's Community Sunday Brunch, 10 am 1 pm Celebrate community with your friends and neighbors while enjoying a delicious Sunday brunch. Held at the Youth Garden Project, next to (Grand Co. High School) 530 So. 400 E., Everyone is invited. No reservations are necessary. This will be WabiSabi's 3rd year hosting these FREE brunches. For more info, call 435-259-3313.
- Anti-Bully Training, 4:30 pm, GrandAM Office 14 Learn how to stop bullying in our community. see ad on page 7 for details.

Memories of Dewey Bridge, 6-8 pm Residents and visitors are invited to share memories of Dewey Bridge in a recording session starting at 6 p.m. at the Dan O'Laurie Museum of Moab. The public is also invited to a free public workshop of gathering oral histories, from 6:30 - 8 pm at the museum. Refreshments provided. Sponsored by the museum and Grand County Historical Preservation Commission.

#### 16-18 11th Annual International Balloon Festival, Bluff, UT

see schedule of events and activities on page 6 or visit bluffudah.org
Balloon pilots from around the United States and from as far away as Great
Britain, gently descend upon Bluff, Utah every January to fly red rock canyons
and our green river corridor beneath clear blue skies. Lesser known is the
generosity our pilots and sponsors have shown over the years providing
educational ballooning programs and free flights for local school children.
Their continued genersoity has made this particular festival near and dear to
everyone's hearts everyone's hearts

Imbued in the giving spirit and sense of adventure of this long-running event is an attitude of pure, unadulterated fun. As the festival moves into it second decade, we look forward to another decade of fine friendships fueled by a basket load of belly laughs. The Coyote and Hare Race, Southwest Cuisine Cookoff, Balloon Glow and Cowboy Storytelling events produce numerous opportunities for good-natured ribbing. We are grateful to our many long time sponsors and welcome newcomers to the camaraderie of the 2009 Bluff Balloon Festival. For more information, visit bluffutah.org call 435-672-2360 or email georgianasimpson@yahoo.com

- Dog Adoption Days, City Market, 10 am 12 noon Winter doldrums got you down? A cold nose will change all that! Come meet some nice dogs looking for homes. Or call 259-4862 to schedule a meet and greet!"
- 17 WinterFest, Edge of the Cedars Museum, Blanding Stories, string and shoe games, children's crafts from 9:30 am - 3 pm call 435-678-2238 for more information about location.
- 17 Moab Contra Dance, Moab Arts & Rec Ctr, 7:30 introductory lesson, 8:00 pm dance. \$8 at door. Refreshments provided. Caller Pat Tognoni from Denver. Doppler Coyote from Boulder Colorado and Moab musicians will be playing. For more info contact Mike at 435-259-0246
  - WabiSabi's Community Sunday Brunch, 10 am 1 pm Celebrate community with your friends and neighbors while enjoying a delicious Sunday brunch. Held at the Youth Garden Project, next to (Grand Co. High School) 530 So. 400 E., Everyone is invited. No reservations are necessary. This will be WabiSabi's 3rd year hosting these FREE brunches. For more info, call 435-259-3313.

#### MARTIN LUTHER KING DAY



## Moab Golf Course Scenic 18 Holes



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

Call for tee times 435-259-6488

Daughter of Utah Pioneers (D.U.P.) Historic Church & Museum 45 North 200 West

Call for Hours



Everyone is welcome bring your family, ring the bell Pioneer photos & artifacts

For more info, please call 259-5282, 259-7215 259-7528 & 259-5225



Sameday/Next Day Service Pick-up and Drop-off Available Prices competitive with national shippers

Moab to Salt Lake City Monday thru Saturday www.bighornexpress.com 888-655-7433 Call for information

SHUTTLE SERVICE

#### AVALANCHE CLASS

level 1 AIARE avalanche class 3 days January -30, 31 & Feb 1 call 259-7155 to sign up or for more details

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

#### **DEADLINE for February Events Calendar: JANUARY 23, 2009**

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

Moab Happenings • January 2009 • 5 www.moabhappenings.com

# MORE MOAB AREA EVENTS

# January 2009 cont'd Redrock & Ice: a heart of winter

celebration to honor this historic inauguration Held at Eddie McStiff's 57 S. Main Street from 8 pm to Midnight. Cost \$25 per person. Refreshments will be served, cash bar with one complimentary beverage. Moab Style Formal Attire. Live Music and DJ. Advanced Tickets Only. Tickets available at Arches Book Company until January 14th! Proceeds benefit Red Rock Forests. For info call 259-5640. www.redrockforests.org

National Thank You Mentor Day! send an e-card: www.mentoryouth.com/ecards, see ad on page 7 23-24 The Letters Project:

Moab Community Theatre, Star Hall 7 pm. see article on page 3 for more details.

Cat Adoption Days, Moab Barkery, 11 am - 1 pm Brrrr...Prrrrr kitties would like to meet you this Saturday. Or check them out on www.moabpets.org

5th annual Robert Burns Tribute Concert, Grand Center, 6 pm

Admission is free. See article on page 21. Part of the Moab Music Festival Artist in Residence program.

WabiSabi's Community Sunday Brunch, 10 am - 1 pm; Celebrate community with your friends and neighbors while enjoying a delicious Sunday brunch. Held at the Youth Garden Project, next to (Grand Co. High School) 530 So. 400 E., Everyone is invited. No reservations are necessary. This will be WabiSabi's 3rd year hosting these FREE brunches. For more info, call 435-259-3313.

Winter Film Series, Star Hall, Canyonlands Film Society Winter Film Series features comedies, doors open at 6:30 pm Films begin at 7:00 pm. Entry by donation. see article on page 3.

Dog Training Classes

K9 Games (Basic manners 4 months and older) 7 pm and Nose Games (scent discrimination for ball crazazy dogs!!) 6 pm. Call 259-4862 to pre register. Class size is small for maximum fun! Sponsored by Humane Society of Moab Valley

Learn how to be a great mentor, Grand/ AM office. January is National Mentoring Month. See ad on page 7. Grand Area Mentoring New Mentor Orientation. 4:30 pn - 6 pm., 433 So 100 East. Please RSVP. Call Dan at 260-9646

30-31 The Letters Project: Moab Community Theatre Star Hall 7 pm. see article on page 3.

Avalanche Class 30-Feb 1 Level 1 A1ARE Avalanche Class 3 days. Call 259-7155 to sign up or for more details. See article on page 8.

Dog Adoption Days, City Market, 10 am - 12 .Who needs an extra blankie when you have a nice fuzzy footwarmer? Come meet extremely cute and adoptable dogs. Check out fun and informative articles on: wwwmoabpets.blogspot.com

#### FEBRUARY 2009

1&8.....WabiSabi's Community Sunday Brunch, 10 am - 1 pm Youth Garden Project, For more info, call 435-259-3313.

6......Story Telling Festival, Blanding Arts & Events Center, 5 - 9 pm

10 & 27...Winter Film Series, Star Hall, Canyonlands Film Society Winter Film Series features comedies, doors open at 6:30 pm Films begin at 7:00 pm.Entry by donation. see article on page 3 for more info. 13-15. Moab Western Stars Cowboy Poetry Gathering, see article on page 21; call 435-259-6272 for more info. www.moabwesternstars.com

....VALENTINE'S DAY

14.....Suzy Bogguss Concert, GCHS Aud. 7 pm

see ad on page 19 for more info.
.....Don Edwards Concert, Star Hall, 7 pm

#### Martin Luther King Day Community Challenge

With the recent decline of our economy, more Americans are struggling to make ends meet, which means that community services are feeling the impact, including our local Food Bank. Grand County RSVP would like to challenge the City of Moab and its employees, Grand County employees, local non-profits, businesses and organizations to join RSVP in this Martin Luther King Day Challenge to **stock our local** Food Bank with non-perishable food items and household paper products between January 12th and January 16th.

Are you up to the CHALLENGE? Call RSVP at 259-1302

to register your organization for the FOOD DRIVE CHALLENGE

ALL ITEMS COLLECTED WILL REMAIN IN MOAB

## 2009 Events

Bluff Balloon Festival January 16-18 Jan 23-24 Jan 24 Letters Project, Theatre Robert Burns Tribute Concert Letters Project, Theatre Jan 30-31

Feb 13-15 Western Stars Cowboy Poetry February 20-22 USTRC Team Roping February 24 Wabi Sabi Fashion Show

March 7-8 Quilting in the Red Rocks Quilt Show March 9 Banff Mountain Film Festival March 14-16 Skinny Tire Festival Canyonlands Half Marathon March 21

April 4-12 Easter Jeep Safari April 24-26 April Action Car Show

April 30 - May 3 ) - May 3 Moab Photo Symposium Moab Spring Quarter Horse Show

May 23-24 Moab Arts Festival

June 4-6 Canyonlands PRCA Rodeo

July 4 Moab Independence Day Celebration

August 7 Relay for Life

Sept. 3-19 Moab Music Festival Sept 18-21 Tribal Sands Belly Dance Festival Sept 19 Moab Century Tour Sept 23-27 Skydive Moab Festival Sept. 24-27 Moab Fall Quarter Horse Show

October 8-10 October 10-11 Gem & Mineral Show 24 Hours of Moab October 18 The Other Half 4th Annual Moab Ho-Down Mtn. Bike Festival Oct 30 - Nov 1 October 31 Pumpkin Chuckin Festival

November 6-8 Moab Folk Festival

December 5-6 Winter Sun Festival

go to www.moabhappenings.com for more event information all year

# WabiSabi Sunday Brunch January 4, 11, 18, 25 & February 1 & 8

Celebrate community with your friends and neighbors while enjoying a delicious Sunday brunch. There will be six Sunday brunches this winter that everyone is invited to. The brunches are part of WabiSabi's Hands Up Program. The Hands Up program provides several free meals during the winter with the intention of bringing community members together.

"It is our belief that by inspiring individuals to come together we can create a healthy community in Moab that will outlive us all, a place we can truly call home," said

Amanda Moore-Trenholme, one of the many volunteers that make the brunches possible. WabiSabi's

Hands Up program includes Thanksgiving



Dinner, a Christmas Dinner, and 6 Sunday Brunches during the winter. The program is made possible through a grant from the United Way of Southeastern Utah and donations made from area individuals and businesses. More than 100 volunteers help each year at the Hands Up meals. Volunteers prepare and serve the food, clean, decorate, wash dishes, launder table clothes and help with many other tasks.

WabiSabi is a nonprofit organization that operates two thrift shops in Moab, UT. The money raised at the



stores is used to support other local nonprofit organizations and WabiSabi's community programs. This will be WabiSabi's third year hosting the popular Sunday brunches

The Sunday brunches will take place

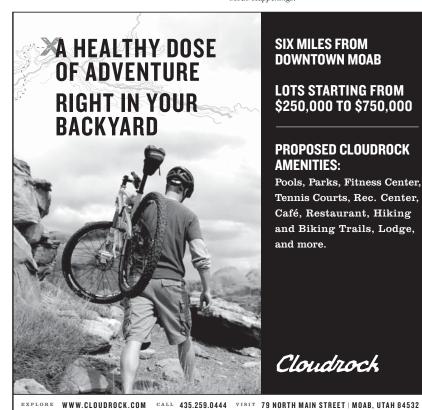
at The Youth Garden Project, 530 South 400 East, on January 4, 11, 18, 25 and February 1, 8. The brunches will be served from 10 AM to 1 PM. The brunches are free with donations gladly accepted. For more information about the brunches or to find out how you can help, call WabiSabi at (435) 259-3313 and be sure to mention you read about it in Moab Happenings.

SIX MILES FROM

AMENITIES:

Cloudrock

DOWNTOWN MOAB



6 • Moab Happenings • January 2009 www.moabhappenings.com

# 11TH ANNUAL BLUFF INTERNATIONAL BALLOON FESTIVAL

Friday, January 16

SUNRISE IN BLUFF COYOTE AND HARE RACE

5:00-8:00 PM BLUFF ELEMENTARY NAVAJO TACO SALE & PERFORMANCES

Saturday, January 17

BALLOONS FLY @ SUNRISE IN BLUFF

4:00-6:00PM - SOUTHWEST CUISINE COOKOFF/SILENT AUCTION FUNDRAISER 5:00-6:00PM - BALLOON GLOW 6:00PM - COWBOY POETRY & STORYTELLING

Sunday, January 18

BALLOONS FLY @ SUNRISE IN

VALLEY OF THE GODS

The Business Owners of Bluff bring you this lovely festival. We are grateful to our many generous sponsors including San Juan County Economic Development, Rocky Mountain Power, Hole in the Rock Foundation, Cottonwood Steakhouse, Twin Rocks Trading Post & Cafe, Zion's Bank, Desert Rose Inn., Gouldings Lodge, Recapture Lodge and numerous private individuals who believe in this event.

· Balloon Glow

· Covote and Hare Race

Southwest Cuisine Cookoff

·Cowboy Poetry & Storytelling

JANUARY 16 - 18

2009

Visit bluffutah.org for event details & schedule.

INFORMATION: CALL 435-672-2360 OR EMAIL GEORGIANASIMP SON@YAHOO.COM.



**January is National Mentoring Month. Become a mentor this winter** and spend one hour each week with a student. Mentors and students pursue...



games



projects







crafts







#### **GrandAM MENTORS**

Scott Braden Jim Webster Lynn Koon Nori Swanson **Marcy Till** Robyn Johnson **Kevin McGann Hillary Mead** Judy Carroll Colleen Tibbetts Erin Cooper Joel Hickok Dick Bradley Janie Tuft Karen Henker Peggy O'Reilly Linda Bynum Lois Cooper Wendy Hoff Susan Fullmer **Delite Primus Cathy Birsfield** Lindsey Bartosh Ron Olsen Kathy Reske Shirley Cather Carol Hoggard Carrie Fisher **Melinda Snow** Stephanie Bergner Sue Kirkham Michele Onderko Alison Green Jim McGann Amy Hultzman Danette Johnson **Dale Weiss Barb Caraway Mary McGann** Wendy McDougald Tom Warren **Rosanne Nicol Kathy Cooney Lois Jamison** Karen Hostetter Joan Gough Jessica Driskell **Eleanor Inskip Anthony Mason Carol Almson Daniel McNeil** Megan McGee

January Calendar



January 7:

GrandAM Public Potluck, 6 PM Come to the MARC to meet Moab's volunteers and learn more about mentoring. LOCATION: MARC (Moab Arts and Recreation Center)

January 14:

Anti-Bully Training, 4:30 PM Join us to learn how to stop bullying in our community. LOCATION: GrandAM Office, GCSD VoTech Center (433 South 100 East) (All mentors invited! Call 260-9646 to RSVP.)

January 22:

National Thank Your Mentor Day! Thank your mentors. Send an e-card: www.mentoryouth.com/ecards

January 29 Training:

New Mentor Orientation, 4:30-6PM Learn how to be a great mentor. It's fun and easy. LOCATION: GrandAM Office, GCSD VoTech Center (433 South 100 East) (You're invited! Call 260-9646 to RSVP.)

www.grandschools.org/mentor or call... 435-260-9646

8 • Moab Happenings • January 2009 www.moabhappenings.co

# WINTER RECREATION HAPPENINGS

# 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 Country 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 snow packed road to the pass and on to Dark Canyon Lake on the other side is a popular area for cross country skiing, snowshoeing and snowmobiling. The road also provides 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. The San Juan Road Department makes a parking lot at about 9,600'. If we are fortunate, they plow the road towards La Sal Pass as well, with a parking lot plowed out just before you cross La Sal Creek.

Winter Huts are available for rent from...

Tag-A-Long Tours: 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 Class**

Level 1 AIARE Avalanche Class 3 days - January 30 - Feb 1st Call 259-7155 to sign up or for more details

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

Trailhead information board.

COORAGO PLATEAU VIEWS MILES

SW NAMALO MOUNTAIN

WARREN MARKER

AND BACKCOUNTRY

LEGEND WAS MARKER

BOREN DAME

BO

You can access the current advisory by calling 259-SNOW (7669) or from the Internet at www.avalanche.org/~lsafc

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 Manti-Skyline
- A current course schedule for southeast Utah

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



www.moabhappenings.com Moab Happenings • January 2009 • 9

# ASTROLOGY HAPPENINGS

# Your Monthly Horoscope - January 2009

By Rob Wells



Capricorn: Happy Birthday Cap'. Love notes and surprise emails keep you smiling the first three weeks of the month. Changes you make on the 11th will be remade before the middle of next month. Starting the 23rd new beginnings form the future year. Take financial advice very seriously. Communications

regarding the heart continue in the most sincere and revealing way for the remained of the month.



Aquarius: You work from behind the scenes best this month. Financial maneuvers on the 4th work to your advantage. Careful with shared resources on the 1th, so have an escape route. From the 23rd on, you shine like never before. The coming year is fabulous for you and it starts now. At

that time a money matter could please you and make you a sizable sum. Money negotiations end the month nicely.



Pisces: You become everyone's dream romance this month. It has its responsibilities. Once you master those, you're free to pursue those romances on the 7th. The 11th asks you to forestall any changes for three weeks. Behind the scenes endeavors take shape around the third week of

the month and will continue for the next year. At the same time you attract the attentions of a new best friend. You continue being the center of attention through the end of the month



Mar. 21 - Apr. 20 Aries: Romance on the job is possible on the 4th. You can find a new way to express yourself on the 7th, just be careful that any changes you wish to make to your office are done three weeks after the 11th. A friend could make a very big wish come true for you on the 23rd. don't take this gift lightly. It's really important.

Also at that time, opportunities to further your job and career will take a happy turn for you. There will be on going negotiations regarding these matters through the end of the month.



Taurus: You could meet a new romance at a church social on the 4th, and it would be best to promote that on the 7th. Any ground rules will be remade over the next three weeks, though. It should be interesting. Your career gets a super shot in the arm on the 23rd. It's going to

feel like a godsend, so remember to be thankful to those who contributed. Time spend sharing with your new friend at the end of the month gives you



Gemini: Your career contributes in a meaningful way on the 4th and the again on the 7th. Career plans would be made carefully on the 11th as they may be subject to many changes over the next three weeks. The 23rd finds you

"Best cup in town" ppuccino DIESSO Largest selection of gourmet coffee In southeastern Utah OPEN 6 A.M. - 10 P.M. Monday-Saturday **7 A.M. - 10 PM Sunday** DAVE'S DNFD MARKE 4th East & Millcreek Drive on the way to **Slickrock Bike Trail** 

discovering a renewed focus with your church group and that can lead you in happy directions for sometime to come. Events will require you to balance home and office in a meaningful way in the months to come. Talks about this with others, helps you enormously at the end of the month.



Cancer: Romantic events on the 4th set the stage for a month of discovering that unity and commitment can lead to personal freedom, which is the exact opposite of what the world teaches. The lesson is furthered on the 7th. The 11th brings a planning session for romance

that may need revision over the next three weeks. On the 23rd shared resources take a happy center stage for sometime to come. Long talks with your spouse are highlighted at months end. They can be very revealing and honest.



Leo: Romantic partners are playfully leaning on you or you on them, to take the next step on the 4th. Amazingly the effort takes on a serious and meaningful air on the 7th. Any plans you make on the 11th in this regard will be remade over the next three weeks so be flexible.

On the 23rd and after there are big changes coming your way in the partnership department. They are of a happy nature and designed to add joy and light to those relationships, new or old. Talks with your partner will deepen during the last week of the month as you both bare your souls and reveal some interesting information



Aug. 24 - Sept. 22 Virgo: A marriage proposal is possible on the 4th and then again on the 7th. Give it serious consideration but don't decide what to do for three weeks after the 11th when the stars are more in your favor. A job opportunity can surprise you on the 23rd. Just when

you were feeling great about everything else, along comes more happy news. This news further improves your position for a union. Further talks during the last week of the month finalize your happy future.



Libra: Romance on the job could find you on the 4th and again on the 7th.
Tread lightly with this one as you don't want to start too many rumors. Any plans or discussions you have and decisions you make together on the 11th will be remade in the next three

weeks and it could get 'soap opera' interesting along the way. On the 23rd and for the next year your romantic and creative life gets a big boost. Use the energy to your advantage. Talks expand at work. It could get real and honest along the way.



Scorpio: Saying YES to sudden romantic encounters on the 4th and the 7th could open the doors for a bright future. Avoid any urge to make plans on the 11th, and for at least the next three weeks. On the 23rd you take a new

direction with your living situation for the next year. It's all good news and it could prove to be a lot of fun. Romantic letters, cards, emails, and heart-to-heart talks fill the last week of the month.



Sagittarius: Sudden urges to beautify your surroundings hits you on the 4th and the 7th. This could set the stage for bigger things by months end. Any planning in this regard on the 11th will need revision by next month, though. Then, from out of the blue on the 23rd.

you could find yourself staring at your dream castle. This will require a sizable commitment on your part but these things just happen that way. Negotiations during the last week of the month for this property could go very well for you.



Rob has been an Astrologer for over 30 years. A student of Carol Green and the Ray of Light School in SLC, Rob is a member of the American Federation of Astrologyrs. "Astrology is a tool for living. It can be used in every aspect of life. Let me help you with your choices in life." Prices start at \$25.00. Call for an appointment, 259-7116.

# **Richards Photography**



families and individual portraits weddings • events • baby pictures senior portraits

Penny Richards (435) 259-8002







37 East Center 259-7778

of award-winning Hopi master silversmith Weaver Selina. He has been dedicated to the tradition for over 40 years, and his pieces reflect his love and care.

In addition to our usual books, music, stones, oils, statues, cards, gift bags and extensive incense selection, we also bave these new arrivals: whimsical clocks, cute meditating animals, brilliant twisty crystal optical illusions, cozy microfiber affirmation throws, soulful forms of the feminine spirit, unique soy and beeswax aromatherapy candles, elegant hand-blown glass fountains, beautiful fairies, angels and art tiles, powerful "ascension stone

Larger peaceful room now available after Jan. 12 for massage, readings, meetings, etc. Please call for details. Curious about Astrology? Free beginning classes start Feb 16.

Winter Hours: 10 am — 6 pm. seven days

10 · Moab Happenings · January 2009

MOAB, UTAH, located in southeastern Utah has become a mecca for the adventurous. Moab was first settled in 1855 by Mormons who quickly abandoned their remote outpost because of conflict with the area's Native American population. It was resettled in 1876. Moab and its people have carved an existence as changing as the eroded desert around it. Moab has served as a river-irrigated fruit growing center, a dock for ill-fated steam powered paddle boats on the Colorado River, and in the 1950's, a uranium boom town. In the 1980's the uranium market fell and Moab was forced to look to other means of economic income. Some locals decided to build a bicycle shop, rent bicycles, and offer guided tours. Tourism became a significant part of Moab's

ARCHES NATIONAL PARK: Located 5 miles north of Moab, Arches National Park features the world's largest concentration of natural stone arches. There are over 2,000 arches, along with other unusual formations found throughout 74,500 acres of National Park land. Landscape Arch is the park's longest arch at 306 feet. Arches is open year-round. An entrance fee is charged to enter the park. Peak visitation occurs from March through October. The colder weather months, when snow occasionally blankets the red rocks and crowds are small, are great

The Devils Garden Campground at Arches is 18 miles from the park entrance. The fee for individual sites is \$20 per night. Advance reservations for camping can be made by contacting the National Recreation Reservation System at 1-877-444-6777 or www. ReserveUSA.com. Sites may only be reserved for the nights of March 1st through October 31st.

If you do not have a reservation and would like to camp in the campground, you must pre-register for campsites at the visitor center between 7:30 and 8 a.m., or at the entrance fee station after  $8\,$  a.m. These individual sites are on a first-come, first-served basis. The Arches campground fills daily, sometimes by early to mid-morning.

The popular Delicate Arch is a 3-mile round-trip hike that begins and ends at Wolfe Ranch. The Fiery Furnace area requires an additional fee. Ranger-guided hikes are available, or permits may be obtained to hike on your own

CANYONLANDS NATIONAL PARK: Moab is located in the heart of Canyonlands. The Green & Colorado Rivers divide Canyonlands National Park into three sections. The Island in the Sky section is 35 miles north of Moab. The Needles section is 80 miles south of Moab, and the Maze section is approximately 140 miles to the southwest of Moab. All sections of the park are open

DEAD HORSE POINT STATE PARK: Dead Horse Point State Park is located 30 miles north of Moab. Perhaps Utah's most spectacular state park, Dead Horse Point towers 2,000 feet above the Colorado River - providing a breathtaking panorama of the pinnacles and buttes of Canyonlands. There is a visitor center at the park with interpretive exhibits, rest rooms, and a 21-unit campground.

# **Visitor Centers**

#### Moab Information Center

Main & Center Street, downtown Moab

Hours: Open Every Day - 9:00 am - 5:00 pm

Hours listed below may change seasonally. Please call ahead for availability.



#### Arches National Park

5 miles north of Moab • - (435) 719-2299 Visitor center open 8:00 a.m. to 4:30 p.m. daily http://www.nps.gov/arch/ Camping Available

#### Canyonlands National Park

Park Information (435) 719-2313 www.nps.gov/cany

#### Island in the Sky District

35 miles paved road from Moab. (435) 259-4712 • Open 9:00 a.m.- 4:30 p.m. daily Visitor Center located two miles inside park.

Camping - call for information

Needles District
50 miles from Monticello, 80 miles from Moab (435) 259-4711 • Open 9:00 a.m. - 4:30 p.m. daily Visitor center located 3 miles inside park boundary. Camping - call for information

#### Maze District

140 miles from Moab via Green River Ranger station at Hans Flat - (435) 259-2652 Open daily 8:00 a.m.- 4:30 p.m.

#### **Dead Horse Point State Park**

32 miles northwest of Moab on paved roads via US 191 & State Hwy 313. Visitor Center open 8 a.m.-5 p.m. daily. (435) 259-2614 Campground open: Some sites require reservations. Some are first-come, first-serve. State Park campground reservations, call toll-free 1-800-322-3770

#### Edge of the Cedars State Park

(435) 678-2238 660 West 400 North • Blanding, UT 84511 Hours: 9am to 5pm

#### **Green River Visitor Center**

South entrance of Green River, Utah Located in the John Wesley Powell River History Museum Open every day 8:00 am to 5:00 pm

#### San Juan County Multi AgencyVisitor Center

Inside Frontier Museum Corner Hwy 191 & 200 South, Monticello, Utah (435) 587-3401 Open 10:00 am to 4 p.m. Monday - Saturday

Closed Sundays and Holidays

LA SAL MOUNTAINS: The La Sal Mountains grace the southeast view of Moab. The second highest range in Utah, these alpine mountains offer excellent opportunities for hiking, camping, cycling, mountain climbing, cross country and hut-to-hut skiing, fishing, ATV riding, and are a perfect place to escape the summer heat. The La Sals also serve as the beautiful backdrop for Arches and Canvonlands National Parks, Campsites are available at Oowah Lake and Warner Lake on a first-come, first-served

SLICKROCK BIKE TRAIL: The Slickrock Bike Trail has become very popular in recent years, and is known worldwide. The loop is 10.3 miles of wild ride with the route marked by slashes of paint on raw rock. First-timers should try the 1.7-mile practice loop - a good ride in its own right. The Slickrock Bike Trail is physically and technically challenging, but the giant vistas and the

thrill of the ride are worth the effort. The Slickrock Bike Trail is located in the Sand Flats Recreation Area and managed through a unique partnership between Grand County and the BLM. Trail maps are available at the entrance and a day-use fee is charged.

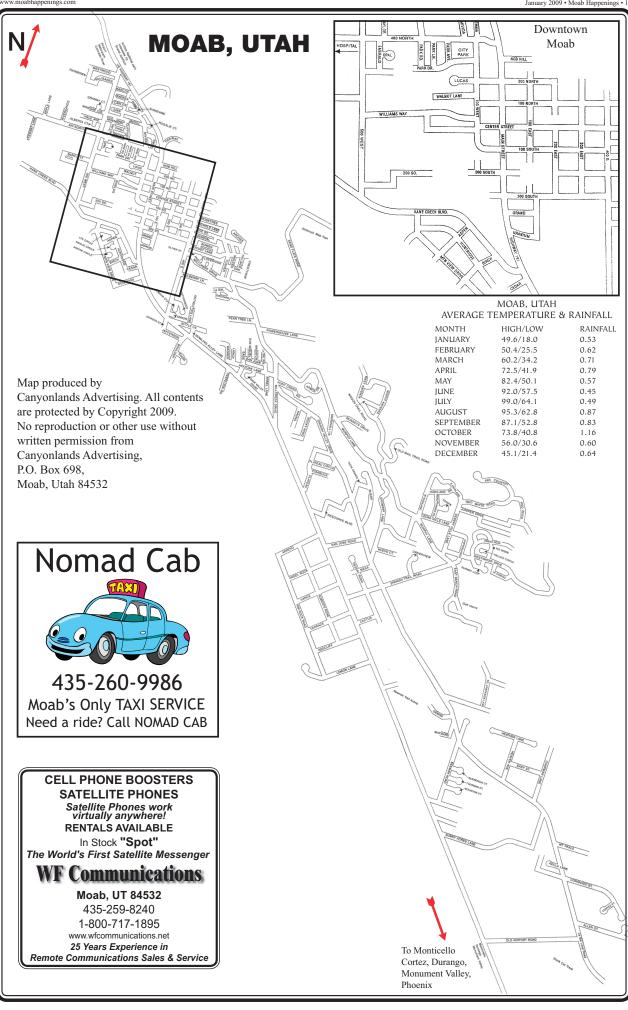
COLORADO RIVER: The Colorado River is located 2 miles north of Moab. The river cuts through a red rock gorge with incomparable vistas, meandering along in some sections, rushing boldly in others. Whitewater rafting, kayaking, canoeing, and jet boat tours abound. The drive along the Colorado River - Scenic Byway 128 and Scenic Byway 279 - offer incredible views, petroglyphs, dinosaur tracks, arches, famous movie locations, red rock spires, and rock towers that loom 1,500 feet above the valley floor.



# Moab Church Services

| Assembly of God • 1202 South Boulder Avenue   | 259-7747                         |
|---|----------------------------------|
| Bahái Faith • call for information 435-650-5778 or 43   | 5-259-7533                       |
| Church of Christ • 456 Emma Boulevard   | 259-6690                         |
| Church of Jesus Christ of Latter-Day Saints<br>Moab Stake • 701 Locust Lane<br>First & Second Wards • 475 West 400 North<br>Third, Fourth & Fifth Wards • 701 Locust Lane | 259-7491<br>259-5566<br>259-5567 |
| Community Church of Moab • 544 MiVida Drive   | 259-7319                         |
| Episcopal Church of St. Francis • 250 South Kane Creek Blvd • P.O. Box 96   | 259-5831                         |
| First Baptist Church SBC • 420 MiVida Drive   | 259-7310                         |
| Grace Evangelical Lutheran Church • 360 West 400 North  | 259-5017                         |
| Jehovah's Witnesses • 25 West Dogwood   | 259-8166                         |
| Moab Baptist Church • 356 West Kane Creek Blvd.   | 259-8481                         |
| River of Life Christian Fellowship • 2651 East Arroyo Rd.   | 259-8308                         |
| St. Pius X Catholic Church • 122 West 400 North   | 259-5211                         |
| Seventh Day Adventist • 4581 So Spanish Valley Drive  | 259-5545                         |
| Friends (Quakers) Meeting for Worship, 10am Sundays<br>Location: Seekhaven, 81 N 300 East   | 259-8664                         |

January 2009 • Moab Happenings • 11



# NATURE HAPPENINGS

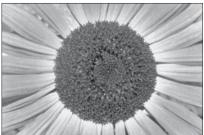
# Creating a Backyard Sanctuary

by Damian Fagan

As winter settles into the Moab Valley in January, there are still lots of great options for observing nature outside. A trip along the river will turn up waterfowl geese and ducks - unless, of course, the river is frozen. Backyard birders might see brown creepers, white-breasted nuthatches, American goldfinches or a rare varied thrush at their feeders. When snow carpets the ground, it is fun to track mule deer, bighorn sheep, long-tailed weasels or other charismatic fauna over the canvons and through the woods. But when the weather turns bitter, January is also a good month to start in on a backyard habitat plan.

The National Wildlife Federation (www.nwf.org) offers simple solutions to turn your backyard into a haven for wildlife. You can even be one of the thousands of Americans who have certified their habitat creations through their Backyard Wildlife Habitat program. To guide your activities, draw up a simple plan that includes elements of food, water, cover and nest sites.

Food. Probably the first thing that comes to mind is a bird feeder, which is an excellent option. There are many seed and feeder selections available; a mix of feeder types will attract a wider range of species than just throwing some breadcrumbs out on the ground. There are suet feeders that take a brick of suet and these will attract woodpeckers. flickers, chickadees, bushtits, and nuthatches. Made of seeds, insects and rendered beef fat, these high-energy cakes are great winter treats, but tend to be a bit nasty during the hot summer months.



In addition to the suet, there are seed mixes that will attract particular birds like doves, goldfinches, chickadees, towhees, sparrows, and jays. But don't limit yourself to just feeders, think about planting nectar-producing flowers for hummingbirds or plants that produce seeds or berries.

Water. A birdbath probably comes to mind, but try placing the birdbath on the ground, surrounded by some



rocks. Birds need to bath to keen their feathers clean, but remember to place the birdbath in a location that predators (neighborhood cats) can't lurk near. Another idea is to install a small artificial pond that is fed by your watering system. Don't forget to add a mosquito-larvae killing product

like Bt cakes (made of a bacteria) which kill the larvae but don't harm the other species. Be responsible for mosquito control, because they too will come to these habitats.

Cover. A sterile environment like a lawn might attract the occasional robin, but they provide very little habitat for wildlife. Consider reducing your lawn size by installing native shrubs, trees, perennials, rocks, brush, or other items that provide hiding places for wildlife. For those of you in love with your lawns, here is my advice: rip, rip, rip. Sure keep a piece for the kids to play on or for those backyard

lawn doesn't look lush enough, but you'll be significantly increasing your backyard habitat. I don't know if there is a National Rip Out Your Lawn Day, but that would be a true celebration.

Nest sites. There are many birds besides woodpeckers that use nest boxes. Screech owls, bluebirds. nuthatches, and swallows are a few



that come to mind. You'll have to monitor these nest boxes for starlings and house sparrows, two non-native species that "bully" their way into the 'hood. There are ways to discourage these species from using a nest box, but you'll have to be vigilant. There are even swallow cups that you can install under your eaves to attract barn or cliff swallows excellent insect predators. But don't forget about some of the birds that build their own cup-shaped nests in trees

or shrubs. Robins, hummingbirds, orioles, kingbirds, and chickadees are species that will utilize your yard for nesting.

So take a little time this January to work on your backyard habitat plan. You'll find both a lot of enjoyment in the planning process, as well as in the rewards of seeing wildlife in your yard come spring.



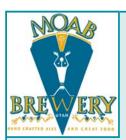
| Distances used on this chart are based on main numbered routes from point to point. Shorter distances may be available using different routes. | Albuquerque, N.M. | Arches<br>Blanding Hab | Bluff, Utah | Bryce Canyon N.P. | Canyonlands N.P. | Canyonlands Needles | Capitol Reef N.P. | Cortez, Colorado | Dead Horse Point | Denver, Colorado | Durango, Colorado | Goosenecks | Grand Canyon N. Rim | Grand Canyon S. Rim | Grand Junction, CO | Green River, Utah | Hovenweep     | Lake Powell Halls Csg. | Lake Powell Hite | Las Vegas, Nevada<br>Los Angeles, CA | Mesa Verde N.P. | Mexican Hat, Utah | Moab, Utah | Monticello, Utah | Monument Valley | Natural Bridges | Newspaper Kock<br>Page Arizona | rage, Attizona<br>Phoenix, Arizona | Price, Utah | Salt Lake City, Utah | Zion National Park |
|--|-------------------|------------------------|-------------|-------------------|------------------|---------------------|-------------------|------------------|------------------|------------------|-------------------|------------|---------------------|---------------------|--------------------|-------------------|---------------|------------------------|------------------|--------------------------------------|-----------------|-------------------|------------|------------------|-----------------|-----------------|--------------------------------|------------------------------------|-------------|----------------------|--------------------|
| Albuquerque, New Mexico  | 3                 | 367 32                 | 9 355       | 608               | 398              | 359 35              | 3 487             | 249              | 396              | 444              | 218               | 389        | 535                 | 407                 | 430                | 415               | 291           | 419                    | 416              | 587 805                              | 278             | 382               | 362        | 307              | 324 3           | 376 3           | 35 4                           | 56 449                             | 9 548       | 730 5                | 75                 |
| Arches National Park   | 367               | 81                     | 107         | 361               | 31 (             | 52 80               |                   | 119              |                  | 356              | 165               |            | 499                 | 325                 | 110                | 49                | 116           | 171                    | 168              | 447 722                              | 149             | 134               | 5          | 60               | 159 1           | 129 5           | 8 28                           | 85 480                             | 0 110       | 230 40               | 04                 |
| Blanding, Utah   | 329 8             | 31                     | 26          | 279               | 113 5            | 58 74               | 158               | 83               | 111              |                  | 130               | 56         | 322                 | 242                 | 196                | 130               | 45            | 90                     | 87               | 358 630                              | 99              | 52                | 74         | 22               | 77 4            | 47 4            | 7 19                           | 99 393                             | 3 192       | 321 32               | 22                 |
| Bluff, Utah  |                   |                        |             |                   | 139 8            |                     | 00 180            |                  |                  | 477              | 152               |            |                     | 220                 |                    |                   |               | 110                    |                  | 332 604                              |                 |                   | 103        |                  |                 |                 |                                | 73 367                             | 7 214       | 343 29               | 96                 |
| Bryce Canyon National Park   |                   |                        |             |                   |                  | 347 35              |                   |                  | 418              |                  |                   |            |                     |                     |                    |                   |               |                        |                  | 205 477                              |                 | 323               |            | 301              | 277 2           | 232 3           | 27 1                           | 51 378                             | 8 280       | 324 8                | 6                  |
| Canyonlands National Park  |                   |                        | 3 139       |                   |                  | 109 86              |                   |                  |                  | 377              | - 10              |            |                     | 10.                 |                    |                   |               |                        |                  | 478 750                              | - 111           | 165               |            |                  | 190 1           |                 |                                | 16 506                             |             | 362 43               | 35                 |
| Canyonlands N.P. Needles   |                   |                        |             | 347               |                  | 70                  |                   |                  |                  | 434              | 151               | 114        |                     | 314                 |                    |                   |               |                        |                  | 524 746                              |                 | 120               | 73         | 46               | 145 1           | 115 2           | 0 2                            | 71 451                             | 1 188       | 308 39               | 90                 |
| Canyon Rims Rec. Area Capitol Reef National Park   |                   |                        |             |                   |                  |                     |                   | 112              |                  | 411              |                   | 130        |                     | 320                 |                    |                   | 119           | 164                    |                  | 501 773                              | 141             | _                 | -          | 52               | 151 1           | 121 5           | 0 2                            | 77 467                             | 7 165       | 285 39               | 96                 |
| Capitol Reef National Park   | 487 2             | 244 15                 |             | 100               |                  |                     |                   |                  | 273              |                  | 289               | 209        | li.                 | 259                 |                    |                   |               | 161                    |                  | 336 608                              | 273             | 202               | 239        |                  | 227 1           |                 |                                | 53 509                             | 9 134       | 257 2                | 17                 |
| Cortez, Colorado   |                   |                        |             | 361               |                  | _                   | 2 244             |                  | 149              |                  | 45                |            |                     | 324                 |                    |                   | $\rightarrow$ | 172                    |                  | 566 838                              | 29              | _                 | 105        | -                | 159 1           | _               | _                              | 85 475                             |             | 007                  | _                  |
| Dead Horse Point   |                   |                        | 1 137       |                   |                  | 107 84              |                   |                  | -                | 375              | 194               |            |                     | 367                 |                    |                   |               | 201                    | -                | 392 664                              |                 | 163               | _          | 89               | 188 1           | -               | -                              | 14 504                             | _           | 260 43               | 33                 |
| Denver, Colorado   |                   |                        |             |                   |                  |                     |                   |                  |                  |                  | 339               | _          | -                   | 681                 | _                  | -                 |               |                        |                  | 758 103                              |                 |                   |            |                  |                 |                 |                                |                                    |             | 512 7                | 64                 |
| Durango, Colorado  | _                 |                        | -           | _                 |                  |                     | 7 289             |                  | 194              |                  |                   |            |                     | 337                 |                    |                   |               |                        |                  | 575 847                              | -               | _                 | _          |                  |                 | _               |                                | 94 520                             |             | 404 4                | _                  |
| Goosenecks   |                   |                        |             |                   |                  |                     | 0 209             |                  | _                | -                | 183               |            |                     | 261                 |                    |                   |               | 138                    |                  | 439 711                              | 168             | -                 | 101        | -                | -               | _               | _                              | 58 348                             | _           | 377 2                | 77                 |
| Grand Canyon North Rim   |                   |                        |             |                   |                  |                     |                   |                  |                  |                  | 450               | _          | _                   | $\rightarrow$       | -                  | 404               |               | 404                    |                  | 237 509                              | _               |                   | -          | _                | 236 3           | -               |                                | 23 347                             |             | 413 12               | 27                 |
| Grand Canyon South Rim   |                   |                        |             |                   |                  |                     |                   |                  |                  |                  | 337               | _          | _                   | $\overline{}$       | 417                | -                 |               | 324                    |                  | 283 555                              | +               | -                 | -          | -                | -               | _               | _                              | 39 217                             | _           | 583 29               | 97                 |
| Grand Junction, Colorado   |                   |                        |             |                   |                  |                     |                   | _                | _                |                  |                   |            | 505                 |                     |                    | 101               |               | 286                    |                  | 510 782                              | _               | _                 | -          | -                | 248 2           |                 |                                | 95 590                             |             | 285 49               | _                  |
| Green River, Utah  |                   |                        | 0 152       |                   |                  | 26 10               |                   | 158              |                  | 346              |                   | 186        | _                   | 372                 | -                  | -                 | 175           |                        |                  | 398 664                              | 197             | _                 | 100        | -                | 203 1           |                 |                                | 29 519                             | 9 62        | 182 2                | 41                 |
| Hovenweep  |                   |                        |             |                   |                  |                     | 9 199             |                  | 156              |                  |                   |            |                     | 255                 |                    |                   | _             | 127                    |                  | 491 763                              | 76              | -                 | 122        |                  |                 |                 | 2 2                            | 10 402                             | 2 237       | 366 3                | 31                 |
| Lake Powell Halls Crossing   |                   |                        |             |                   |                  |                     | 64 161            |                  |                  |                  | _                 | 138        |                     |                     | 286                |                   | 127           |                        |                  | 562 838                              | 201             | _                 | 164        |                  |                 |                 | -                              | 81 471                             | -           | 411 4                | _                  |
| Lake Powell Hite Marina  |                   |                        |             |                   |                  | 145 16              |                   |                  | 198              |                  | _                 |            |                     | _                   |                    | 217               | _             |                        | $\overline{}$    | 559 831                              | 198             | _                 | 161        | _                | 152 4           |                 | 34 2                           |                                    | _           | 408 39               | 97                 |
| Las Vegas, Nevada  |                   |                        |             |                   |                  |                     |                   | _                |                  |                  | 575               |            | -                   | 283                 |                    |                   | -             | 562                    |                  | 272                                  |                 | _                 |            |                  | 307 5           | _               |                                |                                    | 7 460       |                      | 21                 |
| Los Angeles, California  | _                 |                        |             |                   |                  | _                   |                   | -                | 664              | -                | -                 | -          | -                   | 555                 | -                  |                   |               | -                      | 831              |                                      | 867             | -                 | -          | _                | 579 7           |                 |                                | 53 376                             | _           | 691 39               | 93                 |
| Mesa Verde N.P, Colorado   |                   | -                      |             | 390               |                  | _                   | 1 273             | -                | 178              | -                | 54                | -          | 434                 |                     | 233                | _                 | -             | 201                    | -                | 595 867                              |                 | _                 | 144        |                  | 188 1           | _               | _                              | 14 504                             | _           | 388 43               | _                  |
| Mexican Hat, Utah  |                   | _                      |             | _                 |                  | _                   | 26 202            |                  |                  | -                | 143               | -          | 270                 | 194                 |                    |                   | _             | 134                    |                  | 432 704                              | 163             | _                 | 129        |                  |                 |                 |                                | 51 341                             | _           |                      | _                  |
| Moab, Utah   | _                 |                        | 200         | -                 |                  | 73 50               |                   | 115              | -                | 361              | 200               | 101        | 0.7.0               | -                   | 115                |                   | $\rightarrow$ | 164                    | _                | 451 717                              | _               | 129               | _          | -                | 151 1           | -               | _                              | 80 475                             | _           | 235 29               | _                  |
| Monticello, Utah   |                   |                        | _           | -                 | _                | 16 52               | _                 | -                | -                | 416              |                   |            | 344                 |                     | 170                |                   | -             | _                      | -                | 506 779                              | 89              |                   | 54         | -                |                 |                 |                                | 25 415                             | -           |                      | _                  |
| Monument Valley  |                   |                        |             |                   |                  |                     | 1 227             |                  | 188              |                  | 168               |            | 236                 | -                   | 248                | _                 |               | 155                    | _                | 307 579                              | 188             | _                 | 151        | -                |                 | 118 1           |                                | 26 316                             |             |                      | _                  |
| Natural Bridges Natl Monument  |                   |                        |             | _                 |                  | _                   | 1 111             | -                | 148              | -                | 174               | _          | 361                 |                     | 243                |                   |               |                        |                  | 525 797                              | 158             | _                 | 120        |                  | 118             | _               |                                | 44 432                             |             |                      | _                  |
| Newspaper Rock   |                   | _                      | _           | -                 | 89 2             |                     | _                 | 85               | -                | 414              |                   | 188        | -                   |                     | 168                |                   | _             | 137                    |                  | 512 784                              | 115             |                   | -          | $\rightarrow$    | 125 9           | _               | _                              | 31 440                             |             |                      |                    |
| Page, Arizona  |                   |                        |             |                   |                  |                     | 7 353             |                  |                  |                  | 294               |            |                     |                     |                    |                   | 210           |                        |                  | 281 553                              | +               | 151               | -          | -                | 126 2           | _               | _                              | 272                                |             | 420 1                |                    |
| Phoenix, Arizona   |                   |                        |             |                   |                  |                     |                   |                  |                  |                  | _                 | -          | -                   | 217                 |                    |                   | 402           | -                      |                  | 287 376                              | _               | _                 | 475        | _                | _               | _               | 140 2                          |                                    |             | 645 3                |                    |
| Price, Utah  |                   |                        |             |                   |                  |                     |                   |                  |                  |                  |                   | _          | 466                 | -                   | 163                | _                 |               | 171                    | _                | 460 602                              | _               |                   | _          | -                | _               | _               | _                              | 91 663                             | _           | 123 2                | _                  |
| Salt Lake City, Utah   |                   |                        |             |                   |                  |                     |                   |                  | 260              |                  |                   | 377        |                     |                     | 285                |                   | 366           |                        |                  | 419 691                              |                 | 373               |            |                  |                 | 368 3           | _                              | 20 645                             |             |                      | 06                 |
| Zion National Park   | 575 4             | 104 32                 | 2   296     | 86                | 435              | 390 39              | 6 217             | 404              | 433              | 764              | 413               | 277        | 127                 | 297                 | 493                | 241               | 331           | 400                    | 397              | 121 393                              | 433             | 270               | 294        | 344              | 245 3           | 363 3           | 70 1                           | 19 382                             | 2 281       | 306                  | _                  |

www.moabhappenings.com Moab Happenings • January 2009 • 13



# RESTAURANT GUIDE





# Moab's ONLY ON-SITE

ON-SITE Microbrewery &

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

SEAFOOD • SANDWICHES • STEAKS • SALADS BURGERS • VEGETARIAN FOODS • DAILY SPECIALS

LUNCH & DINNER 7 DAYS - OPEN 11:30 AM 686 South Main • 259-6333 (McDonald's is next to us)

Closed Dec 31 to Jan 22

#### (hogi 🕲 yogi Love It • Crave It • Buy Buy One 6" Sandwich, Chips & Large Drink...and get any Teriyaki Stix 2nd 6" Sandwich FREE with this coupon! Entree and (2nd sandwich of equal or lesser value) Offer good with coupon at Moab Location Only -Large Drink & get a 2nd Entree FREE! (2nd entree of equal or lesser value Across from Offer good with coupon at Moab City Market





# Utah's Liquor Laws...or "You must be kidding, I can't do what?"

The Utah State Liquor Store is the only location to purchase bottled liquor, wine and beer with an alcoholic content above 3.2%. The Moab store is located at 55 West 200 South. Hours:

11-9 May 1-Oct 31 (11-7 Nov 1-April 30).

In addition, wine only is available at two local wineries - Castle CreekWinery located at Red Cliffs Resort on Hwy 128 (259-2002) and Spanish Valley Vineyards & Winery located at the southwest corner of Stocks Drive and Zimmerman Lane (259-8134).

Beer (3.2% alcohol content) for takeout can be purchased at food stores and convenience stores for off-premise consumption only. On-premise

(you can drink it here) is available at various licensed locations. Taverns,

golf courses, bowling alleys and also restaurant locations that have the required beer license. Restaurants may also be licensed to serve mixed drinks and wine by the glass, provided that they meet the state food requirements. You may become as confused as most of the

people who wrote the laws in some restaurants. To satisfy the variety of demands of the public, many locations will have two or more licenses. You may be sitting at a "beer" bar and see the bartender mixing a mixed drink. If you try to order one, you will be told that you have to go into the "restaurant," which may be less than 10 feet away.

The last category of license is the "Private Club" -membership establishments - but

don't let this keep you from stopping in to have a drink because private clubs are easily accessible to non-members. When you enter the club you can pay a minimal fee to either join the club or to receive a visitor card which is valid for three weeks

of visits. Moab has four private clubs... Club Rio located at the Rio Sports Bar & Grill on West Center Street, Frankie D's Bar & Grill at 44 West 200 North, World Famous Woody's Tavern at 221 South Main and Zax Restaurant on Main and 100 South.

Last, but not least, Utah law forbids open containers of alcohol in the passenger compartment of motor vehicles. Driving under the influence of alcohol or drugs is a serious crime and is prosecuted aggressively in Utah.





540 South Main • Moab, Utah • (435) 259-4848

Next to BigHorn Lodge. Open 7 days a week, featuring steaks, prime rib, hamburgers, and a full breakfast menu. Prompt coffee shop service. State Liquor Licensee

Moab's Finest Family Dining

Complete catering services available.









RESTAURANT GUIDE

14 · Moab Happenings · January 2009 www.moabhappenings.com



**OPEN** 

at 4 PM





**OPEN** 

# RESTAURANT







Bar M Chuckwagon

7000 North Highway 191 259-Ba Dinner - Closed for season. Live Western Show & Cowboy supper. 259-BAR-M(2276)

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

#### **Branding Iron Bar & Grill**

2971 South Highway 191 Dinner at 5pm

Western style family restaurant, Home of the Moab Super Burger. New Specials, Great Food. Prime Rib every night. Open 7 days a week. Full Service Liquor License.

53 West 400 North

259-3127

Come relax on our deck or by our stone fireplace. Our menu includes steaks, seafood, salads, wraps, burgers and ribs. Don't miss our all you can eat crab legs on Saturdays. Home of the sweet potato fries. Beer and Wine served. Open for group parties. Call for Reservations.

#### **Buck's Grill House** Eat Well, Have Fun and Welcome to

1393 North Highway 191 259-5201

Dinner
Don't let this out-of-the-way restaurant's campy name fool you. Notable starters include duck tamales. An ample entree selection includes Southwestern dishes, steaks, game, pasta and great American dishes such as Tim's famous buffalo meatloaf. CLOSED FOR THE SEASON

Burger King 606 South Main

259-2700

#### Cassano's Italian Restaurant

11 East 100 North
Lunch & Dinner - Reopening January 7
Open 3 pm - 6 pm, closed Monday & Tuesday
Come in and join us for home made sauces and hand 259-6018

tossed pizzas and paninis. Moab's new traditional Italian restaurant is located in the old Poplar Place. Patio seating available so you can dine alfresco and bask in splendid red rock views. Lunch specials starting at \$5.99. Dinner specials starting at \$7.99.

#### Center Cafe

60 North 100 West

Obnorm 100 west 259-4295 Open Daily at 4 pm.
Tapas - Small Bites & Shared Plates 3:30-6:00 pm. A place to celebrate life with great food and friends in a beautiful and relaxed atmosphere! Paul & Zee McCarroll, chel/owners, prepare a seasonal menu of Grilled Meats, Fresh Fish, Pasta & Vegetarian Dishes, Fresh Breads and Exquisite Desserts. Closed Sundays.

#### Denny's

989 North Highway 191

Breakfast \* Lunch \* Dinner

MOAB'SONLY 24 HOURRESTAURANT. Family dining
at affordable prices. Over 100 menu items including Seniors
menu, daily Special and Fit Fare for the health conscious,
ask about "Kids eat Free" Take out menu available.
Reservations for large parties and buses welcome. Great
food and Great Service by Great People. EVERYTIME.

#### **Desert Bistro**

1266 N Hwy 191 at Moab Springs Ranch 259-0756

Owners/Chef Karl & Michelle Kelley invite you to enjoy a relaxed evening of dining at our new location. Nightly specials, fresh fish, game, choice meats, handmade pastas, bread and desserts. Beautiful patio for outdoor dining.

# CLOSED SUNDAYS For Reservations: 259-4295 State Liquor Licensee RGANIC COFFE Carnivores, Herbivores, Omnivores: Friendly Breakfast 💆 Lunch 🛂 Deli

"Best Desert Oasis" Salt Lake City Magazine

HOURS: Friday - Monday 7:30am-2:00pm (Sun 7:30am - 1:00pm Breakfast only - no lunch) 352 North Main, Moab - 435-259-6896

A Place to Celebrate Life with great food and friends in a beautiful and relaxed atmosphere!

5 Years Best Restaurant in Southern Utah

6 Years Zagat Award of Excellence Fresh Seafood • Black Angus Beef • Free Range Chicken Innovative Vegetarian Fare • Locally Grown Organic Produce

Chefs/Owners: Paul and Zee McCarroll





Casual Fine Dining Contemporary Southwestern Cuisine Located in the Historic Ranch House at Moab Springs Ranch OPEN FOR DINNER 5:30pm Closed Mondays & Tuesdays 1266 N Hwy 191 • 259-0756 STATE LIQUOR LICENSEE

Domino's 812 South Main

259-0101

#### Eddie McStiff's Restaurant & Brew Pub

57 South Main Street Lunch • 11:30 a.m. Daily Dinner • 4:30 p.m. Nightly

12 beers on tap. Brick Oven Organic Pizza. Southwestern, Pasta, Great Salads! Natural/Choice Aged Steaks, Burgers. Kids Menu. State Liquor Licensee. Pool Tables. Patio Dining. Discount for Seniors 65 and older, FREE WIRELESS INTERNET! Pizza Delivery to Main Street Hotel

EklectiCafe 352 North Main Street 259-6896

Breakfast • Lunch Fri. Sat. & Mon. 7:30 a.m. - 2:00 p.m. Sun. Breakfast 7:30 a.m. - 1:00 p.m.

Sun. Breakfast 7:30 a.m. - 1:00 p.m.
Daily Breakfast & Lunch Specials. Homemade soups & quiche. Traditional & ethnic dishes. Famous for our scrambled tofu and vegetarian cuisine! Winner "BEST DESERT OASIS" Salt Lake Mag. August 2002!

#### Fiesta Mexicana

259-4366 202 South Main Street

#### Frankie D's Bar & Grill

44 West 200 North 259-2654

#### The Good Place

259-4RAW

#### Hogi - Yogi

396 South Main (next to Teriyaki Stix)
259-2656
Lunch • Dinner Open Daily
Sandwiches, Ice cream, Shakes, Frozen Yogurt &
Smoothies. Over 15 great sandwiches. Low-fat icy, cold
nutrient-packed line of real fruit smoothies. Try our new
ice cream & cookie sandwiches made to order. Drive thru service. Call in & take-out orders welcome.

#### Jailhouse Cafe

101 North Main Street

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

#### KaleidoScoops

26 West Center

Closed for season

#### La Hacienda

574 North Main

Lunch • Dinner - OPEN 11:00 am DAILY

CELEBRATING 28 YEARS! Superior Mexican specialities with menu items for the gringo, too. Daily specials & out-of-the-ordinary entrees. Family dining atmosphere. Naturally vegetarian friendly. State Liquor Licensee. Closed Sundays.

#### Leger's Sandwiches

817 So Main (inside the Moab Chevron)

Leger's Sandwiches, a favorite since 1977, is now OPEN inside the Moab Chevron. Leger's has five locations in Utah. Our Sandwiches are made to order. Call in orders

#### Love Muffin Café

139 North Main

259-6833 Breakfast and Lunch Open everyday at 7:30am-2:00pm Fresh baked muffins and cupcakes every morning! Check out the vegan and gluten free selection. Breakfast burritos, Whole Wheat Waffles and more... Proud to use local and organic ingredients along with eco-friendly containers. Closed till January 15.

#### McDonald's

640 South Main 259-8800

#### Miguel's Baja Grill

51 North Main

Dinner

Dinner
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.
Closed for season.

www.moabhappenings.com Moab Happenings • January 2009 • 15



# GUIDE 📍











#### Milt's Stop & Eat

400 East and Millcreek Drive 259-7424
Lunch • Dinner
A true Moab icon since 1954. Featuring locally

processed 100% ground chuck burgers, classic diner sandwiches; Big City red beef dogs; flavored shakes and malts. Located on the way to the Slickrock Trail behind Dave's Corner Market. Eat in or take out. Open Tuesday through Sunday, 11am-8pm. See ya' all at Milt's. Closed December 15 - January 29.

#### Moab Brewery

259-6333 686 South Main

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. Closed December 31 - January 22

# Moab Coffee & Creamery 59 S. Main #6, McStiff's Plaza.

Closed for season.

# Moab's Daily Grind 1146 South Hwy 191 #B Mon-Sun: 6am - 2pm

259-1115

FAST, FRIENDLY & AFFORDABLE Drive-Thru Coffee & Espresso. We serve up lattes, mochas, cappuccinos, breves, chai, hot & iced teas, iced & blended drinks, Italian sodas, and more. Featuring Ghiradelli chocolate sauces, including white and dark chocolate. We use fairly traded coffee from a small quality roaster. Iced & Blended Drinks. Iced Green Tea.

#### Moab Diner & Ice Cream Shoppe

189 South Main 259-4006

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

#### Pantele's Desert Deli

259-0200 98 East Center

Pasta Jay's 4 South Main 259-2900

# The Peace Tree Juice Cafe 20 South Main

259-8503

20 South Main 259-8503
Breakfast - Lunch
Moab's ONLY Fresh Wheatgrass, Fruit and Vegetable
Juice Cafe! Healthy, fresh breakfast entrees. Egg wraps, sprouted wheat bagels. Finest wrap sandwiches, salads & secret recipe hummus. Delicious smoothies. Organic coffee & espresso. No microwaves. "Healing Ourselves and Healing the Earth."
Closed for season. See you in March!

Pizza Hut 265 South Main Lunch • Dinner OPEN EVERYDAY

Salad bar, variety of pizzas & toppings, pasta, breadsticks, kids menu & quick lunch specials. Pick Up or delivery when available.

Red Cliffs Resort & Restaurant
14 Miles up Highway 128
RIVER FRONT TABLES inside and out overlooking
the Mighty Colorado. American menu. Steaks, chops,
fish, fowl, pasta. Featuring local wines from Castle Creek
Winery, located on site. Western Hospitality in a casual
atmosphere. Make your reservations for weddings and
private parties. Restaurant closed for January except
for special events.

# Red Rock Bakery & Net Cafe 74 S. Main Street

259-5941

Breakfast \* Lunch
OPEN EVERYDAY. 7am - 4pm Mon - Sat and 7am
- 3pm Sunday Serving freshly baked bagels, muffins,
scones and cinnamon rolls. Fresh Moab Coffee (FMC). Best Sandwich in Moab. Moab Internet Access. Fine photography by Chris Conrad.

#### The Rio Sports Bar & Grill

e KiO Sports Dat & GTIII

1 block west of Main on Center 259-6666

Sports Bar & Grill. Affordable drinks & food. Fully stocked bar, serving beer, liquor & wine. Nightly entertainment. Karaoke at 9pm. Live music on weekends. (Private club for members. Visitors welcome) 21 years and older. OPEN EVERYDAY AT 3:00PM

#### Singha: Authentic Thai Cuisine

92 East Center Lunch • Dinner 259-0039

For those in search of true Thai Cuisine, we invite you to experience the flavors and aroma of Singha Thai Cuisine. Not always spicy as you thought. We use fresh herbs and spices including garlic, coriander, lemon grass, mint and chilies. Our full menu includes House specials, appetizers and desserts. Closed until Jan 29.

# Slickrock Cafe 5 North Main

Lunch • Dinner, Reopening January 7th

Open 11;30 am - 4:30 pm, Closed Monday/Tuesday Steaks, Seafood, New & Improved Lunch & Dinner Menu, Atrium Seating, Appetizers, Gourmet Burgers, Sandwiches, Salads and Freshly Grilled Entrees. Daily Specials, Kids Menu. Call in and take out orders welcome Full Service Liquor License.

#### Smitty's Golden Steak

259-4848 540 South Main Breakfast . Lunch . Dinner

Next to Big Horn Lodge. Open 6am-9 pm 7 days a week, featuring steaks, prime rib, hamburgers, full breakfast menu. Prompt coffee shop service.

#### **Sorrel River Grill**

17 Miles Northeast on Scenic Hwy 128 259-4642
Dinner (by reservation only)
Upscale restaurant with the unique ambiance of dining alongside the Colorado River. Chefs use fresh, locally grown organic produce to create a varied menu which features aged beef, free-range chicken, game, and the finest seafood flown in daily from around the world. Full liquor license and extensive wine list. Casual dress. Reservations required. Closed January 3 - January 31.

#### Stagecoach Grill

2728 South Hwy 191
Breakfast • Lunch
A full menu consisting of good old fashioned "comfort food." Daily breakfast and lunch specials and take out

orders available. Closed for season

#### **SUBWAY Sandwich Shop**

259-SUBS 299 South Main Breakfast • Lunch • Dinner

NOWSERVING BREAKFAST UNTIL 11 AM! Create your own healthy sandwiches and salads. Five varieties of freshly baked bread. Load up your subs with lots of fresh veggies and one of SUBWAY's special sauces. Located inside Walker's Convenience Store (corner of 300 South and Main)

#### **Sunset Grill**

259-7146

900 North Highway 191 259-7146 Dinner Steaks, Seafood, Pasta. Fresh ingredients brought in daily. Children welcome. Reservations accepted for parties of 6 or more. Come up and rediscover Charlie Steen's historic home with the million dollar view. Open 5:00 daily. CLOSED SUNDAYS. State Liquor Licensee.

# Szechuan Restaurant 125 North Main

259-8984

Teriyaki Stix

396 South Main
Lunch • Dinner
Wide selection of rice or noodle bowls with grilled teriyaki
chicken, hot & spicy chicken, beef, kalua pork, fresh
steamed veggies, pot stickers & more. Drive thru, take-out
& call in orders welcome. Open 7 days a week. Located
across from City Market, Next to Hogi-Yogi.

#### TexMex Cocina

812 South Main, Ste B 259-9922

#### Village Market

702 South Main 259-3111

Wendy's 260 North Main 259-2595

Wicked Brew Espresso Drive Thru 132 North Main 259-0021

96 South Main Street 259-6555
Lunch • Dinner - Family Dining
Try our "all you can eat" pizza buffet, with our unique pizza.
Soup & salad bar. Extensive menu includes pastas, burgers, sandwiches, salads, Black Angus Steaks, seafood and much more. Dine inside or out on our all-weather covered porch. Also, for those 21 and over visit ZAX Watering Hole-A private club for members only, 2 pool tables, 50" Flat Screens, 22 TV's throughout the restaurant and club. Featuring a full liquor license in both. Open 11:30 am to close daily.





Located inside Walker's Convenience Store

Buy one six inch sub and a Medium Drink and get one six inch sub free.

Expires February 15, 2009

Coupon valid at your Moab Subway

299 South Main • 259-SUBS

# SLICKROCK CAFE

Lunch & Dinner Menu 11:30 am to 4:30 pm closed Monday/Tuesday

Atrium Seating, Full Service Liquor License Appetizers, Gourmet Burgers,

Sandwiches, Salads, Steaks Seafood

Freshly Grilled Entrees Kids Menu, Daily Specials

Slicker than ever - Food with 'tude-All that is missing is YOU!!

CORNER OF CENTER & MAIN (435) 259-8004 • www.slickrockcafe.com



**Secluded Patio Dining** 1393 North Highway 191 435-259-5201

State Liquor Licensee

Grill

# RESTAURANT GUIDE











989 No. Hwy 191 OPEN 24 HOURS



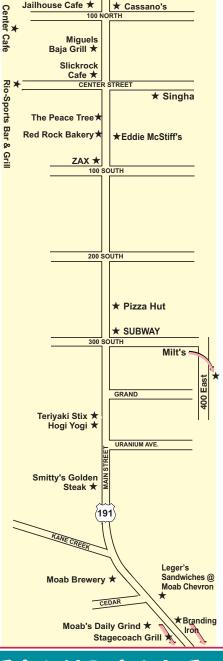


ALL YOU CAN EAT CRAB LEGS ON SATURDAYS



Take Out Orders Welcome













# RESTAURANT

17 • Moab Happenings • January 2009 www.moabhappenings.com

# SKY HAPPENINGS

# The Sky for January 2009

Moab UT (at City Hall) 38°34' N Latitude 109°33' W Longitude 4048 ft - 1234 m Elevation

#### January 2009

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

The Andromeda Galaxy (in the constellation Andromeda) Hold the star chart high above your head and is visible with the unaided eye under dark skies. Look match the compass directions to the south of Cassiopeia for the bent line of three stars direction you are facing. Adjust that extends from the Great Square of Pegasus. the star chart by orienting Find the second star from the corner of the Ursa Major (Big Dipper) square, then follow the two stars that form to match its position a right angle with it. Look for a faint in the sky. Ursa Ma blur adjacent to the last star. The spiral Cygnus galaxy is two million light years away. Vulpeculo elopardalis MAJOR CONSTELLATIONS Destpt OF JANUARY Overhead Eastward Equule Andramedo Andromeda Cancer Aries Canis Trianguli Auriga Major Canis Minor Orion Perseus Gemini Taurus Triangulum Southward Cetus Eridanus Cetus Northward Lepus Cassiopeia Cepheus Ursa Major The star chart Westward approximates the Aquarius Pegasus Ursa Minor sky from astronomical twilight to midnight. As Pisces Sculptor the night and the month progress, the constellations shift toward the northwest. VISIBLE PLANETS Jupiter - Still outshines everything in the night sky except

**Mercury** - Always difficult to see, but look for it during the first few days of the month hovering above Jupiter. Mercury rises a littler higher each evening as Jupiter sinks below the horizon. Continue to look, from a high viewpoint, for Mercury, shining below Venus at magnitude -0.7 in Capricornus. Best seen about 40 minutes after sunset.

Saturn - Visible in the morning sky throughout the month, but also appears in the evening sky before midnight. By month's end, it appears around 9:00pm each evening. Shines at magnitude +0.9 in Leo.

Uranus - On a moonless night (try January 22-23), look for a blue-green point of light east of Venus. With good eyesight and dark skies it is barely visible at magnitude +5.9 in Aquarius.

Venus - Sunset reveals Venus higher in the sky each night, separating itself from Mercury and Jupiter below. It increases in brightness throughout the month, reaching its brightest magnitude of -4.7 by month's end.

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.

#### DAYLIGHT

The earth's orbit reaches perihelion (closest point to the sun) on January 4. That doesn't mean warmer days, because the northern hemisphere is still tilted away from the sun. It does increase the earth's speed as it travels along its pathway towards the spring equinox. That means the period of daylight lengthens, but don't expect earlier sunrises. The first three weeks of January show only a four minute advance in the time of sunrise—a 12 minute difference for the entire month. The longer days result from a later sunset--about one minute per day, 32 minutes total by the end of the month. Fortunately, twilight extends the period of daylight. Astronomical twilight brightens the horizon one and one-half hours before sunrise when the sun is still 18 degrees below the horizon. Nautical twilight begins one hour before sunrise when the sun is 12 degrees below the horizon. Civil twilight begins one-half hour before sunrise when the sun is six degrees below the horizon. The reverse progression occurs with sunset. Actual time of sunrise and sunset for a specific location depends upon the landscape.

#### MOON HAPPENINGS

January begins with a large waxing crescent moon high in the evening sky. The moon becomes full on January 10 at 8:27pm. Watch it rise at 4:56pm. On January 14 a waning gibbous moon and Saturn rise within minutes of one another around 10:00pm. The new moon occurs on January 26 at 12:55am. A very thin crescent reappears low in the southwestern sky on January 28. On January 29 the waxing crescent moon appears below Venus; on January 30 it has moved past Venus and appears above it. Times may vary depending upon the landscape.

#### STAR COLOR

The cold, dry skies of winter provide excellent conditions for viewing variation in star color. High in the night sky search for the blueish stars of the Pleiades. Directly below this star cluster, look for the orange light of Aldebaran in Taurus. Then find the three stars of Orion's belt. The orange star Betelgeuse is above the belt and to the east. The blue star Rigel is below the belt to the west. Southeast of Orion is blue Sirius, the brightest of all stars (magnitude -1.4). Above it is white Procyon. Higher in the sky is the constellation Gemini highlighted by its twin stars. Castor appears white, while Pollux appears slightly orange. Back to the west is Capella (in Auriga). It shines a yellow-white, very much like our own Sun would appear.

Venus and the moon. It appears lower on the southwestern horizon each

that we no longer see it. Shines at magnitude -1.9 in Sagittarius

Star color is an indication of the star's surface temperature. Blue stars are hottest, cooling down to white, yellow, orange, then red. Hot, blue stars tend to be massive and have short life spans of a few hundred million years. White and yellow stars tend to be moderate in mass (like our sun) with life spans measured in billions of years. Orange and red stars are at the end of their life cycle with swollen surfaces that result from the depletion of hydrogen fuel for their nuclear furnaces.

#### METEOR EVENTS

A first quarter moon sets soon after midnight on January 3-4, which favors the peak of the Quadrantid Meteor Shower. Its radiant is low on the horizon, east of the Big Dipper and north of the orangeish star Arcturus. It has been known to produce 10-60 faint, blue meteors per hour. From January 15 to 18 watch the eastern sky between 10:00pm and midnight for occasional meteors from the Delta Cancrid and Coma Berenicid Meteor Showers.

Note: Hold your hand at arm's length to measure apparent distances in the sky. Adjust for the size of your hand. 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 hand stretched from thumb to little finger equals 20 degrees. The diameter of both the full moon and the sun spans only 0.5 degree.

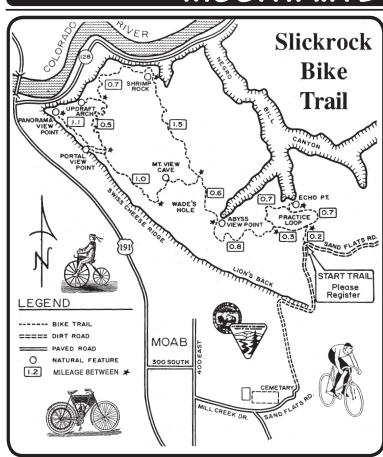
evening. By midmonth it sets so soon after the sun

By Faylene Roth



18 • January 2009 • Moab Happenings www.moabhappenings.com

# **MOUNTAIN BIKING**



# EXTREME SAFETY

## Did You Saa This?

Premium Ad Space Available in Moab's largest circulation newspaper

Contact Aaron or Theresa for more information 435-259-8431

#### Mountain Biking Mecca

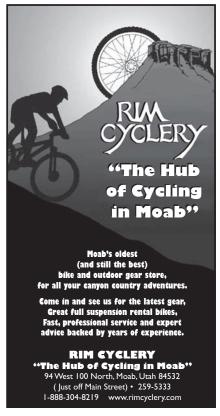
The canyon country around the Moab area offers some of the most unique and varied landscape on earth, from 13,000 foot peaks and high alpine meadows to high desert vistas above the sandstone canyons carved by the forces of the rivers. The harshness of the area provides an unparalleled group of back country trails to ride on.

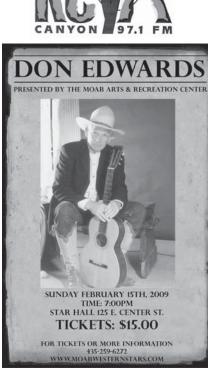
Moab has become known worldwide as a mountain biking mecca. Varied terrain and spectacular scenery bring riders from all over the world to Moab to try the trails. One of the most famous and popular is the Slickrock trail. This trail is 12 miles of moderate-to-difficult riding on Navajo sandstone, located 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.

The major annual bicycle events include:

- MOAB SKINNY TIRE FESTIVAL, March 14-16, 2009
  Four days of supported road cycling benefits the Lance Armstrong
  Foundation. Includes Celebration Party, silent auction with VIP
  autographed items and workshops. Visit www.SkinnyTireFestival.
  com
- MOAB CENTURY TOUR, SEPT 19, 2009 This annual event is a weekend packed with road cycling benefiting the Lance Armstrong Foundation. Time trials, pasta dinner, warm up and recovery rides complement the main cycling event Saturday over the famous La Sal Loop Road. 45, 65, and 100 mile route options on this fully supported road cycling tour. Visit www.skinnytirefestival. com or call 435-259-2698
- 24 HOURS OF MOAB October 10 & 11, 2009 -an endurance team race which is growing in popularity with each year. The fourman teams ride a rugged course approximately 12 miles south of Moab called the Behind the Rocks area. Produced by Granny Gear Productions. a world-class event that draws teams from all over the world. There is a field limit of 450 teams plus solos and the race books up faster every year, so get your team entered early. Don't miss this incredible race! See article on page 19B.
- CHILE HO-DOWN October 2009 Come join Chile Pepper Bike Shop for 3 days of a rockin' good time! Bring your fat tire bike and your dancin' shoes. Group shuttles, a townie tour, bike industry vendors with demos and swag, a big air contest, and a mountain bike race DH style. Oh, and we can't forget the Halloween costume party with lots of rock'n roll. Sound like fun? You bet, so don't miss it!!! See article on page 17B.







www.moabhappenings.com Moab Happenings • January 2009 • 19

# HIKING HAPPENINGS

# The Other Park Avenue - A Long Way From New York City

by Marcia Hafner

When early explorers gazed at the sheer walled, gigantic formations that encased a dramatic, narrow canyon in what is now Arches National Park, they must have been amazed with the magnitude of what they saw. Somehow these gigantic "sandstone skyscrapers" reminded them of the New York City skyline and so it became known as Park Avenue—an easy one-mile walk filled with a distinctive display of massive sandstone walls, fins, balanced rocks and monoliths.

The geological history of this amazing scenery began more than 150 million years ago -- way back when the original rocks started breaking down into smaller and smaller pieces. Then the big movers took over - wind and water. The larger, heavier

fragments dropped closer to their source, while the smaller, lighter ones were carried far away from their home base. The shifting sands piled up - one layer on top of another until the weight of the upper, younger layers compacted the older, lower ones. Minerals within the ground water acted like glue and the cemented sand turned into stone. Eventually the tremendous pressure from above, fractured the rocks below. Then erosion ever so slowly exposed the hidden structures leaving behind the impressive landscapes that we have today.

From Moab, it's a quick, straightforward drive to see the marvelous "skyscrapers" that tower above Park Avenue. From the center of town, go north on Highway 191 for three miles to the entrance station of Arches National Park. The trailhead, one of the first major stops in the park, is just 2.5 miles after the entrance station.

The sheer walls along the Park Avenue Trail are made up of three layers of rock. The very top and youngest layer is the Moab Member of the Curtis Formation. Deposited as dunes on a beach, it is a light colored sandstone, most of







which has been eroded away. It can also be found on the top of Delicate Arch and in the upper layers of Fiery Furnace.

The middle section consists of the finely grained Entrada Sandstone, which is a dominant cliff builder and arch former. Over the past two million years, the cracks in that sandstone layer has eroded away to fins, which are the vertical rock slabs that gave the original impression of skyscrapers.

The Dewey Bridge Member of the Carmel Formation, the oldest layer at the bottom, has a muddy looking, reddish-brown color. This lumpy, contorted rock is what

remains from a tidal flat environment.

Since it is softer than the above layers, it erodes more quickly.

From the Park Avenue trailhead, it is an easy downhill walk all the way to the Courthouse Towers parking area. By arranging a pick-up, you can avoid the uphill walk back up the trail. The National Park Service recommends that hikers walking both directions retrace their steps on the trail, rather than walk back along the road. I like walking both directions so that I can get a different perspective each way.

A concrete sidewalk goes from the Park Avenue trailhead to an overlook with a sign that explains the geology of this intriguing canyon. The trail then proceeds sharply down a stone staircase to a rocky, sandy wash. The well-marked route (just follow the piles of rocks) from there wanders through a wonderland of massive sandstone figures with wildly imaginative names. Popsicle Rock, Queen Nefertiti, Queen Victoria, Sausage Rock, The Three Gossips, The Organ, Courthouse Towers and the Tower of Babel all conjure up strange scenes from an ancient fairy tale.

Towards the lower end of the trail, a series of small potholes have been eroded out of a wide section of the slickrock. When heavy rain fills them up, the race is on for

various aquatic species to complete their life cycle before the pools dry up again. The eggs of the fairy shrimp are viable without any moisture for several years and when they do get immersed in a miraculous deluge of water, hatching occurs within 30 hours. For the red-spotted toad, the rush is on to mate so the female can lay her eggs as quickly as possible. Within a few hours tadpoles emerge from those eggs, and if the water lasts for the next vital 40 to 60 days, the survivors become adults.

When the trail ends, an obvious arrow indicates the way across the road to the Courthouse Towers parking area where Baby Arch is visible, just to the right of The Three Gossips. Still an infant, Baby Arch is a very small hole in a very large rock. When the water dissolves the natural cement (calcium carbonate) that hole will get bigger and bigger until it runs its course as an arch and collapses. That is probably what happened to Sheep Rock. The sharp cleavage on Sheep Rock, which is to the right of Baby

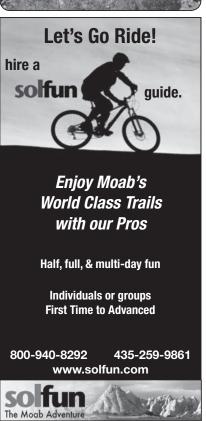
Arch, is a good indication that it used to contain arches that extended to another nearby rock face.

Like the early explorers I was amazed when I saw the powerful showcase of rock formations in Park Avenue. Fascinated with the scenery and geology of this incredible canyon, I stopped often to look at the magical stone "skyscrapers" that seemed to stretch up to the sky. This trail can easily be done in an hour, but a show this spectacular shouldn't









# HEALTHY HAPPENINGS

# SCIENCE, FRUITS AND TODAY'S DIET

According to the UCLA Center for Human Nutrition, the four most consumed plant foods (fruits or vegetables) in America are:

French fries, ketchup, pizza sauce and iceberg lettuce!

Is it any wonder that obesity has become an epidemic and that even children are now afflicted with many of the "lifestyle" diseases once reserved for older people?

Yes, we all know we should eat more fruits and vegetables.

But lives are busy. Quick meals are often a necessity. Fresh produce is expensive in many locales. We tend to get bored with apples, bananas and oranges. Parents don't have time to enforce healthy eating habits upon their children.

Because of the powerful phytonutrients from the broad color spectrum of nutrient-dense fruits in MonaVie, here at last is a product that might well make up for many of the diet deficiencies in countries around the world. The fact that it tastes delicious is purely a bonus!

Set aside the slices of pepperoni for a moment, and look at a "Slice of Life" as it relates to the American diet. Unfortunately, there are parallels in other nations as well.

#### OUR EATING SCOREBOARD

The 2005 USDA Food Guide Pyramid has increased the recommended servings of fruits to 2-4 daily and vegetables to 3-5 daily, spearheading the change with their "5 a day" campaign and noting that we are particularly deficient in consumption of fruits.

Current food consumption estimates for Americans

- \* Only 10% eat even 5 daily servings of fruits and vegetables
  - \* Average fruit consumption is only 1.4 servings daily. \* Only 17% eat 2-4 fruits daily.
  - \* Only 12% have what could be called a "good" diet.

Faculty members in the Harvard School of Public Health feel the revised government recommendations still fall short, are much too heavily influenced by powerful food lobby groups, and do not put into perspective the wealth of research conducted during the last ten years that has reshaped the definition of healthy eating. Their statement:

[If there's anything close to being "proved" in nutrition research, it's that eating lots of fruits and vegetables reduces the risk of heart disease, some types of cancer, and other chronic diseases. The U.S. government's "5 a day" campaign makes five servings of fruits and vegetables look like a goal when it should actually be a lower limit.]

#### THE PHYTONUTRIENT REVOLUTION

Phytonutrients have catapulted to the top of nutritional science research. "Phytonutrients Take Center Stage" was published in the December 1999 issue of Agricultural Research

Phytonutrients are a class of health-promoting, bio-active compounds with many sub-categories. By some counts, more than 100,000 phytonutrient compounds have already been identified and catalogued. Around the world, new discoveries are being continually made by health scientists. Some of the more common class names are Carotenoids and Flavonoids

Most known phytonutrients are strongly related to pigment. Dark red and blue pigmented flavonoids, with names like isoflavones, anthocyanins, flavinols, catechins and phenols are dominant in fruits. And richly colored fruits are considered the most potent source of anti-aging antioxidants of any commonly

(And no, this does not mean that drinking darker colored soft drinks is healthier than the lemon-lime varieties! We should banish them all from our diets!)

According to Dr. Ralph Carson, the company's Chief Science Officer and primary formulator of MonaVie, research shows free radicals may be largely responsible for chronic illnesses such as heart disease and cancer. Once the ORAC test (oxygen radical absorption capacity) was perfected, some companies touted high ORAC ratings to make their products appear better than others. Later research has shown that a higher ORAC value does not necessarily equate to better or more effective. On the contrary, too much of certain substances can have detrimental

Perhaps most important to know about phytonutrients and fruits is that they appear to be far more beneficial and effective in promoting health when a combination of fruits (not just a single fruit) is consumed.

#### THE SCIENCE BEHIND MONAVIE

Unlike many products that are rushed to market because someone spots a trend and tries to quickly cash in on it, MonaVie's entry into the Wellness arena came slowly and meticulously. Its creators spent many long months formulating MonaVie and making it palatable -- knowing that only if it tasted good would people be likely to try it and thus discover its profound benefits.

The scientific team's efforts were based upon and supported by more than two decades of nutritional science evolution related to the role of antioxidants and more recent years of discoveries about phytonutrients and the crucial roles they play in health.

The Medical Advisory Board agreed that a product that addressed chronic inflammation was MUCH needed and concurred that the use of fruits, glucosamine and a proprietary blend of fatty acids could target what has become a global health issue of pandemic proportions.

#### Balance, Moderation and Variety--Keys to Effectiveness

Fruits are an abundant source of many thousands of phytonutrients as well as at least 8 Vitamins and minerals -- including Vitamin C which is known to be a powerful antioxidant and anti-inflammatory agent. According to Dr. Mary Ann Lila, University of Illinois, although the most publicized property of bioflavinoids is their antioxidant capacity, they also serve as anti-inflammatory agents

Many of the 19 fruits selected for the MonaVie formula. starting with legendary Acai Berry from the Amazon Rainforest, have centuries-old traditions of being used as medicines by the indigenous people of their respective regions. More recent years of scientific research have validated the phytonutrient content and health benefits of these fruits. (Hippocrates was

Because of the extremely powerful yet sensitive phytonutrients in the Acai Berry, MonaVie uses Acai as its headline ingredient--to keep intact all the health promoting characteristics of this wondrous fruit.

Most known phytonutrients are strongly linked to pigment, Mother Nature's way of protecting botanicals from intense sunlight and other harsh conditions. Health experts today agree it is best to consume a color spectrum VARIETY of fruits to gain greatest advantage from their respective phytonutrients

The fruits of MonaVie give us this spectrum: Acai Berry, pomegranate, white grape, nashi pear, acerola, pear, aronia, purple grape, cranberry, passionfruit, banana, apricot, prune, kiwi, blueberry, bilberry, camu camu, wolfberry and lychee.

#### OUR MEDICAL ADVISORY BOARD

Each member of MonaVie's Medical Advisory Board is an expert in his or her field. MonaVie products are designed and formulated under their watchful eyes, in conjunction with the MonaVie product development team.

Lyle Mason, M.D.

Dr. Mason is the team orthopedic surgeon for the NBA Utah Jazz and current president of the Society of NBA Physicians. He is also a founding member of the Medical Advisory Board.

Ralph Carson, Ph.D., RD, LD

Dr. Carson, a nationally recognized expert in the fields of eating disorders, weight management, child obesity, and xercise physiology. Dr. Carson is also a founding member of the Medical Advisory Board

Jose F. Allongo, M.D., F.A.C.P.

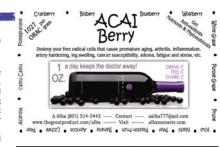
Dr. Allongo is a fellow of the American College of Physicians and founding member of the Medical Advisory







www.sorenomore.com 800-842-6622 ext 127 FREE SAMPLES
Visit our guest book on our website for consur



Tap into the Power of your Human Energy Field for Health and Well Being



SEVENTH GENERATION ENERGETICS DAVID 'SPARK' LIVERMORE 76 So. MAIN St., SUITE 18 259-7684

HEALING SCIENCE PRACTITIONER



Organic Produce • Natural Foods • Supplements Winter Hours: Mon - Sat 9:00-6:30 Sun 10:00 - 3:00

> Open Daily at 39 E. 100 N. Moab (across from the Post Office) • 259-5712

#### Healing Arts Center Massage



Lisa Albert, LMT, NCTMB Ambrosia Brown.LMT.NCTMB Ayni Henderson, LMT Sarah Ball, LMT

260-1122 260-1002 260-2238

Swedish, Deep Tissue, Sports, Bellanina Face Lift Massage, Hot Stone, Bowen Therapy, Spinal Touch, Polarity, Reiki, Cranialsacral, Gift Certificates, Group Bookings

50 E. Center Street Behind the Information Center



# Cynthia's Salon

IS GOING GREEN

Organic Hair Color - odorless and ammonia free Shampoos and Styling Products - sulfate, paraben and plastic free Nail Products (new odorless system) - DBP, toluene and formaldehyde free

Full Service Salon

55 East 100 South

435-259-7971

#### Laughing Dragon Professional Relaxation Therapy

Swedish Massage • Polarity • Acutherapy Hawaiian Sacred Temple Lomi Lomi Qi Gong • Tibetan Tai Chi • Meditation ~ Out Calls or in the Studio ~ Same Day Scheduling Available Evening Appointments Available Judith Lee, LMT

tic Massage & Body Work • ABMP Certified

435-260-8667

#### Moab Intuitive Counseling Service Therapy with a Caring Touch



Kira Schneider

- · Intuitive Counseling
- Cranio-Sacral Reiki
- · Energy Work
- Past Life Regression 435-260-1767

50 East Center Street at the Healing Arts Center



Office (435) 259-0466 • Fax (435) 259-0467 4892 East Sunnyacres Lane • Moab, UT 84532 www.moabhappenings.com Moab Happenings • January 2009 • 21

# MUSIC & POETRY HAPPENINGS

# 5th Annual Robert Burns Tribute Concert

If you've ever had the feeling that life in Moab during the dark months of January is a little too quiet, the Moab Music Festival invites you to make a little noise with Artist-in-Residence Christopher Layer.

Come January, the silent winter streets of Moab will once again be filled with the sound of



flutes and bagpipes as Christopher Layer returns as the Moab Music Festival's Artist-in-Residence from January 15-January 25.

During his residency in Moab, Layer will perform at the Grand Center and lead educational activities with music students at Grand County Schools. He will return as host part of the event, "I love when Ron Regher and Flora Erickson parade the Haggis down the aisle with pipes flaring behind. Big Ron with the tray and little Flora with her big sword make guite a sight."

Singer Marta Burton will join Layer as a Festival Artist-in-Residence. Burton appeared at the 2007 and 2008 Burns' Tribute Concerts. Her symphonic performances in A Celtic Celebration: Music of the Emerald Isle and A Celtic Faire: Starring Divine Celtica and Christopher Layer have been described as "hauntingly beautiful, spellbinding and soaring." She is a leading interpreter of the poetry and songs of Robert Burns.

The 5th Annual Robert Burns' Tribute Concert will be held on January 24

at 6 p.m., at the Grand Center. Refreshments will be served. Admission is



free. But a donation may be given at the door to support the Dance Band and the Festival's Education and Outreach programs. For more information please contact the Moab Music Festival at 435.259.7003 or visit www.moabmusicfest.org.





of the Sunday morning KZMU program, "Desert Dance." Layer will also coach the Moab Community Dance Band as they prepare for the highlight of his residency, the 5th Annual Robert Burns' Tribute Concert.

In a recent interview with Layer, he reminisced about the Burns' Tribute, "Robert Burns' life and music are very dear to me: he was a common man who loved humanity; he had a talent for socializing and music making. He felt future generations would want to share in his passion."

First held at Back of Beyond Books in 2003, the Tribute Concert now takes place in the Grand Hall at the Grand Center. A number of Moab residents, including the Dance Band, will participate in the concert and help to celebrate common themes in Burns' works, including universal unity and the brotherhood of man. The program, modeled on the traditional January Robert Burns Suppers will include the "Salute to the Haggis" (haggis is a Scottish spiced paté). After Burns' poem of that name is read, the steaming haggis will be paraded before the audience on a silver tray preceded by a sword bearer as Layer follows playing the Highland pipes. After circling the Great Hall, the haggis will be pierced by the sword and sliced to be served to everyone in attendance.

"For me personally," Layer said when describing his favorite

# MOAB WESTERN STARS COWBOY POETRY GATURDING February 13-15, 2009 Moab, Utah ANDY NELSON DON EDWARDS Gathering Highlights Don Edwards Guitar Workshop

#### Featured Musicians & Poets

Jill Jones
Sid Hausman
Bill Snow Jr.
Rollie Stevens &
Rockin' M Wranglers
Kenny Hall
Brian Arnold
Richard Lee Cody
Ben Issac
Bar M. Wranglers
Sawmill River Band

Sam Deleeuw
Jo Lynne Kirkwood
Jory Brooks
Paul Bliss
Phil Kennington
Marion Manwill
Curly Syndergaard
Gordon Thomas
Skylar Harward
Ray Lashley
Al Clark
Doug Keller

Don Edwards Guitar Workshop & Jeff Wolf Artist Demonstration Buckaroo & Cutting Horse Clinic

Bill Mackin, Founder of the Cowboy & Gunfighter Museum in Craig, Colorado

Concerts Friday, Saturday & Sunday Nights (+ Saturday Matinee) Continuous Daytime Entertainment & Take-Your-Turn Stage

Western Vendors
Dutch Oven Cook-Off
Art Contest
Cowboy Church
Community Cowboy Dance
Special Showing J & S Vaquero Films

www.moabwesternstars.com

(435)259-6272

## Moab Western Stars Cowboy Poetry Gathering

The Moab Western Stars Cowboy Poetry Gathering, named by American Cowboy Magazine as one of the top ten gatherings in the country, has expanded rapidly in the few short years since its inception. Scheduled each year for Presidents' Day weekend, the gathering has become a way for Moab to expand the visitor season a few precious weeks into late winter. This year's event begins on Thursday, February 12th with an exhibit at the Overlook Gallery of Don Weller's fine art. Weller is also the poster artist for the gathering, and his work has received top honors nationally. On Friday, western musicians and poets will take the stage at the MARC, and some of the finest western vendors will set up shop to display and sell their wares. Expect to see saddle makers, hat makers, silversmiths, and a whole host of other artisans. One special display you'll want to visit will be the exhibit from the Cowboy and Gunfighter museum in Craig, Colorado, hosted by Bill Mackin himself. On Friday the Backcountry Horsemen along with Red Clift Lodge are planning a trail ride. Bring your own horse, or you can rent one from the lodge. Friday is capped off with our traditional Cowboy Campfire Concert at the MARC, with a jam session to follow.

On Saturday, the entertainment at the MARC continues. The two o'clock matinee at Star Hall, which is themed as a tribute to the legendary Marty Robbins. Robbins' work will be interpreted by a series of artists and will feature perhaps the finest of all western balladeers, Don Edwards, along many other fine performers. Saturday is Valentine's Day, and you'll want to get your tickets early for the Suzy Bogguss concert at the high school. After the concert come on over to the MARC for the community-cowboy dance with the Sawmill River Band -- A cowboy-perfect way to end a perfect evening.

Sunday morning begins with a non-denominational Christian cowboy church. Any and all who wish to join in are welcome. Folks from the congregation are welcome to stand with a story or thought, or just come and share good company.

Don Edwards will conduct an acoustic guitar workshop Sunday morning, and sculptor Jeff Wolf will create a portrait from life of Don during the workshop. Jeff is widely known throughout the world of western art, and this opportunity to watch him in action, while benefiting from the musical expertise of a true master like Don Edwards, is surely an once-in-a-lifetime opportunity.

At the Spanish Trails Arena there will be two different clinics on Sunday afternoon, contrasting two styles of horsemanship. Join James Dixon and Don Weller for a demonstration of the cutting horse style of working cattle, then buckaroo Bill Boswell and friends will give insights into the vaquero traditions. Through it all you'll enjoy entertainment by musicians Brian Arnold and Kenny Hall, and poet Curly Syndergaard.

Sunday ends with Don Edward's headliner concert, at historic Star Hall. Top cowboy poets will join Don, who is perhaps the most beloved of all western musicians, for a truly memorable evening.

The 2009 Moab Western Stars Cowboy Poetry Gathering is shaping up to be one whale of an event. For more information visit the website: www.moabwesternstars.com - or contact the MARC: 435-259-6272.

22 • Moab Happenings • January 2009 www.moabhappenings.com

# SHOPPING GUIDE

# SHOPPING GUIDE MAP To Salt Lake City Old Mission Store of at Canyonlands by Night 191 400 NORTH NOR HILL Canvon Vovages 200 NORTH Zeal Optics Concept Earth Spirit \* Tom Till Gallery StarShine Gifts It's Sew Moab CENTER STREET \* Desert Thread (59 S. Main - McStiffs Plaza) ★Rave'N Image ★Cat's Lair Collection 100 SOUTH Hogan 200 SOUTH **★** WabiSabi Warehouse Walker Drug 🖈 300 S OUTH WabiSabi Dave's GRAND Corner Market **★Canyonlands Copy Center** Moab Mailing Center URANIUM AVE. KANE CREEK Royce's Electronics 191 CEDAR ★ Hole N" the Rock 12 Mi. South of Moab on Hwy 191



211 North Main 435-259-6007

www.canyonvoyages.com

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



# EARTH SPIRIT

77 North Main - Moab 259-1121

Moab's source for Crystal Singing/Healing Bowls. Come see our beautiful selection of hand crafted jewelry using Utah Stone and Dinosaur Bone. Great Holiday Gift Shopping. Local Friendly. Closed for the month of January.



Cat's Lair Collection

"A rare gift for a rare person" At McStiff's Plaza 59 South Main St. 259-2458

Art gallery & unique gift shop featuring local, regional & international artists. You will find unique pottery, metal & wood work, paintings, sculptures, fused & blown glass jewelry, beads, hand spun wool & silk. We also have a special treat for jeep fans - silver jewelry "Dana 44".

#### **HOLE 'N THE ROCK**

12 Miles South of Moab on Hwy 191 435-686-2250

Visit Hole "N The Rock, a most unique home, carved out of a huge rock in Utah's Canyonlands Country. This historic 5,000 square foot home and unusual gift shop and trading post are open all year. Take a guided tour of the home, and appreciate the rich history within its walls.



#### DAVE'S CORNER MARKET

#### 4th East & Millcreek Dr. 259-6999

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



90 East Center Street Square (Located behind Moab Information Center) 435-259-8404

A luxurious oasis of rich colors and fibers for knitters, crocheters, spinners, weavers and felters. Featuring local farm-raised spinning fibers and yarns, accessories for every project, inspirational patterns and books, friendly atmosphere, helpful staff and a great selection of locally handmade gifts. Join us Wednesday evenings from 7-9pm for a stitching social and enjoy getting to know other fiber artists. Hours: Mon-Sat 10 am - 6 pm.



# It's Sew Moab

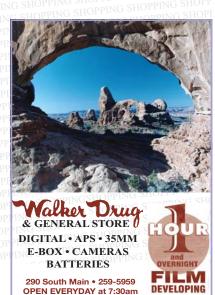
#### 40 West Center St. 435-259-0739

Our shop is filled with fabrics that call to you, inspire and reward you. Come in and check out our great selection of fabrics to suit your style. Patterns, books, notions, gifts and classes to suit beginners and beyond. Chairs for husbands! Open Tues - Fri 10 - 6 Sat 10 - 4



Serving the Moab area since 1957! Moab's only electronics store, we offer you all your needs for your Moab adventure! Choose from Digital Cameras, Camcorders, Digital Memory, GPS and much more. Did you forget something at home? We also carry a wide variety of Cell Phone Chargers, IPOD Accessories, Adapters and Batteries. GREAT CUSTOMER SERVICE AND TROUBLESHOOTING SERVICE. Open Mon-Sat, 8am to 9pm. Sunday 10am to 7pm.





Moab Happenings • January 2009 • 23

# SHOPPING GUIDE



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

The Rave 'N Image is a family-run clothing boutique with a whole lot of style and variety. In addition to our trendy (yet affordable) clothing, we also carry a wide range of accessories including; bags, watches, belts, buckles, bath & body products, bathing suits, sunglasses, flip flops, stickers, make-up, gift items, the largest collection of Body Jewelry in Moab and a BEAUTIFUL SELECTION OF STERLING SILVER, GEMSTONE & FASHION JEWELRY!! Don't miss our 50% OFF CLEARANCE & USED racks when you come by the McStiffs Plaza to see what people are "Rave 'N" about!! Open daily at 10 am!!



37 East Center St 435-259-7778

Starshine Gifts has everything you need for your cosmic lifestyle -- Incense, stones, jewelry, cards, books, music and gifts from around the world. It's a relaxing oasis across from the Visitor Center. Look for the gold star. Open seven days a week.

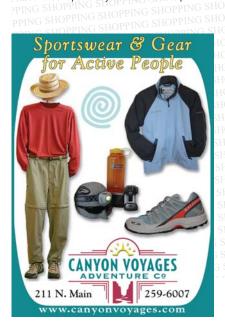


We have moved to a new location across the street from the old location.

New address is 411 East Locust Lane

259-9114 • www.wabisabimoab.org

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







#### 290 South Main • 259-5959

Open everyday 7:30am

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



We shape the places where we live in crucial ways every day. Each time we purchase goods or services from a particular shop or office, we are making choices about our community. For every dollar they bring in, locally owned, independent businesses give

back a demonstrably higher public return to the community. They give back more in other ways as well--economically, culturally, aesthetically, socially, and environmentally--enriching these places we call home in the process. Hence our motto,

Buy close by, preserve community.

# Hole N" The Rock ranks high in America's uncommon roadside attractions! • 5000 sa. ft.. 14 Room home carved out of rock · OPEN ALL VEAR • 10 min. Guided tours • Gift Shop · Davlight Hours · Trading Post 435-686-2250 12 miles south of Moab on Hwy 191 VISIT OUR PETTING Z00!

#### BUSINESS SPOTLIGHT

### Green Haircolor?

As concerns for the longevity of our planet continue to grow, the way we live is changing rapidly. Consequently, the need for a clean and green environment is everywhere.

Luckily, Cynthia's Salon in downtown Moab recognizes the need for green. Since opening about a

year ago, Cynthia's has made several positive changes towards our sustainable future.

Remember halfdreading getting your hair done because of odors and a burning scalp? Cynthia's is now offering organic hair color and perms which are ammonia free and odorless.



Also available are organic, sulfate and paraben free shampoos and conditioners, as well as plastic free styling products.

In addition to these eco-friendly innovations, Cvnthia's also

offers a new odorless sculptured nail system, featuring DBP, toluene and formaldehyde free nail products. Cynthia's understands the desire and demand for change, as well as the concerns of current and future clients, and of the larger Moab community.

Cynthia's is committed to providing the best service, products, and overall salon experience in town. They are located at 100 South 55 East. Feel free to call for an appointment 259-7971, or simply drop by and check it out! Don't forget to mention you read about Cynthia's in the Moab Happenings!



# MOAB AREA LODGING GUIDE



# Holiday Inn EXPRESS

Holiday Inn Express & Suites

1515 N. Highway 191 Moab, UT 84532

Phone: 435-259-1150 • Fax: 435-259-1160 HolidayInnX@frontiernet.net 79 New Rooms with Pillow Top Mattresses Free High-Speed Internet Access

Wireless Internet Indoor Heated Pool & Spa Express Start Breakfast
Free Bike Storage • Guest Laundry www.HIExpress.com/moabut



(dorm style) Log Cabins: \$28 and up Private Rooms: \$23 and up HOT TUB • TV - VCR - MOVIES SHOWERS (\$3.00 for non-guest)

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

**Highway Map** 

for Hwy 128



Contact The Lazu Lizard for more info and reservations

# This Space could be Yours! Call 259-8431

5



# This Space could be 7 Yours! Call 259-8431

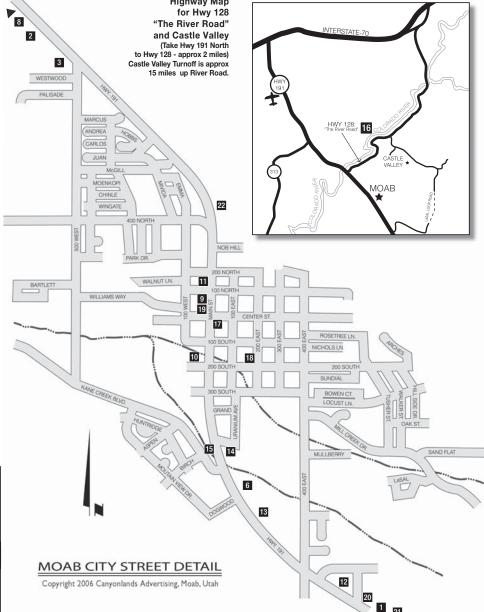
# Aarchway Inn



For Reservations: 435-259-2599 800-341-9359

97 Large Luxury Rooms/Suites microwave, refrigerator, coffee maker, HBO, ESPN 8 Secure Bike Storage • Exercise Room Courtyard with BBQ grills • Playground Large Heated Pool • Indoor Jacuzzi Hot Breakfast • Free WiFi • Shuttle

1551 N. Hwy 191, Moab, Utah visit us at: www.aarchwayinn.com









169 North Main





www.moabhappenings.com Moab Happenings • January 2009 • 25

# MOAB AREA LODGING GUIDE





# Moab Area Condo Rentals



· 24 hr. front desk help







# **Key to Lodging Guide**

| 1.  | Lazy Lizard Hostel        | 435-259-6057 | www.lazylizardhostel.com   |
|-----|---------------------------|--------------|----------------------------|
| 2.  | Holiday Inn Express       | 435-259-1150 | www.HIExpress.com/moabut   |
| 3.  | Portal RV Resort          | 435-259-6108 | www.portalrvresort.com     |
| 4.  | YOUR BUSINESS HERE        |              |                            |
| 5.  | YOUR BUSINESS HERE        |              |                            |
| 6.  | Moab Valley Inn           | 435-259-4419 | www.moabvalleyinn.com      |
| 7.  | YOUR BUSINESS HERE        |              |                            |
| 8.  | Aarchway Inn              | 435-259-2599 | www.aarchwayinn.com        |
| 9.  | Canyonlands Best Western  | 435-259-2300 | www.canyonlandsinn.com     |
| 10. | Gonzo Inn                 | 435-259-2515 | www.gonzoinn.com           |
| 11. | Bowen Motel               | 435-259-7132 | www.bowenmotel.com         |
| 12. | Sleep Inn                 | 435-259-4655 | www.moab-utah/sleepinn     |
| 13. | La Quinta                 | 435-259-8700 | www.laquintamoab.com       |
| 14. | Red Stone Inn             | 435-259-3500 | www.moabredstone.com       |
| 15. | Big Horn Lodge            | 435-259-6171 | www.moabbighorn.com        |
| 16. | Red Cliffs Lodge          | 435-259-2002 | www.redcliffslodge.com     |
| 17. | Moab Lodging              | 435-259-5125 | www.moabutahlodging.com    |
| 18. | Fandango                  | 800-447-4106 | www.fandangoguesthouse.com |
| 19. | Accommodations Unlimited  | 435-259-6575 | www.moabcondorentals.com   |
| 20. | Red Rock Management Group | 800-TRY-MOAB | www.moabcondos.com         |
| 20. | Red Rock Management Group | 800-TRY-MOAB | www.moabcabins.com         |
| 21. | Rodeway Inn & Suites      | 435-587-2489 | www.rodewayinn.com         |
| 22. | Days Inn                  | 435-259-4468 | www.daysinn.com            |

# Link to your website with an ad in Moab Happenings! **Call Aaron at 259-8431**



lq0826agm@laquinta.com

www.laquintamoab.com



🖊 Barbeque Patio Area Mid town location APPROVED

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



New Lodge Style Rooms
Lodge Pole Pine Furniture
Oversize TV's, HBO, ESPN

Refrigerators, Coffee Pots
Bikes Allowed in Rooms
Heated Pool Restaurant On-site

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

**M** 

APPROVED









26 • Moab Happenings • January 2009

# HISTORIC HAPPENINGS

# GRAND COUNTY HISTORICAL PRESERVATION COMMISSION

Launching a fundraising campaign to rebuild Dewey
Bridge, documenting rock art and researching the rock
house at Castleton for nomination to the National Register,
establishing an office -- ideally as part of a greater archival
repository for historical records -- designating various
Also

buildings around town with historical plaques, and producing a local history photo-book are among proposed goals this year of the county's expanded historical preservation board.

Created by county resolution 22 years ago, the Grand County Historical Preservation Commission (HPC) became an "official" advisory board to the County Council in 2008, with passage of Ordinance 466.

Now established by lawful ordinance, the HPC is charged primarily with the duty of preserving historical records, gathering human histories, and developing and enhancing historical and cultural resources.

Approval of the ordinance March 18, 2008 was an historical moment in the history of county government, as the document replaced a resolution approved by the three-member County Commission in 1986. Restating Resolution

2062, the new ordinance concluded that "substantial public interest exists" in preserving local history, and related political and social institutions founded on historical preservation.

Also of historical significance, the Council enlarged the board from five to seven members, allowing up to two commissioners representing San Juan and Emery counties -- an action that broadened the scope of preservation efforts to include the Elgin/Green River and southern Spanish Valley and Pack Creek areas in particular "in light of the fact that early regional history has no boundaries."

To aid HPC goals, the state periodically provides a small grant to cover projects over an 18-month period, under the Utah Certified Local Government Program that allocates certain federal funds. The volunteer members of the historical board match the funds with "in-kind" labor and professional services in order to qualify for ongoing assistance. Among projects funded the past year with CLG assistance were a feasibility study on rebuilding Dewey Bridge, free public lectures on rock art, news releases and other public awareness and education efforts, historical

research, and rock-art documentation and archival training.

hv Vicki Rarker

The HPC functions separately from the nonprofit Southeastern Utah Society of Arts and Sciences, which operates the county-owned Dan O'Laurie Museum of Moab. However, both groups support goals for ongoing cooperative efforts in 2009.

Especially as fears grow over an impending economic depression, people need to avoid losing track of their personal and family histories, and remember how the county has gotten through hard times before, said HPC Chairman Bruce Louthan.

"We need to keep track of our identity of historical places and monuments that help us remain focused on who we are and where we're going, in the midst of the confusion of everyday life," he said. "People lose track, in the security of getting up daily and driving the same streets and doing the same routines, that the places and buildings are still there from the past, and we need to preserve and commemorate them and the events that will live on when we're gone."



Bruce Louthan of Moab was among three charter members who created the county-governed body of the Grand County Historical Preservation Commission (HPC) in 1986. Assistant district manager for Support Services of the U.S. Bureau of Land Management - Canyon Country District, Louthan is HPC chairman. An Illinois native with

a master's degree in New World Archaeology, he was inclined toward agricultural engineering like his father; then later leaned toward prehistory when, he said, "my stepfather taught me how to find arrowheads." He said that "like a lot of archaeologists, as I walk I stare intensely at the ground." His studies included Egyptology and the cultures of Mesopotamia. He served a mission for the Church of Jesus Christ of Latter-Day Saints, accepted a fellowship to Brigham Young University in Provo to study archaeology and history, did graduate work in anthropology at the University of Utah in Salt Lake, and became acquainted with southeastern Utah in college-level fieldwork. He moved to Moab to work for the BLM, has served on the boards of the Grand County School District, the Grand County Centennial Commission, the nonprofit Southeastern Utah Society of Arts and Sciences (Dan O'Laurie Museum), is an active Scout Master and member of the Utah Professional Archaeologist Council and the Moab Rotary Club.



Vicki Barker, a native of Moab, says she and her twin sister are among the "Uranium Boomers" born during the Baby Boom (1946-1964), which for the most part coincided with the local Uranium Boom. Barker, who serves as HPC secretary, is also a member of the Moab Camp of the Daughters of Utah Pioneers. Her grandfather settled in Moab in the early 1900s and was a Pony Express

rider. Other ancestors pushed handcarts and rode wagons into Utah from 1847-50. Barker earned a bachelor's degree in communications at Utah State University in Logan and developed a radio and newspaper career. She also worked in seasonal jobs for the National Park Service and local nonprofits established for outdoor education and park interpretation. She gained archival systems training through the HPC and secretary-clerical skills from jobs in the Hospital Service District and tourist industry. Her media experience began at age 9 when her parents bought the local AM radio station, KURA. She was managing editor of a weekly newspaper in Logan, and then a reporter for daily papers in several states. She returned to manage KURA, was a "stringer" for the Salt Lake dailies several years, and later served on the board of Moab Public Radio. Family geneology "got me passionate about history about the same time I was hiking all over this area photographing

rock art," she said. "I was always into historic preservation."

JoAnne Chandler, the newest member of the HPC, says "a lot of folks in Moab may know me as 'Gabby,' and I worked with 'Pickles,' 'Mumbles,' and 'Radar,' at Ray's. We all had reasons for our nicknames." Basically, Chandler is talkative and assionate about southeastern Utah

history, and river history in particular. She developed and became manager of the Green River Archives in the John Wesley Powell River History Museum after working two years as a volunteer and then as a senior-in-training until 2005. She is also a member of the Powell Museum board of directors. She calls herself a "Navy brat...born in Georgia and raised in Virginia." Chandler moved to Utah at age 16 when her father began working at the now-defunct Green River Missile Base. She "kind of fell into" her current role as an archivist after nurturing an interest in geneology that grew from a visit to her future mother-in-law's house in Salt Lake City. There, she studied a four-foot-square pedigree chart and couldn't wait to get started on her own family history. She left Utah for awhile, then returned and got involved in museum projects. With help from assistant Annalee Thayn, Chandler recently produced a 127-page photo-book on Green River and Gunnison Valley, published by Arcadia Press. She will be working with the HPC this year to produce a similar publication on the Moab-Spanish Valley and Canyonlands area.



Bette Stanton, author of the history book on filmmaking in the Moab area, "Where God Put the West" (Four Corners Publications, 1994), has served on the HPC for 15 years. "I absolutely love history. When I was 21, I set some goals and one was to build a personal library for research and writing," Stanton said. She accomplished that goal, which

serves her well in various ongoing book projects. Born in Colorado. Stanton first visited Moab at age 14, resided here in the 1960s while she raised a family of three, moved north and worked in planning and grant-writing for Salt Lake and Tooele counties, then returned to Moab in 1982 to offer general business support services. She successfully applied for mineral-lease funding to establish a businesssupport office (Central Services Unit) that served the Moab Film Commission, Moab Community Economic Development, Moab Chamber of Commerce, and Grand County Travel Council Convention Bureau. Realizing that her ancestors, who settled areas in south, central and eastern Utah, were rarely mentioned if at all in local histories, she started researching her family history in the 1980s, then got involved in oral history projects for others' families when she retired in 1996. "It was important to me that some of these people got their stories documented," Stanton said. "It was like doing a patchwork quilt, and everyone I interviewed changed the pattern of the quilt...and it was beautiful.



Joe Tuomey, one of three archaeologists on the HPC, is a recent hire at the BLM. His duties include archaeological documentation of thousands of prehistoric sites in a 2-million-acre area. Including Tuomey, the BLM has 2.5 archaeologists to cover San Juan and Grand counties, he said. Tuomey is from the East Coast but spent most of his life in the Southwest. He arrived in Moab with

eight years of experience in archaeology with the BLM and National Park Service, and in Arizona helped prepare various nominations to the National Register of Historic Places. He is currently involved in a proposal to nominate local rock art sites to the Register. Tuomey said he has always looked to older generations "to choose the best lifestyle."

characteristics and traits to model myself after." History has always been of interest to him, and studying history is a satisfying way of getting engaged in life, he said. Tuomey decided to join the HPC because he believes people need to become personally involved in protecting archaeological and cultural resources. "This area is very interesting in the way it was settled, and also in its prehistory," he said. Recently, Tuomey told a group of volunteers who were in training to help document archaeological sites, "We're archaeologists for the same reason you're here. We want to get out there and look at that stuff, but we can't always get out into the field as much as we want."



D.L. Taylor, from a long line of cattlemen, is a fifth-generation resident of Grand County. He formally joined the HPC in 2008 after participating as a volunteer on historical preservation projects for years. He served 12 years on the Grand County Planning and Zoning Commission, 13 years on the board of the Hospital Service District, and counts 15 years with the Water Conservancy District. He was a two-

term member of the County Commission when it was a 3member body, is a board member of the Utah Cattlemen's Assn. and past-president of the Eastern Utah Cattlemen's Assn. Taylor said his ancestors brought the first cattle to Moab -- about 20 years after the Mormons' attempt to cultivate harmony with the Indians and sustain a fort failed. "My forebears had the same kind of experience, but they didn't lose any people -- just left cattle. They came back to settle in 1871." Taylor still runs cattle at the family's Fisher Valley Ranch, near Fisher Towers. His pet project is researching the history of a downtown building -- now serving as a mortuary -- where his grandparents were married, his father was born, and he got married. He has completed a list of owners of the land, dating to 1887, and has plans to develop 18 acres when the economy improves. Taylor's ancestors were among Mormon pioneers who arrived in the Salt Lake Valley in 1847 by wagon train.



Leigh Grench, also a BLM archaeologist, joined the HPC this fall. Her specialty role at the BLM is Native American coordinator for the Moab Field Office. Prior to moving to Moab, Grench filled a similar position for the Buffalo Field Office in Wyoming, where she dealt with archaeological matters associated with oil-and-gas leases on public lands. Here, she will oversee the BLM

volunteer Site-Steward Program, which engages civilians in documenting archaeological and rock-art sites. Grench earned her master's degree in archaeology from the University of Kentucky, and has spent six years in the field. Prior to gaining employment as a professional archaeologist, she spent 25 years in jobs related to recreation and outdoor education, she stated in her application to the HPC. "This provided me opportunities to do outreach in such subjects as historical events, prehistorical events and workshops, and contribute to numerous special event weekends." She particularly enjoyed opportunities for hands-on experiences in "historical lifeways."

www.moabhappenings.com Moab Happenings • January 2009 • 27

# MORE HAPPENINGS



#### **KZMU - Moab Community Radio** 106.7 90.1 F M P.O. Box 1076 • Moab, Utah 84532 Studio 259-5968 • Office 259-8824 • Fax 259-8763 SUNDAY MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** SATURDAY 7:00 7:00 Native American 8:00 8:00 **DEMOCRACY NOW** 9:00 9:00 Shine Time M O A B Blend Morning (Children) 10:00 10:00 **Blue Plate** Jah Morning **Moab Mamas Tilted Park** Women - The 3rd Classical Special Reggae **Wayward Wind** 11:00 11:00 (acoustic/folk/pop) Decade (KRCL) (everything) Collusion (blues/rock) folk/country/rock) The Trading Post Noon Noon (call-in Buy/Sell) Ain't Live **Grass is Greener** radiommm... Random The Big Baboo 1:00 1:00 Horizon Line Grand? (Bluegrass) (50s & 60s oldies) (can't define it) Toonage (live recordings) 1-2-3 2:00 2:00 (R&B/Funk/Soul) **Planet Picante Odd Bin Radio Mundial** Red Rock 'n Blues Belagaana Revue Amarillo (latin) (music & nonsense) 3:00 3:00 (world music) (Blues) (fruit and nuts) Hwy Fire on the 4:00 (Hillbilly) WORLD MUSIC-4:00 Tween Time Mountain **New Dimensions** Gaelic Circle/ (pre-teen fun) **Viaies** 5:00 5:00 Wednesday **MOAB Drive Time** (world music) This Week in Moab Free Speech Friday **Drive Time** Big River / West of Broadway **Public Access** 6:00 6:00 Ranch Exit (musicals/showtunes) (twang) DEMOCRACY NOW (Classical 4th Sunday) 7:00 7:00 **Big Swing Face** Kokopelli Thin Edge Main Street (big band jazz) or **Rock Garden Boom Boom Room** 8:00 8:00 Coffeehouse POLYPHONIC The Dog Lady & Plastic Magic Cruise (jazz) (rock) (folk) (jazz) 9:00 9:00 After MOAB Hours The Sound Lair **Mel's Diner** Radio Free Moab 10:00 10:00 (Experimental (women artists) **Conscious Party** Suburban (college rock) Teenage **Altered State** Dance) Urge (alphabet soup) Wasteland 11:00 11:00 JIM HIGHTOWER NEWS - Everyday at Noon Seti **Circle Drive Rhythm Quest NED** WORD OF THE DAY 8am - Noon - 6pm (rock n roll) (techno rhythm) (classic rock) 12.00 12:00 **Trancemissions HUMANE SOCIETY - FRI. 10:00** Blue Grass - Country - Folk **Talk Shows** Easy Mix - Jazz KEY:

**Rock - Blues** 

Heavy - Hard

Eclectic/World





**375 South Main** (Comer of Main & Grand Ave) **Moab, Utah 84532 (435) 259-8431** 





Open All Year Round

Steaks · Pastas Prime Rib Fresh Seafood

Patio · Catering Family Dining

Call for Reservations 259-7146



"Dining with a Million Dollar View"



Open Nightly at 5:00 pm Closed Sundays

Coupon

# Welcome to Moab Special!

Buy one entree and get the second entree 1/2 off with the purchase of two beverages.

Choose from any of our great menu selections including Filet Mignon, New York Strip, Fresh Salmon, Linguini Olivia, Shrimp Scampi and much more!

Present Coupon Prior to Ordering.

Not valid with any other coupon, discount on lesser menu items, expires January 31, 2009

Coupon

Coupon

Coupon